

ESSENTIAL INFORMATION ABOUT COMPETING

We encourage ALL athletes to take part in competition. It's great to not only represent your club and be part of a team but also make new friends who you often meet at various venues. Please remember that you are representing the Club and you should thank officials after competing.

Track and Field Events

Youth Development League (YDL)

The YDL is split into 2 age groups – Upper Age Group (UAG) for U17 & U20 Men & Women and Lower Age Group (LAG) for U13 & U15 Boys & Girls. There are 3 fixtures with the UAG being held on a Sunday and the LAG being held on a Saturday between April and July. These are all-day fixtures and involve some travelling as far as Swansea or Hereford. If the Club does well there is a promotion match which is usually held in late July or August. All track and field events are covered.

Athletes are selected for the Club by the Team Managers in conjunction with the Head Coach. Selection will be based on performance, attitude/co-operation at training/competitions and support from parents with officiating etc. If an athlete is selected they must compete in an NSAC vest.* Entry fees are paid by the Club. Athletes will be issued with numbers by the Club for the YDL that they must retain for the whole season.

The Club is expected to provide officials to ensure the smooth running of the event including occasionally hosting the day.

Avon League

This is a less competitive league for 7 local clubs. It covers all the ages from U11 (Quad Kids) to Senior Men & Women, including Masters (age 35+), so there is an opportunity for younger ones and parents to get involved. There are usually 4 fixtures each year on Sundays in June, July, August and September. They are held in either Yate or Gloucester. The league has two programmes of events to enable the meetings to run in an acceptable time so not every event is run at every meeting.

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The Club is expected to provide officials to ensure the smooth running of the event including occasionally hosting the day.

Open events **

These are athletics meetings for which the Club does not enter the athletes, but any individual can enter if they are a member of the Club. These are an ideal opportunity for athletes to try competing and get a time/distance for an event. Coaches can guide athletes about suitable meetings and events. Athletes need to enter themselves and must pay for entry. Athletes must compete in an NSAC vest.* Athletes will be issued with a number by the meeting organiser that is usually valid just for that meeting.

County/South West Championships **

These are athletics meetings for which the Club does not enter the athletes, but any individual can enter if they are a member of the Club and comply with the eligibility to enter (athletes cannot enter more than one county championships). Athletes need to enter themselves and must pay for entry. Athletes must compete in an NSAC vest.* Athletes will be issued with a number by the meeting organiser that is valid just for that meeting.

Indoor Events **

These events are usually held in Cardiff, Birmingham, Manchester and Sheffield. If you are interested in taking part please speak to your coach who will be able to advise you. Some of these events have entry standard requirements. Each athlete enters and pays for themselves and an NSAC vest must be worn.*

School events

The Club does not get involved with Avon or Somerset Schools events. If athletes are interested they should pursue it through their school sports/PE department. Further information can be found at: <https://www.avonschoolsathletics.org.uk/> If you live or attend a school in Somerset please visit: <https://www.somersetschoolsathletics.org.uk/>

Age groups for track and field (please note they differ for cross-country)

Age group	School years
U11	4-5
U13	6-7
U15	8-9
U17	10-11
U20	12-13

Cross-country

Gwent League – minimum age 9 on the day of competition

The Club competes in the Gwent League series. Entry fees are paid by the Club, but we must know that you want to take part in advance of the competition day. All athletes in the U13 age group and above must wear an NSAC vest, the U11 age group may wear Club T-shirts if they don't have a vest.*

There are other cross-country events available to our athletes, such as the Gloucester League – these are similar to an open event where the athlete enters and pays for themselves.**

The South West Cross-Country Championships and the Tri-County Championships are held in December and January, for which each athlete enters and pays for themselves – both these events are pre-entry required with no entries on the day.**

The National Cross-Country Championships are a great experience for the athletes, often each age group has well over 200 athletes taking part. Entry fees are paid by the Club. These events are usually held further afield so a coach and possibly an overnight stay can be necessary – paid for by the athlete. This must be organised well in advance of the day. All athletes must compete in an NSAC vest.*

The Club take part in 2 Road Relay races, a road race rather than cross-country. These are usually held in Sutton Park, Sutton Coldfield. Entry fees are paid by the Club and all athletes must wear a Club vest to compete.*

Age groups for cross-country (please note they are different for track and field)

Age group	School years
U11	5-6
U13	7-8
U15	9-10
U17	11-12
U20	13+

Sports Hall

These competitions are often held within the school day and schools will organise teams etc. There are primary school and secondary school competitions. More information for the secondary school competitions can be found at: <https://www.avonschoolsathletics.org.uk/> An “open” meeting is held in January/February time for selection by the Avon Schools Committee, at this event each athlete enters and pays for their entry and their school PE top should be worn. This can then lead to the South West Championships and then on to the National Championships. Please speak to your coach if this is something you are interested in but also approach your PE teacher at school to see if they are involved in the school district events.

***For all Club, Open or Cross-Country events a Club competition vest must be worn, apart from the U11 age group in the cross-country when a Club T-shirt can be worn. The vests are £20 each and are available from the Club. If you need to order a vest please do so before the event as new ones are not taken to all events.**

For school events, at a local level, you should wear your school PE top, as the events progress an Avon/Somerset Schools vest will be required. These details will be provided if you are selected.

****Please note that when entering your athlete for these events you need to use the name that is registered with England Athletics - errors can occur if the names do not match. If you do not know your UKA/URN please email membership@nsac.org.uk and they will be able to provide you with the details.**