



HARTLEPOOL DIAMOND LEAGUE SERIES

2023

8 SUMMER MEETS (UPTO 4 EVENTS EACH MEET)

LEAGUE TABLE FORMAT

POINTS SCORED FOR COMPETING IN EACH EVENT

GOLD, SILVER & BRONZE MEDALS FOR TOP 3 HIGHEST MEET SCORERS AT EACH MEET IN EACH AGE GROUP

(All participants receive a medal at their first meet)

ACCUMULATIVE OVERALL POINTS WINNER FOR EACH AGE CATEGORY AWARDED AFTER THE 8TH AND FINAL MEET (6 best meet scores used)

Eligibility: All members of Hartlepool Athletics Club are strongly encouraged to get involved and get some competition type experience. No pressure however – ITS ALL ABOUT HAVING FUN! **Non-members are also encouraged to come along and get involved as guests!**

Age Category's: SCHOOL YEAR Reception, 1&2, SCHOOL YEAR 3&4, SCHOOL YEAR 5&6, SCHOOL YEAR 7&8, SCHOOL YEAR 9&10, SCHOOL YEAR 11+

Cost: £10 per meet

Location: High Tunstall School **Time:** 13:30 to 16:30

Pre-Register for all 8 meets and receive 1 of our new Diamond League T-Shirts!

School Year R, 1 & 2	School Year 3 & 4	School Year 5 & 6	School Year 7 & 8	School Year 9 & 10/11+
<i>11th June, 2nd July, 16th July, 6th August</i>				
50m Sprint	50m Sprint	75m Sprint	100m Sprint	100m Sprint
300m Run	400m Run	600m Run	800m Run	800m Run
Howler Throw	Howler Throw	Howler Throw	Javelin	Javelin
Standing Long Jump	Standing Long Jump	Long Jump	Long Jump	Long Jump
<i>25th June, 9th July, 30th July, 20th August</i>				
60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles	60m Hurdles
200m Run	200m Run	300m Run	400m Run	400m Run
Chest Push	Chest Push	Chest Push	Shot Putt	Shot Putt
Speed Bounce	Standing Triple Jump	Standing Triple Jump	High Jump/Triple Jump	High Jump/Triple Jump

Secure your registration by contacting Head Coach: John Spence - 07972734619