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# Competitions and E.Y.A.L.

(Eastern Young Athletes League )

2017

Dear Parents,

Firstly we would like to congratulate your children for their continued commitment to training and the fantastic attitude and effort they display during the sessions.

As we are moving towards the summer track season, this letter outlines some of the competitive opportunities available to them both internally within the club and externally. We are a very supportive club at all of these events and we use a buddy system for athletes supporting the athletes with more experienced or older ones at these events as well as a large number of coaches/team managers and experienced parents.

Below are the competitions available and how to register or enter. Many forms can be collected from Diane nearer the dates. PLEASE BE AWARE THAT THERE ARE ENTRY DEADLINES FOR ALL OF THESE EXCEPT TIME TRIALS.

**ALL ATHLETES MUST BE FULL JUNIOR MEMBERS OF THE CLUB**

A DACORUM AND TRING VEST MUST BE WORN AND CAN BE PURCHASED FROM DIANNE IN ADVANCE AT A COST OF £12.00.

DATE	COMPETITION	AGE GROUP	VENUE	ENTRY
16/7/17	County and Club Pentathlon	ALL	Jarman Park	Forms available from Diane
17/9/17	Club Champs	ALL	Jarman Park	Forms available from Diane.

**E.Y.A.L.**

Sunday 7 <sup>th</sup> May	St. Albans
Sunday 4th June	Jarman Park
Sunday 2 <sup>nd</sup> July	Peterborough
Sunday 30th July	Ipswich
Sunday 13 <sup>th</sup> August	Lee Valley
Sunday 3rd September	Finals (Cup and Plate) Venue decided nearer the time

<b>AGE</b>	<b>TEAM MANAGER CONTACT DETAILS</b>
<b>U13 Girls and Boys YR 6 &amp; 7</b>	<b>Petra Carroll</b> <a href="mailto:petra.carroll@hotmail.co.uk">petra.carroll@hotmail.co.uk</a> <b>07985250736</b>
<b>U15 Girls YR 8 &amp; 9</b>	<b>Chris Styles</b>
<b>U15 Boys Yr 8 &amp; 9</b>	<b>Rhys Rowlands</b>

**Please email your team manager if you can attend the club match, ideally at least 1 week in advance, and which are your preferred events.**

**What is the Eastern Young Athletes League (EYAL)?** The EYAL is a series of five league matches, each involving seven teams. The major clubs in the league only meet each other once during the season, so the opposition is different at each match. The clubs vary from very strong, to quite small. The majority of the clubs in the league are from Essex, Hertfordshire, Bedfordshire, Cambridgeshire and Suffolk. There are also Cup and Plate finals in September for the teams finishing at the top of the league.

**How does the league work?** The league is specifically for athletes in school years 6-11. Athletes compete in their own age group, with the scores of all age-groups added up to give the overall match result for the club. Each club can enter two scoring athletes into each event.. Non-scoring athletes are also permitted in most events, and these provide the opportunity for new athletes to get a registered performance for future team selection, or for athletes who are already in a scoring event, to do additional events. Note because of event time only 2 non-scoring athletes per club are allowed in the long jump and high jump. **U13 events are 100m, 200m, 800m, 1500m, 70m Hurdles, Long Jump, High Jump, Shot, Discus, Javelin, 4 x 100m relay.**

**How do the Cup and Plate finals work?** The top 6 clubs from the overall league contest the Cup final and the 7th-12th placed clubs contest the Plate final. The club qualifies for the finals as a whole rather than by individual age-groups i.e. based on the season's aggregate club points score. No non-scorers are allowed in the cup and plate finals but otherwise the same range of events with 'A' and 'B' string competitors.

**How many events can each athlete compete in during the match?** All matches are run under UK Athletics rules, which permit any athlete in the age to compete in a maximum of three individual events plus a relay on any day. In this league athletes can do a mixture of scoring and non-scoring events, and team managers try to give athletes as many events as they would like within the maximum limit. U13s are not allowed under UKA rules to contest more than 1 event of greater than 600m on any one day. i.e. They can only do 800m or 1500m but not both.

**Timetable?** EYAL matches currently commence at 11.45am and aim to finish around 5.30pm, and are always on Sundays.