



HARTLEPOOL DIAMOND LEAGUE SERIES

2025

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:** 13:00 to 16:30

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

School Year R, 1 & 2	School Year 3 & 4	School Year 5 & 6	School Year 7 & 8	School Year 9 & 10/11+
<i>4th May, 25th May, 22nd June, 20th July</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
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
<i>18th May, 1st June, 6th July, 24th 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	Shot Putt	Shot Putt	Shot Putt
Speed Bounce	Standing Triple Jump	Standing Triple Jump	High Jump/Triple Jump	High Jump/Triple Jump