

EVENTS AND RULES FOR 2013 AFN GOLDEN LEAGUE

GOLDEN LEAGUE EVENTS - WOMEN

100m/200m, 800m, 5000m, 100m Hurdles, triple Jump, Shot Put, Discus, 4x100m Relay, 4x400m Relay and 20km Race Walking.

ALL-COMERS EVENTS - WOMEN

400m, Long Jump, Javelin and **(2000m Steeple Chase in Shagamu, Sapele and Warri only)**.

GOLDEN LEAGUE EVENTS - MEN

100m/200m, 800m, 10, 000M 400M Hurdles, Long Jump, Javelin, Hammer, 4x100m Relay, 4x400m Relay.

ALL-COMERS EVENTS -MEN

400m, 20km race Walking and **(3000m Steeple Chase in Shagamu, Sapele and Warri only)** and

RULES

The 2013 Golden League will be performance-based and shall be governed by the following rules:

- Qualification:
 - The first four in each of the above events shall automatically qualify for the next leg of the Golden League while the remaining four will qualify from the all comers' events which shall be held in the morning of every event day.
- Points:
 - The Golden League shall be on point scoring system 1st – 6th position shall score as follows:

- Individual events 1st Position 10 points; 2nd Position 8 Points; 3rd 6 Points; 4th Position 4 points; 5th Position 2 points; 6th Position 1 point.
- Bonus Points:
 - 10 points shall be awarded to any athlete that achieve the IAAF World Championships 'A' Standard and any new National Record set shall attract 20 points
- **Unlike what was obtainable in the past, athletes must achieve a minimum of 1050 points on the IAAF Scoring table before qualifying for any form of financial reward.**
- All participating athletes must compete in their State or Club approved uniform especially in the relays

DOPING:

There shall be random dope test in any of the Golden League venue, as decided by the Technical and Anti-Doping committees of the Athletics Federation of Nigeria.

SIGNED

NAVY COMMODORE OMATSEYE NESIAMA

TECHNICAL DIRECTOR