

Inter Regional Championships
Sunday 10 May 2009, Wishaw Leisure Centre

Concept

Teams will be selected from the following regions of Scotland for the 2009 Championships – East, Central, Tayside & Fife, Grampian & Highland, West City, West Coast. Between two (sprint and lane event) and six guests will be permitted in each event (including 'A' and 'B' string competition). These will be selected by noon on 1 May by **scottishathletics** National Event Managers and will be eligible to score points in the inaugural Golden League competition.

Team Managers for each team are:

East	Jane Scott
Central	John Dawson and Brian Roy
Tayside & Fife	Alasdair Donaldson
Grampian & Highland	Alasdair Love/Maggie Hepburn
West City	Brian Donaldson
West Coast	Jim Goldie

Athletes should keep team managers advised of their availability and performances through April and early May.

Eligibility for each regional team is based on athlete's location of their club for Scottish competition.

Initial team selections should be confirmed by Friday 8th May 2009 (noon). Teams will be able to change selection on day of competition should an athlete pull out for any reason. (See rules for procedures.)

Declaration Sheets for relays should be completed with athletes in running order and handed to declaration officials by the team manager on the morning of event. **Athletes should not go to the declaration area.** If changes to team selection are required, team managers must notify the declarations immediately.

Declarations will close at 14.00 hours.

The winning team with the highest points total will be awarded the Innes Trophy, in memory of John Innes.

£100 first place prize money in each event will go to the winner of each 'A' and 'B' string (combined) competition, including guests.

Regions

East	(EAST)
Central	(CENT)
Grampian & Highland	(GR&HI)
Tayside & Fife	(T&F)
West City	(WEST Cty)
West Coast	(WEST Cst)

Scoring

Points scoring for Scottish Golden League will be based on the best eight performances in each event (A & B string and guests combined)

In the Inter Regional Championships, points (excluding guests) will score:

A String

1 st	10 points
2 nd	9 points
3 rd	8 points
4 th	7 points
5 th	6 points
6 th	5 points

Double points for relays. (20, 18, 16, 14, 12, 10)

B String

1 st	6 points
2 nd	5 points
3 rd	4 points
4 th	3 points
5 th	2 points
6 th	1 point

Tiebreaker

In the event of a tie on points for the Innes Trophy, the team with the most match wins from the day's competition will be deemed the Scottish Inter Regional Champions. In the event that it is still a tie the Innes Trophy shall be shared.

Guests

Guest spots will be on offer and selected by the National Event Managers in each discipline. These selections will be made before Friday 1 May 2009. Athletes wishing to be considered should contact the relevant National Event Managers during April.

Nigel Hetherington - Performance Development Manager
E: Nigel.Hetherington@scottishathletics.org.uk T: 07801 634 198

Hugh Murray - National Throws Manager
E: Hugh.Murray@scottishathletics.org.uk T: 07766 754 259

Piotr Haczek - National Sprints Manager
E: Piotr.Haczek@scottishathletics.org.uk T: 07739 506 786

Mike Johnston - National Endurance Manager
E: mjohnston@scottishathletics.org.uk T: 07960 582 838

Darren Ritchie - National Jumps/Combined Events Manager
E: Darren.Ritchie@scottishathletics.org.uk T: 07825 507 425

*Please note that there will be NO late entries for guest athletes on the day of competition.

Prize Money

£100 prize money will go to the athlete with the best overall performance in 'A' and 'B' string (combined) events including guest athletes.

Timetable (DRAFT/EXAMPLE)

TRACK EVENTS

EVENT NO	TIME	EVENT	AGE GROUP	STRING
		U20/Senior Inter Regional Draft Timetable		
	10.00	300m Hurdles	U17 Women	
	10.10	400m Hurdles	Women	B Race
	10.15	400m Hurdles	Women	A Race
	10.25	400m Hurdles	U17 Men	
	10.30	400m Hurdles	Men	B Race
	10.35	400m Hurdles	Men	A Race
	10.45	100m	Men	B Race
	10.50	100m	Men	A Race
	10.55	100m	Women	B Race
	11.00	100m	Women	A Race
	11.05	3,000m	U17 Men	Final
	11.25	5,000m	Women	A/B Race
	11.45	5,000m	Men	A/B Race
	12.05	400m	Men	B Race
	12.10	400m	Men	A Race
	12.15	400m	Women	B Race
	12.20	400m	Women	A Race
	12.25	1500m	Men	B Race
	12.35	1500m	Men	A Race
	12.40	1500m	Women	B Race
	12.45	1500m	Women	A Race
		LUNCH		
	13.30	110m Hurdles	Men	A Race
	13.35	110m Hurdles	Men	B Race
	13.40	100m Hurdles	U17 Men	Final
	13.45	100m Hurdles	Women	B Race
	13.50	100m Hurdles	Women	A Race
	13.45	80m Hurdles	U15 Boys	
	13.55	80m Hurdles	U17 Women	
	14.05	75m Hurdles	U15 Girls	
	14.15	200m	Men	B Race
	14.20	200m	Men	A Race
	14.25	200m	Women	B Race
	14.30	200m	Women	A Race
	14.35	800m	Men	B Race
	14.40	800m	Men	A Race
	14.45	800m	Women	B Race
	14.50	800m	Women	A Race
	15.00	80m Hurdles	U15 Boys	Final
	15.05	80m Hurdles	U17 Women	Final
	15.10	75m Hurdles	U15 Girls	Final
	15.20	4 x 100m	Men	
	15.25	4 x 100m	Women	
	15.30	1500m S/Chase	U17 Men	Final
	15.50	2000m S/Chase	Women	A&B Race
	16.10	3000m S/Chase	Men	A&B Race
	16.30	4 x 400m	Men	
	16.40	4 x 400m	Women	

FIELD EVENTS

EVENT NO	TIME	EVENT	AGE GROUP	STRING
	9.30	Hammer	Men	A&B
	10.45	Hammer	Women	A&B
	10.45	Pole Vault	Men	A&B
	10.45	Long Jump	Women	A&B
	12.00	Javelin	Women	A&B
	12.00	Long Jump	Men	A&B
	12.00	High Jump	Women	A&B
	13.15	Javelin	Men	A&B
	13.15	Triple Jump	Women	A&B
	13.15	Shot Putt	Men	A&B
	14.30	Discus	Women	A&B
	14.30	Pole Vault	Women	A&B
	14.30	High Jump	Men	A&B
	15.45	Discus	Men	A&B
	15.45	Triple Jump	Men	A&B
	15.45	Shot Putt	Women	A&B

Each athlete will be given four attempts.

PLEASE NOTE: The above timetable is for example purposes only. A confirmed timetable will be confirmed in due course.



Inter Regional Championships 2009

RULES

- 1 Teams will be selected from six (6) regions (East, Central, Tayside & Fife, Grampian & Highland, West City and West Coast). Selection for each region will be at the Regional Manager's discretion.
- 2 Athletes can compete in no more than three events and a relay on one day.
- 3 All athletes will use senior distances, heights and weighted implements as per UKA rules.
- 4 Athletes will be eligible for selection based on the location of their club for Scottish competition. (i.e. athletes competing 1st claim for a club in NJAL, UKWAL or BAL can compete for their second claim club in this event.)
- 5 The Inter Regional Championships are for athletes born before 31 August 1992 in accordance with UKA rules.
- 6 All athletes must be up-to-date members of scottishathletics and have received confirmation of their registration by the Friday preceding the competition. Any athlete found not to have registered by the day of competition will have the points they earn for their region deducted.
- 7 The top six performances in 'A' string events will score 10 pts (1st place) scaled down to 5 points (6th Place). **Double points will be awarded for relays.**
- 8 The top six performances in 'B' string events will score 6 pts (1st place) scaled down to 1 point (6th Place).
- 9 The winning team (men's and women's combined) will be decided by combining the overall points scored in both 'A' and 'B' String events. The winning team will be presented with The Innes Trophy.
- 10 There will be a maximum of two places available for guests in both 'A' and 'B' string sprint events, four for circular and four guest places for field event athletes.
- 11 Should a tie occur in any event then the points for the places in question will be added together and divided by the number of places in question.
- 12 In the event of a tie on points for the Innes Trophy, the team with the most match wins from the days competition will be deemed the Scottish Inter Regional Champions. In the event that it is still a tie the Innes Trophy shall be shared.
- 13 All field athletes will be given four attempts.
- 14 All athletes in Regional teams must be entered via their Regional Manager and guests via the National Event Manager. Closing dates will apply for all.
- 15 Athletes who are looking to achieve a guest place in an event need to contact The National Event Managers by the 5th May. Confirmation of selection will be published on the scottishathletics website on the 6th May.
- 16 Athletes must be declared by their Team Manager at declarations at least one hour prior to the start of the first event, 90 minutes for Pole Vault athletes. Guest athletes must declare themselves at least one hour prior to their event but no later than 14.00 hours.
- 17 Athletes must report to Call Room prior to their event. 20 minutes for track athletes, 30 minutes for horizontal jumps and throws, 50 minutes for High Jump, 60 minutes for Pole Vault.
- 18 If team changes are required on the day, team managers should provide these as soon as possible to the Information desk situated at declarations.
- 19 In the event of an athlete pulling out of the Regional match, a guest athlete can be used as a reserve, providing they are from the appropriate region. Team managers must confirm changes at declarations before the event.
- 20 No guest athletes will be allowed to compete after declarations close (2pm).
- 21 £100 prize money will go to the athlete with the best overall performance in 'A' and 'B' String (combined) events, including guest athletes.
- 22 There will be podium presentations for stadium record holders and the overall presentation of The Innes Trophy.
- 23 Medal awards will be for first three athletes in the 'A' and 'B' string events combined, based on performance. (These will not take place on the podium)
- 24 Golden League points will be determined by amalgamating 'A' and 'B' string results. Guests are eligible for Golden League points and prize money, excluding medals. Guests will also be excluded from scoring points in the Inter Regional match format.

West City	West Coast	East	Central	Tayside & Fife	Grampian	Highland
Bellahouston Harriers Bellahouston Road Runners	Airdrie Harriers Annan & District	Carnethy Hill RC Corstorphine AAC	Central AC Falkirk Vic Harriers	Anster Haddies Arbroath & District	Aberdeen AAC Banchory Stonehaven AC	Badenoch AAC Caitness AAC
Broomhill Sports Club	Arran Runners	Dunbar RC	Linlithgow AAC	Arbroath Footers RC	Cosmic Hillbashers AAC	East Sutherland AC
Garscube Harriers	Ayr Seaforth	Edinburgh AC	Livingston & District AAC	Brechin High AC	Ellon AAC	Highland Hill Runners
Giffnock North AAC Glasgow City AC	Beith Harriers Calderglen Harriers	Edinburgh Running Network Edinburgh University Hare & Hounds	Lothian Running Club Ochil Hill Runners	Carnegie Harriers Dundee Hawkhill	Elgin AC Forres AC	Inverness Harriers Lochaber AC
Glasgow University Hare & Hounds	Clydesdale Harriers	Ferranti AAC	Scottish Prison Service	Dundee RR AC	Fraserburgh RC	Nairn Area AAC
Kelvin Runners	Cumbernauld AAC	Gala Harriers	Stirling University	Dunfermline & West Fife AC	Keith & District AAC	Nairn Road Runners
Maryhill Harriers	Dumbarton AAC	Haddington East Lothian Pacemakers	Wee County Harriers	Forfar RR	Metro Aberdeen RC	North Uist AAC
Red Star AC	Dumfries RC	Harmeny AC		Forfar Harriers	Moray Road Runners	Orkney AC
Royal Mail Run GMC	East Kilbride	Heriot Watt University		Kinross RR	Peterhead RC	Orkney Islands AAC
Shettleston Harriers	Galloway Harriers	Hunters Bog Trotters		Lomond Hill Runners AAC	Stonehaven	Ross County AC
Strathclyde Fire & Rescue AC	Girvan Amateur AC	Lasswade AC		Montrose & District AC		Shetland AAC
Strathclyde University Harriers	Greenock Glenpark Harriers	Lothian & Borders Police AC		Perth Road Runners		Skye & Lochalish Running & AC
Victoria Park City of Glasgow AC	Hamilton Harriers	Moorfoot Runners		Perth Strathgath Harriers Pitreaive AAC		Stornoway Running AC
Westerlands Cross Country Club	Helensburgh AAC	Muskelburgh & District AC		St Andrews University Strathearn Harriers		
	Inverclyde AC	Penicuik Harriers				
	Irvine AC	Portobello RC				
	Kilbarchan Amateur AC	Sri Chinmoy AC				
	Kilmarnock H & AC	Teviotdale Harriers				
	Kirkintilloch Olympians					
	Law & District AAC					
	Mid Argyll AC					
	Milburn Harriers					
	Motherwell AC					
	Mull Athletic Club					
	Mull Harriers AC					
	Nithsdale Athletics Club					
	Ron Hill Cambuslang Harriers					
	Springburn Harriers					
	Stewartry AC					
	Strathaven Striders					
	Troon Tortoises AC					
	West Dunbartonshire AC					
	Whitemoss Amateur AC					

Inter Regional

Team Information

	EAST	GRAMPIAN & HIGHLAND	CENTRAL	TAYSIDE & FIFE	WEST CITY	WEST COAST
Team Manager	Jane Scott	Alasdair Love/Maggie Hepburn	John Dawson	Alasdair Donaldson	Brian Donaldson	Jim Goldie
Men						
(A) String						
100m						
200m						
400m						
800m						
1500m						
3000m S/C						
5000m						
400mh						
110mh						
Long Jump						
High Jump						
Triple Jump						
Shot Put						
Hammer						
Discuss						
Javelin						
Pole Vault						
4x100m Relay						
2						
3						
4						
4x400m Relay						
2						
3						
4						
Men						
(B) String						
100m						
200m						
400m						
800m						

400m									
800m									
1500m									
2000m S/C									
5000m									
400mh									
100mh									
Long Jump									
High Jump									
Triple Jump									
Shot Put									
Hammer									
Discuss									
Javelin									
Pole Vault									

Team Manager - Contact e-mail addresses:

East	Jane Scott	JaneScott@edinburghleisure.co.uk
Grampian & Highland	Alasdair Love	alasdairlove@hotmail.co.uk
Grampian & Highland	Maggie Hepburn	mallein@bainhenryreid.co.uk
Central	John Dawson	jdsprintscoach@aol.com
Tayside & Fife	Alasdair Donaldson	alasdair.donaldson@dundeeccity.gov.uk
West City	Brian Donaldson	Brian.Donaldson@glasgow.gov.uk
West Coast	Jim Goldie	james.goldie@southlanarkshireleisure.co.uk



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