



RAM ATHLETICS LEAGUE

Covering Northern & Eastern areas of Scotland

2019 Programme



RAM proudly supports the 'Grampian Athletics League'

www.grampianathleticsleague.synthasite.com

To find out more about **RAM** visit their website at:

www.ramtubulars.co.uk

2019 SEASON



TUBULARS

RAM Athletics League 2019

OFFICE BEARERS

President	Simon Hare Tel- 07528974103	Banchory & Stonehaven AC President.bsac@gmail.com
League Secretary & Treasurer	Eddie Graham, Tel- 01358 720743 Mobile - 07827765122	Ellon AAC eddie.graham@ymail.com
East Section Secretary	Andy Dobbie, Tel- 01779 481116	AAAC andy.dobbie@btopenworld.com
North Section Secretary	Nick Stone Tel- 074453674108	Nairn AAC northsecretary.gal@outlook.com
League Records Secretary	Linda Dobbie, Tel- 01779 481116	AAAC linda.dobbie@btopenworld.com

COMPETING CLUBS

East Section

Colours

Aberdeen AAC	(AAAC)	White with 2 red hoops
Arbroath & Dist. AC	(ADAC)	Black with left hand vertical yellow stripe
Banchory Stonehaven AC	(BSAC)	Royal blue with horizontal white band
Dundee Hawkhill Harriers	(DHH)	Royal blue and white quarters
Montrose & Dist. AC	(MDAC)	White with 1 red & 1 black hoop
Perth Strathhtay Harriers	(PSH)	Orange with Blue trim
Fife AC	(FAC)	White with a 'Broad' red hoop
*Ellon AC	(EAAC)	Purple with Club Motif
*Peterhead AC	(PAC)	Sky Blue with 'Shaded' Markings
<i>*Ellon & Peterhead compete as one club</i>		

North Section

Caithness AAC	(CAAC)	White with blue diagonal stripe
Elgin AAC	(ELGIN)	Black with horizontal white band
Forres Harriers	(FH)	Red
Inverness Harriers	(IH)	Gold with maroon diagonal stripe
Moray Roadrunners	(MRR)	Day-glow yellow with black trim
Nairn AAC	(NAAC)	Orange
Ross County AC	(RCAC)	Black with red diagonal stripe
East Sutherland	(ES)	White vest/ Purple & Turquoise Vert. Stripes

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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 Friday 6.00pm. Adjustments/changes will be permitted on the day, but please ensure that you notify Declaration before the actual start of the meeting as the paperwork will have to be adjusted.

Finally, please remember, safety is of paramount importance.

Once again Grampian Athletics League is proud to announce our sponsors for a 3rd year 2019
“RAM Tubulars Scotland Ltd”.



RAM Tubulars Scotland Ltd, the Service Leaders in Tubulars for the Energy and Construction Industries, are delighted to play a part in helping young athletes start out at grass roots level by becoming the sponsor of the Grampian Athletics League; renamed in 2017 to reflect our 3 year sponsorship commitment to the **RAM Athletics League**.

It is important to us as a company to do what we can in order to assist our local youngsters and believe that with our help from sponsoring this league, athletes can continue to develop their skills and get a taste of competition, motivation, self-discipline and a healthy lifestyle.

RAM Managing Director, Jim Stewart says “RAM Tubulars are proud to be providing sponsorship to the Athletics Community to assist all the hard work and effort from the organisers and coaches in providing a platform for the athletes to compete. It is vitally important for young people to have the opportunity to channel their energies in the pursuit of sporting excellence and to measure their abilities at the highest level.”

The team at RAM are wishing every competitor and official the best of luck for the season ahead and we look forward to seeing just how much our support can make a difference.

DATES AND VENUES FOR 2019 MEETINGS

<u>Date</u>	<u>Meeting</u>	<u>Venue</u>	<u>Convening Club(s)</u>
5 th May	1	QP Inverness	NAAC
	1	GDA Perth	PSH & FIFE AC
2 nd June	2	QP Inverness	ROSS COUNTY
	2	ASV Aberdeen	BSAC
30 th June	3	QP Inverness	INVERNESS HAR
	3	GDA Perth	A&DAC & DHH
1 st September	(Final)	ASV Aberdeen	AAAC

Although the records are not included in the actual programme, they are available on the web site. They will be updated after each meeting (*where possible*) this way they will be more up to date.

2018 LEAGUE & TROPHY WINNERS

LEAGUE TROPHIES

MEN: (East) ABERDEEN AAC 966 pts (North) ROSS COUNTY AC 876 pts
 WOMEN: (East) DUNDEE HH 807 pts (North) INVERNESS HARRIERS 889 pts

2018 AGE GROUP WINNERS AT FINAL:

SEN. MEN:	Dundee HH	69 points
U-17 MEN:	Aberdeen AAC	60 points
U-15 BOYS:	Inverness H	67 points
U-13 BOYS:	Ross County AC	73.5 points
U-11 BOYS:	Dundee HH	59 points
SEN. WOMEN:	Dundee HH	58 points
U-17 WOMEN:	Aberdeen AAC	78 points
U- 15 GIRLS:	Banchory & Stonehaven AC	73.5 points
U- 13 GIRLS:	Inverness H	71 points
U- 11 GIRLS:	Inverness H	69points

2018 BEST PERFORMANCE AWARDS

Female (Field)
(Track)
Male (Field)
(Track)



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<u>MEETING A</u>		Perth/Inverness	5th MAY 2019		
<u>TRACK</u>			<u>FIELD</u>		
12.00	100m	U11 Girls	11.45	Hammer	U17 M & SM
	100m	U11 Boys	12.00	Shot Putt	U11 Girls
	100m	U13 Girls		High Jump	U13 Boys
	100m	U13 Boys		Long Jump	U11 Boys
	100m	U15 girls			
	100m	U15 Boys			
	100m	U17 Women			
	100m	U17 Men	1.00	Javelin	U15 Girls
	100m	Women		Shot Putt	S Women
	100m	Men		High Jump	U15 Boys
				Triple Jump	U17 Women
1.00	600m	U11 Girls			
	600m	U11 Boys			
	1500m	U17 Women			
	1500m	Women	2.00	Javelin	U11 Boys
	1500m	U17 Men		Shot Putt	U13 Girls
	1500m	Men		High Jump	U17 Men
	800m	U13 Girls		Long Jump	S Women
	800m	U13 Boys			
	800m	U15 Girls			
	800m	U15 Boys			
			3.00	Javelin	U 13 Boys
2.30	200m	U13 Girls		Shot Putt	U15 Boys
	200m	U13 Boys		High Jump	U11 Girls
	300m	U15 Girls		Triple Jump	S Men
	300m	U15 Boys			
	300m	U17 Women			
	400m	Women			
	400m	U17 Men	4.00	Javelin	U17 Women
	400m	Men		High Jump	U13 Girls
				Long Jump	U15 Girls
4.15	4 x 100m	U11 Girls			
	4 x 100m	U11 Boys			
	4 x 200m	U13 Girls			
	4 x 200m	U13 Boys			
	4 x 200m	U15 Girls			
	4 x 200m	U15 Boys			
	4 x 200m	U17 Women			
	4 x 200m	U17 Men			
	4 x 200m	Women			
	4 x 200m	Men			



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MEETING B		Aberdeen/Inverness	2nd June 2019		
<u>TRACK</u>			<u>FIELD</u>		
12.00	70mH	U13 Girls	12.00	Discus	U15 Girls
	75mH	U13 Boys		Shot Putt	U17 Women
	75mH	U15 Girls		Pole Vault	U17 M & SM
	80mH	U17 Women		Long Jump	U13 Boys
	80mH	U15 Boys			
	100mH	Women			
	100mH	U17 Men			
	110mH	Men			
1.15	*3000m	U17 W & SW	1.00	Discus	U11 Boys
	*3000m	U17 Men		Shot Putt	U15 Boys
	*3000m	Men		High Jump	u11 Girls
				Long Jump	U13 Girls
*Races may be combined depending on numbers					
	800m	U11 Girls	2.00	Discus	U13 Boys
	800m	U11 Boys			
	1200m	U13 Girls			
	1500m	U13 Boys			
	1500m	U15 Girls			
	1500m	U15 Boys			
2.45	200m	U11 Girls	3.00	Discus	U13 Girls
	200m	U11 Boys			
	200m	U13 Girls			
	200m	U13 Boys			
	200m	U15 girls			
	200m	U15 Boys			
	200m	U17 Women			
	200m	U17 Men			
	200m	Women			
	200m	Men			
4.00	4 x 100m	U11 Girls	4.00	Javelin	S Women
	4 x 100m	U11 Boys			
	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 400m	U17 Men			
	4 x 400m	Women			
	4 x 400m	Men			
				Shot putt	U17 Men
				Long Jump	U15 Boys



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<u>MEETING C</u>		Perth/Inverness	30th June 2019		
<u>TRACK</u>			<u>FIELD</u>		
12.00	300mH	U17 Women	11.45	Hammer	U17 W & SW
	400mH	Women	12.00	Shot Putt	U13 Boys
	400mH	U17 Men		High Jump	U11 Boys
	400mH	Men		Long Jump	U11 Girls
12.30	80m	U11 Girls			
	80m	U11 Boys			
	100m	U13 Girls	1.00	Javelin	U13 Girls
	100m	U13 Boys		Shot Putt	U15 Girls
	100m	U15 Girls		High Jump	S Women
	100m	U15 Boys		Long Jump	S Men
1.00	600m	U11 Girls			
	600m	U11 Boys			
	800m	U13 Girls	2.00	Javelin	U17 Men
	800m	U13 Boys		Shot Putt	U11 Boys
	800m	U15 Girls		High Jump	U15 Boys
	800m	U15 Boys		Long Jump	U17 women
	800m	U17 Women			
	800m	Women			
	800m	U17 Men			
	800m	Men	3.00	Discus	S Men
				Shot Putt	U11 Girls
2.30	200m	U13 Girls		High Jump	U13 Boys
	200m	U13 Boys		Long Jump	U13 Girls
	200m	U15 girls			
	200m	U15 Boys			
	200m	U17 Women			
	200m	U17 Men	4.00	Discus	U15 Boys
	200m	Women		High Jump	U15 Girls
	200m	Men		Triple Jump	U17 Men
4.00	4 x 100m	U11 Girls			
	4 x 100m	U11 Boys			
	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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<u>Final</u>		Aberdeen	1st September 2019			
<u>TRACK</u>			<u>FIELD</u>			
12.00	100m	U11 Girls	12.00	Discus	U17 Women	
	100m	U11 Boys		Shot Putt	U15 Girls	
	100m	U13 Girls		High Jump	U13 Girls	
	100m	U13 Boys		Long Jump	U11 Girls	
	100m	U15 girls				
	100m	U15 Boys				
	100m	U17 Women				
	100m	U17 Men		1.00	Javelin	U15 Boys
	100m	Women			Shot Putt	U11 Boys
	100m	Men			High Jump	Men
1.00	800m	U11 Girls	2.00	Long Jump	U17 Men	
	800m	U11 Boys				
	1200m	U13 Girls				
	1500m	U13 Boys		3.00	Discus	Women
	1500m	U15 Girls			Shot Putt	U13 Girls
	1500m	U15 boys			High Jump	U13 Boys
	1500m	U17 Women			Long Jump	U15 Girls
	1500m	U17 Men				
	1500m	Women				
	1500m	Men				
1500m						
1500m						
2.30	200m	U13 Girls	4.00	Javelin	Men	
	200m	U13 Boys		Shot Putt	U11 Girls	
	200m	U15 Girls		High Jump	U11 Boys	
	300m	U15 boys		Long Jump	U15 Boys	
	300m	U17 Women				
	400m	U17 Men				
	400m	Women				
	400m	Men				
4.00	4 x 100m	U11 Boys	4.00	Discus	U17 Men	
	4 x 100m	U11 Girls		Shot Putt	U13 Boys	
	4 x 200m	U13 Girls		High Jump	U17 Women	
	4 x 200m	U15 Girls		Triple Jump	Women	
	4 x 200m	U15 Boys				
	4 x 200m	U13 Boys				
	4 x 200m	U17 Women				
	4 x 200m	U17 Men				
	4 x 200m	Women				
	4 x 200m	Men				

PRESENTATIONS WILL BE HELD AT APPROX 5.15pm



Rules and Regulations

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)

1) 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

2) 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 the number assigned & declared by the club on their vest.** 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. There will be no Non counter races unless time permits and at the sole discretion of the track referee.

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

3) 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 numbers as allocated to the club by the league. 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 & back (except high Jump where front only is advisable).

4) 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 **no later than Thursday evening (By sending to the secretary of the North or East sections) to allow paperwork etc. to be ready for the match day. Any changes should be reported to the declarations area as soon as possible.** Non-counters should also be declared on the N/Counting declaration sheets and should wear numbers issued by their clubs for recognition.

5) 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.

6) 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:

U11 G & B	0.90	0.95	1.00	1.05	1.10	1.15	1.18	then by choice
U13 G & B	1.00	1.05	1.10	1.15	1.20	1.25	1.28	then by choice
U15 G & B	1.10	1.15	1.20	1.25	1.30	1.35	1.38	then by choice
U17 W & Women	1.20	1.25	1.30	1.35	1.40	1.45	1.48	then by choice
Women & Men	1.15	1.20	1.25	1.30	1.35	1.40	1.43	then by choice

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.



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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,

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

After each league meeting, 'Meeting Points' will be awarded to each age group 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.

10 Points per Official, including helpers (max. 60) will be awarded to each club and divided over each age group of the club represented after each meeting. I.e. $6 \times 10 / 10 = 6$ pts per age group or $4 \times 10 / 5 = 8$ pts per age group

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

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

For full specification see the UKA rule book

UPDATED 2018

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	3.00	N/A
U-15 Girls	500	1.00	3.00	N/A	U-15 Boys	600	1.25	4.00	4.00
U-17 Women	500	1.00	3.00	3.00	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



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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 29th January 2006