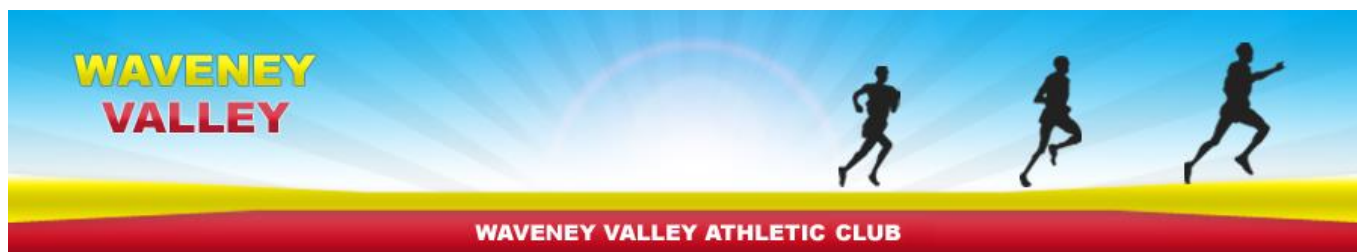


Waveney Valley Athletic Club

Junior Competition Dates

2020





Competitions

The club will enter and compete in various competitions. The club considers competitions 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 & Field Secretary with at least 48hrs 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/club competitions we are focussing on, these are: East Anglian League fixtures, Suffolk Sportshall League fixtures, Suffolk Winter XC league fixtures, the Ekiden and JAFFA relay fixtures and Club Championships - there are around 18 fixtures within these over the season.

We do of course encourage athletes to compete in other fixtures too, with Quadkids fixtures an especially good introduction to track and field for junior athletes, and we target one Parkrun each month for athletes to run in club colours.

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

Track and Field

WVAC Club Championship

2020, TBC

Suffolk County Championships

2020, TBC

East Anglian League

24/05/20, Round 1

21/06/20, Round 2

19/07/20, Round 3

09/08/20, Round 4

06/09/20, Finals

Eastern Young Athletes League

03/05/20, Round 1 Ipswich

31/05/20, Round 2 Ipswich

28/06/20, Round 3 Norwich

26/07/20, Round 4 Cambridge

23/08/20, Round 5 Peterborough





Area/Regional

2020, TBC

Performance meetings/Other

2020, TBC

Quadkids

2020, TBC Suffolk Quadkids Championships, Ipswich

2020, TBC Norfolk League

Races

20/10/19, JAFFA XC Relays, Ipswich

2020, TBC Ekiden Relays, Woodbridge

2020, TBC Lowestoft Scores Race

Parkruns

21/12/19, Lowestoft

25/01/20, Lowestoft

22/02/20, Lowestoft

Sportshall

04/01/20, County Training day (Suffolk Selected)

19/01/20, Regional Sporthall Championships, Colchester (Suffolk Selection)

Cross Country

05/01/20, Suffolk County Champs, Culford School

19/01/20, Suffolk Winter League, Round 3, Stowmarket

16/02/20, Suffolk Winter League, Round 4, Bury St Edmunds

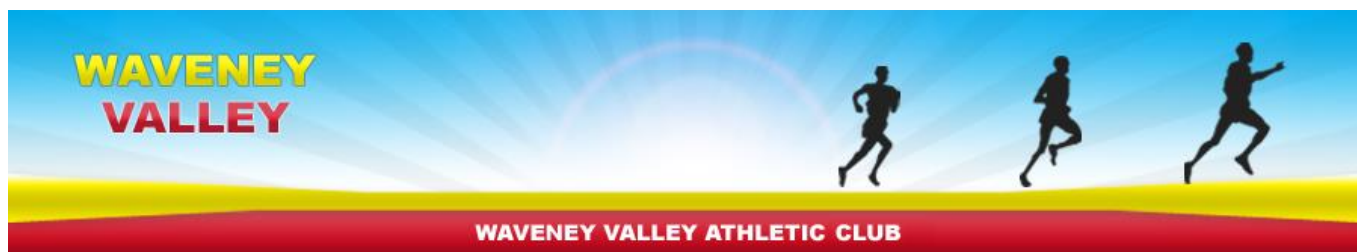
08/03/20, Suffolk Winter League, Round 5, Bungay Black Dog (location TBC)

22 or 29/03/20, Suffolk Winter League, Round 6, Haverhill

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.

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





Competitions – Date Order

21/12/19, Lowestoft Parkrun
04/01/20, Suffolk Sportshall Training Day (Selected Athletes only)
05/01/20, Suffolk Cross Country County Championships, Culford School
19/01/20, Suffolk Cross Country Winter League, Round 3, Stowmarket
19/01/20, Regional Sportshall Championship, Colchester (Suffolk Selected)
25/01/20, Lowestoft Parkrun
16/02/20, Suffolk Cross Country Winter League, Round 4, location TBC
22/02/20, Lowestoft Parkrun
08/03/20, Suffolk Cross Country Winter League, Round 5, Bury St Edmunds
22 or 29 /03/20, Suffolk Cross Country Winter League, Round 6, Haverhill
03/05/20, Eastern Young Athletes League, Round 1, Ipswich
24/05/20, East Anglian League, Round 1,
31/05/20, Eastern Young Athletes League, Round 2, Ipswich
21/06/20, East Anglian League, Round 2,
28/06/20, Eastern Young Athletes League, Round 3, Norwich
19/07/20, East Anglian League, Round 3,
26/07/20, Eastern Young Athletes League, Round 4, Cambridge
09/08/20, East Anglian League, Round 4,
23/08/20, Eastern Young Athletes League, Round 5, Peterborough
06/09/20, East Anglian League, Finals,

Further 2020 fixtures TBC

