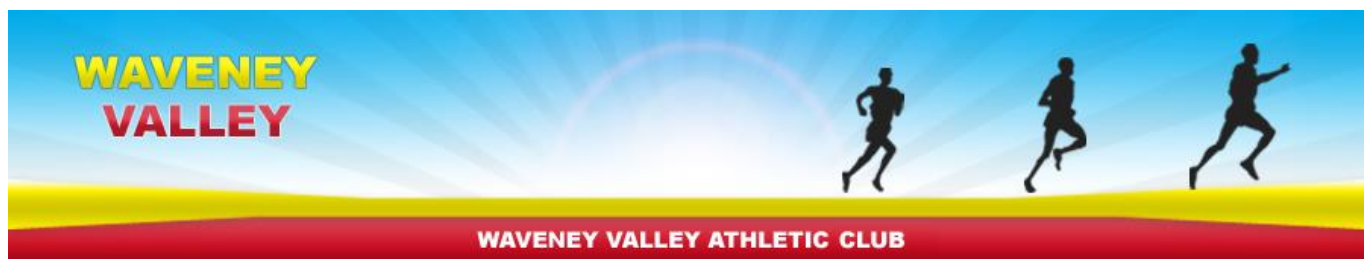


Waveney Valley Athletic Club

Athletics Competition Dates

2019





Competitions

The club will enter and compete in various competitions. The club considers competition important in the development of athletes. We expect athletes to make themselves available for selection, unless there are compelling reasons to the contrary. Once selected and a commitment has been made to compete, every effort must be made to attend the competition, and to contact the Track and Field Secretary with at least 48 hours notice if this will not be possible.

As a condition of membership from April 2020, athletes will have had to have competed in at least four fixtures from the team competitions we are focussing on, these are: Inter-Club Tournament fixtures, East Anglian League fixtures, Suffolk Sportshall League fixtures, Suffolk Winter XC league fixtures and the Ekiden relay fixture - there are at least 17 fixtures within these over the season.

We do of course encourage athletes to compete in other fixtures too, with Quadkids fixtures, a great introduction to track and field for athletes.

The Club will compete, or offer athletes the opportunity to compete at the following:

Track and Field

East Anglian League

26/05/19, Round 1, Norwich
23/06/19, Round 2, Gt Yarmouth
21/07/19, Round 3, Ipswich
04/08/19, Round 4, Cambridge
08/09/19, EAL Final, Bury St Edmunds

Eastern Young Athletes League

14/04/19, Round 1, Ipswich
05/05/19, Round 2, Ipswich
02/06/19, Round 3, Chelmsford
07/07/19, Round 4, Cambridge
11/08/19, Round 5, Norwich
15/09/19, EYAL Final

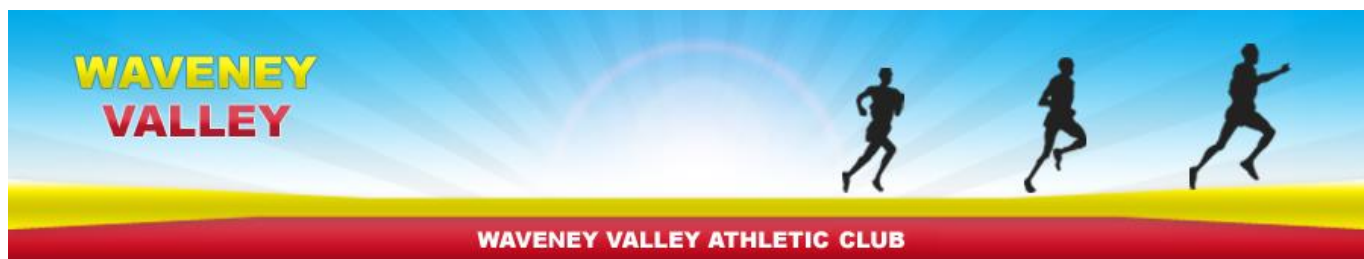
Club Championship

13/06/19 and 15/06/19

Suffolk County Championships

12/05/19, Ipswich





Area/Regional

30/06/19, Eastern Championships, Cambridge

Performance meetings/Other

2019 TBC

Quadkids

08/06/19, Suffolk Quadkids Championships, Ipswich
Norfolk series TBC

Races

14/07/19, Ekiden Relays, Woodbridge
25/08/19, Lowestoft Scores Race
20/10/19, JAFFA XC Relays, Ipswich

Sportshall

19/01/19, Suffolk Training Day (for those selected to represent Suffolk)
09/02/19, Regional Sportshall Competition, Norwich (Suffolk selected)
21/09/19, Inter-Club Sportshall, Lowestoft
05/10/19, Suffolk League, Round 1, Ipswich
19/10/19, Norfolk League, Round 1, UEA
02/11/19, Suffolk League, Round 2, Ipswich
16/11/19, Norfolk League, Round 2, UEA
23/11/19, Suffolk League, Round 3, Lowestoft
30/11/19, Norfolk League, Round 3, UEA
07/12/19, Suffolk Championships, Ipswich

Cross Country

06/01/19, Suffolk County Champs, Culford Hall
20/01/19, Suffolk Winter League, Round 3, Stowmarket (TBC)
17/02/19, Suffolk Winter League, Round 4, Bury St Edmunds
10/03/19, Suffolk Winter League, Round 5, Fritton Lake
24/03/19, Suffolk Winter League, Round 6, Haverhill
20/10/19, JAFFA Relays, Bourne Park, Ipswich

There may be additional charges to enter some competitions, and you may need to arrange your own transport, although Club transport may be available for some events.

Club vests/shirts and black shorts/tights **must** be worn at Club competitions.





Competitions – Date Order

- 06/01/19, Suffolk County XC Champs, Culford Hall
- 19/01/19, Suffolk Sportshall Training Day (for those selected by Suffolk)
- 20/01/19, Suffolk Winter XC League, Round 3, Stowmarket (TBC)
- 09/02/19, Sportshall Regional Championships (for Suffolk selected athletes)
- 17/02/19, Suffolk Winter XC League, Round 4, Bury St Edmunds
- 10/03/19, Suffolk Winter XC League, Round 5, Fritton Lake
- 24/03/19, Suffolk Winter XC League, Round 6, Haverhill
- 14/04/19, EYAL Round 1, Ipswich
- 19/04/19, Inter-Club Tournament, Good Friday Run, Gorleston
- 05/05/19, EYAL Round 2, Ipswich
- 12/05/19, Suffolk County T&F Champs, Ipswich
- 26/05/19, EAL Round 1, Norwich
- 02/06/19, EYAL Round 3, Chelmsford
- 08/06/19, Suffolk Quadkids Championships, Ipswich
- 13/06/19 and 15/06/19, Club Championships
- 23/06/19, EAL Round 2, Gt Yarmouth
- 30/06/19, Eastern T&F Championships, Cambridge
- 07/07/19, EYAL Round 4, Cambridge
- 14/07/19, Ekiden Relays, Woodbridge
- 21/07/19, EAL Round 3, Ipswich
- 04/08/19, EAL Round 4, Cambridge
- 11/08/19, EYAL Round 5, Norwich
- 25/08/19, Lowestoft Scores Race
- 01/09/19, EAL Final, Bury St Edmunds
- 14/09/19, WVAC Sportshall Champs, Lowestoft
- 05/10/19, Suffolk Sportshall League, Round 1, Ipswich
- 19/10/19, Norfolk Sportshall League, Round 1, UEA
- 20/10/19, JAFFA XC Relays, Ipswich
- 02/11/19, Suffolk Sportshall League, Round 2, Ipswich
- 16/11/19, Norfolk Sportshall League, Round 2, UEA
- 23/11/19, Suffolk Sportshall League, Round 3, Lowestoft
- 30/11/19, Norfolk Sportshall League, Round 3, UEA
- 07/12/19, Suffolk Sportshall Championships, Ipswich