

# Mid Lancs. Track and Field League 2015

## **\*\*\*\* Important Information \*\*\*\***

Dear Track and Field Team Managers,

This letter is to introduce myself as the Mid Lancs Track & Field Secretary for the 2015 season.

- The first fixture is at **Blackpool** on Saturday 11<sup>th</sup> April 2015, See Enclosed Fixtures sheet, **NOTE:- change of VENUE from AGM provisional venues for Fixture 4.**
- Please remind All Senior Athletes & U17's that the starters will again be enforcing the False Start rule at all meetings, **i.e. One False start and you are disqualified**

### **Reminders for some of the rules that require attention are as follows:-**

- The number of Officials required is following the format described in **Rule 14.**
- Use of Electronic Equipment in Competition Area, **Rule 19**
- Reminder of Other Track & Field Rules,
  - a) The Order of Long Throwing Events Javelin then Discus
  - b) Alignment of League & Medal Meeting Timetable
  - c) Mixed Age Group Relays
- The 12:00 o'clock start for the Hammer, **Officials must be declared before 12.30 for the remaining field events.**
- Rules and Order of Event sheets are enclosed in the welcome pack.
- Athletes have a Unique Number for all League meetings, please remind athletes to **KEEP it SAFE**, even though this number **WILL NOT** be used for the Medal Meeting.

To avoid any problems with numbers being sent out to the wrong person or the secretary being away, **YOU MUST** collect your Numbers from the **Team Declaration desk** at the first meeting.

**I have supplied a blank spreadsheet with NO pre allocated numbers, would you please complete & return this by Monday 6<sup>th</sup> April for All athletes that are likely to compete for your club this year.**

Please try to ensure this year that you only declare athletes that are likely to run and not just use names that competed in previous years and advise the secretary of any short names, i.e. Chris for Christopher etc., so that the Pof10 entries match and the initial allocation of numbers is kept low.

**For new athletes after the first meeting, please complete a new declaration sheet by the Thursday prior to the next meeting and send to the e-mail addresses shown below in blue or complete a New Athlete declaration sheet 30 min's prior to the first event on the day.**

In addition the first Initial was sometimes used instead of the First name, which causes problems for the compiling of results etc., Please supply the Full Names for all athletes.

**Would you please ensure that completed athlete declaration sheets are forward by e-mail before Monday 6<sup>th</sup> April to the e-mail addresses shown below in blue.**

If you do not have access to e-mail then please try to post your athlete declarations to arrive by First Post Tuesday 7<sup>th</sup> April to Mid Lancs League, Ron Scott, 23 Stanley Avenue, Southport, Merseyside. PR8 4RU and a copy to my address below

**[RonCoScott@aol.com](mailto:RonCoScott@aol.com)** with a CC: to **[Norm\\_Mitch@talk21.com](mailto:Norm_Mitch@talk21.com)**

I will hopefully see you all at the first meeting and wish you and all your athletes a great season.

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