

The Cumbria League

Athletes from Member clubs MUST enter through their team coach:

<i>Date</i>	<i>Venue</i>	<i>Entries Close</i>
<i>Saturday 27 April 2024</i>	<i>Carlisle</i>	<i>Sunday 14 April 2024</i>
<i>Saturday 22 June 2024</i>	<i>Barrow</i>	<i>Friday 7 June 2024</i>
<i>Saturday 13 July 2024</i>	<i>Carlisle (t.b.c)</i>	<i>Friday 28 June 2024</i>
<i>Saturday 7 September 2024</i>	<i>Copeland</i>	<i>Friday 23 August 2024</i>

Member clubs are:

Annan & District AC
Carlisle Aspatria AC
Leven Valley

Barrow & Furness Striders
Copeland AC
Millom Striders

Border Harriers AC
Eden Runners
Seaton AC

GUESTS can enter directly via Roster. Fees for guests - £5 per meeting, payable on the day. Guests will not be eligible for a medal.

Club vests MUST be worn.

MAXIMUM 3 EVENTS + RELAY, but Hurdles and Hammer are trial events so can be done in addition to 3 events.

Athletes are only allowed to compete in their own age group in relays.

The finalised timetable will be available on Roster.

Athletes must register for their events and collect bib numbers at least **1 hour** prior to the start time of their first event. Athletes reporting late may not be allowed to compete.

Bib numbers must be worn front and back (except High Jump, Long Jump and Triple Jump where one number on the front is acceptable), unfolded and secured with four pins.

Athletes should be at the start area at least **15 minutes** before the start time of their event.

EVENT LISTING – CARLISLE

Field start time 11am, track start time 12.30pm

U9 Male & Female	70m, 600m, Long Jump, Howler Aged 8 at midnight on 31 August 2024 (school year 3)
U11 Male & Female	70m, 600m, Long Jump, Howler, 4 x 100m Relay Aged 9 or 10 at midnight on 31 August 2024 (school years 4 & 5)
U13 Male	75m, 150m, 800m, 75m hurdles, High Jump, Long Jump, Discus, Javelin, Shot Put, 4 x 100m Relay Aged 11 or 12 at midnight on 31 August 2024 (school years 6 & 7)
U13 Female	75m, 150m, 800m, 70m hurdles, High Jump, Long Jump, Discus, Javelin, Shot Put, 4 x 100m Relay Aged 11 or 12 at midnight on 31 August 2024 (school years 6 & 7)
U15 Male	100m, 200m, 300m, 800m, 80m hurdles, High Jump, Long Jump, Discus, Hammer, Javelin, Shot Put, 4 x 100m Relay Aged 13 or 14 at midnight on 31 August 2024 (school years 8 & 9)
U15 Female	100m, 200m, 300m, 800m, 75m hurdles, High Jump, Long Jump, Discus, Hammer, Javelin, Shot Put, 4 x 100m Relay Aged 13 or 14 at midnight on 31 August 2024 (school years 8 & 9)
U17 Male	100m, 200m, 400m, 800m, 100m hurdles, High Jump, Long Jump, Triple Jump, Discus, Hammer, Javelin, Shot Put, 4 x 100m Relay Aged 15 or 16 at midnight on 31 August 2024 (school years 10 & 11)
U17 Female	100m, 200m, 300m, 800m, 80m hurdles, High Jump, Long Jump, Triple Jump, Discus, Hammer, Javelin, Shot Put, 4 x 100m Relay Aged 15 or 16 at midnight on 31 August 2024 (school years 10 & 11)
U20 Male	100m, 200m, 400m, 800m, 110m hurdles, High Jump, Long Jump, Triple Jump, Discus, Hammer, Javelin, Shot Put, 4 x 100m Relay Aged 17 and over at midnight on 31 August 2024, but under 20 at midnight on 31 December 2024
U20 Female	100m, 200m, 400m, 800m, 100m hurdles, High Jump, Long Jump, Triple Jump, Discus, Hammer, Javelin, Shot Put, 4 x 100m Relay Aged 17 and over at midnight on 31 August 2024, but under 20 at midnight on 31 December 2024

EVENT LISTING – BARROW/COPELAND

Field start time 12pm, track start time 1pm

U9 Male & Female	70m, 600m, Long Jump, Howler Aged 8 at midnight on 31 August 2024 (school year 3)
U11 Male & Female	70m, 600m, Long Jump, Howler Aged 9 or 10 at midnight on 31 August 2024 (school years 4 & 5)
U13 Male	75m, 150m, 1,200m, High Jump, Long Jump, Discus, Javelin, Shot Put, 4 x 100m Relay Aged 11 or 12 at midnight on 31 August 2024 (school years 6 & 7)
U13 Female	75m, 150m, 1,200m, High Jump, Long Jump, Discus, Javelin, Shot Put, 4 x 100m Relay Aged 11 or 12 at midnight on 31 August 2024 (school years 6 & 7)
U15 Male	100m, 200m, 300m, 1,500m, High Jump, Long Jump, Discus, Javelin, Shot Put, 4 x 100m Relay Aged 13 or 14 at midnight on 31 August 2024 (school years 8 & 9)
U15 Female	100m, 200m, 300m, 1,500m, High Jump, Long Jump, Discus, Javelin, Shot Put, 4 x 100m Relay Aged 13 or 14 at midnight on 31 August 2024 (school years 8 & 9)
U17 Male	100m, 200m, 400m, 1500m, High Jump, Long Jump, Triple Jump, Discus, Javelin, Shot Put, 4 x 100m Relay Aged 15 or 16 at midnight on 31 August 2024 (school years 10 & 11)
U17 Female	100m, 200m, 300m, 1500m, High Jump, Long Jump, Triple Jump, Discus, Javelin, Shot Put, 4 x 100m Relay Aged 15 or 16 at midnight on 31 August 2024 (school years 10 & 11)
U20 Male	100m, 200m, 400m, 1500m, High Jump, Long Jump, Triple Jump, Discus, Javelin, Shot Put, 4 x 100m Relay Aged 17 and over at midnight on 31 August 2024, but under 20 at midnight on 31 December 2024
U20 Female	100m, 200m, 400m, 1500m, High Jump, Long Jump, Triple Jump, Discus, Javelin, Shot Put, 4 x 100m Relay Aged 17 and over at midnight on 31 August 2024, but under 20 at midnight on 31 December 2024

MAXIMUM 3 EVENTS + RELAY, but Hurdles and Hammer are trial events so can be done in addition to 3 events.