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**Waveney Valley Athletic Club**

**Junior Competition Dates**

**2019**

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**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 an especially good introduction to track and field for junior 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

08/09/19, Lowestoft Scores Race

20/10/19, JAFFA XC Relays, Ipswich

**Inter-Club Tournament (with BBDRC, GYDAC, Fram Flyers and BBH)**

TBC, XC, Framlingham (FF)

19/04/19, Good Friday Run, Gorleston Seafront (Parkrun) (BBDRC)

TBC, T&F, Gt Yarmouth

21/09/19, Sportshall, Lowestoft

TBC, XC, Framlingham

**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 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, Easterm 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

08/09/19, EAL Final, Bury St Edmunds

08/09/19, Lowestoft Scores Race

15/09/19, EYAL Final

21/09/19, Inter-Club Sportshall, 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