

CHERRYBROOK ATHLETICS



RULES HANDBOOK

www.cherrybrookathletics.org.au

Contents

RULES AND SPECIFICATIONS FOR EVENTS.....	2
General rules for field events	2
Personal equipment for field events	2
JAVELIN	3
DISCUS	4
HAMMER THROW	4
SHOT PUT.....	5
LONG JUMP / TRIPLE JUMP	6
HIGH JUMP	7
TRACK INFORMATION.....	8
STARTING A RACE.....	9
HURDLES.....	9
TRACK RELAYS.....	10
RECORDING CLUB RECORDS	12

RULES AND SPECIFICATIONS FOR EVENTS

General rules for field events

These may not necessarily be used at a Friday night club competition but would be used at all championships and gala days.

- An athlete has 1 minute from when their name is called to start their attempt/throw. When there is 15 seconds **remaining** a yellow flag is raised.
- A **red flag** is raised if an attempt is judged as a foul or if the athlete is timed out i.e. takes longer than 1 minute.
- A **white flag** is raised to show a valid attempt/throw or bar clearance (HJ).
- With the exception of High Jump, each athlete has 3 turns at each event and their best attempt is then noted as their best distance for the event. On a Friday night, please try to ensure that every athlete achieves a valid distance.

Personal equipment for field events

Any athlete wishing to use their own equipment for field events, such as javelin, discus or shot put, **MUST** first have their equipment checked and approved by the equipment manager **each week** they are to be used. Please give the equipment manager at least 3 days notice that equipment needs to be checked to ensure measuring tools are calibrated, and arrive early enough to allow time for checking and for your Age Manager to be notified if the equipment has been accepted. Any personal equipment that is approved for use must also be made available for use by all other competitors in the same age and gender group in that event.

JAVELIN

The rules regarding runway lines may not apply on a Friday night due to our limitations.

Basic Rules

- The javelin must be held at the grip. It shall be thrown over the shoulder or the upper part of the throwing arm and must not be slung or hurled.
- At no time during the throw, until the javelin has been discharged into the air, may the athlete turn completely around, so that their back is towards the landing sector.
- A throw will only be valid if the tip of the javelin hits the ground first before any other part. It does not have to stick in the ground.
- A foul occurs if:
 - the javelin lands on or outside of the lines marking the landing sector
 - the athlete leaves the runway before the javelin has landed
 - the athlete touches any of the lines marking the runway or the line marking the front of the runway at any point during their throw.
 - the athlete leaves the runway in front of the throwing arc line

Measuring the Distance

- The zero end of the tape will be held where the tip of the javelin first landed and measured back to the inside edge of the arc with the tape pulled back 8m to the centre of the throwing arc

Safety concerns

- Ensure that any helpers who are in the landing sector are facing the athlete before allowing the athlete to commence their throw
- Ensure that everyone, except those helping in the landing sector, is behind the throwing area, in case of stray javelins
- Javelins must be carried back from the landing sector **NEVER** thrown.

Little Athletics – Javelin Specifications

	U11	U12	U13	U14	U15	U17
Boys	400g	400g	600g	600g	700g	700g
Girls	400g	400g	400g	400g	500g	500g

Senior Athletics – Javelin Specifications

	Open	U20	U18	U16	U14
Male	800g	800g	700g	700g	600g
Female	600g	600g	500g	500g	400g

DISCUS

Rules

- The throw is made from within the circle
- The throw is commenced from a stationary position
- An athlete is allowed to touch the inside of the iron band marking the circle when making a throw
- A foul occurs if:
 - any part of the athlete's body touches the top or goes outside of the iron band when making a throw
 - the discus lands on or outside of the lines marking the landing sector
 - the athlete leaves the circle before the discus has landed
 - the athlete leaves the circle, after their throw, from the front half of the circle

Measuring the Distance

- A throw is measured from the nearest point the discus lands back to the **inside edge** of the iron band
- When measuring the distance, place the zero end of the tape at the point the discus lands which is closest to the circle and then run the tape back to the centre of the throwing circle
- The distance is then measured to the inside of the iron band along a line from the mark to the centre of the circle
- Distances shall always be recorded to the nearest centimetre (0.01m) below the distance measured if the distance measured is not a whole centimetre

Safety Concerns

- Ensure that it is only the athlete in the circle and everyone else (except those helping in the landing area) is behind the fencing during any throw.
- Ensure that any helpers who are in the landing sector are facing the athlete before allowing the athlete to commence their throw. Be aware of helpers from the other circles as well.
- Ensure those helpers in the landing area are on the outside edges of each sector and not in the overlap area of the 2 sectors.
- If someone is using the long throwing sector then stop the throws from any other sectors so that helpers in the landing area can turn around to face the discus from the long throws area.
- Discus must be carried back from the landing area **NEVER** thrown.

Little Athletics – Discus Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Boys	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1.5kg
Girls	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg

Senior Athletics – Discus Specifications

	Open	U20	U18	U16	U14
Male	2kg	1.75kg	1.5kg	1kg	1kg
Female	1kg	1kg	1kg	1kg	1kg

HAMMER THROW

The club does not run hammer event on Friday club competition nights, however Athletics NSW and Athletics Australia includes Hammer events at some of their meets

Senior Athletics – Hammer Specifications

	Open	U20	U18	U16	U14
Male	7.26kg	6kg	5kg	4kg	3kg
Female	4kg	4kg	3kg	3kg	3kg

SHOT PUT

Rules

- The put is made from within the circle and must begin from a stationary position.
- The put is made with one hand only.
- When the athlete takes their stance the shot must be placed in close proximity to the chin/neck under the jaw line.
- The shot can be placed near the neck but the hand must not rest on the shoulder.
- The shot cannot be taken behind the line of the shoulders.
- When making a put, the athlete's foot may touch the inside of the stop board.
- A foul occurs if:
 - during the throw any part of the athlete's body either touches the top of the stop board or the top of the circle, or the ground outside the circle or if they make an improper throw.
 - An improper throw occurs if the hand is not in close proximity to the chin/neck at the time the hand is driven forward to release the shot. You will see the hand/elbow drop down and it will look like two moves rather than one forward move from the stationary starting position.
 - the shot lands on or outside of the lines marking the landing sector.
 - the athlete exits the circle before the shot has landed.
 - the athlete leaves the circle, after their throw, from the front half of the circle.

Measuring the Distance

- A throw is measured from the nearest point the shot lands back to the **inside edge** of the stop board.
- When measuring the distance, place the zero end of the tape at the point the shot lands, which is closest to the throwing circle and then run the tape back to the centre of the throwing circle.
- The distance is then measured to the inside edge of the stop board along a line from the point of landing to the centre of the circle.
- Always measure to the nearest centimetre below the distance thrown i.e. if the distance thrown is 99.5cm the distance will be measured at 99 centimetres.

Safety Concerns

- Ensure that any helpers who are in the landing sector are facing the athlete before allowing the athlete to commence their throw.
- Ensure that everyone, except those helping in the landing sector, is behind the circle, in case of stray throws!
- Shot puts should be carried or rolled back to the circle **NEVER** thrown.

Little Athletics – Shot Put Specifications

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Boys	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg	5kg
	Pink	Blue	Yellow	Orange				White		Red	Green
Girls	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg
	Pink	Blue	Yellow	Orange				White			

Senior Athletics – Shot Put Specifications

	OPEN	U20	U18	U16	U14
Male	7.26kg	6kg	5kg	4kg	3kg
Female	4kg	4kg	3kg	3kg	3kg

LONG JUMP / TRIPLE JUMP

Rules

- An athlete must take off from one foot only.
- A foul occurs if:
 - any part of the mark made by the athlete's take off foot crosses the front of the take-off sand area (U6 to U10) or beyond the 20cm take off board (U11+) which is clearly marked on the runway **OR** they take off from outside either end of the take-off area or board.
 - the athlete, when they land, touches the ground outside the landing area (pit), nearer to the take-off board/area than the nearest break made in the landing area made by the jump.
 - when leaving the pit area the athlete's first contact with the ground outside is closer to the take-off line than the nearest break they made in the sand on landing.
 - after landing, the athlete walks back through the landing area, without having first left the pit area in the correct manner.
 - the athlete uses any form of somersaulting!
- In triple jump (hop, step, jump), a hop is made so that the athlete first lands on the same foot from which they have taken off from, in the step they land on the other foot and it is from this foot that the jump is performed. If the athlete, while jumping, touches the ground with the trailing/"sleeping" leg, it does not count as a foul.

Take-Off Boards (very important) and Measuring the Distance

- For U6 to U10 a sand take-off area measuring 1.22m (width of runway) by 0.50m is used. It should have a covering of sand about 1cm-2cm deep. The front of this sand area is positioned **0.5m** from the edge of the pit for U6 and U7 and **1.0m** from the edge for the U8, U9 & U10s.
- When measuring the distance, you place the zero end of the tape at the point the athlete breaks the sand with **any** part of their body nearest to the take-off board. This may be a mark made by the hand or foot behind the initial landing if they overbalance on landing and fall back.
- A jump is then measured directly back to the front of any indentation made by the athlete in the sand on the take-off area for the younger age groups.
- If the (U6-U10) athlete takes off before the take-off area the measurement is taken perpendicularly from the mark in the pit to the **back NOT** the front of the take-off area.
- For U11+ the normal white 20cm take-off board is used.
- All measurements are taken perpendicular back to the front of the 20cm take-off strip/board from the mark made in the pit for U11+.
- Always measure to the nearest centimetre **below** the distance jumped eg if the tape reads 3.656m then they have 3.65m recorded – you cannot give them more than they have jumped, so you don't round up!

Hints & tips

- As a general rule of thumb for new athletes, they should take about the same number of strides to get to the take-off board as they are years old – up to about 15 strides.

Safety Concerns

- Always ensure that the person with the rake has exited the pit before allowing the next athlete to start their run up – no one wants to land on a rake!
- Ensure that the runways are kept clear and children are not running across them.
- Ensure that athletes leave the pit on the outside edge so that they don't get in the way of athletes using the other pit.

HIGH JUMP

Rules

- An athlete must jump off one leg only for the jump to be legal.
- U9s and U10s are only allowed to use the scissor technique as per LANSW rules. A valid scissor jump will be recorded if:
 - The leading foot of the athlete goes over the bar before the athlete's head.
 - The head of the athlete must be higher than their buttocks, at the point that the buttocks clear the bar
 - The athlete's lead foot touches the landing area before any other part of their body.
- Each athlete is given 3 attempts to clear each height.
- If they fail to clear the height after their third attempt, they are out of the competition.
- When an athlete clears a particular height, they do not jump again until the next height.
- An athlete can pass a height or an attempt at a height if they desire. However after three consecutive failures, regardless of the heights at which the jumps are made, they are eliminated.
- A foul occurs if:
 - the bar is knocked off the supports during a jump (and doesn't land back on them!).
 - an athlete touches the ground or landing area (mats) beyond the plane of the bar with any part of the body, without first clearing the bar.
- If the bar falls off without having been knocked by the athlete (e.g. due to strong wind) this is not a failure and the athlete is given another jump, or if it is very clear that they were over the height first it can be recorded as a clearance.

Measuring the Height

- **Before the first height check that both the bar supports are at the correct height and level by using the metal measuring bar as the tapes on the uprights do not always read the correct height.**
- The height is measured using the steel bar marked in graduated centimetres with the zero end placed on the ground, perpendicular to the bar.
- Heights are measured in whole centimetres with the measure placed perpendicular to the ground and measured to the lowest part of the upper side of the cross bar (normally around the middle of the bar)
- After all the athletes have completed a particular height, the cross bar height is increased by 5cm
- When only 6 or fewer athletes remain, they are entitled to have the cross bar increased at 2 cm intervals between heights, if requested.

Recording

- On the Recording sheet there should be 3 small boxes underneath the space to note each height. These boxes are for marking the results of each attempt at that height. If there is a clearance the athlete does not jump again until the next height, so there are no further marks made for that height.
- When recording an athlete's attempts at a given height, a clearance is marked with a 0 and failure with an X.
- Three consecutive Xs constitute elimination from the competition and a 0 at any given height enables the athlete to advance to the next height.
- If an athlete passes on a height that is noted by a -

NOTE: All athletes at Cherrybrook Athletics will be encouraged to **use the scissor technique** properly and to jump a reasonable height before they attempt to flop.

The suggested starting heights for high jump will be:

U9	0.70m	U12	0.95m	U15	1.10 m
U10	0.80m	U13	1.00m	U17	1.20 m
U11	0.90m	U14	1.05m	U18+	1.30 m

NOTE: Please note that U8s also do high jump but only as a training event and use a rubber flexi bar. Every effort will be made to ensure all athletes clear a height each night. If necessary, the starting height for some athletes should be lowered to ensure they get a chance. Equally those athletes that can jump higher heights should be encouraged to pass some of the opening heights.

TRACK INFORMATION

During our Friday night competition there can be up to four tracks being used

- There are 2 straight tracks in the middle of the oval
 - one for the sprints from 50m-100m
 - one for the sprint hurdle races from 60m-100/110m.
- The inner track (the inside 6 lanes – lanes 1-6 of the circular track) is used for the long hurdles (200/300m) and also for the 200m and 400m races.
- The Outer track (the outside 2 lanes – lanes 7 & 8 of the circular track) is used for events not run in lanes – ie the younger age group pack starts of 300/500/700m and then all other races of 800m+ and walks.

The **Walk distances** are as follows: U9 = 700m

U10 & U11 = 1100m

U12+ = 1500m

Rules

- Spike shoes cannot be worn for race walk events
- U9 & U10s cannot wear spike shoes at all.
- U11s & U12s can wear spike shoes for all events run entirely in lanes and for LJ, TJ, HJ and Javelin
- U13s+ can wear spike shoes in all events (with the exception of walks – see above)
- For all events run entirely in lanes each athlete must keep entirely within their own lane from start to finish. If they do not do this they may be disqualified.
 - If an athlete runs outside of their lane on the straights or on the outside of their outer lane line on the bends and no other athlete is obstructed, then they do not need to be disqualified as they have not gained any advantage or impeded anyone else.
- If an athlete voluntarily leaves the track during a race then they are not allowed to rejoin the race.
- An athlete may be disqualified for causing 2 false starts – see information below on starts
- For **Race walks** the correct technique should be used for times to be valid and recorded – particularly records
 - To be valid the athlete must maintain contact with the ground at all times
 - The advancing leg (the one going out to the front) must be straightened (ie no bent knee) from the moment of first contact with the ground until the vertical upright position (ie when the leg is directly underneath the rest of the body)
 - Yellow paddles are shown to an athlete if they are in danger of not complying with the rules – these are a warning.
 - Red cards are shown if an athlete actually breaks the rules of walking.
- False Starts:
 - If an athlete leaves their marks with hand or foot after the words “set” (for events run in lanes) or “on your marks” for events not run in lanes and before the gun has fired, it shall be considered a false start and the race should be recalled and started again. At Championship events there is a limit on the number of false starts that can be committed before athletes are disqualified, dependant on the age group.

STARTING A RACE

- Before the starter starts a race it is advisable for them to blow a whistle to alert both the athletes and those around that a race is about to start.
- For events run entirely in lanes the commands are – On your marks, Set and then the gun is fired.
 - On the command “**On your marks**” the athletes approach the start line and if doing a crouch start get into their initial position, ensuring no part of their foot or hand touches the line.
 - When all athletes are steady the command Set is given upon which the athletes take up the stance/position that they wish to start the race. Athletes should move to this position promptly.
 - When all athletes are again steady the Starter shall fire the gun to start the race.
- For events not run entirely in lanes the commands are – On your marks and the gun being fired.
 - On the command “**On your marks**” the athletes approach the line, ensuring that no part of their foot touches the line and assume the position that they wish to start the race from.
 - Once all athletes are settled and steady the gun is fired to start the race.

At the end of a race run entirely in lanes the athletes should remain in their lanes until advised that they can move to the recording table and give/show their registration number.

At the end of a race not run in lanes, athletes should be given a numbered card, sequentially given as they come across the finish line and then go – in number order – to the recording table at the end of the race to give their registration number to record against their time.

For those races run on the outer track, assistance will be required to keep count of the laps completed by each athlete and advise how many laps are left as each athlete goes past the finish line each lap, otherwise it is very difficult to keep track of athletes who have been lapped – particularly in the longer race

HURDLES

Hurdles are placed on the track so that if they are hit they will collapse down away from the athlete to minimise injury. Please try to ensure that athletes do not go over them in the reverse direction on the track during any warm up/practise runs.

Rules

- All hurdle races are run in lanes and each athlete must stay in their own lane.
- If an athlete deliberately knocks down a hurdle, they may be disqualified
- If the trail leg (the one that goes over the hurdle second) is below the horizontal plane of the top of the hurdle as they clear it, they may be disqualified – ie they cannot take their trail leg around the side of a hurdle. This is more likely to occur on the longer hurdle races or with athletes in the outside lanes of the short hurdles.
- If an athlete directly or indirectly knocks down, alters or moves a hurdle in another lane they can be disqualified, unless there is no effect or obstruction to anyone else (ie other athlete has already gone over that hurdle)

LAs Hurdle specifications

Age	Distance	Run In	Run Out	Flights	Height	Distance between
U8 & U9	60m	12m	13m	6	45cm	7m
U10	60m	12m	13m	6	60cm	7m
U11	80m	12m	12m	9	60cm	7m
U12	80m	12m	12m	9	68cm	7m
U13 & U14G	80m	12m	12m	9	76cm	7m
U14B & 15G	90m	13m	13m	9	76cm	8m
U15B & U17G	100m	13m	10.5m	10	76cm	8.5m
U17B	110m	13.72m	14.02m	10	76cm	9.14m
U17B (if no 110m track available)	100m	13.72m	13.16m	9	76cm	9.14m
U13	200m	20m	40m	5	68cm	35m
U14	200m	20m	40m	5	76cm	35m
U15 & U17	300m	50m	40m	7	76cm	35m

Senior Hurdle Specifications

Age	Distance	Run In	Run Out	Flights	Height	Distance between
U14W	80m	12m	12m	9	76.2cm	7m
U14M + 15/16W	90m	13m	13m	9	76.2cm	8m
U17/18W	100m	13m	10.5m	10	76.2cm	8.5m
U15/16M + U20/Open W	100m	13m	10.5m	10	84cm	8.5m
U17/18M	110m	13.72m	14.02m	10	91.4cm	9.14m
U20M	110m	13.72m	14.02m	10	99.1m	9.14m
Open M	110m	13.72m	14.03m	10	106.7	9.14m
U15/16 M+W	200m	18.29m	17.10m	10	76.2cm	18.29m
U17 /18W	400m	45m	40m	10	76.2cm	35m
U20 / Open W	400m	45m	40m	10	76.2cm	35m
U17/18M	400m	45m	40m	10	84cm	35m
U18/Open M	400m	45m	40m	10	91.4cm	35m

TRACK RELAYS

Little Athletics Track Relays are conducted in the 4 x 100m, 4 x 200m and 4 x 400m.

Each relay has four athletes who will run the distance implied by the relay name e.g. 4 x 100m is run by 4 athletes each running 100m consecutively upon being in possession of the passed baton.

General rules

1. No athlete may run two sections for a team.
2. The baton must be carried by hand throughout the race.
3. If dropped, the athlete who dropped the baton must recover it. The athlete may leave their lane to retrieve the baton, so long as they do not interfere with any other athlete, and return to their own lane before passing the baton. The act of dropping the baton does not itself result in disqualification.
4. Should any athlete wilfully impede a member of another team by running out of their lane, they are liable to cause the disqualification of their team.
5. Athletes may place one check mark on the track within their own lane using adhesive tape only.
6. Change over must take place within the take-over zone, it is only the position of the baton that is decisive and not the position of the body or the limbs of the athlete.
7. Athletes must remain in their lanes after handing over the baton, until the course is clear.

The 4 x 100m relay is run entirely in lanes. The takeover zone for each change is 30m long.

The 4 x 200m relay is run for two changes in lanes and then the relay lanes merge. Athletes receiving the baton for the third change will line up at the change point according to the position of the incoming athletes, the leading team will therefore receive the baton from the inside lane. For the first two changes of the 4 x 200m relay the take over zone is 30m, the third changeover zone is 20m.

The 4 x 400m relay is run for the first lap only in lanes with athletes able to merge after the first change. Changes two and three will line up at the change point according to the position of the incoming athletes. The leading team will take the baton from the inside lane. The changeover zone for the 4 x 400m relay is 20m.

4 x 100m Relay Tips

If the starting athlete has the baton in their right hand, then the athlete at the first and third changes should stand to the right of their lane and receive the baton in their left hand and the athlete at change three should stand to the left of their lane and receive the baton in their right hand (see image below). Athletes should not swap baton hands mid race.

The receiving athlete should stand within the take over zone. Older athletes should start further back in the zone and younger athletes should start further into the zone. The receiving athlete should glance over their shoulder at the incoming athlete and then look forward and take off once the approaching athlete reaches the mark or is approx. 5m-15m away (depending on the speed of the athletes). The incoming athlete should call 'hand' or other agreed command at which time the receiving athlete should put their hand back, palm facing up and thumb spread at 90 degrees from the fingers, to receive the baton (older athletes may try a push pass or upward pass). The receiving athlete should try to reach top speed before receiving the baton.

The athlete passing the baton should deliver the baton to the retrieving athlete in a downwards motion (unless using a push pass) and not release the baton until they feel the retrieving athlete has a firm grip. Once the baton has been passed, the athlete should remain in their lane until all teams have passed their batons.



PUSH PASS



DOWNWARD PASS



RECORDING CLUB RECORDS

Club records can only be broken if they are verified by an authorised Official. **If a record is not verified it will not be allowed.** Please check with a committee member or Age Manager for a list of authorised Officials and their contact details. Parents/carers – including Age Managers – must not be involved in the measuring or timing of any record involving their own child.

At **field events**, if an official is not present, please locate one before the throw or jump is performed. An official must be present to witness the record attempt and to verify the measurement. The official must sign off on the recording sheet for the result to stand.

At **track events** for a result to be valid and a new record to stand, the head timekeeper must sign off on the recording sheet. If a track umpire is present at the time of the race, this should be done in consultation with them, to ensure the race was run within the rules of competition and that there were no race infringements.

Club Little Athletics records can only be broken on club competition nights. Performances at Gala Days, Championship events or when visiting other clubs are not accepted.

Please note for club competition nights:

1) For laned track events using **electronic timing** the gate operator present during the running of the event must sign that the gates were working, that the athlete was the athlete in that lane and not someone else, and that they were running in their own age group/gender (Subject to point 5). *It is recommended that any planned record attempts are also hand timed by two timekeepers to ensure a time is recorded if the gates fail.* For **all outer track events** using a hand-held timer, multi-timer or computer operated timer, a qualified official must be present during the running of the event, two timekeepers must time the record run and the slower of the two times will be recorded. Athletes must run in their own age group and gender to record a record performance (subject to point 5).

On track events using **hand-held timing** a qualified official must be present during the running of the event, two timekeepers must time the record run and the slower of the two times will be recorded. Athletes must run in their own age group and gender to record a record performance (subject to point 5)

- 2)** For a result to be valid, the gatekeeper must sign off on the recording sheet for the record to stand.
- 3)** There will be separate records kept for electronic and hand-held timing.
- 4)** Records can be counted if age groups or gender groups have been combined by the age managers or track officials, for efficient running of competition nights. Records cannot be accepted where an athlete specifically runs up an age group or e.g. a girl against the boys, for the specific purpose of bettering their time.
- 5)** When there are mixed gender/age groups the age managers need to advise timers to double time the first girl and the first boy, or the first of each age group respectively.
- 6)** Records will not be allowed to be broken outside normal competition rules. Records can only be accepted if obtained on the first run or the best of 3 throws or jumps. i.e. the athlete cannot repeat the event multiple times on the same evening for the specific purpose of breaking the record.

The Club also has a set of Little Athletics Club Championship records which can be broken at major Little Athletics Championship events, including Zone, Region, State and Nationals. Records are available on the Club's website and in last season's Annual Report (Red Book).

Dual athletes should check the Club's website to view the senior club records for the U14-U18 athletes. All senior club records can be achieved at any major school athletics meet e.g. CIS, CHS, CCC, and GPS etc. (where results are verifiable) or at any NSW Athletics sanctioned event. To have records acknowledged from school competitions, or from competitions outside NSW, athletes must inform the club's Senior Championships Officer of their performance details.