



DIVISION Northern 1 South East		McCain Young Athletes League - Team Declaration 2010																		
<b>U17 WOMEN</b>		BIB ID: 7 & 77						CLUB NAME Lincoln Wellington AC						Date 16 May 2010						
		HAMMER 800mFLUR D	LONG JP 800m	100m	POLE VLT	3000m	SHOT	300mHDL	DISCUS	200m	1500m	HIGH JP 300m	TRIPLE JP	JAVELIN	4 x 100m	4 x 300m				
STANDARD PROGRAMME TIME ==>>>>>		11.30	11.30	12.15	12.20	13.00	13.30	13.40	13.45	14.00	14.15	14.25	15.10	15.30	15.55	16.30	16.35	16.25	16.55	
LUCY HELAS	1			A		A							A						4	
MEGAN BALL	2				A					A										1
REBECCA WELLS	3			B						B										2
HANNAH DUNDERDALE	4								A								A			4
LYNDSEY CAMPBELL	5								B		B				A				1	
LAURA MAPLETHORPE	6	B															B		3	
LAURA DONNELLY	7				B											A				3
SARAH STANHOPE	8	A				B					A								2	
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**HAND IN FORM 15 MINS BEFORE FIRST EVENT**

TO ENTER AN ATHLETE IN ANY EVENT YOU NEED TO WRITE THE ATHLETES NAME DOWN ONCE ONLY. MARK THE APPROPRIATE EVENT COLUMN IN LINE WITH THE NAME TO INDICATE "A" OR "B" COUNTER, PLEASE USE YOUR TEAMS "A" OR "B" NUMBER. YOU SHOULD ONLY HAVE 2 ATHLETES SHOWN IN ANY EVENT COLUMN. FOR RELAYS INDICATE RUNNING ORDER 1,2,3 OR 4

**PLEASE ENSURE THAT YOU HAVE THE FOLLOWING OFFICIALS SIGNED IN AND WORKING:**

**ALL MATCHES:** Promoting clubs - Track Referee, Field Referee, Chief Timekeeper (all qualified), Starters assistant, Announcer(s), Recorder(s), PLUS 1 timekeeper, 1 track judge, 1 qualified field judge and 3 other field judges.

**VISITING CLUBS:** 1 Track Judge, 1 Timekeepers, 2 qualified field judges and 2 other field judges.

**PLEASE REMEMBER THE FOLLOWING RULES:**

Athletes MUST compete in their OWN AGE GROUP in all YAL matches.

NO audio equipment in the competition area at any time.

NO GUEST COMPETITORS allowed in any event.

NON-SCORING EVENTS are not to be added to the league programme

EVENT DECLARATIONS CAN BE CHANGED AT ANY TIME UP TO THE START OF THE EVENT. SHOULD ANY EVENT BE CANCELLED AFTER ARRIVAL AT THE VENUE THEN NAMES CANNOT THEN BE ADDED TO THAT EVENT BUT THEY MAY BE REMOVED FROM THAT EVENT TO ALLOW THE ATHLETE TO BE USED ELSEWHERE. POINTS FOR THE EVENT WILL BE SHARED BETWEEN THE REMAINING DECLARED NAMES IN THE CANCELLED EVENT AND THE EVENT COUNTED AS ONE OF THE ATHLETES 4 EVENTS.

**UNLESS OFFICIALS ARE SIGNED IN AND SEEN TO BE WORKING, THE REFEREE MAY DECIDE THAT POINTS WILL NOT BE AWARDED.**