

COMPETITION GUIDE

This is a short guide to Athletics Competition opportunities throughout the year.

Age Group Information:

Under 11: School Years 4 & 5

Under 13: School Years 6 & 7

Under 15: School Years 8 & 9

Under 17: School Years 10 & 11

Under 20: Sixth form age. Those born between Jan 1st & Aug 31st will get a third year in U20's while those born between Sept 1st & Dec 31st have two years only.

Seniors: All other ages

In some leagues (with the exception of U11's) athletes are able to compete in a higher age category, at the discretion of the Track & Field Co-ordinator or Team Managers.

League Competitions

Waveney Valley compete in both in summer and winter League competitions. Where Waveney Valley athletes compete for the Club and score points in their age groups against athletes from other clubs, on a set series of League competition dates.

All individual results in the League events (excluding Sportshall Athletics League) will be published on '[The Power of 10](#)' website, Athletes' Profile and UK Rankings. All affiliated and competing athletes have a personal profile on this website automatically and UK Rankings start from U13 age group.

Entry fees for the Leagues are covered by the club, due to Team Managers selecting the teams. Whilst we may ask for athlete's preference of events - this is not guaranteed. The performances of all athletes are taken from the Power of 10 website. Our intention is to enter our strongest athlete(s) in each event as A or B string, but complexities arise with multi skilled athletes and limitations in how many events each athlete can do, especially when we need to maximise on points. If we do not have a recent result for an athlete or we are tracking development, we may enter athletes as a non-scorer – again non-scorer positions are also limited.

All athletes with paid memberships must sign up for a minimum of 4 competitions per year. Ideally committing within the same League, as participation will greatly affect the overall score for the club and the chances of qualification for a higher level of competition, at the end of the League. In some cases, winning a league or competing well in your age group can mean a chance of selection for a higher level of competition on a personal level, such as County or Regional or even National Competitions/Finals.

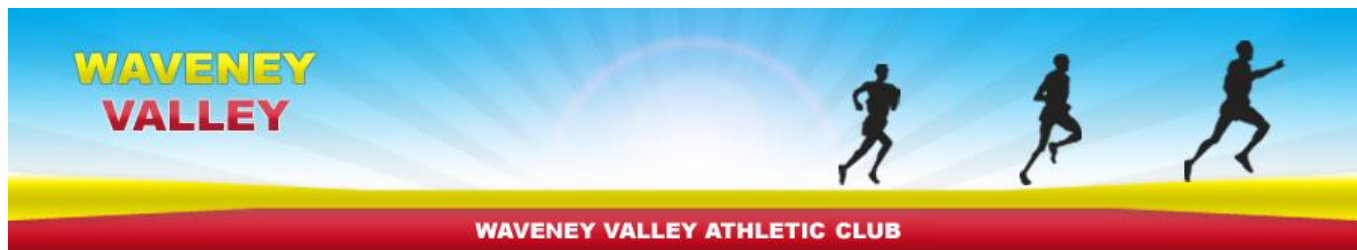


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Summer Leagues

Track & Field (T&F) consists of: Track - Various sprints from 100m – 400m depending on age, Endurance and Hurdles. Field - High Jump, Long Jump, Triple Jump, Javelin, Shot Put, Discus and Hammer

East Anglian League (EAL)

This is a team track & field event, consisting of 4 rounds (and finals if qualify). Age U11, U13, U15, U17 & Senior Men/Women welcome. Our younger athletes must be aged 9 on or before competition day to be able to compete. Team selection for qualifying age categories is by the Track & Field Co-ordinator.

Eastern Young Athletes League (EYAL)

This team track & field event, consists of 4 rounds and finals if qualify. Age U13, U15 & U17 welcome.

Suffolk Quadkids

A great introduction to competing. Consisting of 4 rounds within Suffolk. Age U11, U13 & U15 welcome. Norfolk Quadkids is also available in addition to Suffolk.

Championship Competitions

Many Athletes choose to compete in County or National Championships during the outdoor season. National Championships have entry standards but County Championships do not.

Championships and Open/Medal Meetings

These are comps. that Athletes can enter individually (check out our social media pages). Sometimes these have medals and sometimes the track races are seeded (arranged by personal best time rather than age or gender). Most are advance entry only. Lee Valley usually have events all year round.

Waveney Valley Club Track & Field / Sportshall Championships

Our T&F Champs is set over two days in May and Sportshall Champs is in September at East Point Academy. Athletes enter individually and medals go out to 1st, 2nd and 3rd place for each event.

Suffolk Championships

Athletes enter these T&F competitions individually. Taking place at the Ipswich track in May, medals are offered to 1st, 2nd and 3rd place for each event. County selections are made from this Championship event.

English Schools Athletics Association (ESAA) Competitions

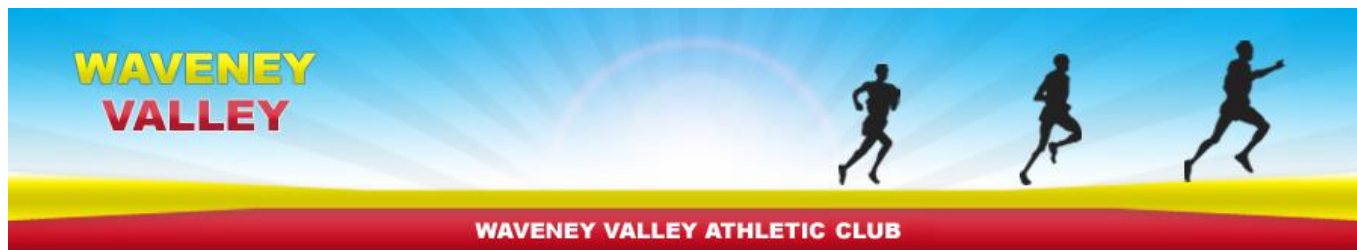
These are held in July are the most prestigious event of the year for Athletes in the Junior (Y8 & 9), Inter (Y10 & 11) & Senior (Sixth Form) age groups. Athletes qualify for County Teams by achieving entry standards and good placings at the various County Schools Championships in June where Athletes compete for the District/County that their School is based in.

Inter-counties Competitions

These competitions are **invitation only** and selection is usually from the Suffolk Championships.

- Derek Crooks (U13)
- South of England Intercounties (U15 & U17)
- Hibbard/Peterhouse/Bemas Trophy (Various)





Winter Leagues

Sportshall

Events vary (depending on age category) includes: 2 Lap, 4 Lap, 6 Lap, 8 Lap (depending on age), Paarlaf (relay shared by 2 athletes), Standing Long Jump, Standing Triple Jump, Vertical Jump, Chest Push, Shot Putt, Foam Javelin and Speed Bounce

Cross Country League (also known as XC)

a League for all athletics and running clubs across Suffolk. The league consists of 6 events between the end of October and March, with Senior races over 4.5 miles to 6 miles, and Junior races over approx 1.5 miles to 2 miles. Juniors need to be aged between 11 years (on race day) and 16 to compete. All juniors race at the same time, but with results separated by U13, U15 and U17 athletes.

Athlete's race and score points as both individuals and as a team for the club. There are end of season prizes across the league, with athletes needing to compete in 4 of the 6 events to be eligible. There are no entry fees for youths, and the club pays all senior fees. Aside from the league, there is also a County Championship which takes place in January.

Ekiden Relays

These are hosted by Ipswich Jaffa in Woodbridge. The senior event covers the 26 mile marathon race distance with 6 legs between 5k and 10k. The junior event consists of teams of 4 runners each covering one lap of 1.1 mile. Teams can consist of boys, girls or mixed, with teams aged 12 and under, or over 12.

This is a fantastic event attracting 200 senior teams and 60 junior teams which sells out every year. The club pays all entry fees, and chip timing is used.

Bourne Park Relays

This event is hosted by Ipswich Jaffa at Bourne Park in Ipswich. Teams consist of three runners, boys, girls or mixed, U11, U13, U15 and U17. Runners need to be 9 on race day. There are prizes for each race, and the overall best club across all age groups.

Lowestoft Scores Race

Our club host two races, one of which juniors can compete in. Seniors run from Lowestoft High Street along the northern sea wall and returning via the Scores, up and down a total of 13 stepped hills, the course of approx 4.75 miles and 401 steps. For juniors, they run from the Lowestoft High Street to the Triangle Market Place via the Scores. The Junior race covers approx 1.4 miles and 254 steps. There is a free technical t shirt and medal to all race finishers.

Suffolk Sportshall League

This is an indoor Athletics League with team competitions taking place on 3 Saturdays in the Autumn/Winter season leading up to Christmas, at Ipswich Northgate High School. Age U11, U13 & U15 all welcome. U15's enter as individuals. Our younger athletes must be aged 8 on or before competition day to be able to compete.

The League competitions are followed by an open Championship meeting in January and regional finals, where Athletes from across the County who participated, are selected and invited to represent Suffolk County Team in a Regional Championship usually early March. This meeting is then followed by a National Final in early April for those who have qualified through winning at Regional level.

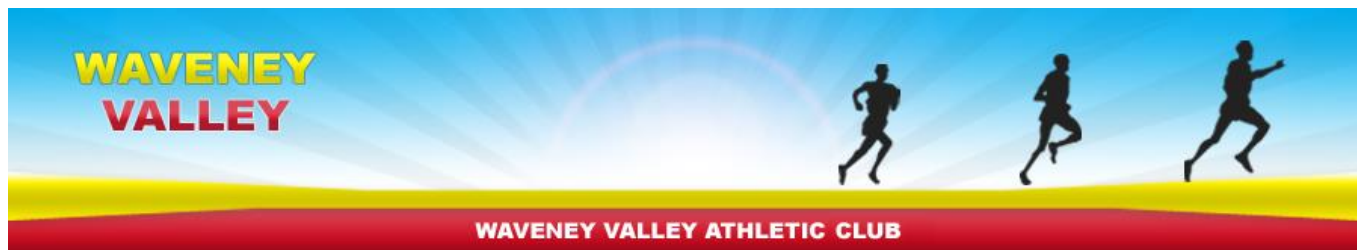


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Track and Field Rules & Requests

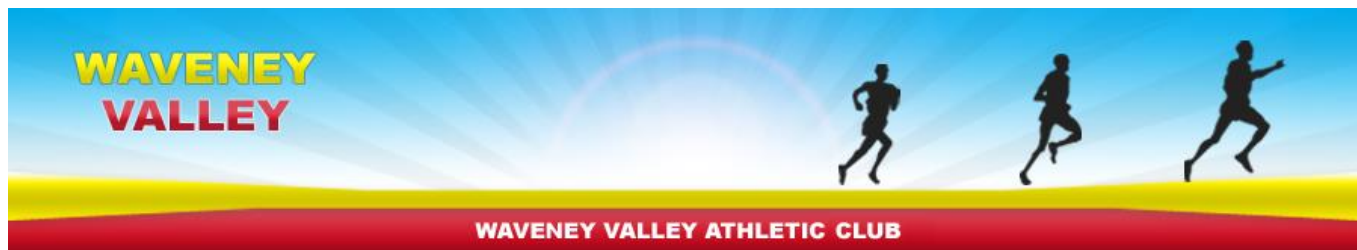
On the Track:

- Track events always take priority, if you have a field event close to the time of a track race, please register with the field event first.
- Ensure you allow adequate time to warm up for races and to remain in earshot to register when called.
- All clubs promote good sportsmanship, please shake hands after each race with your fellow runners.
- Tears on the track highlights to officials that medical attention is required. Athletes put themselves under a lot of pressure, but please try to stay composed if no injury sustained.
- Races always run anti-clockwise on the track. To avoid collisions, always look out for other users practising starts or relays. If someone shouts 'TRACK' please move out of the way immediately, the runner will attempt to move around you, so don't stop suddenly!
- All track events are timed by qualified officials. Therefore, our club does not allow athletes to wear/use any timing watches/equipment at competitions.
- Ear/headphones are not permitted on the track or during training sessions.
- If you have any questions or concerns, please seek out your team manager.

Field Events:

- Field events open registrations early to allow athletes to prepare, practice and register. Ensure you arrive in good time to do this and register/prepare for field especially before going to a track event.
- Ensure you remain in earshot to register and during the event the hear when you are called up.
- Bring a marker/tape to show your starting point (if needed) and assist each other.
- When returning from a track event, you will enter the field at that point. i.e High jump will not lower the bar because you were racing, if long jump/throws are on round 2, you will have missed round 1.
- Remain in ear shot to the officials. There is a 30sec time limiter from when official call your name and the athlete commencing. They will enforce it if necessary. So keep talking to a minimum during an event, if you cannot hear your name being called you are at risk of being missed for that round.
- Make sure the runway and landing area is clear before commencing.
- No part of the athlete's foot should touch/cross the foul line, if it does, it will not be measured.
- Field events usually have three attempts and are measured from the foul line to closest mark.
- Jumpers must walk towards the end of the pit to exit, without creating a closer mark in the sand than the initial landing.
- Throwers must leave at the rear of the circle/not cross the foul line after the throw.
- A thrower horn will sound when the area is clear for your next throw to commence.
- NEVER venture into a throwing area or retrieve implements without prior consent of the official.
- Coaching any athletes is not permitted whilst officiating.
- If you have any questions or concerns, please seek out your team manager.





General:

- Numbers/Letters must be pinned (all four corners) to the front and backs of the shirt positioned under the club name (back number/letters should be removed for high jump). The letters are double sided: single letters represent A string and double letters represent B string. Ensure the letters correspond with the string you are entered for as these may change for every event. In most competitions if B string out-performs A string, scoring officials will swap them over.
- Whilst the organisers try their best to keep to the timetable of events, delays do happen!
- Please be aware, athletes progress maybe recorded and monitored by the club, and all league results are uploaded to 'The Power of 10' website, and high achieving athletes will be ranked.
- We are a competitive club. Therefore, for team selection we will put our strongest team forward to the scoring events to maximise on points. If non-scoring athletes out-perform scoring athletes, this will be reflected in future team selections.

As a Parent:

- Parents will need to help officiate, nothing too taxing! Coaches already give up a lot of time at training, but that's only a small part of it, they also invest much planning time. It's beneficial to keep coaches' on hand for our athletes during the meet. The more volunteers we have, the less everyone has to do!
- You do not need a qualification to help officiate, parent's wishing to undertake the official's course and attends competitions regularly could have the course fees covered by the club.
- **Don't** argue with an official. It's easy to assume you would never do that. But we love our kids, so things can get heated. Regardless - yelling won't solve anything.
- Unless you are a qualified coach, please leave the technical and tactical advice to the club coaches. The best role of a parent is to provide emotional support pre and post-race.
- Please bring packed food & drink. This might sound obvious, but buying food at the meet isn't always an option and it's a long day. Better safe than sorry.
- British weather is unpredictable, some parents prefer to pitch a small/pop up tent to shelter in and keep belongings secure/dry. The weather must be very extreme for a meet to be called off!
- Always supply sun cream, every year we have a sunburnt athlete - even on the cloudiest of days!
- Chase/throwing activities are not permitted before or during training, we cannot risk implements crossing the track and we do not want athletes to be too tired to train. Please do not allow your children to climb whilst waiting for their session to start.
- While support is appreciated, some young athletes want more support, whilst others prefer to do it alone. Please respect their decision.
- **Remind** your child that everyone makes progress at different rates, and they will not achieve personal bests every time, focus on their own performance and how they feel they can improve.
- **We prefer athletes to wear spikes.** They make a big difference.
- The most important thing to remember is that track and field at this level should be fun. If your child continues in the sport, there will be many years devoted to hard work and seriousness. The best advice you can give your child is to enjoy themselves – because athletics is a great sport!

