

APPENDIX 1

UPPER AGE GROUP U18 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 18 competitors **must** be aged 16 or 17 on the 31st August in the competition year and are limited to 4 events and, if doing so, 1 **MUST** be a relay. U18 athletes may compete as U20s but the same limit of events for U18s shall apply, which also includes any non-scoring events that they may take part in. U18 athletes cannot do the same event in the U18 and U20 age groups on the same day. U18 athletes who compete as U20s will use the U20 implements and hurdle settings.

Events U18 women: 100m, 200m, 400m, 800m, 1500m/3000m, 100mH, 400mH, 1500mS/C, 4x100m, 4x400m, high jump, pole vault, long jump, triple jump, shot, discus, hammer, javelin.

Hurdles 100m: 10 flights, 76.2cm height, 3.6kg toppling weight.

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

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

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

Events U18 men: 100m, 200m, 400m, 800m, 1500m/3000m, 110mH, 400mH, 2000mS/C, 4x100m, 4x400m, high jump, pole vault, long jump, triple jump, shot, discus, hammer, javelin.

Hurdles 110m: 10 flights, 91.4cm height, 3.6kg toppling weight.

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

2000mS/C: 18H + 5WJ flights, 83.8cm height.

Shot: 5Kg Discus: 1.5Kg Hammer: 5Kg Javelin: 700g

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 or 3000m, 100m/110mH, 400mH, 1500m/2000mS/C, 4x100m, Mixed 4x400m, high jump, pole vault, long jump, triple jump, shot, discus, hammer, javelin.

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

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

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, 83.8cm height

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

Starting Heights, High Jump: U18W 1.25m, U18M 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: U18W 2.00m, U18M 2.30m, U20W 2.15m, U20M 2.45m.
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 U18 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 U14 AND U16

Under 14 competitors must be aged 12 or 13, and under 16 athletes aged 14 or 15 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. The U14 age group are not allowed to compete in both 800m and 1500m at the same meeting.

(For clarification: athletes in the U12 age group are NOT allowed to compete in this league)

Events U14 girls: 100m, 200m, 800m, 1500m, 75mH, 4x100m, high jump, long jump, shot, discus, hammer, javelin.

Hurdles 75m: 8 flights, 68.5cm height, 2.7kg toppling weight.

Shot: 2.72kg Discus: 0.75kg, Hammer: 2kg Javelin: 400g

Events U14 boys: 100m, 200m, 800m, 1500m, 75mH, 4x100m, high jump, long jump, shot, discus, hammer, javelin.

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

Shot: 3kg Discus: 1kg, Hammer: 3kg Javelin: 500g

Events U16 girls: 100m, 200m, 300m, 800m, 1500m, 80mH, 300mH, 4x100, 4x300, high jump, pole vault, long jump, shot, discus, hammer, javelin.

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

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

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

Events U16 boys: 100m, 200m, 300m, 800m, 1500m, 100mH, 300mH, 4x100, 4x300, high jump, pole vault, long jump, shot, discus, hammer, javelin.

Hurdles 100m: 10 flights, 84.0cm height, 2.7kg toppling weight.

Hurdles 300m: 7 flights, 84.0cm height, 2.7kg toppling weight

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

Starting Heights, High Jump: U14G 1.05m, U14B 1.05m, U16G 1.15m, U16B 1.25m.

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

Starting Heights, Pole Vault: U16G 1.70m, U16B 1.70m.

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
9 team match	A	12, 10, 9, 8, 7, 6, 5, 4, 3	B	10, 8,7,6,5,4,3,2,1

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

U20 Mixed 4 x 400m relays both scored as A strings

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

APPENDIX 2

2026 field event progression standards Upper Age Group.

	Under 18/20 men.	Under 18/20 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