



YOUTH DEVELOPMENT LEAGUE

2025 HANDBOOK & PROGRAMME



ALL DOCUMENTS PERTAINING
TO THE LEAGUE, INCLUDING
RESULTS, LEAGUE RECORDS AND
COPIES OF THIS HANDBOOK CAN
BE FOUND ON THE UKYDL
WEBSITE:

www.ukydl.org.uk

All website queries to:
website@ukydl.org.uk

PRESIDENT: Grace Hall – 01924 930584 or email Grace@ukydl.org.uk

UKYDL MANAGEMENT COMMITTEE 2025

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FINALS CO-ORDINATOR:	Arwel Williams	Arwel@ukydl.org.uk
RESULTS CO-ORDINATOR:	Marian Williams	contact see Administrator above
WEBSITE	all enquiries to website@ukydl.org.uk	

COMPETITION RULES

1. GENERAL

- 1.1. All competitions shall be held under UKA Rules for Competition, as amended from time to time.
- 1.2. Clubs shall be responsible for ensuring that their athletes do not breach UKA Rules for Competition.
- 1.3. All clubs/teams must affiliate to their National Association and their athletes must be members of their club as set out in the current UKA rules.
- 1.4. The Management Committee shall be empowered to investigate any allegation of a club/team being in breach of UKA or League rules.
- 1.5. The use of audio equipment and mobile phones is banned within competition areas.
- 1.6. Club colours must be worn by all competitors as per **UKA rule T5 (143) S1 (3)**.
 - 1.6.1. Composite team athletes may wear the club colours of their individual first claim club or approved composite team colours that are registered with UKA for individual events.
 - 1.6.2. All relay teams must compete in the club/team colours, as per UKA rules. **(This to include composite teams whose athletes in any relay race must wear the same team colours).**
- 1.7. All equipment specified under UKA rules for each age group will be used.
- 1.8. Full regard to the safety of athletes, officials, spectators, and the general public must be given high priority at all fixtures, in accordance with UKA code of practice/risk assessment.
- 1.9. If a team proposes not to attend a fixture, it must notify the host club and Area Co-ordinator at least 48 hours prior to the fixture. The Area Co-ordinator will then notify the Administrator, who will investigate the circumstances. Any penalty for non-attendance will be decided by an elected panel of Management Committee members and confirmed by the AGM.
- 1.10. In respect of all fixtures promoted by the League, athletes, team officers and club officials have a duty to be courteous.
- 1.11. Any competitor (or other person) interfering or attempting to interfere with the decision of an event official or who is guilty of unfair practice or misbehaviour, including the use of offensive, abusive language, or threatening behaviour, shall, at the discretion of the appropriate referee, be excluded from the competition and reported to the Management Committee.
- 1.12. Any athlete or official, whose conduct, in the opinion of the Management Committee, may bring discredit to the sport of athletics or to the League, shall be reported under the terms of UKA rules.
- 1.13. Any athlete (or other person) causing wilful damage shall be reported to the Meeting Manager/Secretary, who shall report the matter to the Management Committee. The Management Committee shall investigate the complaint and shall have the power to order restitution by the club(s) of the offender(s) and/or suspend the club(s) from League competition for one year. Any such suspension must be approved at the AGM of the League following the incident.
- 1.14. Any protest concerning the conduct of a League meeting must be made to the appropriate referee whose decision is final and will be dealt with in accordance with **UKA rule T8 (146) S1**.

- 1.15. Any other complaint should be made in writing on club headed notepaper to the League Chair and signed by 2 principal officers of the club within 2 weeks of the incident; this complaint will be taken as indication that the club management is in agreement and the necessary action/investigation will be carried out as deemed appropriate.
- 1.16. Video recordings and/or photographic evidence made at any League meeting shall not be accepted as evidence in any dispute raised with officials or referees at that meeting.

2. RESPONSIBILITIES OF HOST CLUBS

The host club is the meeting organiser as shown in the League programme. The league will provide a detailed guide to hosting which will be made available to all host clubs.

- 2.1. The host club must inform clubs at least 14 days prior to the meeting of:
 - 2.1.1. any event which will not be held for safety reasons
 - 2.1.2. any change in field event order due to track layout or regulation
 - 2.1.3. any stipulation regarding type or length of spike
 - 2.1.4. the track or stadium name and directions to the venue. A map should be provided if possible and contact telephone numbers of the stadium and the Meeting Manager/Secretary.
- 2.2. The host club must arrange for a dedicated competent First Aider to be in attendance and their whereabouts must be made clear to all clubs before the start of the meeting.
- 2.3. The host club shall make all arrangements for the provision of the appropriate athletic equipment for the match (excluding vaulting poles) and ensure that this equipment meets the required standards of Health and Safety.
- 2.4. The host club shall provide all the materials needed for the results, recording and public address and agree staffing levels for the stadium.
- 2.5. The host club shall provide the track management with a full programme of events.
- 2.6. Results should be circulated to all competing clubs on the evening of the fixture. Any corrections or amendments should then be returned to the host clubs within 24 hours.
- 2.7. On the evening of the fixture, the host club shall send the match and all individual results to the League Area Co-ordinator and the League Webmaster by email. Corrected results should be sent to the League Administrator, Power of 10 and Athletics Weekly by 09:00 of the Tuesday following the match by email.
- 2.8. The original match result sheets, declaration sheets, non-scoring sheets, track results, field cards and officials' signing in sheets should be sent in the addressed envelope provided by the League within 48 hours of the match to the League Administrator.
- 2.9. Corrections to published results should be sent to the League Administrator within two weeks of the fixture taking place.

3. ELIGIBILITY OF ATHLETES

3.1. Upper Age Group (UAG) U17/U20

- 3.1.1. Competitors can be either first claim members of their club or second claim (2nd claim) members whose first claim club is not a member of the League.* Clubs are limited to 6 male and 6 female second-claim athletes per match.

(For Clarification: *This refers to clubs who are not members of the league in the UAG, athletes whose first claim clubs only compete in the LAG are eligible to compete as second claim members for a standalone club in the UAG. Composite teams are not permitted to use second claim members – see Appendix 1).

- 3.1.2. Second-claim athletes are only allowed to compete for one club in any one season.
- 3.1.3. U17 athletes may compete in the U20 age group but cannot compete in the same event in both age groups on the same day.
- 3.1.4. U17 athletes competing as U20s are restricted to 4 events and, if so doing, one must be a relay. A non-scoring event will count in the total.

3.2. Lower Age Group (LAG) U13/U15.

- 3.2.1 Competitors shall be first-claim members of their clubs or composite team and are restricted to competing in their age group only.

3.3. Both Age Groups

- 3.3.1. Any athlete who has recently changed clubs and is serving a ban must not compete as either a first- or second-claim member but may compete in non-scoring events in the timetable.
- 3.3.2. In the event of a transfer between clubs, relevant written clearance must be available and presented to the appropriate referee before the start of the meeting.
- 3.3.3. Any athletes found to be ineligible because of age for any event(s) in which he or she competed shall forfeit the match points gained in the event(s) which shall be re-scored as though he or she had not taken part.
- 3.3.4. Only athletes who have a previous record of competition in the current, or previous, season in this League are permitted to compete in the National Final. Breach of this rule will result in the deduction of the points scored by the athlete including relays.

(For clarification: Non-scoring events are deemed to be acceptable for this purpose)

4. COMPOSITE TEAMS

- 4.1. *Applications and renewals for Composite teams must be submitted to the League Administrator by 30 September, for the following year. Each submission will be subject to scrutiny and approval by the Management Committee before it is forwarded to UKA for registration. There is no guarantee that existing composite teams will be approved for entry to the league.*

- 4.1.1. Composite teams are eligible for promotion.
- 4.1.2. Composite teams in Premier divisions, including those gaining promotion to a Premier division, may not increase the number of, or substitute any of, the teams in the composition.
- 4.1.3. If a club within an existing Premier division wishes to form a new composite team, they will need to submit their application in the usual manner to the league for

consideration and, if successful, re-enter the league at one division lower for the following season.

- 4.2. Athletes can only compete for a composite team if they are first claim to a club within that composite team.

5. OFFICIALS

- 5.1 The host club shall ensure that any officials appointed by them are suitably qualified, hold an officials' pass and a current certificate issued by the Disclosure and Barring Service (DBS) or the equivalent body in Scotland and N. Ireland. This can be checked by referring to their National Association or UKA.
- 5.2 **The chiefs appointed by the host club and all other officials used by any club, must be declared on the Team Manager portal 7 days prior to the match.** On arrival at a match, they must then 'sign in' using the Health and Safety Attendance Forms indicating their level and registration number to verify their attendance. These forms will be supplied to the discipline chiefs appointed by the host club
- 5.3 The host club shall appoint the following:
- 5.3.1 the Chief Officials (Track Referee, Field Referee(s), Chief Timekeeper, and Chief Starter) all of whom must be graded.
(For clarification: chief officials should be graded appropriately according to the level of the meeting licence)
- 5.3.2 the Starters' Assistants, Announcer(s), and Recorders
- 5.3.3 someone to be responsible for ensuring that all equipment required is available for use on the day and that hurdles and steeplechase barriers are adjustable and moved into place in a timely manner to allow the events to progress according to the timetable.
- 5.3.4 Apart from the Track Referee and Chief Timekeeper, the above officials do not qualify for match points – see 5.4.
- 5.3.5 The host club shall ensure that each of these officials has a copy of the programme and that copies of the Handbook are available. (NB the Handbook and Programme is available to be printed from the website)
- 5.4 In addition to the above:
- 5.4.1 Each visiting club shall provide one Track Judge, one Timekeeper and a team of 5 Field Judges, while the host club shall provide a team of 5 Field judges. The field team must include 2 qualified field officials to satisfy the licence requirements, and one of those must be at Level 2 or above with Health and Safety certification. For the host club these are in addition to the officials in 5.3.1, 5.3.2 and 5.3.3 above. Field judges should be available to assist in additional events as required by the Field Referee.
- 5.4.2 Competing athletes may not compete and judge at the same time.
- 5.4.3 Points will be awarded for up to 7 officials who sign in as a Track judge, Timekeeper or Field judge on the league H & S signing in sheets, subject to satisfying the criteria above. Eight (8) match points will be credited for each qualified official at Level 1 or above who signs in for the relevant discipline up to a maximum of 56 points. Unqualified officials who sign in shall be awarded four (4) match points.

A team who provides a full field team, which must include a Level 2+, a level 1+, and 3 additional officials, will be awarded the full forty (40) points. If a team falls short of this, then the usual eight (8) points will be awarded for a qualified official and four (4) points for an unqualified official.

There will be a deduction of 20 points if a club does not provide at least a Level 2 or above field official, reducing the points to 36 maximum if all officials are qualified in their relevant discipline.

- 5.4.4 These officials must report to their Chief Officials and must also sign the Health and Safety Attendance Certification indicating their level and registration number. Where appropriate, failure to sign in will result in points not being awarded. A signature cannot be accepted as being proof of being present at the discipline, the final decision on this matter to be taken by the Chief official for each discipline on the day.

(For clarification: All officials must sign in with their URN (or FULL NAME & Date of Birth if URN is not known) in order that verification checks can be carried out).

- 5.4.5 Host clubs are responsible for scrutinising the Health and Safety attendance forms and checking with the Chief Officials prior to awarding the appropriate number of points to each club for the officials provided.

- 5.4.6 Clubs/teams who consistently fail (for at least 50% of matches) to provide at least one level 2 field judge, plus one other qualified field judge and at least one track judge and/or one timekeeper, at YDL matches during the year of competition, will not be eligible for promotion, or to participate in Promotion matches or Finals.

If officials do not sign in in the correct manner (see clarification in 5.4.4 above) they will be deemed to be unqualified.

(For clarification: nb Double header matches use a different system for officials/points. Information sent to clubs involved separately.)

All officials' qualifications will be checked using the UKA licence checker: <https://myathletics.uka.org.uk/licencecheckofficial>

6. NUMBERS

- 6.1 The League will supply competition numbers/letters for all competing clubs in quantities to last the whole season. They must be worn, front and back, in all track events; in field events one is permissible worn either on the front or back.

- 6.2 Numbers for non-scoring athletes are to be provided by the Host Club. They must be worn, front and back.

(For clarification: In the LAG, most non-scoring athletes should be able to wear club numbers especially where non-scoring races are run independently. In the UAG all non-scoring athletes will require a unique number for identification.)

- 6.3 Clubs must supply safety pins, or similar, for their own athletes.

7. DECLARATIONS

- 7.1 All athletes' details must be fully completed in the Squad list on the portal. The details must include the athlete's full name, age group, correct URN and accurate date of birth, and indicate first- or second- claim competitor; in the case of composite teams, athletes' first claim club must also be indicated.

- 7.2 Declarations must be made on the Team Managers' portal and must be made at least 24 hours before the start of the meeting. This includes non-scoring athletes.
(For clarification: This refers to declarations for athletes and officials)
- 7.3 Second-claim athletes (applicable only to upper age group athletes – subject to a maximum of 6 male and 6 female per club per match) must be clearly identified on the portal.
- 7.4 Changes on the day should be entered on the portal 10 minutes before the scheduled event time. This to include non-scoring athletes.
- 7.5 In the event of an athlete competing without having been declared in the correct manner, all points gained will be deducted.

8. MEETINGS

- 8.1 All fixtures shall be held on synthetic surfaced tracks which must hold a Trackmark certificate.
- 8.2 Teams should, where possible, arrive at the venue of the match at least 30 minutes before the first event.
- 8.3 Teams will be expected to host a match when requested (at least once every two seasons unless the Management Committee agrees otherwise).
- 8.4 The track used should be the nearest suitable one available.

9. COMPETITION EVENTS See Appendix 1 for events.

- 9.1 In any match where sufficient lanes are not available, separate races shall be held as "time trials" and positions and match points allocated accordingly. Competitors attaining equal times shall be accorded the same place for scoring purposes regardless of the finishing order of the trial.
- 9.2 The order of field events as shown in the League timetable must be adhered to by the host club, although any necessary changes to field events due to the layout of the arena will require all visiting clubs being notified in advance of the meeting.
- 9.3 The order of track events shall not be changed unless deemed necessary as an emergency measure by the track referee.
- 9.4 In throws and horizontal jumps, 3 trials are allowed in the Lower Age Group and 3 trials in the Upper Age Group, with a further 3 trials being offered to the top 3 athletes in the U20 competition and the top 3 athletes in the U17 competition subject to the requisite standard being achieved in the first 3 rounds (See Appendix 2).
- 9.5 Any athlete who misses a round in a field event shall forfeit that round.
- 9.6 Track events will normally be run as 'A' and 'B' races except the 1500m, the 3000m, the 1500 S/c and 2000m S/c.
(For Clarification: in any track events where numbers are sufficiently low, races may be combined, scoring subject to rule 11.3)

10. CANCELLATION OF MEETINGS/EVENTS

- 10.1 If a host club is faced with the possible cancellation prior to a fixture it must adhere to the following:
- 10.1.1 The host club will contact the Area Co-ordinator who will contact the Administrator as soon as an issue arises
 - 10.1.2 The Area Co-ordinator will agree a course of action with the Administrator
 - 10.1.3 The Area Co-ordinator will notify all participating clubs of the subsequent decision.
 - 10.1.4 The host club will notify the appropriate chief officials whom they have engaged.
- 10.2 Points will not be awarded for any individual event (or relay) cancelled prior to the day of the fixture.
(For clarification: individual events cancelled on the day of the fixture are covered by rules 10.2.1 & 10.2.2 below)
- 10.2.1 If an event is cancelled during the course of a match, by either the Track or Field Referee on safety grounds, the decision must be communicated to a meeting of Team Managers. If conditions change during the meeting, that event will remain cancelled. **(The referee must make the decision which is final)**
 - 10.2.2 Points for any events cancelled on the day of the meeting will be awarded according to the declarations at the start of the meeting. Athletes scoring points will be deemed to have competed and the event will count as part of their maximum number of events.
- 10.3 The following condition will apply to an abandoned League match:
- 10.3.1 For any match where at least 30 events in the Upper Age Group and 25 events in the Lower Age Group have been completed, the match result will stand. *Teams will be allocated League points based on their relative positions at the time the match is abandoned.*
 - 10.3.2 For any match where less than 30 events in the Upper Age group and 25 in the Lower Age group have been completed, the match will be treated as a cancelled match with no points awarded
(For clarification: the meeting manager, in conjunction with the referees, will consult with all team managers in regard to any decision to abandon a fixture).

11. SCORING

Matches will be scored as shown in the Appendix 1 based on 'A' and 'B' strings which follow the number of teams in the division to which teams have been allocated.

The official league results software must be used to record the results.

- 11.1 Upper Age Group: In all field events, 3 competitors per team shall be permitted, all of whom will score. If there are two U17 competitors, then both shall compete in the U17 age group, if there are three U17 competitors then one shall compete in the U20 age group and two shall compete in the u17 age group. ***(For clarification: if there is only one U17 competitor then they must compete in the U17 age group).***
- Lower Age Group field: 2 competitors per event per team permitted.

- 11.2 In all individual track events, 2 competitors per team per age group shall be permitted. If there are two U17 competitors, then both shall compete in the U17 age group, if there are three U17 competitors then one shall compete in the U20 age group and two shall compete in the u17 age group.
(For clarification: if there is only one U17 competitor then they must compete in the U17 age group).
- 11.3 In all events the superior performer should be nominated for the 'A' string event. In all circumstances where events are run as combined events the better-performing competitor at the end of the competition will be deemed the 'A' string.
- 11.4 Should any athlete exceed their event restrictions as laid out in Appendix 1, the performances from any subsequent event(s) will be removed from the results. In addition, the points scored by the athlete in their highest scoring event will be deducted.
- 11.5 Male and female events are scored together in all League matches.
- 11.6 In any contest, if two or more competitors are judged equal, they shall share the combined match points for the relevant places.
- 11.7 If the match points in a particular fixture are equal, the League points for that fixture shall be shared.
- 11.8 In the event of teams being equal on League points at the end of the season, total match points will decide positions.
- 11.9 In the event of a tied match score in all finals and promotion matches the greatest number of 'A' string first places will decide the finishing order. If this does not resolve the matter, then it will be decided on the greatest number of 'B' string first places. If still unresolved, then 'A' string second places, 'B' string second places and so on, until a decisive result is achieved.

12. NON-SCORING EVENTS

- 12.1 In the Upper Age Group each team is allowed to enter a non-scoring athlete in up to eight events per sex per meeting ~~No more than three of these events, per sex, may be field events.~~ If more than one such athlete is entered in an event, for the purposes of this rule, each athlete shall be deemed to be entered in a separate event. **These athletes must be declared on the portal prior to competing.**
(For clarification – each team will be allowed up to 8 non-scoring performances per sex in each fixture. NB Non-scoring teams in Relay races comprise of 4 of the non-scoring places).
- 12.2 In the Lower Age Group, two U13 and two U15 athletes per sex per team will be allowed in the non-scoring 800m and 75m/100m events ONLY. These athletes shall be declared on the relevant declaration sheet.
- 12.3 Athletes will still be restricted to their overall event limit according to their age group. **This to include non-scoring events.**

APPENDIX 1

UPPER AGE GROUP U17 AND U20

6 male and 6 female second claim athletes are allowed per club in the upper age group, no second claim athletes are allowed for composite teams.

Under 17 competitors **must** be aged 15 or 16 on the 31st August in the competition year and are limited to 4 events and, if doing so, 1 **MUST** be a relay. U17 athletes may compete as U20s but the same limit of events for U17s shall apply, which also includes any non-scoring events that they may take part in. U17 athletes cannot do the same event in the U17 and U20 age groups on the same day. U17 athletes who compete as U20s will use the U20 implements and hurdle settings.

Events U17 women: 100m, 200m, 300m, 800m, 1500m, 3000m, 80mH, 300mH, 4x100m, 4x300m, 1500mS/C, javelin, shot, discus, hammer, high jump, long jump, triple jump, and pole vault.

Hurdles 80m: 8 flights, 76.2cm height, 2.7kg toppling weight.

Hurdles 300m: 7 flights, 76.2cm height, 2.7kg toppling weight.

1500mS/C: 13H + 3WJ flights, 76.2cm height.

Javelin: 500g **Shot:** 3Kg **Discus:** 1Kg **Hammer:** 3Kg.

Events U17 men: 100m, 200m, 400m, 800m, 1500m, 3000m, 100mH, 400mH, 4x100m, 4x400m, 1500mS/C, javelin, shot, discus, hammer, high jump, long jump, triple jump, and pole vault.

Hurdles 100m: 10 flights, 91.4cm height, 2.7kg toppling weight.

Hurdles 400m: 10 flights, 84.0cm height, **3.6kg toppling weight.**

1500mS/C: 13H + 3WJ flights, 83.8cm height

Javelin: 700g* **new spec for 2025** **Shot:** 5Kg **Discus:** 1.5Kg **Hammer:** 5Kg.

Under 20 competitors must be under 20 on the 31st December in the calendar year of competition, and are limited to 5 events, which includes any non-scoring events they may take part in.

Events U20: 100m, 200m, 400m, 800m, 1500m, 3000m, 100/110mH, 400mH, 4x100m, Mixed 4x400m, 1500/2000mS/C, javelin, shot, discus, hammer, high jump, long jump, triple jump, and pole vault.

WOMEN

Hurdles 100m: 10 flights, 84.0cm height, 3.6Kg toppling weight.

Hurdles 400m: 10 flights, 76.2cm height, 3.6Kg toppling weight.

1500mS/C: 13H + 3WJ flights, 76.2cm height.

Javelin: 600g **Shot:** 4Kg **Discus:** 1Kg **Hammer:** 4Kg

MEN

Hurdles 110m: 10 flights, 99.1cm height, 3.6Kg toppling weight.

Hurdles 400m: 10 flights, 91.4cm height, 3.6Kg toppling weight.

2000mS/C: 18H + 5WJ flights, 91.4cm height.

Javelin: 800g **Shot:** 6Kg **Discus:** 1.75Kg **Hammer:** 6Kg

Starting Heights, High Jump: U17W 1.25m, U17M 1.35m, U20W 1.30m, U20M 1.50m.

Progression by 5cm until 3 competitors remain, then by 3cm. No Jump-off, points shared.

Starting Heights, Pole Vault: U17W 2.00m, U17M 2.40m, U20W 2.15m, U20M 2.55m.

Progression by 15cm until 3 competitors remain, then at the discretion of the referee or event leader. No jump-off, points shared.

Triple Jump: minimum take off board, 7 Metres.

Field event trials: 3, with the top 3 U20 athletes and top 3 U17 athletes progressing to a further 3 trials, subject to standards, excepting vertical jumps.

Event rotation: 1500m and 3000m will be rotated during the season.

LOWER AGE GROUP U13 AND U15

Under 13 competitors must be aged 11 or 12, and under 15 athletes aged 13 or 14 on the 31st August in the competition year. They are limited to 4 events, and if doing so 1 MUST be a relay, this includes any non-scoring events they may take part in. This age group are not allowed to compete in both 800m and 1200/1500m at the same meeting.

(For clarification: athletes in the U11 age group are NOT allowed to compete in this league)

Events U13 girls: 75m, 150m, 800m, 1200m, 70mH, 4x100m, javelin, shot, long jump and high jump.

Hurdles 70m: 8 flights, 68.5cm height, 2.7kg toppling weight.

Javelin: 400g **Shot:** 2.72kg

Events U13 boys: 75m, 150m, 800m, 1200m, 75mH, 4x100, javelin, shot, long jump and high jump.

Hurdles 75m: 8 flights, 76.2cm height, 2.7kg toppling weight.

Javelin: 400g **Shot:** 3kg

Events U15 girls: 100m, 200m, 300m, 800m, 1500m, 75mH, 4x100, 4x300, javelin, shot, discus, hammer, high jump, long jump, and pole vault.

Hurdles 75m: 8 flights, 76.2cm height, 2.7kg toppling weight.

Javelin: 500g **Shot:** 3kg **Discus:** 1kg **Hammer:** 3kg.

Events U15 boys: 100m, 200m, 300m, 800m, 1500m, 80mH, 4x100, 4x300, javelin, shot, discus, hammer, high jump, long jump, and pole vault.

Hurdles 80m: 8 flights, 84.0cm height, 2.7kg toppling weight.

Javelin: 600g **Shot:** 4kg **Discus:** 1.25kg **Hammer:** 4kg

Starting Heights, High Jump: U13G 1.05m, U13B 1.05m, U15G 1.15m, U15B 1.25m.

Progression by 5cm until 3 competitors remain, then by 3cm. No Jump-off, points shared.

Starting Heights, Pole Vault: U15G 1.80m, U15B 1.80m.

Progression by 10cm until 3 competitors remain, then at the discretion of the referee or event leader. No jump-off, points shared.

Field event trials, 3 per competitor, excepting vertical jumps

SCORING UPPER AND LOWER.

Where there are A and B competitors in all events:

Match Points:

4 team match:	A	7,5,4,3	B	5,3,2,1
5 team match:	A	8,6,5,4,3	B	6,4,3,2,1
6 team match:	A	9,7,6,5,4,3	B	7,5,4,3,2,1
7 team match:	A	10,8,7,6,5,4,3	B	8,6,5,4,3,2,1
8 team match:	A	11,9,8,7,6,5,4,3	B	9,7,6,5,4,3,2,1

4 x 100m Relay and U17 4x300/400m points all scored as A String.

U20 Mixed 4 x 400m relays scored as A and B strings.

League Points: Based on the number of clubs in the division, decreasing by a single point,
eg 8 team match = 8,7,6,5,4,3,2,1

APPENDIX 2

2025 field event progression standards Upper Age Group.

	Under 20 men.	Under 20 women.
Long Jump	5.80m	4.80m
Triple Jump	11.50m	9.50m
Shot	10.50m	9.00m
Discus	35.00m	25.00m
Hammer	35.00m	28.00m
Javelin	38.00m	28.00m

The above refers only to the competitors who appear on the U20 field card, some of whom may be under 17 athletes.

	Under 17 men.	Under 17 women.
Long Jump	5.80m	4.80m
Triple Jump	11.50m	9.50m
Shot	10.70m	10.00m
Discus	35.00m	25.00m
Hammer	35.00m	28.00m
Javelin	38.00m	28.00m

The above refers only to the under 17 competitors who are on the U17 field card.

UPPER AGE GROUP (U17/U20) Main Timetable

TRACK

<u>Time</u>	<u>Event</u>
11.00	400m Hurdles U20M, U17M, U20W
11:20	300m Hurdles U17W
11:30	1500m Men then Women (Matches 1&3) 3000m (Match 2)
12.00	100m
12.40	400m/300m
13.05	80m Hurdles U17 Women
<u>TRACK BREAK if time allows</u>	
13.35	100m Hurdles U20 Women 100m Hurdles U17 Men
13.50	110m Hurdles U20 Men
14.05	200m U17/20W then U17/20M
14.30	2000m S/C U20 Men
14.45	800m U17/20W then U17/20M
15.20	1500m S/C U17 Men
15.35	4 x 100m Relays
16.00	1500m S/C Women ALL
16.15	4 x 300m U17W 4 x 400m U17M 4 x 400m Mixed U20 Relays A & B

In all track events: U20M followed by U17M, U20W and U17W except where specified and relays
Relay sequence:
U17W – U17M – U20W – U20M

With the exception of vertical jumps, all athletes will have 3 trials, with the top 3 U20 & top 3 U17 a further 3 trials having first achieved the required standard.

FIELD (3 competitors per team only)

<u>Time</u>	<u>Event</u>
11.00	Hammer Men (U20- 6Kg & U17- 5kg)* and W Women (U20- 4kg & U17- 3kg)*
11.15	Long Jump Men
12.00	Pole Vault ALL
12.30	Shot Women (U20 - 4kg & U17 - 3kg)
12.45	Discus Men (U20–1.75kg & U17–1.5kg)
13.00	Long Jump Women
13.30	High Jump Men
13.45	Discus Women (1kg))
13.45	Shot Men (U20 - 6kg & U17 - 5Kg)
14.45	Triple Jump Men & Women**
14.45	Javelin Women (U20 - 600g & U17 - 500g)
15.00	High Jump Men
15.45	Javelin Men (U20 – 800g & U17 700g)

*HAMMER – If numbers are too large, then we suggest reverting to separate Men's & Women's events starting at the earlier time of 10.45

**TRIPLE JUMP – if athletes are using multiple take off boards, then we suggest splitting the group into 2 pools with no more than 2 take off boards to be used in each pool.

UPPER AGE GROUP (U17/U20) Premier Timetable

TRACK

Time Event

10:50	400m Hurdles	U20M, U17M, U20W
11:20	300m Hurdles	U17W
11:35	1500m	Men then Women
	Matches 1&3	
	3000m Match 2	
12:05	100m	
12:50	400m / 300m	
13:25	80m Hurdles	U17 Women
<u>TRACK BREAK if time allows</u>		
14:00	100m Hurdles	U20 Women
	100m Hurdles	U17 Men
14.:25	110m Hurdles	U20 Men
14:40	200m	U17/20W then U17/20M
15:20	2000m S/C	U20 Men
15:30	800m	
16:10	1500m S/C	U17 Men
16:25	4 x 100m Relays	U17M/W THEN U20M/W
16:50	1500m S/C	Women ALL
17:10	4 x 300m U17W	
	4 x 400m U17M	
	4 x 400m Mixed U20 Relays A & B	

In all track events: U20M followed by U17M, U20W and U17W except where specified and relays

Relay sequence:

U17W – U17M – U20W – U20M

With the exception of vertical jumps, all athletes will have 3 trials, with the top 3 U20 & top 3 U17 a further 3 trials having first achieved the required standard.

FIELD (3 competitors per team only)

Time Event

10:45	Hammer Men (U20- 6Kg & U17- 5kg)*
(11:50	and Women (U20- 4kg & U17- 3kg)*
11:15	Long Jump Men
12:00	Pole Vault ALL
12:45	Shot Women (U20 - 4kg & U17 - 3kg)
12:55	Discus Men (U20–1.75kg & U17–1.5kg)
13:00	Long Jump Women
13:40	High Jump Men
14:00	Shot Men (U20 - 6kg & U17 - 5Kg)
14.10	Discus Women (1kg)
14:45	Triple Jump 1 Men & Women**
(15:35	Triple Jump 2 Men & Women**)
15:00	High Jump Women
15:20	Javelin Women (U20 - 600g & U17 - 500g)
16:30	Javelin Men (U20 – 800g & U17 700g*)
* new spec 700g Javelin	

***HAMMER** – If numbers are too large, then we suggest reverting to separate Men's & Women's events starting at the earlier time of 10.45

****TRIPLE JUMP** – if athletes are using multiple take-off boards, then we suggest splitting the group into 2 pools with no more than 2 take-off boards to be used in each

UPPER AGE GROUP (U17/U20) NORTHERN REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUES

Double Header Matches – PREMIER EAST & EAST 1

PREMIER EAST

1. CITY OF SHEFFIELD & DEARNE AC
 2. CITY OF YORK AC
 3. GATESHEAD HARRIERS & AC co-host at Leeds on SUN 27 Apr
 4. KINGSTON UPON HULL AC co-host at Doncaster on Sun 6 July
 5. **SY DONS ©** **SUN 25 May at SHEFFIELD Hallam University**
- Top team to NATIONAL FINAL
Bottom team relegated to East 1 division

EAST 1

- 1X **CHESTERFIELD & DISTRICT** **SUN 6 Jul at Eco-power Stadium, DONCASTER**
 - 2X **DONCASTER AC** co-host at Sheffield HU on SUN 25 May
 - 3X **HARROGATE HARRIERS & AC**
 - 4X **LEEDS CITY AC** **SUN 27 Apr at Beckett Park, LEEDS**
- Top team in East 1 promoted to Premier EAST

PREMIER WEST

1. **LIVERPOOL HARRIERS** **SUN 27 Apr at Wavertree, LIVERPOOL**
2. **NORTH WALES ©** **SUN 25 May at Deeside Stadium, CONNAHS QUAY**
3. **PRESTON HARRIERS**
4. **TRAFFORD AC** **SUN 6 Jul at Longford Park, TRAFFORD**
5. **WIGAN & DISTRICT HARRIERS & AC**
6. **WIRRAL AC**

Top team to NATIONAL FINAL
Bottom 2 teams relegated to WEST 1

Promotion /relegation subject to changes in 2026

UPPER AGE GROUP (U17/U20) NORTHERN REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUES

WEST 1

- | | |
|------------------------------|--|
| 1. BLACKBURN HARRIERS & AC | SUN 27 Apr at Witton Park, BLACKBURN |
| 2. BORDER HARRIERS /SEATON © | |
| 3. LANCASTER & MORECAMBE AC | |
| 4. LEIGH HARRIERS & AC | SUN 25 May at Sports Village, LEIGH |
| 5. SALE HARRIERS MANCHESTER | |
| 6. TEAM NORTH CUMBRIA © | |
| 7. WEST CHESHIRE AC | SUN 6 Jul at ELLESMERE PORT Sports Village |

Top 2 teams promoted to PREMIER DIVISION.

Bottom 2 teams relegated to WEST 2

WEST 2

- | | |
|--------------------------------|--|
| 1. BLACKPOOL, WYRE & FYLDE AC | SUN 28 Apr at Stanley Park, BLACKPOOL |
| 2. BOLTON UNITED HARRIERS & AC | |
| 3. CREWE & NANTWICH AC | SUN 25 May at MACCLESFIELD Athletics Track |
| 4. HORWICH RMI HARRIERS | SUN 6 Jul at Witton Park, BLACKBURN |
| 5. M60 NOMADS © | |
| 6. ST. HELENS SUTTON AC | |
| 7. STOCKPORT HARRIERS & AC | |

Top 2 teams promoted to WEST 1

Promotion /relegation subject to changes in 2026

UPPER AGE GROUP (U17/U20) MIDLAND REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUES

PREMIER NORTH/EAST

1. BIRCHFIELD HARRIERS
2. MARSHALL MILTON KEYNES
3. NORTHAMPTON AC
4. NOTTS AC
5. RUGBY & NORTHAMPTON AC
6. SOLIHULL & SMALL HEATH AC

SUN 27 Apr at Alexander Stadium, BIRMINGHAM
SUN 26 May at Stantonbury Stadium, MILTON KEYNES

SUN 25 May at Queens Diamond Jubilee Stad, RUGBY

Top team to NATIONAL FINAL

Bottom team to MIDLANDS N/E Division A to C

5th Placed team to paper match for Promotion/Relegation

Double Header Matches – PREMIER SOUTH/WEST & SOUTH/WEST 1

PREMIER SOUTH/WEST

1. CARDIFF ATHLETICS
2. CHELTENHAM & COUNTY HARRIERS
3. SWANSEA HARRIERS AC
4. TEAM AVON ©
5. WEST WALES ©

SUN 25 May AT CARDIFF ISS

SUN 6 Jul at SWANSEA University track

SUN 27 Apr at YATE OSC

Top team to NATIONAL FINAL

4th & 5th placed teams to S/W paper match for Promotion/Relegation

SOUTH/WEST 1

- 1X CARDIFF ARCHERS AC
- 2X EAST WALES ©
- 3X HEREFORD & COUNTY AC
- 4X SOUTH WALES ©

Top 3 teams to S/W paper match for Promotion/Relegation

Promotion /relegation subject to changes in 2026

UPPER AGE GROUP (U17/U20) MIDLAND REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUES

NORTH/EAST 1A

- | | | |
|---|------------------------------------|--|
| 1 | AMBER VALLEY & EREWASH AC | |
| 2 | BURTON AC | |
| 3 | CHARNWOOD AC | SUN 6 Jul at Paula Radcliffe stadium, LOUGHBOROUGH |
| 4 | COVENTRY GODIVA & LEAMINGTON C&AC© | SUN 27 Apr at Edmonscode track, LEAMINGTON |
| 5 | DERBY AC | SUN 25 May at Moorways stadium, DERBY |
| 6 | LEICESTER CORITANIAN AC | |
| 7 | TAMWORTH AC | |

Top 2 teams to N/E paper match for Promotion/Relegation

Double Header matches – NORTH/EAST 1B & 1C

NORTH/EAST 1B

- | | | |
|----|-------------------------------|---|
| 1. | CITY of STOKE | SUN 27 Apr at Northwood Stadium, STOKE |
| 2. | DUDLEY & STOURBRIDGE HARRIERS | co-host at TIPTON on 25 May |
| 3. | KIDDERMINSTER & STOURPORT AC | SUN 6 JUL at Alan Moreton Stad. STOURPORT |
| 4. | ROYAL SUTTON COLDFIELD AC | |
| 5. | TELFORD AC | |
| 6. | TIPTON HARRIERS | SUN 25 May at TIPTON Sports Academy |

NORTH/EAST 1C

- | | | |
|----|----------------------------|-------------------------------|
| 1X | BROMSGROVE & REDDITCH AC | |
| 2X | CANNOCK & STAFFORD AC | co-host at STOKE on 27 Apr |
| 3X | HALESOWEN A & CC | co-host at TIPTON on 25 May |
| 4X | SHREWSBURY AC | co-host at STOURPORT on 6 Jul |
| 5X | WOLVERHAMPTON & BILSTON AC | |

Top 2 teams in both divisions to N/E paper match for Promotion/Relegation

Promotion /relegation subject to changes in 2026

UPPER AGE GROUP (U17/U20) SOUTHERN REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUE

PREMIER DIVISION

- | | |
|--------------------------------------|--------------------------------------|
| 1. BLACKHEATH & BROMLEY HARRIERS AC | SUN 27 Apr at Norman Park, BROMLEY |
| 2. HARROW & DACORUM © | |
| 3. HAVERING AC | |
| 4. READING AC | |
| 5. SHAFESBURY BARNET HARRIERS | SUN 6 Jul at StoneX Stadium, HENDON |
| 6. WINDSOR SLOUGH ETON & HOUNSLOW AC | SUN 25 May at Thames Valley AC, ETON |

Top 2 teams to NATIONAL FINAL

Bottom 2 teams relegated to Division 1A or 1B

DIVISION 1A

- | | |
|---------------------------------------|--|
| 1. BOURNEMOUTH/NEW FOREST/SALISBURY © | SUN 6 Jul at Kings Park, BOPURNEMOUTH |
| 2. CAMBERLEY & WOKING © | SUN 25 May at WOKING Sportsbox |
| 3. PORTSMOUTH & WINCHESTER © | SUN 27 Apr at University of WINCHESTER |
| 4. STEVENAGE & NORTH HERTS/HAWCS © | |
| 5. TEAM WEST LONDON © | |
| 6. WYCOMBE & CHILTERN © | |

Top team promoted to Premier Division.

Bottom 2 teams relegated to Divisions 2A, 2B or 2C

DIVISION 1B

- | | |
|--|---|
| 1. BASILDON AC | |
| 2. CAMBRIDGE HARRIERS AC | SUN 25 May at Sutcliffe Park, ELTHAM |
| 3. CRAWLEY AC | |
| 4. CROYDON HARRIERS | |
| 5. MEDWAY & MAIDSTONE AC | SUN 30 Jun at Medway Park, GILLINGHAM |
| 6. WOODFORD GREEN AC with ESSEX LADIES | SUN 27 Apr at Ashton Playing Fields, WOODFORD |

Top team promoted to Premier Division.

Bottom 2 teams relegated to Divisions 2A, 2B or 2C

Promotion /relegation subject to changes in 2026

UPPER AGE GROUP (U17/U20) SOUTHERN REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUE

DIVISION 2A

- | | |
|-----------------------------|---|
| 1. GUILDFORD & GODALMING AC | SUN 6 Jul at Spectrum Stadium, GUILDFORD |
| 2. HILLINGDON AC | SUN 6 Jul at HILLINGDON Athletics Centre |
| 3. SUTTON & DISTRICT AC | SUN 27 Apr at David Weir Leisure centre, CARSHALTON |
| 4. VALE OF AYLESBURY AC | |
| 5. WALTON AC | |
| 6. WAVERLEY AC | co-host at CARSHALTON on 27 Apr |

DIVISION 2B

- | | |
|--|--|
| 1. BRIGHTON & HOVE AC | SUN 27 Apr at Withdean Stadium, BRIGHTON |
| 2. DARTFORD HARRIERS | |
| 3. EPSOM & EWELL HARRIERS | |
| 4. HIGHGATE HEATHSIDE © | SUN 6 Jul at Finsbury Park |
| 5. HOLLAND SPORTS/DORKING & MOLE VALLEY© | |
| 6. KINGSTON & ST MARYS | SUN 25 May at Weir Archer stadium, KINGSMEADOW |
| 7. TEAM SUSSEX © | |

DIVISION 2C

- | | |
|-------------------------------------|---|
| 1. BEXLEY AC | SUN 6 Jul at Sutcliffe Park, ELTHAM |
| 2. HERNE HILL HARRIERS | SUN 25 May at TOOTING BEC Athletics Track |
| 3. NEWHAM & ESSEX BEAGLES | |
| 4. S FACTOR ACADEMY | |
| 5. TEAM ASIP © | SUN 3 Aug at Julie Rose Stadium, ASHFORD |
| 6. TONBRIDGE AC | |
| 7. VICTORIA PARK & TOWER HAMLETS AC | |

Top 2 teams in each of the division 2A, 2B and 2C into a paper match to determine promotion

Promotion /relegation subject to changes in 2026

CLUB JUDGING RESPONSIBILITIES – UPPER AGE GROUP

CLUB NUMBERS AS SHOWN IN THE 2025 LEAGUE STRUCTURE

Club Judging responsibilities have been allocated on a rotational basis; however, given the early start time of the Hammer events in the Long timetable it may be necessary to rearrange duties to accommodate teams who have to travel some distance to fixtures. Clubs will need to acquaint themselves with their prospective duties and contact the host club if there is likely to be a problem; the host club will need to notify all clubs concerned, in the event of any necessary amendments.

NB – DOUBLE HEADER MATCHES WILL USE BESPOKE DUTY SHEETS SENT BY THE LEAGUE ADMINISTRATOR

Premier Timetable

5 team divisions			Match 1	Match 2	Match 3
HT (M)	LJ (W)	TJ (1)	Team 1	Team 4	Team 3
HT (W)	HJ (M)	JT (W)	Team 2	Team 5	Team 4
LJ (M)	DT (M)	HJ (W)	Team 3	Team 1	Team 5
PV (M&W)	SP (M)	JT (M)	Team 4	Team 2	Team 1
SP (W)	DT (W)	TJ (2)	Team 5	Team 3	Team 2

6 team divisions			Match 1	Match 2	Match 3
HT (M)	LJ (W)	HJ (W)	Team 1	Team 3	Team 5
HT (W)	HJ (M)	JT (W)	Team 2	Team 4	Team 6
LJ (M)	DT (W)		Team 3	Team 5	Team 1
PV (M&W)	SP (M)	JT (M)	Team 4	Team 6	Team 2
SP (W)	TJ (1)		Team 5	Team 1	Team 3
DT (M)	TJ (2)		Team 6	Team 2	Team 4

Main Timetable

5 team divisions			Match 1	Match 2	Match 3
HT (M&W)	LJ (W)	HJ (W)	Team 1	Team 3	Team 5
LJ (M)	HJ (M)	JT (W)	Team 2	Team 4	Team 1
PV (M&W)	SP (M)	JT (M)	Team 3	Team 5	Team 2
SP (W)	DT (W)		Team 4	Team 1	Team 3
DT (M)	TJ (M&W)		Team 5	Team 2	Team 4

6 team divisions			Match 1	Match 2	Match 3
HT (1)	LJ (W)	TJ (2)	Team 2	Team 4	Team 5
HT (2)	HJ (M)	JT (M) 1	Team 1	Team 3	Team 6
LJ(M)	DT (W)	HJ (W)	Team 4	Team 5	Team 1
PV (M&W)	SP (M)	JT (M) 2	Team 3	Team 6	Team 2
SP (W)	TJ (1)		Team 5	Team 1	Team 4
DT(M)	JT (W)		Team 6	Team 2	Team 3

7 team divisions			Match 1	Match 2	Match 3
HT (1)	HJ (M)	TJ (2)	Team 1	Team 4	Team 7
HT (2)	SP (M)	JT (W) 2	Team 2	Team 5	Team 1
LJ (M)	DT (W)	JT (M) 2	Team 3	Team 6	Team 2
PV (M&W)	TJ (1)		Team 4	Team 7	Team 3
SP (W)	JT (W)		Team 5	Team 1	Team 4
DT (M)	HJ (W)		Team 6	Team 2	Team 5
LJ (W)	JT (M)		Team 7	Team 3	Team 6

8 team divisions			Match 1	Match 2	Match 3
HT (1)	TJ (2)		Team 1	Team 4	Team 7
HT (2)	DT (W)	JT (W) 2	Team 2	Team 5	Team 8
LJ (M)	SP (M)		Team 3	Team 6	Team 1
PV (M&W)	TJ (1)		Team 4	Team 7	Team 2
SP (W)	HJ (W)		Team 5	Team 8	Team 3
LJ (W)	JT (W)		Team 6	Team 1	Team 4
HJ (M)	JT (M)		Team 7	Team 2	Team 5
DT (M)	JT (M) assist		Team 8	Team 3	Team 6

N.B. FIELD REFEREES MAY NEED TO REASSIGN OFFICIALS ON THE DAY TO ENSURE EVENTS ARE ADEQUATELY COVERED.

LOWER AGE GROUP (U13/U15) Premier Timetable

TRACK

<u>Time</u>	<u>Event</u>	<u>M/F</u>
11.00	70m Hurdles	U13 Girls A followed by B
	75m Hurdles	U13 Boys A followed by B
	75m Hurdles	U15 Girls A followed by B
	80m Hurdles	U15 Boys A followed by B
11.50	150m	U13 Girls A followed by B
	150m	U13 Boys A followed by B
12.15	200m	U15 Girls A followed by B
	200m	U15 Boys A followed by B
12.50	800m	U13 Girls A, B and N/S
	800m	U13 Boys A, B and N/S
	800m	U15 Girls A, B and N/S
	800m	U15 Boys A, B and N/S

TRACK BREAK if time allows

14.00	75m	U13 Girls A, B and N/S
	75m	U13 Boys A, B and N/S
14.30	100m	U15 Girls A, B and N/S
	100m	U15 Boys A, B and N/S
15.00	300m	U15 Girls A followed by B
	300m	U15 Boys A followed by B
15.20	1500m	U15 Girls ALL
	1500m	U15 Boys ALL
15.40	1200m	U13 Girls ALL
	1200m	U13 Boys ALL
16.00	4 x 100m	U15 Girls
	4 x 100m	U15 Boys
	4 x 100m	U13 Boys
	4 x 100m	U13 Girls
16.30	4 x 300m	U15 Girls
	4 x 300m	U15 Boys

FIELD

<u>Time</u>	<u>Event</u>	<u>M/F</u>
10.45	Hammer (4 kg)	U15 Boys
11.30	Hammer (3 kg)	U15 Girls
11.45	Long Jump	U15 Girls
	High Jump	U13 Girls
	Shot (3kg)	U13 Boys
12.15	Discus (1.25kg)	U15 Boys
12.30	Pole Vault	U15 Boys & Girls
13.00	High Jump	U13 Boys
	Shot (2.72kg)	U13 Girls
	Discus (1kg)	U15 Girls
13.15	Long Jump	U15 Boys
13.45	Javelin (600g)	U15 Boys
14.15	High Jump	U15 Boys
	Shot (3kg)	U15 Girls
14.30	Javelin (400g)	U13 Boys
14.45	Long Jump	U13 Girls
15.15	Javelin (500g)	U15 Girls
15.30	High Jump	U15 Girls
	Shot (4kg)	U15 Boys
15.45	Long Jump	U13 Boys
16.00	Javelin (400g)	U13 Girls

3 trials per athlete except vertical jumps

LOWER AGE GROUP (U13/U15) Non-Premier Timetable

TRACK

<u>Time</u>	<u>Event</u>	<u>M/F</u>
11:15	70m Hurdles	U13 Girls A followed by B
	75m Hurdles	U13 Boys A followed by B
	75m Hurdles	U15 Girls A followed by B
	80m Hurdles	U15 Boys A followed by B
12:00	150m	U13 Girls A followed by B
	150m	U13 Boys A followed by B
12:20	200m	U15 Girls A followed by B
	200m	U15 Boys A followed by B
12:45	800m	U13 Girls A, B and N/S
	800m	U13 Boys A, B and N/S
	800m	U15 Girls A, B and N/S
	800m	U15 Boys A, B and N/S

TRACK BREAK if time allows

13:45	75m	U13 Girls A, B and N/S
	75m	U13 Boys A, B and N/S
14:15	100m	U15 Girls A, B and N/S
	100m	U15 Boys A, B and N/S
14:45	300m	U15 Girls A followed by B
	300m	U15 Boys A followed by B
15:05	1500m	U15 Girls ALL
	1500m	U15 Boys ALL
15:25	1200m	U13 Girls ALL
	1200m	U13 Boys ALL
15:55	4 x 100m	U15 Girls
	4 x 100m	U15 Boys
	4 x 100m	U13 Boys
	4 x 100m	U13 Girls
16:25	4 x 300m	U15 Girls
	4 x 300m	U15 Boys

FIELD

<u>Time</u>	<u>Event</u>	<u>M/F</u>
11.15	Hammer (4 kg)	U15 Boys <u>and</u>
	Hammer (3 kg)	U15 Girls
11.30	Long Jump	U13 Boys
11.45	High Jump	U15 Girls
	Shot (2.72 kg)	U13 Girls
12.15	Discus (1.25kg)	U15 Boys
12:50	Long Jump	U15 Girls
13:00	High Jump	U13 Boys & Girls
	Pole Vault	U15 Boys & Girls
	Discus (1kg)	U15 Girls
13.15	Shot (4kg)	U15 Boys
13.45	Javelin (600g)	U15 Boys
14:20	Long Jump	U13 Girls
14:30	High Jump	U15 Boys
	Shot (3kg)	U13 Boys
	Javelin (500g)	U15 Girls
15:15	Javelin (400g)	U13 Boys
15:30	Long Jump	U15 Boys
	Shot (3kg)	U15 Girls
16:00	Javelin (400g)	U13 Girls

3 trials per athlete except vertical jumps

LOWER AGE GROUP (U13/U15) NORTHERN REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUES

PREMIER EAST

- | | |
|----------------------------------|--|
| 1. CITY OF SHEFFIELD & DEARNE AC | SUN 1 Jun at University of YORK |
| 2. CITY OF YORK AC | SAT 3 May at SHEFFIELD Hallam Universite |
| 3. HALLAMSHIRE HARRIERS | SUN 29 Jun at University of YORK |
| 4. HARROGATE HARRIERS & AC | SUN 20 Jul at Costello Stadium, HULL |
| 5. KINGSTON UPON HULL AC | |
| 6. LEEDS CITY AC | |

Top team to National Final
Bottom 2 teams relegated to East 1

PREMIER WEST

- | | |
|-----------------------------|---|
| 1. LIVERPOOL HARRIERS & AC | SAT 3 May at Wavertree Stadium, LIVERPOOL |
| 2. PRESTON HARRIERS | SUN 29 Jun at UCLAN Sports Arena, PRESTON |
| 3. SALE HARRIERS MANCHESTER | |
| 4. TEAM IOM YOUTH © | |
| 5. TRAFFORD AC | SUN 20 Jul Longford Park, TRAFFORD |
| 6. WIRRAL AC | SUN 1 Jun at The Oval, BEBBINGTON |

Top team to National Final
Bottom 2 teams relegated to West 1

EAST 1

- | | |
|-------------------------------|---|
| 1. CHESTERFIELD & DISTRICT AC | SAT 3 May at Eco-power Stadium, DONCASTER |
| 2. DONCASTER AC | SUN 20 Jul at Eco-power Stadium, DONCASTER |
| 3. LINCOLN WELLINGTON AC | SUN 1 Jun at Yarborough LC, LINCOLN |
| 4. ROTHERHAM HARRIERS & AC | SUN 29 Jun at Herringthorpe Stad, ROTHERHAM |
| 5. SCUNTHORPE HARRIERS | |

Top 2 teams in East 1 to be promoted to Premier East

Promotion /relegation subject to changes in 2026

LOWER AGE GROUP (U13/U15) NORTHERN REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUES

WEST 1

- | | |
|--------------------------------|---|
| 1. BLACKBURN HARRIERS & AC | SAT 3 May & SUN 1 Jun at Witton Park, BLACKBURN |
| 2. BOLTON UNITED HARRIERS & AC | |
| 3. CREWE & NANTWICH AC | SUN 29 Jun at MACCLESFIELD Athletics Track |
| 4. DEESIDE AAC | |
| 5. SOUTHPORT WATERLOO AC | |
| 6. WEST CHESHIRE AC | SUN 20 July at ELLESMERE PORT Sports Village |

Top 2 teams promoted to Premier West

Bottom 2 teams relegated to West 2

WEST 2

- | | |
|-----------------------------------|---|
| 1. EAST CHESHIRE H & TAMESIDE AC | |
| 2. LANCASTER & MORECAMBE AC | |
| 3. LEIGH HARRIERS & AC | SUN 1 Jun at Sports Village, LEIGH |
| 4. MACCLESFIELD HARRIERS & AC | SUN 20 Jul at MACCLESFIELD Leisure Centre |
| 5. WIGAN & DISTRICT HARRIERS & AC | SUN 29 Jun at Robin Park, WIGAN |
| 6. WARRINGTON AC | SAT 3 May at Victoria Park, WARRINGTON |

Top 2 teams promoted to West 1

Bottom 2 teams relegated to West 3N or 3S

WEST 3N

- | | |
|-------------------------------|--|
| 1X BORDER HARRIERS & SEATON© | SUN 29 Jun at Sheepmount Stadium, CARLISLE |
| 2X BLACKPOOL, WYRE & FYLDE AC | SUN 1 Jun at Stanley Park, BLACKPOOL |
| 3X HORWICH RMI HARRIERS | |
| 4X ST. HELENS SUTTON AC | co-host at Manchester on 20 Jul TBC |
| 5X TEAM NORTH CUMBRIA © | SAT 3 May at Sheepmount Stadium, CARLISLE |

WEST 3S

- | | |
|-----------------------------|--|
| 1. ALTRINCHAM & DISTRICT AC | |
| 2. MANCHESTER HARRIERS | SUN 20 Jul at Sportcity, MANCHESTER** |
| 3. MENAI TRACK & FIELD | |
| 4. SALFORD METROPOLITAN AC | SUN 1 & Sun 21 Jun at Cleavley Track, ECCLES |
| 5. STOCKPORT HARRIERS & AC | SAT 3 May AT Woodbank Stadium, STOCKPORT |
| 6. WREXHAM AAC | |

****NB MATCH 4 IS A DOUBLE HEADER**

Top team in both 3N and 3S promoted to West 2

Promotion /relegation subject to changes in 2026

LOWER AGE GROUP (U13/U15) MIDLAND REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUES

PREMIER NORTH/EAST

1. BIRCHFIELD HARRIERS
2. CHARNWOOD AC
3. **MARSHALL MILTON KEYNES AC** **SUN 1 Jun at Stantonbury Stadium, MILTON KEYNES**
4. NORTHAMPTON AC
5. **ROYAL SUTTON COLDFIELD AC** **SUN 29 Jun at Wyndley LC, SUTTON COLDFIELD**
6. **RUGBY & NORTHAMPTON AC** **SAT 3 May at Queens Diamond Jubilee Stad, RUGBY**
7. SOLIHULL & SMALL HEATH AC

Top team to National Final.

Bottom team to NORTH/EAST Div A, B, C, D, or E

5th & 6th placed teams to NORTH/EAST paper match for promotion.

PREMIER SOUTH/WEST

1. CARDIFF ARCHERS AC
2. CARDIFF ATHLETICS
3. **CHELTENHAM & COUNTY HARRIERS** **SAT 3 May at Blackbridge Jubilee Track, GLOUCESTER**
4. GLOUCESTER AC
5. **SWANSEA HARRIERS AC** **SUN 1 Jun at SWANSEA University Track**
6. **SWINDON HARRIERS** **SUN 20 Jul at County Ground, SWINDON**
7. YATE & DISTRICT AC

Top team to National Final.

Bottom team to SOUTH/WEST Div A

5th & 6th placed teams to SOUTH/WEST paper match for promotion.

SOUTH/WEST A

1. BRISTOL & WEST AC/MENDIP ©
2. GWENT HARRIERS ©
3. **HEREFORD & COUNTY AC** **SUN 1 Jun at HEREFORD Leisure Centre**
4. LLANELLI AC
5. **NEATH HARRIERS** **SUN 21 Jun at Ron Jones Stadium, ABERDARE**
6. NEWPORT HARRIERS
7. **SOUTH WALES ©** **SAT 3 May at Ron Jones Stadium, ABERDARE**
8. TEAM BATH AC

Top 3 teams to SOUTH/WEST paper match for promotion

Promotion /relegation subject to changes in 2026

LOWER AGE GROUP (U13/U15) MIDLAND REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUES

NORTH/EAST A

- | | |
|---------------------------------------|---|
| 1. AMBER VALLEY & EREWASH AC | |
| 2. BURTON AC | SUN 29 Jun at Shobnall Stadium, BURTON |
| 3. DERBY AC | |
| 4. MANSFIELD HARRIERS & AC | SUN 1 Jun at Berry Hill Park, MANSFIELD |
| 5. NOTTS AC @ | SUN 3 May at Harvey Haddon Stadium, NOTTINGHAM |
| 6. RUSHCLIFFE AC | |

ALL DOUBLE HEADER MATCHES NORTH/EAST B & C

NORTH/EAST B

- | | |
|----------------------------|---|
| 1 BICESTER AC | co-host at Worcester on 3 May |
| 2 COVENTRY GODIVA HARRIERS | |
| 3 LEAMINGTON C & AAC | |
| 4 LEICESTER CORITANIAN AC | co-host at Tamworth on 29 Jun |
| 5 NUNEATON HARRIERS | SUN 1 Jun at Pingles Stadium, NUNEATON |

NORTH/EAST C

- | | |
|-----------------------------|---|
| 1X BROMSGROVE & REDDITCH AC | SUN 3 May at Nunnery Wood. WORCESTER |
| 2X DAVENTRY AAC | |
| 3X SAFFRON AC | co-host at Nuneaton on 1 Jun |
| 4X TAMWORTH AC | Sun 29 Jun at TAMWORTH Athletics Track |

ALL DOUBLE HEADER MATCHES NORTH/EAST D & E

NORTH/EAST D

- | | |
|---------------------------------|--|
| 1 DUDLEY & STOURBRIDGE HARRIERS | |
| 2 HALESOWEN A & CC | co-host at Stourport on 3 May |
| 3 SHREWSBURY AC | co-host at TELFORD on 1 Jun |
| 4 TIPTON HARRIERS | |
| 5 WORCESTER AC | Sun 29 Jun at Nunnery Wood, WORCESTER |

NORTH/EAST E

- | | |
|--|---|
| 1X CANNOCK & STAFFORD AC | co-host on 29 June at Worcester |
| 2X CITY of STOKE AC | |
| 3X KIDDERMINSTER & STOURPORT AC | SAT 3 May at Alan Moreton Stadium, STOURPORT |
| 4X TELFORD AC | SUN 1 Jun at Oakengates, TELFORD |
| 5X WOLVERHAMPTON & BILSTON AC | |

Top team in divisions A, B, C, D and E to NORTH/EAST Paper match for Promotion

Promotion /relegation subject to changes in 2026

LOWER AGE GROUP (U13/U15) SOUTHERN REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUES

PREMIER

- | | |
|-------------------------------------|------------------------------------|
| 1. BLACKHEATH & BROMLEY HARRIERS AC | SUN 29 Jun at Norman Park, BROMLEY |
| 2. BRACKNELL AC | |
| 3. HERNE HILL HARRIERS | |
| 4. READING AC | SUN 20 Jul at Palmer Park, READING |
| 5. TONBRIDGE AC | SUN 1 Jun at TONBRIDGE SCHOOL |
| 6. WOODFORD GREEN AC w ESSEX LADIES | SAT 3 May at ASHTON PLAYING FIELDS |

Top 2 teams to NATIONAL FINALS

Bottom 2 teams relegated to Divisions 1A, 1B, 1C, 1D or 1E

Division 1A

- | | |
|-----------------------------------|--|
| 1. BOURNEMOUTH & NEW FOREST JUN © | SUN 1 Jun at King's Park, BOURNEMOUTH |
| 2. CHICHESTER RUNNERS & AC | SUN 20 Jul at SOUTHAMPTON Sports Centre |
| 3. CITY OF PORTSMOUTH AC | SUN 29 Jun at Mountbatten Stad, PORTSMOUTH |
| 4. SOUTHAMPTON AC | |
| 5. TEAM DORSET © | |
| 6. WINCHESTER & DISTRICT AC | SAT 3 May at University of WINCHESTER |

Top team to Paper match with 1B, 1C, 1D and 1E for Promotion

Division 1B

- | | |
|-------------------------------------|------------------------------------|
| 1. BASILDON AC | |
| 2. BEXLEY AC | |
| 3. CROYDON HARRIERS | SUN 29 Jun at Weir Archer stadium, |
| 4. HAVERING AC | SAT 3 May at HORNCHURCH stadium |
| 5. NEWHAM & ESSEX BEAGLES AC | SUN 1 Jun at MILE END stadium |
| 6. VICTORIA PARK & TOWER HAMLETS AC | SUN 20 Jul at MILE END stadium |

Top team to Paper match with 1A, 1C, 1D and 1E for Promotion

Promotion /relegation subject to changes in 2026

LOWER AGE GROUP (U13/U15) SOUTHERN REGION DIVISIONS

COMPETITION NUMBERS

FIXTURE DATES and VENUES

Division 1C

- | | |
|--------------------------------------|--|
| 1. CHILTERN HARRIERS AC | SUN 1 Jun at WYCOMBE district athletics complex |
| 2. DACORUM AC | |
| 3. MOMENTUM TRACK CLUB | |
| 4. OXFORD CITY AC | SUN 20 Jul at HORSPATH stadium |
| 5. VALE OF AYLESBURY AC | |
| 6. WINDSOR SLOUGH ETON & HOUNSLOW AC | SAT 3 May at Thames Valley AC, ETON |
| 7. WYCOMBE PHOENIX HARRIERS & AC | SUN 29 Jun at WYCOMBE district athletics complex |

Top team to Paper match with 1A, 1B, 1D and 1E for Promotion

Division 1D

- | | |
|-------------------------------|--|
| 1. BRIGHTON & HOVE AC | SUN 1 Jun at Withdean Stadium, BRIGHTON |
| 2. CAMBRIDGE HARRIERS (KENT) | SUN 29 Jun at Sutcliffe Park., ELTHAM |
| 3. CRAWLEY AC | |
| 4. DARTFORD HARRIERS AC | SUN 20 Jul at Central Park Arena, DARTFORD |
| 5. HASTINGS AC | SAT 20 Apr at William Parker Arena |
| 6. HY AC | |
| 7. LEWES AC | |
| 8. PADDOCK WOOD & FOLKESTONE© | |

Top team to Paper match with 1A, 1B, 1C, and 1E for Promotion

Division 1E

- | | |
|---|--|
| 1. EPSOM EWELL HARRIERS | |
| 2. GUILDFORD & GODALMING AC | SUN 1 Jun at Spectrum Stadium, GUILDFORD |
| 3. HILLINGDON AC | |
| 4. HOLLAND SPORTS & DORKING & MOLE VALLEY © | SUN 20 Jul at Weir Archer Stadium |
| 5. KINGSTON AC & POLYTECHNIC HARRIERS | SAT 3 May at Weir Archer Stadium |
| 6. ST MARYS RICHMOND | SUN 29 Jun at Sir Mo Farah Stadium, TWICKENHAM |
| 7. WALTON AC | |
| 8. WOKING AC | |

Top team to Paper match with 1A, 1B, 1C, and 1D for Promotion

Promotion /relegation subject to changes in 2026

LOWER AGE GROUP (U13/U15) SCOTLAND DIVISIONS

ALL DOUBLE HEADER MATCHES DIVISIONS 1 & 2

DIVISION 1

- | | |
|------------------------------|--|
| 1. EDINBURGH AC | SUN 4 May at Linwood Sports Centre |
| 2. FALKIRK VICTORIA HARRIERS | SUN 25 May at Ayrshire Arena, Kilmarnock |
| 3. GIFFNOCK NORTH AC | SUN 29 June venue tbc |
| 4. HARMENY AC | |
| 5. KILMARNOCK HARRIERS | |
| 6. PITREAVIE AAC | |
| 7. TEAM AYRSHIRE© | |
| 8. TEAM NORTH LANARKSHIRE© | |

**Top 5 teams to Regional final.
Bottom team relegated to Division 2**

DIVISION 2

- | | |
|---|--|
| 1X CENTRAL AC | SUN 4th May at Linwood Sports Centre |
| 2X CLYDESDALE, HELENSBURGH & INVERCLYDE © | SUN 25 th May at Ayrshire Arena, Kilmarnock |
| 3X KILBARCHAN AAC | SUN 29 June venue tbc |
| 4X SHETTLESTON HARRIERS | |
| 5X SPRINGBURN HARRIERS | |
| 6X TEAM EAST Lothian© | |
| 7X TEAM SOUTH LANARKSHIRE© | |
| 8X VICTORIA PARK CITY of GLASGOW AC | |

**Top team to Regional Final
Top team promoted to Division 1. Bottom team into paper match as necessary**

NORTH EAST DIVISION

- | | |
|---|---------------------------------------|
| 1. ABERDEEN AAC | SUN 29 Jun at ABERDEEN Sports Village |
| 2. ARBROATH & DISTRICT AC | |
| 3. BANCHORY STONEHAVEN AC | |
| 4. DUNDEE HAWKHILL HARRIERS | SUN 4 May at Caird Park, DUNDEE |
| 5. INVERNESS HARRIERS AAC | |
| 6. MONTROSE & DISTRICT/PERTH
STRATHTAY © | |
| 7. TEAM NORTH © | SUN 25 May at Queens Park, INVERNESS |

Top 2 teams to Regional Final

<p>REGIONAL FINAL – Date and venue tbc Winner of the Regional final to NATIONAL FINAL</p>
--

Promotion /relegation subject to possible changes to structure in 2026

NB All league structures are subject to adjustment each year should the make-up of any division alter substantially eg if additional clubs apply to join the league, or clubs withdraw. Such changes will be made after consultation.

Guidelines for use of the Team Managers' Portal and the league's results software are on the website:

www.ukydl.org.uk

**otherwise, all queries can be addressed to: WhatsApp
Simon Fennell on 07507 853112**

CLUB JUDGING RESPONSIBILITIES – LOWER AGE GROUP

CLUB NUMBERS AS SHOWN IN THE 2025 LEAGUE STRUCTURE

Club Judging responsibilities have been allocated on a rotational basis; however, it may be necessary to rearrange duties to accommodate teams who have to travel some distance to fixtures.

Clubs will need to acquaint themselves with their prospective duties and contact the host club if there is likely to be a problem; the host club will need to notify all clubs concerned, in the event of any necessary amendments.

NB – DOUBLE HEADER MATCHES WILL USE BESPOKE DUTY SHEETS SENT BY THE LEAGUE ADMINISTRATOR

PREMIER DIVISIONS

6 team divisions

				Match 1	Match 2	Match 3	Match 4
HT (U15B)	PV (U15B&G)	JT (U15B)	HJ (U15G)	Team 1	Team 3	Team 5	Team 2
HT (U15G)	HJ (U13B)	SP (U15G)	JT (U13G)	Team 2	Team 4	Team 1	Team 6
LJ (U15G)	SP (U13G)	JT (U13B)	LJ (U13B)	Team 3	Team 5	Team 6	Team 4
HJ (U13G)	DT (U15G)	LJ (U13G)		Team 4	Team 6	Team 2	Team 5
SP (U13B)	LJ (U15B)	JT (U15G)		Team 5	Team 1	Team 4	Team 3
DT (U15B)	HJ (U15B)	SP (U15B)		Team 6	Team 2	Team 3	Team 1

7 team divisions

			Match 1	Match 2	Match 3
HT (U15B)	HJ (U13B)	JT (U13B)	Team 5	Team 3	Team 4
HT (U15G)	SP (U13G)	LJ (U13G)	Team 6	Team 5	Team 7
LJ (U15G)	DT (U15G)	SP (U15B)	Team 1	Team 4	Team 5
HJ (U13G)	LJ (U15B)	JT (U15G)	Team 7	Team 6	Team 2
SP (U13B)	JT (U15B)	HJ (U15G)	Team 2	Team 7	Team 1
DT (U15B)	HJ (U15B)	LJ (U13B)	Team 4	Team 1	Team 3
PV (U15B&G)	SP (U15G)	JT (U13G)	Team 3	Team 2	Team 6

NON-PREMIER DIVISIONS

5 team divisions

				Match 1	Match 2	Match 3	Match 4
HT (U15B&G)	LJ (U15G)	JT (U15B)	SP (U15G)	Team 2	Team 4	Team 3	Team 5
LJ (U13B)	HJ (U13B&G)	SP (U13B)	JT (U13G)	Team 5	Team 2	Team 4	Team 1
HJ (U15G)	PV (U15B&G)	LJ (U13G)	JT (U13B)	Team 4	Team 1	Team 5	Team 3
SP (U13G)	DT (U15G)	HJ (U15B)	LJ (U15B)	Team 3	Team 5	Team 1	Team 2
DT (U15B)	SP (U15B)	JT (U15G)		Team 1	Team 3	Team 2	Team 4

N.B. FIELD REFEREES MAY NEED TO REASSIGN OFFICIALS ON THE DAY TO ENSURE EVENTS ARE ADEQUATELY COVERED.

6 team divisions				Match 1	Match 2	Match 3	Match 4
HT (U15B&G)	HJ (U13B&G)	LJ (U13G)	SP (U15G)	Team 2	Team 5	Team 4	Team 6
LJ (U13B)	PV (U15B&G)	JT (U15G)		Team 4	Team 3	Team 1	Team 5
HJ (U15G)	SP (U15B)	JT (U13B)		Team 1	Team 4	Team 3	Team 2
SP (U13G)	DT (U15G)	HJ (U15B)		Team 3	Team 6	Team 5	Team 1
DT (U15B)	JT (U15B)	LJ (U15B)		Team 5	Team 2	Team 6	Team 4
LJ (U15G)	SP (U13B)	JT (U13G)		Team 6	Team 1	Team 2	Team 3

7 team divisions			Match 1	Match 2	Match 3	Match 4
HT (U15B&G)	PV (U15B&G)	SP (U13B)	Team 1	Team 3	Team 5	Team 7
LJ (U13B)	DT (U15G)	HJ (U15B)	Team 2	Team 4	Team 6	Team 1
HJ (U15G)	SP (U15B)	JT (U13G)	Team 3	Team 5	Team 7	Team 2
SP (U13G)	JT (U15B)	LJ (U15B)	Team 4	Team 6	Team 1	Team 3
DT (U15B)	LJ (U13G)	SP (U15G)	Team 5	Team 7	Team 2	Team 4
LJ (U15G)	JT (U15G)		Team 6	Team 1	Team 3	Team 5
HJ (U13B&G)	JT (U13B)		Team 7	Team 2	Team 4	Team 6

8 team divisions			Match 1	Match 2	Match 3	Match 4
HT (U15B&G)	SP (U15B)	LJ (U15B)	Team 1	Team 3	Team 5	Team 7
LJ (U13B)	DT (U15G)	SP (U15G)	Team 2	Team 4	Team 6	Team 8
HJ (U15G)	JT (U15B)	JT (U13G)	Team 3	Team 5	Team 7	Team 1
SP (U13G)	LJ (U13G)		Team 4	Team 6	Team 8	Team 2
DT (U15B)	HJ (U15B)		Team 5	Team 7	Team 1	Team 3
LJ (U15G)	SP (U13B)		Team 6	Team 8	Team 2	Team 4
HJ (U13B&G)	JT (U13B)		Team 7	Team 1	Team 3	Team 5
PV (U15B&G)	JT (U15G)		Team 8	Team 2	Team 4	Team 6

N.B. FIELD REFEREES MAY NEED TO REASSIGN OFFICIALS ON THE DAY TO ENSURE EVENTS ARE ADEQUATELY COVERED.

2025 LANE DRAW AND FIELD EVENT ORDER 8 TEAM DIVISION

	<u>MATCH 1</u>	<u>MATCH 2</u>	<u>MATCH 3</u>	<u>MATCH 4</u>
<u>LANE NO.</u>	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
75/100m L Jump	4 2 8 3 1 7 5 6	8 3 6 7 1 5 4 2	1 7 4 2 5 6 8 3	5 6 3 2 8 4 1 7
150/200m P Vault T Jump	3 8 2 6 1 5 4 7	2 6 7 5 1 4 3 8	1 5 3 7 4 8 2 6	4 7 2 8 3 6 1 5
300/400m 1200/1500 Shot	4 1 5 7 3 8 6 2	5 7 2 8 6 3 4 1	3 8 2 6 4 1 5 7	6 2 7 1 5 4 3 8
800m 3000m Discus	6 2 4 8 3 1 5 7	4 8 3 7 1 5 6 2	3 1 2 6 5 7 4 8	5 7 6 4 2 8 3 1
Sp Hrdls S/Chase Hammer	5 7 8 6 4 2 1 3	8 6 3 1 2 4 5 7	4 2 1 5 3 7 8 6	1 3 5 8 7 6 4 2
300H/400H H Jump Javelin	1 2 6 7 3 8 4 5	6 7 4 8 5 3 1 2	3 8 5 4 1 2 6 7	4 5 2 6 7 1 3 8
4 x 100 m	7 6 3 1 5 8 4 2	3 1 2 8 4 5 7 6	5 8 4 7 2 6 3 1	4 2 7 6 3 1 5 8
4 x 300/ 400m	2 6 1 7 8 3 5 4	5 7 8 3 1 4 2 6	8 3 6 2 4 1 5 7	1 4 2 5 6 7 8 3

**ALL AGE GROUPS USE THE SAME LANE DRAW
WHERE NECESSARY, PLEASE SUBSTITUTE NUMBERS WITH CORRESPONDING LETTERS
CLUB TEAM NUMBERS AS SHOWN IN THE YDL 2025 PROGRAMME**

N.B. TIME TRIALS TO BE HELD, WHERE NECESSARY, ON 6 LANE TRACKS.

2025 LANE DRAW AND FIELD EVENT ORDER 7 TEAM DIVISION

	<u>MATCH 1</u>	<u>MATCH 2</u>	<u>MATCH 3</u>	<u>MATCH 4</u>
LANE NO.	2 3 4 5 6 7 8	2 3 4 5 6 7 8	2 3 4 5 6 7 8	2 3 4 5 6 7 8
75/100m L Jump	4 2 3 1 7 5 6	3 6 7 1 5 4 2	1 7 4 2 5 6 3	5 6 3 2 4 1 7
150/200m P Vault T Jump	3 2 6 1 5 4 7	2 6 7 5 1 4 3	1 5 3 7 4 2 6	4 7 2 3 6 1 5
300m/400m 1200/1500m Shot	4 1 5 7 3 6 2	5 7 2 6 3 4 1	3 2 6 4 1 5 7	6 2 7 1 5 4 3
800m, 3000m Discus	6 2 4 3 1 5 7	4 3 7 1 5 6 2	3 1 2 6 5 7 4	5 7 6 4 2 3 1
Sp Hrdls S/Chase Hammer	5 7 6 4 2 1 3	6 3 1 2 4 5 7	4 2 1 5 3 7 6	1 3 5 7 6 4 2
300H/400H H Jump Javelin	1 2 6 7 3 4 5	6 7 4 5 3 1 2	3 5 4 1 2 6 7	4 5 2 6 7 1 3
4 x 100 m	7 6 3 1 5 4 2	3 1 2 4 5 7 6	5 4 7 2 6 3 1	4 2 7 6 3 1 5
4 x 300/ 400m	2 6 1 7 3 5 4	5 7 3 1 4 2 6	3 6 2 4 1 5 7	1 4 2 5 6 7 3

**ALL AGE GROUPS USE THE SAME LANE DRAW
WHERE NECESSARY, PLEASE SUBSTITUTE NUMBERS WITH CORRESPONDING LETTERS
CLUB TEAM NUMBERS AS SHOWN IN THE YDL 2025 PROGRAMME**

N.B. TIME TRIALS TO BE HELD, WHERE NECESSARY, ON 6 LANE TRACKS.

2025 LANE DRAW AND FIELD EVENT ORDER 6 TEAM DIVISION

	<u>MATCH 1</u>	<u>MATCH 2</u>	<u>MATCH 3</u>	<u>MATCH 4</u>
<u>LANE NO.</u>	<u>2 3 4 5 6 7</u>	<u>2 3 4 5 6 7</u>	<u>2 3 4 5 6 7</u>	<u>2 3 4 5 6 7</u>
75m/100m L Jump	4 2 3 1 5 6	3 6 1 5 4 2	1 4 2 5 6 3	5 6 3 2 4 1
150m/200m P Vault T Jump	3 2 6 1 5 4	2 6 5 1 4 3	1 5 3 4 2 6	4 2 3 6 1 5
300m/400m 1200/1500m Shot	4 1 5 3 6 2	5 2 6 3 4 1	3 2 6 4 1 5	6 2 1 5 4 3
800m, 3000m Discus	6 2 4 3 1 5	4 3 1 5 6 2	3 1 2 6 5 4	5 6 4 2 3 1
Sp Hrdls S/Chase Hammer	5 6 4 2 1 3	6 3 1 2 4 5	4 2 1 5 3 6	1 3 5 6 4 2
300H/400H H Jump Javelin	1 2 6 3 4 5	6 4 5 3 1 2	3 5 4 1 2 6	4 5 2 6 1 3
4 x 100 m	6 3 1 5 4 2	3 1 2 4 5 6	5 4 2 6 3 1	4 2 6 3 1 5
4 x 300/400m	2 6 1 3 5 4	5 3 1 4 2 6	3 6 2 4 1 5	1 4 2 5 6 3

**ALL AGE GROUPS USE THE SAME LANE DRAW
WHERE NECESSARY, PLEASE SUBSTITUTE NUMBERS WITH CORRESPONDING LETTERS**

CLUB TEAM NUMBERS AS SHOWN IN THE YDL 2025 PROGRAMME

2025 LANE DRAW AND FIELD EVENT ORDER 5 TEAM DIVISION

	<u>MATCH 1</u>	<u>MATCH 2</u>	<u>MATCH 3</u>	<u>MATCH 4</u>
<u>LANE NO.</u>	<u>3 4 5 6 7</u>	<u>3 4 5 6 7</u>	<u>3 4 5 6 7</u>	<u>3 4 5 6 7</u>
75m/100m L Jump	4 2 3 1 5	3 1 5 4 2	1 4 2 5 3	5 3 2 4 1
150m/200m P Vault T Jump	3 2 1 5 4	2 5 1 4 3	1 5 3 4 2	4 2 3 1 5
300m/400m 1200/1500m Shot	4 1 5 3 2	5 2 3 4 1	3 2 4 1 5	2 1 5 4 3
800m, 3000m Discus	2 4 3 1 5	4 3 1 5 2	3 1 2 5 4	5 4 2 3 1
Sp Hrdls S/Chase Hammer	5 4 2 1 3	3 1 2 4 5	4 2 1 5 3	1 3 5 4 2
300H/400H H Jump Javelin	1 2 3 4 5	4 5 3 1 2	3 5 4 1 2	4 5 2 1 3
4 x 100 m	3 1 5 4 2	3 1 2 4 5	5 4 2 3 1	4 2 3 1 5
4 x 300/400m	2 1 3 5 4	5 3 1 4 2	3 2 4 1 5	1 4 2 5 3

**ALL AGE GROUPS USE THE SAME LANE DRAW
WHERE NECESSARY, PLEASE SUBSTITUTE NUMBERS WITH CORRESPONDING LETTERS**

CLUB TEAM NUMBERS AS SHOWN IN THE YDL 2025PROGRAMME

2025 LANE DRAW AND FIELD EVENT ORDER

4 TEAM DIVISION – (refers to some Double headers only)

	<u>MATCH 1</u>	<u>MATCH 2</u>	<u>MATCH 3</u>	<u>MATCH 4</u>
<u>LANE NO.</u>	<u>3 4 5 6</u>	<u>3 4 5 6</u>	<u>3 4 5 6</u>	<u>3 4 5 6</u>
75m/100m L Jump	4 2 3 1	3 1 4 2	1 4 2 3	3 2 4 1
150m/200m P Vault T Jump	3 2 1 4	2 1 4 3	1 3 4 2	4 2 3 1
300m/400m 1200/1500m Shot	4 1 3 2	2 3 4 1	3 2 4 1	2 1 4 3
800m, 3000m Discus	2 4 3 1	4 3 1 2	3 1 2 4	4 2 3 1
Sp Hrdls S/Chase Hammer	4 2 1 3	3 1 2 4	4 2 1 3	1 3 4 2
300H/400H H Jump Javelin	1 2 3 4	4 3 1 2	3 4 1 2	4 2 1 3
4 x 100 m	3 1 4 2	3 1 2 4	4 2 3 1	4 2 3 1
4 x 300/400m	2 1 3 4	3 1 4 2	3 2 4 1	1 4 2 3

ALL AGE GROUPS USE THE SAME LANE DRAW
WHERE NECESSARY, PLEASE SUBSTITUTE NUMBERS WITH CORRESPONDING LETTERS

CLUB TEAM NUMBERS AS SHOWN IN THE YDL 2025 PROGRAMME

2025 National Finals Weekend

Wavertree Stadium, Liverpool

Lower Age Group – Saturday 6th September

Following the divisional fixtures, the top 2 teams from the Southern Premier Division, the top teams from the Northern Premier East and West divisions, the top teams from the Midland Premier N/E and S/W divisions, and the winner of the Scottish regional final will be invited to the National Final.

Upper Age Group – Sunday 7th September

Following the divisional fixtures, the top 2 teams from the Southern Premier division, the top teams from the Northern Premier East and West divisions and the top teams from the Midland Premier N/E and S/W divisions will be invited to the National Final.

2024 National Finalists:

LOWER AGE GROUP

WINNER – Blackheath & Bromley H&AC

RUNNER UP – Rugby & Northampton AC

3rd – Woodford Green AC with Essex Ladies

4th – Liverpool Harriers & AC

5th – City of York AC

6th – Cheltenham & County Harriers

7th – Giffnock North AC

UPPER AGE GROUP

WINNER – Blackheath & Bromley H&AC

RUNNER UP – Rugby & Northampton AC

3rd – City of York AC

4th – Team Avon

5th – Trafford AC

6th – Harrow & Dacorum

WE WOULD LIKE TO WISH ALL OUR
ATHLETES, TEAM MANAGERS AND
OFFICIALS THE BEST OF LUCK FOR
THE 2025 SEASON

RESULTS, LEAGUE RECORDS AND
COPIES OF THIS HANDBOOK CAN
BE FOUND ON THE UKYDL
WEBSITE:

www.ukydl.org.uk

All athletes participating in the league shall be deemed to have made him/herself/themselves familiar with and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules.