

Mid Lancs Track and Field League

Important Information

Dear Track and Field Team Managers,

This letter is to introduce myself as the Mid Lancs Track & Field Secretary for the 2009 season, please accept my apologies for the delay in sending out this information due to work commitments.

- The first fixture is at Blackpool on the 18th April 09.

Reminders for some of the rules that clubs abused last year are as follows:-

- 4x400m Relay races for **U17 & Seniors only**, AGM Minutes 06 item 9.
- Since the AGM 2006 the addition of an U15 Girls 300m race to the timetable.
- The number of Officials required, AGM Minutes 08, item 13, change to Rule 14.
- The 12:00 o'clock start for the Hammer, **Officials must be declared before 12.30 for the remaining field events.**
- Rules and Order of Event sheets will be available at the first meeting
- The Introduction of Athletes having a Unique Number for all meetings is being retained. **Keep it Safe**, even though this number **WILL NOT** be used for the Medal Meeting.

To avoid any problems with numbers being sent out to the wrong person or the secretary being away, **YOU MUST** collect your Numbers from the Team Declaration desk at the first meeting.

Last year I requested a list of athletes that were to have competed for your club.

This year I am supplying an initial list of Athletes who competed LAST year for your club with pre allocated numbers. I have also included numbers pre allocated without names, please complete and return by 14th April, for new athletes that are not on the initial list.

The results sheets and declaration sheets submitted last year contained duplicates for some surnames and numbers.

Please ensure this year that you do not re-use the numbers from previous years and advise of any duplicate names, i.e. Chris or Christopher etc.,. For new athletes complete a new declaration sheet preferably by the Saturday prior to the next meeting.

In addition the first Initial was sometimes used instead of the forename, which causes problems for the compiling of results etc., **Please supply the forenames for all athletes.**

Would you please ensure that completed athlete declaration sheets are forwarded, if possible by e-mail, before Tuesday 14th April 09 to the e-mail addresses shown below in.

If you do not have access to e-mail then post your amendments to arrive by First Post Tuesday 14th April to my address below and a copy to Mid Lancs League, Ron Scott, 23 Stanley Avenue, Southport, Merseyside. PR8 4RU

RonCoScott@aol.com with a CC: to **Norm_mitch@talk21.com**

I will hopefully see you all at the first meeting and wish you and all your athletes a good season.

Norman Mitchell
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