



# PETROFAC ATHLETICS LEAGUE

**Covering Northern & Eastern areas of Scotland**

## **2014 Programme**



**Petrofac proudly supports the 'Grampian Athletics League'**

**[www.grampianathleticsleague.synthasite.com](http://www.grampianathleticsleague.synthasite.com)**

To find out more about **Petrofac**, visit their website at:

**[www.petrofac.com](http://www.petrofac.com)**



Petrofac Athletics league 2014

2014 SEASON

OFFICE BEARERS

President	Jonathan Greenwood	Perth Strathtay Harriers
League Secretary & Treasurer	Anne & Winston Webber, DD11 2LZ Tel- 01241 874438	54 Kinghorne St., Arbroath, Angus <a href="mailto:anne.webber@hotmail.co.uk">anne.webber@hotmail.co.uk</a>
East Section Secretary	Andy Dobbie, 18 Ashgrove Place, Peterhead, Aberdeenshire. AB42 2FX Tel- 01779 481116	<a href="mailto:andy.dobbie@btopenworld.com">andy.dobbie@btopenworld.com</a>
North Section Secretary	Steve Murdoch xxxxxxx	
League Records Secretary	Linda Dobbie, 18 Ashgrove Place, Peterhead, Aberdeenshire. AB42 2FX Tel- 01779 481116	<a href="mailto:linda.dobbie@btopenworld.com">linda.dobbie@btopenworld.com</a>

COMPETING CLUBS

<u>East Section</u>	<u>Colours</u>	<u>Team No's</u>
Aberdeen AAC	(AAAC) White with 2 red hoops	1 & 2
Arbroath & Dist. AC	(ADAC) Black with left hand vertical yellow stripe	3 & 4
Banchory Stonehaven AC	(BSAC) Royal blue with horizontal white band	5 & 6
Dundee Hawkhill Harriers	(DHH) Royal blue and white quarters	7 & 8
Montrose & Dist. AC	(MDAC) White with 1 red & 1 black hoop	11 & 12
Perth Strathtay Harriers	(PSH) Orange with Blue trim	13 & 14
Fife AC	(FAC) White with a 'Broad' red hoop	15 & 16
 <u>North Section</u>		
Caithness AAC	(CAAC) White with blue diagonal stripe	21 & 22
Elgin AAC	(ELGIN) Black with horizontal white band	23 & 24
Forres Harriers	(FH) Red	25 & 26
Inverness Harriers	(IH) Gold with maroon diagonal stripe	27 & 28
Moray Roadrunners	(MRR) Day-glow yellow with black trim	31 & 32
Nairn AAC	(NAAC) Orange	33 & 34
Ross County AC	(RCAC) Black with red diagonal stripe	35 & 36
East Sutherland	(ES) White vest/ Purple & Turquoise Vert. Stripes	37 & 38

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The meetings of the league will be conducted under UKA Rules. Scottish Athletics permits have been granted.

All participating athletes must be registered with the Scottish Athletics membership scheme.

Numbers **will** be worn for all events. (*Rules & Regulations No 4*)

**Declaration sheets must be submitted no later than 30 minutes before the start of the actual meeting. Adjustments will be permitted throughout the day, but please ensure that you notify the officials concerned before the actual start of the event as the paperwork will have to be adjusted.**

**Finally please remember, safety is of paramount importance.**



Petrofac Athletics league 2014

## Welcome to the Petrofac Athletics League 2014

Welcome, everyone, to the 2014 season of the Athletics League.

This will be the eighth consecutive season that Petrofac has sponsored the League and we are looking forward once again to being involved in something that, for us, combines the very best of what sport has to offer - both elite competition, and widespread participation.

**It will be fascinating to see how many new faces are involved this year after the events of the great Olympic summer of 2012 that inspired so many of us to take to the track or field for the first time.**

And of course, with the 2014 Commonwealth Games coming to Glasgow this year, it's not beyond the realms of possibility that outstanding club performances from young athletes this year could translate into Commonwealth glory this year - which will bring an added edge to the competition.

But whatever your aspirations and motivation for taking part, we wish you the best of luck and hope you enjoy the competition. It promises to be another exciting season.

**Eleanor Bentley**  
**Vice President, Finance**  
**Petrofac Offshore Projects & Operations**

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### **DATES AND VENUES FOR 2014 MEETINGS**

<u><b>Date</b></u>	<u><b>Meeting</b></u>	<u><b>Venue</b></u>	<u><b>Convening Club(s)</b></u>
11 <sup>th</sup> May	1	QP Inverness	RCAC & NAAC
11 <sup>th</sup> May	1	GDA Perth	PSH & FAC.
8 <sup>th</sup> June	2	QP Inverness	CAAC & ESAC
8 <sup>th</sup> June	2	CP Dundee	ADAC & MDAC
29 <sup>th</sup> June	3	QP Inverness	EAAC & MRR
29 <sup>th</sup> June	3	ASV Aberdeen	BSAC
31 <sup>st</sup> August	Final	QP Inverness	Inverness H.

Although the records are not included in the actual programme this year, they are available on the web site. They will be updated after each meeting (*where possible*) and available for printing for so that records can be checked and verified if broken.



## 2013 LEAGUE & TROPHY WINNERS

### LEAGUE TROPHIES

MEN: (East) ABERDEEN A.A.C 1451.5pts (North) INVERNESS HARRIERS 1197pts  
 WOMEN: (East) ABERDEEN A.A.C 1281pts (North) INVERNESS HARRIERS 1008pts

### 2013 AGE GROUP WINNERS AT FINAL:

SEN. MEN:	1 – Arbroath & DAC	91 points
U-18 MEN:	1 – Aberdeen AAC	100 points
U-16 BOYS:	1 – Inverness H	83 points
U-14 BOYS:	1 – Fife AC	86 points
U-12 BOYS:	1= Aberdeen AAC 1= Ross County AC	70 points 70 Points
U-10 BOYS	1 – Inverness H	80 points
SEN. WOMEN:	1 – Inverness H	89 points
U-18 WOMEN:	1 – Aberdeen AAC	92 points
U- 16 GIRLS:	1= Aberdeen AAC 1= Inverness H	86 points 86 Points
U- 14 GIRLS:	1 – Inverness H	93 points
U- 12 GIRLS:	1 – Ban. & Stone. AC	76 points
U- 10 Girls	1 – Moray RR	71 points

### 2013 BEST PERFORMANCE AWARDS AT THE FINAL:

Female	(Track)	Charlotte Bevan	MRR	u14 Girls	200m	(22.63s)
	(Field)	Fiona Flockhart	IH	u12 Girls	Javelin	(22.07m)
Male	(Track)	Ewan Calder	AAAC	u18Men	400m	(52.00s)
	(Field)	Arran Buchanan	RCAC	u12 Boys	Discus	(24.97m)



Petrofac Athletics league 2014

**Venues: Inverness & Perth (11th May 2014)**

MEETING '1'

(\*2 Long Jump pits may be required at the same time)

TRACK			FIELD		
12.00	100m	U11 Girls	11.45	Hammer	Men
	100m	U11 Boys		High Jump	U17 Women
	100m	U13 Girls		Shot Putt	U13 Girls
	100m	U15 Girls	**12.15	Discus	U13 Boys
	100m	U17 Women		**Starts when men's hammer finishes	
	100m	Women			
	100m	U13 Boys	1.00	Long Jump	U15 Girls
	100m	U15 Boys		Shot Putt	U11 Boys
	100m	U17 Men		High Jump	U15 Boys
	100m	Men	**	Javelin	U11 Girls
1.15	800m	U11 Girls	**Starts as soon as U13 Boys Discus finishes		
	800m	U11 Boys			
	1200m	U13 Girls			
	1200m	U13 Boys	2.00	High Jump	U17 Men
	1500m	U15 Girls		Long Jump	U13 Boys
	1500m	U17 Women		Shot Putt	U17 Women
	1500m	Women		Discus	Women
	1500m	U15 Boys			
	1500m	U17 Men			
	1500m	Men			
3.00	200m	U13 Girls	3.00	Javelin	U15 Girls
	200m	U15 Girls		*Long Jump	U11 Girls
	200m	U13 Boys		<b>High Jump</b>	<b>Women</b>
	300m	U17 Women		*Long Jump	U11 Boys
	400m	Women			
	400m	U15 Boys	3.45	Hammer	U17 Men
	400m	U17 Men		Hammer	U15 Boys
	400m	Men			
4.15	4 x 100m	U11 Girls	4.00	<b>Long Jump</b>	<b>U13 Girls</b>
	4 x 100m	U11 Boys		Shot Putt	Men
	4 x 100m	U13 Girls			
	4 x 100m	U13 Boys			
	4 x 100m	U15 Girls			
	4 x 100m	U15 Boys			
	4 x 100m	U17 Women			
	4 x 100m	U17 Men			
	4 x 100m	Women			
	4 x 100m	Men			



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**Venues: Inverness & Dundee (8th June 2014)**

MEETING 2

(\*2 Long Jump pits may be required at the same time)

TRACK

12.00 300m HU17 Women  
400m HS Women  
400m HU17 Men  
400m HS Men

1.00 100m U11 Boys  
100m U13 Boys  
100m U15 Boys  
100m U17 Men  
100m Men  
100m U11 Girls  
100m U13 Girls  
100m U15 Girls  
100m U17 Women  
100m Women

2.00 \*3000m U17 W & SW.  
\*3000m U17 Men  
\*3000m Men

\*Races may be combined depending on numbers

2.30 1500m U13 Boys  
1500m U13 Girls  
1500m U15 Boys  
1500m U15 Girls

3.15 600m U11 Boys  
600m U11 Girls  
200m U13 Boys  
200m U13 Girls  
200m U15 Boys  
200m U15 Girls

4.15 4 x 100m U11 Boys  
4 x 100m U11 Girls  
4 x 100m U13 Boys  
4 x 100m U13 Girls  
4 x 100m U15 Girls  
4 x 100m U15 Boys  
4 x 400m U17 Men  
4 x 400m U17 Women  
4 x 400m Men  
4 x 400m Women

FIELD

11.45 Hammer U17 W & Women  
12.15 High Jump U11 Boys  
Triple Jump U17 Men  
Shot Put U11 Girls

1.10 Discus Men  
Long Jump U15 Girls  
High Jump U13 Girls  
Shot Put U13 Boys

2.05 Discus U13 Girls  
\*Long Jump U11 Girls  
\*Long Jump U17 Women  
Shot Put U15 Boys

3.00 Javelin Women  
High Jump Men  
Long Jump U13 Boys  
Shot Put U11 Boys

4.00 Discus U17 Men  
Shot Put U15 Girls  
Triple Jump U15 Boys

Note: Age groups Order of running in the relay races may depend on how the field competitions are running



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Venues: Inverness & Aberdeen (29th June 2014)

MEETING 3			(*2 Long Jump pits may be required at the same time)		
TRACK			FIELD		
12.00	70mH	U13 Girls	12.00	Pole Vault	U17 W & Women
	75mH	U13 Boys		Long Jump	Men
	75mH	U15 Girls		Javelin	U11 Boys
	80mH	U17 Women			
	80mH	U15 Boys			
	100mH	Women			
	110mH	U17 Men	1.00	Javelin	U13 Boys
	110mH	Men		High Jump	U15 Girls
				Shot Putt	U11 Girls
				Long Jump	U15 Boys
1.30	800m	U11 Girls			
	800m	U11 Boys			
	800m	U13 Girls	2.00	Pole Vault	U17 & S. Men
	800m	U15 Girls		*Long Jump	U13 Girls
	800m	U17 Women		Javelin	U17 Women
	800m	Women		*Long Jump	Women
	800m	U13 Boys			
	800m	U15 Boys			
	800m	U17 Men			
	800m	Men	3.00	Javelin	U15 Boys
				High Jump	U11 Girls
2.45	200m	U11 Girls		Long Jump	U13 Boys
	200m	U13 Girls		Shot Putt	U17 Men
	200m	U15 Girls			
	200m	U17 Women			
	200m	Women			
	200m	U11 Boys	3.45	Javelin	U13 Girls
	200m	U13 Boys	4.00	Long Jump	U11 Boys
	200m	U15 Boys		Discus	U15 Girls
	200m	U17 Men			
	200m	Men			
4.00	4 x 100m	U11 Boys			
	4 x 100m	U11 Girls			
	4 x 200m	U13 Boys			
	4 x 200m	U13 Girls			
	4 x 200m	U15 Girls			
	4 x 200m	U15 Boys			
	4 x 200m	U17 Men			
	4 x 200m	U17 Women			
	4 x 200m	Men			
	4 x 200m	Women			

Note: Age groups Order of running in the relay races may depend on how the field competitions are running



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**FINAL: 'Inverness' 31st August 2014**

TRACK			FIELD		
			(*2 Long Jump pits will be required at the same time)		
12.00	100m	U11 Boys	11.45	High Jump	U17 Men
	100m	U11 Girls	**	Triple Jump	Sen Men
	100m	U13 Girls		Javelin	Women
	100m	U13 Boys	**	Long Jump	U13 Girls
	100m	U15 Girls			
	100m	U15 Boys			
	100m	U17 Women			
	100m	U17 Men			
	100m	Women	12.45	Javelin	U13 Boys
	100m	Men		High Jump	U17 Women
				Shot Putt	U11 Boys
1.15	800m	U13 Girls	**1.20	Discus	U15 Boys
	800m	U13 Boys	**Starts when U13 Boys Javelin finishes		
	800m	U15 Girls			
	800m	U15 Boys			
	800m	U17 Women			
	800m	U17 Me	1.50	Javelin	Sen Men
	800m	Women		High Jump	Women
	800m	Men		Long Jump	U11 Girls
				Shot Putt	U15 Girls
2.30	600m	U11 Boys			
	600m	U12 Girls			
			2.50	Long Jump	U11 Boys
2.45	200m	U11 Boys		High Jump	U15 Boys
	200m	U11 Girls		Discus	U17 Women
	200m	U13 Girls		Shot Putt	U13 Girls
	200m	U13 Boys			
	200m	U15 Girls			
	300m	U17 Women			
	400m	U15 Boys	3.50	Long Jump	U13 Boys
	400m	U17 Men		Discus	U17 Men
	400m	Women		High Jump	U15 Girls
	400m	Men		Shot Putt	U11 Girls
4.00	4 x 100m	U11 Boys	Note: Age groups Order of running in the relay races may depend on how the field competitions are running		
	4 x 100m	U11 Girls			
	4 x 100m	U13 Boys			
	4 x 100m	U13 Girls			
	4 x 100m	U15 Girls			
	4 x 100m	U15 Boys			
	4 x 100m	U17 Women			
	4 x 100m	U17 Men			
	4 x 100m	Women			
	4 x 100m	Men			

PRESENTATIONS WILL BE HELD AT APPROX 5.00pm





## Petrofac Athletics league 2014

### Rules and Regulations

#### 1) **Competition**

The league will provide competition as detailed in the league programme. All meetings will be conducted under BAF/UKA Rules for competition (taking into account any Scottish amendments)

#### 2) **Age groups (also see rule 7(a))**

The league will operate over 5 age groups (U11, U13, U15, U17 and Seniors) for both males and females. Athletes may only compete in their own age group events, except in the case of relays, where up to 2 team members may be from the immediate younger age group (not including U11 age groups). U17W may not compete in 400m relay races.

No athlete under the age of 9 years (on the day of competition) will be allowed to compete

#### 3) **Eligibility**

No more than 40% of any age group in the team can be made up of Higher Club Claim members.

No athlete may represent more than 1 league club during the same season, even if his/her original club is not represented in the Final.

Non-counters may be allowed in track events (usually on a 'fill-up' basis), at the discretion of the marksman. Non-counters will not necessarily run in their own age group race. **Non-counters should wear a neutral T-shirt or vest**, with an individual number assigned to them at declaration. Clubs may offer up to 3 non-counting field event competitors per meeting. Field event officials will have the discretion to impose a limit if an event becomes oversubscribed.

Non-counters will be members of the competing clubs in the league.

Guest competitors from non-league clubs will not be permitted unless specifically invited by the League Secretary

#### 4) **Numbers**

Numbers with the sponsor's name and supplied by the league secretary will be used for the complete season. 'A' string and 'B' string competitors will wear different numbers as allocated to the club by the league (i.e. odd no = 'A' & even no = 'B') In addition to wearing the correct number, all athletes must wear a vest in the colours of their club, to which their numbers are securely fixed on the front.

#### 5) **Declarations**

Team declarations are required for all meetings of the League and declaration sheets will be provided by the League Secretary. (Declaration sheets can be found on the web site). Team managers should declare their teams on the forms provided 30mins prior to the first event. Any changes should be reported to the meeting convenor, or the appropriate track or field official prior to the event affected. This may for example, be the marksman or track referee, or the field official in charge of a specific event. Non-counters should also be declared on the team sheets and should wear numbers according to their clubs for recognition.

#### 6) **Officials**

Each club will endeavour to provide six (6) officials at each league meeting as follows, 1 timekeeper, 1 track official, 2 field judges and 2 others. Each club must submit/declare a list of officials' names to the meeting convenor as soon as they arrive at the meeting.

For the Final, each participating club will provide at least four (4) officials.

Use of trainee officials and judges under the supervision of experienced officials, is and shall be encouraged at all times.

The league secretary will be responsible for arranging starters for each meeting.

#### 7) **Organisation**

a) Athletes will be permitted to compete in a maximum of three (3) individual events (**including all non-counting events**), plus one relay. The individual events may be any combination of track and field events (subject to UKA limitations). Any club violating this rule will be penalised by the deduction of the points in regard to the event(s) decided after the maximum has been reached.

b) Two competitors represent each club in all events, except relays and 'A' string only events. Where both competitors compete together, the leading competitor shall be scored as the 'A' string, regardless of the team nomination.

In races of 400m and under, 'A' and 'B' strings will normally be run as separate races. Should, for any reason, an event of 400m or less be run as a combined race, the leading competitor shall be 'scored' as the 'A' string, regardless of the team nomination.

In races of 600/800m and over, 'A' and 'B' strings will normally run together, when using curved line starts, except where the total number of athletes exceeds twelve (12), when for safety reasons, 'A' and 'B' strings races will be run separately, unless adjusted at the track referee's and starters discretion.

All U11 & U13 600m and 800m races will be started from the curved line.

c) Where an athlete is competing in two events at the same time, he/she must notify the officials at these events. Field officials shall allow an athlete to compete out of order if competing in another event, but only by adjusting the competitor's position in a particular round.

d) Each block of events should start no more than 15 minutes ahead of the advertised programme except with the unanimous agreement of all the clubs present.

e) Field events (except high jump and pole vault) will normally be decided on 4 trials per competitor. However if time does not permit, athletes may be limited to 3 trials. No more than 2 practice throws will be allowed.

f) High Jump – starting heights and progression:

U10 G & B	0.90	0.95	1.00	1.05	1.10	1.15	1.18	then by choice
U12 G & B	1.00	1.05	1.10	1.15	1.20	1.25	1.28	then by choice
U14 G & B	1.10	1.15	1.20	1.25	1.30	1.35	1.38	then by choice
U16 G & B	1.20	1.25	1.30	1.35	1.40	1.45	1.48	then by choice
U18 W & Women	1.15	1.20	1.25	1.30	1.35	1.40	1.43	then by choice
U18 M & Men	1.30	1.35	1.40	1.45	1.50	1.55	1.58	then by choice

g) Pole Vault - starting heights and progression:

U18 & Seniors M & F start at a height agreeable by all athletes but no lower than 1.60m thereafter progressing by 0.10 cm. Intervals.



## Petrofac Athletics league 2014

### 8) Scoring

Scoring for male and female events is entirely separate.

Scoring will be on the basis of Event points. For all 'A' & 'B' string and relay events,

#### **New points system for 2013**

**"A" String & Relay: - 11, 9, 8, 7, 6, 5, 4, 3. "B" String: - 9, 7, 6, 5, 4, 3, 2, 1. The Final shall be scored the same**

After each league meeting, 'Meeting Points' will be awarded as follows: - **8, 7, 6, 5, 4, 3, 2, 1.**

In the event of a tie after the 4 league meetings, the total of event points shall be used to decide the positions. After the 4 league meetings, the top 4 teams in the North and East sections, in each age group, will contest the Final.

### 9) League Awards

The winning team in each age group at the Final will be awarded a plaque.

Trophies will also be awarded for male and female competition, to the club who accumulates most meeting points after 4 league meetings in each of the North & East sections. In the event of a tie, the team with the most event points will be the winner.

### 10) League Records

League records **must** be ratified by appropriately graded officials. Records cannot be ratified in the absence of graded officials, or where the referee considers an unfair advantage has been gained by the nature of the physical conditions. Such decisions **must** be announced on the day.

### 11) Conduct of Teams

The conduct of club members is the responsibility of the clubs.

Each club shall nominate up to two managers, who shall represent the club, when necessary, at meetings.

It is expected that all athletes, team officials and spectators will co-operate with League and technical officials at all times. The start and finish areas **must** be kept clear at all times. **Throwing events are especially dangerous.** Only officials and athletes competing in an ongoing event will be allowed into the centre of the arena and even at that, they must pay attention to ongoing events around them, especially when going to officiate/compete at/in any event within the field area.

### 12) General

Anything not covered in these rules shall be subject to interpretation in the light of the relevant rules of UKA

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### Responsibilities

#### **The convening club(s) will be responsible for the proper setting out of the track & field facilities**

- a) The provision of appropriate equipment, including correct weights of implements.
- b) Completion of result sheets; track results, with time recording sheets; field score cards, ensuring the current league records are noted.
- c) Arranging the rotation of lanes (in co-operation with the marksman).
- d) Organisation of principal officials. (**starters will be booked by the league secretary**)
- e) Providing refreshments for the officials.
- f) The league secretary will be responsible for arranging first aid cover.

## Supplementary Information

### Hurdles

Age Group	Race Distance	Height	Holes Showing	Weight/ hole Position
U13 Girls	70m	68.5cm	0	2.7kg/ 0
U15 Girls	75m	76.2cm	1	2.7kg/ 1
U13 Boys	75m	76.2cm	1	2.7kg/ 1
U17 Women	80m	76.2cm	1	2.7kg/ 1
U15 Boys	80m	88.8cm	2	2.7kg/ 2
Sen. Women	100m	83.8cm	2	3.6kg/ 5
U17 Men	100m	91.4cm	3	2.7kg/ 3
Sen. Men	110m	99.1cm	5	3.6kg/ 8
U17 Women	300m	76.2cm	1	2.7kg/ 1
Sen. Women	400m	76.2cm	1	3.6kg/ 4
U17 Men	400m	83.4cm	2	2.7kg/ 2
Sen. Men	400m	91.4cm	3	3.6kg/ 6

### Throws

#### Females

#### Throws

#### Males

Age Group	Javelin	Discus	Shot Putt	Hammer	Age Group	Javelin	Discus	Shot Putt	Hammer
U-11 Girls	400	N/A	2.72	N/A	U-11 Boys	400	0.75	2.72	N/A
U-13 Girls	400	0.75	2.72	N/A	U-13 Boys	400	1.00	3.25	N/A
U-15 Girls	<b>500</b>	1.00	<b>3.00</b>	N/A	U-15 Boys	600	1.25	4.00	4.00
U-17 Women	<b>500</b>	1.00	<b>3.00</b>	<b>3.00</b>	U-17 Men	700	1.50	5.00	5.00
Women	600	1.00	4.00	4.00	Men	800	2.00	7.26	7.26

Changes for 2014 highlighted in yellow. For full specification see the UKA 2014 rule book



## **ADDITIONAL NOTES**

### **A few important reminders regarding safety at 'athletics' meetings**

Safety is the responsibility of each and every person who attends our league meetings. Please help to ensure that our meetings are conducted in a safe and proper manner. Report any safety issues to the meeting convenor or any other league official.

All throwing areas **must** be roped off. For long throws, a warning hooter must be sounded prior to every throw, including practice throws, to ensure awareness of all concerned. Practice throws **must** always be supervised, regardless of age group. Throwing implements should not be left unattended by officials at throwing areas.

At discus and hammer events, officials should be extra vigilant regarding their position in the sector when a throw is taking place. Athletes must stay behind the cage opening when not competing and **must not distract the officials and athletes.**

Track start and finish areas must not be adjacent to ongoing Hammer and/or Discus events. This specifically applies to Chris Anderson Stadium in Aberdeen. No sprint events should take place on the back straight if there are concurrent Discus or Hammer events.

Please remember, SAFETY FIRST, and enjoy the meetings.

## **CONSTITUTION**

1. The League, consisting of amateur athletics clubs from the North and North East of Scotland, shall be called the Grampian League but *may be changed to* incorporate a sponsor's name.
2. There shall be an Annual Meeting of representatives from the member clubs, to be held prior to 31 December each year.
3. A majority, on the basis of one vote per constituent club, shall carry motions at the Annual Meeting, including applications by new clubs to join the League. The President shall have a casting vote.
4. Extraordinary Meetings may be called, either by the Secretary, or by at least three clubs giving at least 28 days notice to the Secretary and to the other clubs. Two thirds of the League membership will form a quorum.
5. A Secretary/Treasurer plus other Officials shall be appointed at the Annual Meeting and shall stand for 12 months. An election shall be held for each post if there is more than one nomination. The post of President/Chairman will be rotational, each club (in alphabetical order) providing the Chairman for one year in turn.
6. Upon dissolution, any assets remaining after all debts have been met will be equally distributed among the current member clubs to further athletics within their community.

November 1989  
Amended March 2002  
Constitution Amended 29<sup>th</sup> January 2006