

SOUTHERN MEN'S LEAGUE

TEAM DECLARATION

CLUB _____ DIVISION _____ DATE _____

This form should be handed to the recorder before the first event. Changes due to injury etc. should be notified at once and in any case before the start of the event concerned. Please note all your officials for insurance purposes.

OFFICIALS: Timekeepers _____
 Track Judges _____
 Relay Judges _____
 Field Judges _____
 Team Manager _____
 Team Captain _____

SINGLE	DOUBLE MEN'S	JOINT M/W	EVENT	"A" STRING	"B" STRING
2.00	1.00 (both)	2.00	Pole Vault		
2.30	2.00 (both)	3.00	High Jump		
2.30	1.00/1.45	12.45	Hammer		
2.80	1.30/2.30	1.00	Long Jump		
3.00	2.15	1.30	400m Hds		
3.15	2.35	1.45	100m		
3.30	2.50	2.10	800m		
3.30	2.30/3.15	2.25	Javelin		
3.30	2.00/1.00	3.00	Shot		
3.40	3.10 both	3.10	5000m		
3.45	3.30/4.30	3.45	Triple Jump		
4.00	3.30	4.15	400m		
4.15	3.45	4.00	110m Hds		
4.30	4.05	4.30	200m		
4.30	4.00/4.45	4.05	Discus		
4.45	4.20	4.45	1500m		
5.00	4.40	5.15	4 x 100m		
5.10	5.00	5.35	3000m S/C		
5.30	5.30	5.50	4 x 400m		

For events with distinct "A" and "B" strings (100m, 200m etc.) the better competitor MUST be nominated as the "A" string.

In double matches, the higher division competes first except in the Shot

Clearance letters from SEAA for athletes transferred under hardship rules MUST be made available to the referee. Overseas athletes must have been registered with UK Athletics on the previous 1 January, or a clearance letter from the SEAA First Claims committee must be produced

Under UK Athletics rules, U17 athletes may compete in a maximum of three individual events plus a relay, and U20 athletes may compete in a maximum of five events.