



# NORTHERN SENIOR TRACK & FIELD LEAGUE 2017

**Wallsend Harriers**



FOUNDED 1920 RE-ESTABLISHED 1975

The 2017 Northern Senior Track and Field League is nearly upon us! Alongside our Wallsend team-mates, we will be pushing for an instant return to Division 2, hopefully once again as champions.

**Where/When/Who?**

**Division 3E**—Blyth/Wallsend, Blaydon/Elswick, Durham City, Jarrow & Hebburn, New Marske, Richmond & Zetland

**Match 1**— Sunday 7th May @ Jarrow

**Match 2**—Sunday 4th June @ Jarrow

**Match 3**—Sunday 9th July @ Jarrow

**Match 4**—Saturday 5th August @ Whitley Bay

Full rules and timetable can be downloaded here: <http://www.northernathletics.org.uk/download/2017-league-rules/>

Events: 100m, 200m, 400m, 800m, 1500m, 3000m (women), 5000m (men), 3000m S/C (men), 100/110m hurdles, 400m hurdles, long jump, triple jump, high jump, pole vault, javelin, shot put, hammer, discus, 4x100 relay, 4x400 relay. U17 athletes are allowed to compete, although with some restrictions.

How does it work? We are allowed two male and two female athletes in each event, this includes our Wallsend team-mates. When selecting teams we always give all athletes who want to take part the opportunity to compete, whilst it must be also taken into account that there is high demand in particular events. The 100m has a non-scoring race in which there are no limits on the number of entrants so everyone can have a go. Club vests must be worn, team managers will keep a supply of numbers, and there is zero cost. Jarrow has a lovely covered stand and we will have the tent and access to clubhouse at Whitley Bay. The league meetings are always great occasions and have a similar team spirit and camaraderie as the XC Harrier League, although with less mud and better sun tans :-)

This year your team managers are: Calum Storey / Ralph Dickinson / Daniel Njai

Track training sessions will be planned to cover most events, details to follow. If you would like to be involved, just email Ralph, or contact Daniel or Calum in person or via Facebook.

There are numerous other T&F competitions for all ages throughout the season. Get the details at [www.necaa.info](http://www.necaa.info) or ask Dan, Calum, Steve or Keith

