

## 2009 GOLDEN LEAGUE – RULES

- 1 The **scottish**athletics 2009 GOLDEN LEAGUE comprises a series of six track and field meetings between May and August in Scotland and England and a televised FINAL in the final week of August
- 2 GOLDON LEAGUE points are accumulated toward a place in the relevant FINAL event (and the opportunity to contest the prize money, available in the finals) by competing in the series of MEETINGS 1 TO 6
- 3 An athlete's total scores from MEETINGS 1 to 6 will count toward their GOLDEN LEAGUE total
- 4 Points can only be accumulated from QUALIFYING events in MEETINGS 1 to 6 relating to the FINAL event – see below
- 5 **Bonus points** may be earned for performances in MEETINGS 1 to 6 as follows: Scottish record: Senior – 5 points/Junior – 3 points; UK 'Power of 10': Senior 3 points/Junior – 2 points
- 6 The highest three points scoring athletes (two for 'laned' events) in the GOLDEN LEAGUE standings after the first six qualifying events will be offered places in the FINAL event for which their points are eligible. Golden League qualifiers will be eligible for the prize money this was (previously restricted to athletes in International teams) in the FINAL
- 7 At each qualifying meeting, the top eight performances in each qualifying event will score points based on 8 pts (1<sup>st</sup>) > 1 pt (8<sup>th</sup>) (MEETINGS 1, 5 and 6 - full points, MEETINGS 2 and 4 - double points and MEETING 3 - half points). At the Scottish Inter Regional Championships the points will be determined by amalgamating 'A' and 'B' string results, included invited guests. At the Open Graded meetings the points will be awarded to the top eight performances at the meeting in the qualifying events
- 8 Qualifying performances at 200m (men) and 800m/400m for women will be used to select scoring and guest mixed medley relays at the FINAL
- 9 Qualifying performances for men's pole vault will be used to select the invitation field for the FINAL.
- 10 For events not contested in the FINAL, standings will still be compiled and published for MEETING 1 to 6 and will contribute to Scottish international team selections through 2009.
- 11 Only an athlete's best performance in each event per meeting will count towards their GOLDEN LEAGUE total for a given FINAL events
- 12 Only events where senior weight implements and senior hurdle/barrier heights are used will be eligible for points scoring
- 13 Only athletes currently in the senior and U20 age groups will be eligible to score GOLDEN LEAGUE points
- 14 Normal entry procedures including closing dates and fees apply to all events/entrants for MEETINGS 1 to 6
- 15 In the event of a tie for a qualifying place the head to head record of the athletes in the six qualifying meetings will determine the finishing order.

<b>FINAL event</b>	<b>QUALIFYING events</b>	<b>NOTES</b>
<b>MEN</b>	<b>(MEETINGS 1 TO 6)</b>	
<b>100m</b>	100m, 200m	<i>Where an athlete competes in both 100m and 200m in a meeting the higher scoring place is included</i>
<b>400m</b>	200m, 400m	<i>200m included only where no 400m event available</i>
<b>800m</b>	800m, 1500m	<i>Where an athlete competes in both 800m and 1500m in a meeting the higher scoring place is included</i>
<b>3000m</b>	1500m, 3000m, 3000m S/C, 5000m	<i>Where an athlete competes in more than one qualifying event in a meeting the higher scoring place is included</i>
<b>400mH</b>	400mH	<i>Only qualifying event</i>
<b>TJ (team)</b>	TJ	<i>Only qualifying event</i>
<b>SP</b>	SP	<i>Only qualifying event</i>
<b>WOMEN</b>		
<b>200m</b>	100m, 200m, 400m	<i>Where an athlete competes in both 100m and 200m in a meeting the higher scoring place is included. 400m included only where no 200m / 100m event available</i>
<b>800m</b>	800m	<i>Only qualifying event</i>
<b>Mile</b>	1500m, 3000m	<i>Where an athlete competes in both the 1500m / 3000m or both the Mile / 3000m in a meeting the higher scoring place is included</i>
<b>3000m</b>	3000m, 3000m S/C, 5000m	<i>Where an athlete competes in more than one qualifying event in a meeting the higher scoring place is included</i>
<b>400mH</b>	400mH	<i>Only qualifying event</i>
<b>HJ</b>	HJ	<i>Only qualifying event</i>
<b>TJ (team)</b>	TJ	<i>Only qualifying event</i>
<b>SP</b>	SP	<i>Only qualifying event</i>

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MEETING 1	MEETING 2	MEETING 3	MEETING 4	MEETING 5	MEETING 6	FINAL
<b>INTER-REGIONAL</b>	<b>SCOTTISH NATIONALS</b>	<b>ENGLAND U20/U23</b>	<b>UK SENIORS / WORLD TRIALS</b>	<b>OPEN GRADED</b>	<b>OPEN GRADED</b>	<b>BoS Cup</b>
Wishaw 10 May  (full points)	Pitreavie 20-21 June  (double points)	Bedford 27-28 June  (1/2 points)	Birmingham 10-12 July  (double points)	Linwood 29 July  (full points)	East Kilbride 12-Aug  (full points)	Falkirk last week of August  (prize money)
<b>Men</b>						
100m	100m	100m	100m	100m		100m
200m	200m	200m	200m	200m		
400m	400m	400m	400m		400m	400m
800m	800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m		
5000m	5000m	5000m	5000m	3000m	3000m	3000m
3000m S/C	3000m S/C	3000m S/C	3000m S/C			
110mH	110mH	110mH	110mH			
400mH	400mH	400mH	400mH		400mH	400mH
LJ	LJ	LJ	LJ		LJ	
HJ	HJ	HJ	HJ	HJ	HJ	
TJ	TJ	TJ	TJ	TJ		TJ (team)
PV	PV	PV	PV			PV (invitation)
JT	JT	JT	JT			
DT	DT	DT	DT			
SP	SP	SP	SP	SP	SP	SP
HT	HT	HT	HT			Mixed Medley
<b>Women</b>						
100m	100m	100m	100m	100m		200m
200m	200m	200m	200m	200m		
400m	400m	400m	400m		400m	
800m	800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m		Mile
5000m	5000m	3000m	5000m	3000m	3000m	3000m
3000m S/C	3000m S/C	3000m S/C	3000m S/C			
100mH	100mH	100mH	100mH			
400mH	400mH	400mH	400mH		400mH	400mH
LJ	LJ	LJ	LJ		LJ	
HJ	HJ	HJ	HJ	HJ	HJ	HJ
TJ	TJ	TJ	TJ	TJ		TJ (team)
PV	PV	PV	PV			
JT	JT	JT	JT			
DT	DT	DT	DT			
SP	SP	SP	SP	SP	SP	SP
HT	HT	HT	HT			Mixed Medley