

Please check this sheet regularly throughout the season as there may be additions and deletions.

3RD May:

- Max 4 athletes per event per team for track as well as field events.
- There will be no spectators allowed, however 1 parent/carer can accompany 1 under 18year old. (1 parent per 1 athlete). **Added 27/04/21**
- Relay Batons sanitized before each run and athletes must sanitize hands before they move from start to takeover positions.
- Each club to be allocated an area to place equipment etc. which they have to police regarding COVID rules..... this could be a grass area, stand or even outside the track area as in Whitley Bay on grass banking.
- There will be no promotion or relegation for this season.
- Only 1 relay team per age group per team and no composites **Added 3/05/21**
- The consequences for any athlete transgressing the 3 events + Relay rule will have all performances removed from the published results. **Added 3/05/21**
- **HOST CLUBS** will not be required to provide officials packed lunches for this season. **Added 3/05/21**