

Up & Running Track and Field League Programme 2018



Promoted by Manx Harriers at the NSC

	<u>14th March</u>	<u>28th March</u>	<u>25th April</u>	<u>9th May</u>	<u>13th June</u>	<u>11th July</u>
Under 7's	75m SLJ	100m Cricket Ball	50m SLJ	75m Cricket Ball	100m SLJ	50m Cricket Ball
Under 9's	75m 600m Long Jump	100m 800m Cricket Ball	200m 600m Long Jump	75m 800m Cricket Ball	100m 600m Long Jump 400m Walk	200m 800m Cricket Ball
Under 11s	75m 600m Cricket Ball	100m 800m Long Jump	200m 1500m Cricket Ball	75m 600m Long Jump	100m 800m Cricket Ball 400m Walk	200m 1500m Long Jump
Under 13+	Shot Putt (f) Long Jump (m&f) Discus (m&f) High Jump (m) 200m 800m	Shot Putt (m) High Jump (f) Javelin (f) Long Jump (m) 100m 1500m	Javelin (m) Long/Triple Jump (f) Sprint Hurdles 200m 800m 300/400m Polevault (m & f) 2km Steeplechase 3/5000m	Javelin (f) Shot Putt (m) Hammer (m&f) High Jump (m) Long Jump (f) 100m 1500m 300/400m Hurdles	Mile*U13/U15 Javelin (m) Polevault (m & f) 100m 300/400m Hurdles *Steve Jacobs Mile U17+ Long/Triple Jump (m & f) Shot Putt (f) 1 mile/800m Walk	Vets Mile Long/Triple Jump(m) Discus (m&f) High Jump (f) 200m 800m Sprint Hurdles Hammer (m&f) 300/400m

Start time 6.15pm

The Registration Table will only be open 5.45pm to 7.30pm on League nights.

Only 2 attempts will be allowed in Field events for U7, U9 and U11. Please see reverse for U13+ rules

4 out of 6 competition nights must be completed to be eligible for League awards

Parents are expected to stay and support

Note: League Rules 2018

Maximum of 3 events per week * No more than 2 track or field events per evening

Events U13 girls: 75m,150m, 200m, 800m, 1200m, 1500m, 70mh, javelin, shot, discus, long jump and high jump

Events U13 boys: 100m, 200m, 800m, 1500m, 75mh, javelin, shot, discus, pole vault, long jump and high jump

Events U15 girls: 100m,200m, 300m, 800m, 1500m, 75mh, javelin, shot, discus, hammer, pole vault, long jump and high jump

Events U15 boys: 100m, 200m, 300m, 800m, 1500m, 3000m 80mh, javelin, shot, discus, hammer, pole vault, long jump, triple jump and high jump

Events U17 girls: 100m,200m, 300m, 800m, 1500m, 3000m, 80mh, 300mh, javelin, shot, discus, hammer, pole vault, long jump, triple jump and high jump

Events U17 boys: 100m,200m, 400m, 800m, 1500m, 3000m, 100mh, 400mh, javelin, shot, discus, hammer, pole vault, long jump, triple jump and high jump

Events U20/sen women: 100m,200m, 400m, 800m, 1500m, 3000m, 100mmh, 400mh, javelin, shot, discus, hammer, pole vault, long jump, triple jump and high jump

Events U20/sen men: 100m,200m, 400m, 800m, 1500m, 3000m, 110mh, 400mh, javelin, shot, discus, hammer, pole vault, long jump, triple jump and high jump

Isle of Man Open Meetings

16/5, 20/6, 18/7

IOM T & F Championships

14th and 15th July

Manx Harriers Championships

30th June and 1st July

Northern Senior League Dates

5/5, 3/6, 8/7, 4/8

UK Young Athletes League Dates

21/4, 19/5, 16/6, 21/7

Manx Harriers 2017 Progression Standards for U13 - Seniors/Vets

	DISCUS	JAVELIN	SHOT	HAMMER	LONG JUMP	TRIPLE JUMP
U13 GIRLS	11.00m	11.00m	4.50m	11.00m	3.00m	
U13 BOYS	15.00m	15.00m	4.50m	15.00m	3.50m	
U15 GIRLS	15.00m	15.00m	5.50m	15.00m	4.00m	
U15 BOYS	15.00m	15.00m	5.50m	15.00m	4.50m	8.00m
U17 GIRLS	22.00m	22.00m	8.00m	22.00m	4.50m	8.50m
U17 BOYS	32.00m	32.00m	10.50m	32.00m	5.50m	11.00m
U20 WOMEN	25.00m	25.00m	8.00m	25.00m	4.75m	9.00m
U20 MEN	35.00m	35.00m	10.50m	35.00m	5.50m	11.50m
SEN WOMEN	30.00m	30.00m	9.00m	25.00m	5.00m	9.00m
SEN MEN	30.00m	40.00m	10.50m	30.00m	6.00m	11.50m

Manx Harriers 2017 Starting Heights for U13 - Seniors/Vets

High Jump: Progression by 5cm until 3 competitors remain, then by 3cm

Pole Vault: Progression by 15cm until 3 competitors remain, then at the discretion of the referee

	HIGH JUMP	POLE VAULT
U13 GIRLS	1.05m	
U13 BOYS	1.05m	1.50m
U15 GIRLS	1.15m	1.70m
U15 BOYS	1.25m	1.70m
U17 GIRLS	1.25m	1.70m
U17 BOYS	1.35m	2.00m
U20 WOMEN	1.30m	1.70m
U20 MEN	1.50m	2.00m
SEN WOMEN	1.40m	1.80m
SEN MEN	1.50m	2.00m

Age Goup Weights for Field Events

	DISCUS	JAVELIN	SHOT	HAMMER
U13 GIRLS	0.75kg	400g	2.72kg	3.00kg
U13 BOYS	1.00kg	400g	3.25kg	3.00kg
U15 GIRLS	1kg	500g	3kg	3kg
U15 BOYS	1.25kg	600g	4kg	4kg
U17 GIRLS	1kg	500g	3kg	3kg
U17 BOYS	1.5kg	700g	5kg	5kg
U20 WOMEN	1kg	600g	4kg	4kg
U20 MEN	1.75kg	800g	6kg	6kg
SEN WOMEN	1.00kg	600g	4kg	4kg
SEN MEN	2.00kg	800g	7.26kg	7.26kg
Vet Women 35+	1.00kg	600g	4.00kg	4.00kg
Vet Men 35+	2.00kg	800g	7.26kg	7.26kg
Vet Women 50+	1.00kg	500g	3.00kg	3.00kg
Vet Men 50+	1.50kg	600g	5.00kg	6.00kg

Hurdle Specifications

Age Group	Distance	Hurdle Height	Toppling Weight	Flights	Track Marking
Senior men	110m	106.7	3.6	10	Blue
Senior men	400m	91.4	3.6	10	Green
Junior Men	110m	99.0	3.6	10	Blue
Junior Men	400m	91.4	3.6	10	Green
U17 Men	100m	91.4	2.7	10	Yellow
U17 Men	400m	84.0	2.7	10	Green
U15 Boys	80m	84.0	2.7	8	Black
U13 Boys	75m	76.2	2.7	8	Orange
Senior Women	100m	84.0	3.6	10	Yellow
Senior Women	400m	76.2	3.6	10	Green
Junior Women	100m	84.0	3.6	10	Yellow
Junior Women	400m	76.2	3.6	10	Green
U17 Women	80m	76.2	2.7	8	Black
U17 Women	300m	76.2	2.7	7	Green
U15 Girls	75m	76.2	2.7	8	Orange
U13 Girls	70m	68.5	2.7	8	Pink