

C&TAC Summer Competition FAQs

As a club we are entered into a number of athletics leagues. These are; the East Anglian League (EAL), the Eastern Young Athletes League (EYAL), the Southern Athletics League (SAL) and the Eastern Masters Athletics Competition (EMAC). This sheet provides information regarding the EAL and the EYAL only as these are the leagues that the junior athletes can enter.

1. What events can I do?

Events are shown on the timetables available online under the 'Events' tab along with start times, and on our FB page. Please make sure you are looking at the correct timetable. This year, the EAL has 2 different timetables, and there is one timetable for the EYAL

As you can see some events are only open to certain age groups. Check the times of events you want to do don't clash. This is especially important for new athletes who don't want to be rushed between events. If you are late to an event, the officials will not wait for you.

U11 (school year 4 and 5) can do up to 3 events. There is a limit on the number of U11's that can be entered so this will be on a first come first serve basis. They can select from 80m, 600m, long jump and shot.

U13 (school yr 6 & 7), U15 (yr 8 & 9) and U17 (yr 10 & 11) can do up to 3 events plus a relay.

U13 and U15 are not allowed to do both the 800m and the 1500m/3000m on the same day.

U17s and seniors can pretty much do what they like.

There is a limit to the number of athletes that can enter each event so there is no guarantee that you can do all the events you pick each time. Entry into a relay team is dependent on numbers (and in cases of oversubscription, ability)

2. Does it matter if I am not that good at an event?

No – competitions are a fun day out and a chance for each athlete to work on their personal best (PB). Even if you come last in an event you still score points for the team and have some fun.

3. How do I get there? How much is it to enter ?

Many people drive to events so that you can just be there for the duration of your activities. Sometimes we have a coach going at a subsidised cost or you can organise car sharing.

You do not pay to enter the competition but we ask to you to contribute £5 for each person travelling on the coach. Athletes in age groups U15 & upwards do not need to be accompanied by a parent/guardian, but are not the responsibility of the club. On a competition day, I am really busy. Neither I nor the other officials, can do things like ensure your athlete gets to their event start on time, eats lunch, stays at the venue etc.

4. When do I have to arrive and what do I do when I get there?

Arrive at the venue 1 hour before your first event come and find the club - we generally all sit together with our CATS banner on show. Let me know you have arrived and collect your number. Set up your chairs and picnic blankets and join in the fun. Bring some food & drink too. Most venues have a hut serving tea/coffee and snacks.

5. How do I enter?

The league managers will be doing sign ups at the club (sign in desk) for 2 weeks before each competition. We will also put a sign up link on our club Facebook page, but it is better to speak to me in person if you are new - you can contact me on 07731 683 729 (Kate). The league manager for the EYAL is yet to be confirmed. I will be managing the first EYAL meeting alongside the EAL events.

6. What should I wear.

You must be wearing your CATS club vest to compete. **I do not have spares** These can be ordered via the link to 'Striptees' on the club website, and on our FB page, or purchased at the sign in desk. Delivery can take a long time so order soon if you are going to compete this season.

Any dark coloured shorts are fine.

You can wear regular trainers, or track spikes (6mm) if you have them.

7. What should I do if I have entered but cannot compete.

Please let me know in advance if you have entered but you are unable to compete. Sometimes we have people waiting for slots

Results are published on www.thepowerof10.info

FIXTURES for EYAL and EAL 2023

EYAL (League Manager TBC)

			Coach going ?
April 23 rd	Peterborough	PE1 5BW	yes
May 21 st	St Albans	Al1 2DJ	yes
July 2 nd	Chelmsford	CM1 2EH	x
July 16 th	Hemel Hempstead	HP2 4JS	yes
Aug 6 th	Braintree	CM7 1FF	x

EAL (Kate's League)

April 30 th	Cambridge	CB3 0EQ	yes
June 4 th	Bury St Edmunds	IP33 3TT	x
July 30 rd	Southend	SS2 4FA	x
Sept 3 rd	FINALS at Bury St Ed		

Eastern Young Athletes' League Timetable for 6 club League Matches

						<u>Team to judge</u>		
11.40	70mH	U13 G		11.45	U17/U15	Hammer (M + F)	1	
	75mH	U15 G			U15 B	Long Jump	6	
	75mH	U13 B		12.00	U13 B	Shot Put (3kg)	4	
	80mH	U17 W			U13 G	High Jump	5	
	80mH	U15 B			U17/U15	Polevault (M + F)	2	
	100mH	U17 M						
12.30	800m	U13 G		12.40	U13 B	Long Jump (scorers)	3	
	800m	U15 G			U17 W	High Jump	6	
	800m	U17 W		12.50	U17 M	Discus	1	
	800m	U13 B			U15 G	Shot Put (3kg)	4	
	800m	U15 B			13.00	U13G	Javelin	5
	800m	U17 M						
13.20	100m	U13 G		13.20	U17 M	Long Jump	3	
	100m	U15 G			U15 G	High Jump	6	
	100m	U17 W		13.30	U15 B	Shot Put	4	
	100m	U13 B			U17 W	Discus	1	
	100m	U15 B			13.40	U13 B	Javelin	5
	100m	U17 M						
Track officials break								
14.30	400m	U17 M		14.10	U13 G	Long Jump (scorers)	3	
14.40	300m	U15 G			U13 G/B	Non-scoring Longjump	2 (2 nd pit)	
	300m	U17 W		14.20	U17 W	Shot put (3kg)	6	
	300m	U15B			U15 G	Discus	5	
			U17 M		High Jump	1		
15.00	1500m	U13 G	(1 race per age-group)	U15 B	Javclin	4		
	1500m	U15 G		15.00	U17 W	Long Jump	3	
	1500m	U17 W			U13 G	Shot put	6	
	1500m	U13 B			U15 G	Javelin (500g)	2	
	1500m	U15 B			U15 B	Discus	5	
	1500m	U17 M						
15.50	200m	U13 G		15.20	U15 B	High Jump	1	
	200m	U15 G		15.40	U15 G	Long Jump	4	
	200m	U17 W			U17 W	Javelin (500g)	2	
	200m	U13 B			U13 B	Discus	3	
	200m	U15 B			U17 M	Shot Put	6	
	200m	U17 M						
16.40	4 x 100m	U15 G	(note event order!)	16.00	U13 B	High Jump	1	
	4 x 100m	U15 B		16.15	U17 W/M	Triple Jump	5 (2 nd pit)	
	4 x 100m	U13 G			U17 M	Javelin	2	
	4 x 100m	U13 B			U13 G	Discus	3	
	4 x 100m	U17 W						
	4 x 100m	U17 M						

- A and B string in each event, with the exception of the Hammer, Polevault and relays where there will be one scoring athlete/team per age group per club.
- Non-scorers are limited to 2 per club per age-group in all field events, and 5 per club per age-group in the 100m and 200m. No limit in other track events.
- Where A & B string races are held separately team managers are expected to put the better runner in the A string. Failure to do this can lead to disqualification of both strings.
- Non-scoring races for each age-group should be run immediately following the scoring races for that age-group, and may be incorporated into the scoring races where possible.
- Where practical, 800m races for under 13's should be run as combined A/B/non-scorers if numbers are not excessive, so as to have better races.
- A maximum of two male and two female competitors from each club are permitted in the U13's non-scoring long-jump. Where a host facility does not have a 2nd long-jump pit, the separate non-scoring Long-jump event will not take place and in that case the non-scorers will jump with the appropriate scoring events and the number of athletes, or attempts, may be limited at the Field Referees discretion.
- UKA correct false start rules must be applied for each age-group. (U17 rule)

Eastern Young Athletes' League – 6 club matches

Individual club field event allocations are:

Team 1

11.45	Hammer	U15/U17
12.50	Discus	U17 Men
13.30	Discus	U17 Women
14.20	Highjump	U17 Men
15.20	Highjump	U15 Boys
16.00	Highjump	U13 Boys

Team 2

12.00	Polevault	U15/U17
14.10	Longjump	U13 G&B Non scorers
15.00	Javelin	U15 Girls
15.40	Javelin	U17 Women
16.15	Javelin	U17 Men

Team 3

12.40	Long Jump	U13 Boys scorers
13.20	Long Jump	U17 Men
14.10	Long Jump	U13 Girls scorers
15.00	Long Jump	U17 Women
15.40	Discus	U13 Boys
16.15	Discus	U13 Girls

Team 4

12.00	Shot Put	U13 Boys
12.50	Shot Put	U15 Girls
13.30	Shot Put	U15 Boys
14.20	Javelin	U15 Boys
15.40	Long Jump	U15 Girls

Team 5

12.00	Highjump	U13 Girls
13.00	Javelin	U13 Girls
13.40	Javelin	U13 Boys
14.20	Discus	U15 Girls
15.00	Discus	U15 Boys
16.15	Triple Jump	U17 Men/Women

Team 6

11.45	Long Jump	U15 Boys
12.40	Highjump	U17 Women
13.20	Highjump	U15 Girls
14.20	Shot Put	U17 Women
15.00	Shot Put	U13 Girls
15.40	Shot Put	U17 Men

At least two members of each clubs field team must be qualified Officials of whom at least one should be at least level 2 if judging long throws (Visiting clubs should notify the host club in advance if this presents a problem. If the host club is unable to find a suitable official to lead that field team, the Referee could decide that the event(s) cannot take place.

All clubs to provide one track judge & one timekeeper to report to the referee/chief 30 mins before the first track event (ie. 11.20). 5 points each are awarded for a timekeeper, track judge, and two qualified field officials – total 20 points.

Warm-ups should start well before the scheduled event time, if the area is clear, so that the event can start on time or as soon as possible after the scheduled time. The Pole vault must start on time, with a target to complete it as soon as possible . The warm-ups for both Hammer and Polevault should start at 11.20 and for U15B Longjump at 11.30.

On tracks where the javelin runway crosses the pole vault runway it may be necessary for the under 13's javelin to be started carefully whilst the Polevault is still in progress. It is important to get the javelin events started on schedule.

Pole vault height progression

(note – no lower heights to be offered)

U17 Men	1.90, 2.10, 2.30, then in 10's
U15 Boys	1.70, 1.90, 2.10, then in 10's
U17 Women	1.70, 1.90, 2.10 then in 10's
U15 Girls	1.50, 1.70, 1.90 then in 10's

High jump progressions

(note – no lower heights to be offered)

U17 Men	1.25 then in 5's
U15 Boys	1.20 then in 5's
U13 Boys	1.05 then in 5's
U17 Women	1.15 then in 5's
U15 Girls	1.10 then in 5's
U13 Girls	1.00 then in 5's

General Timetable for East Anglian League matches 2023 (matches 1 and 3)

Track			Field		Judges club	
11.15	Hurdles	U13 Girls 70m U15 Girls 75m U13 Boys 75m U17 Women 80m** U15 Boys 80m Sen Women 100m** U17 Men 100m** Sen Men 110m**	11.15	Hammer Longjump Highjump Shot Triplejump	Sen Men/U17M/U15B (see notes)** U17 Men (Pit 1) U13/U15 Girls Under 13 Boys Sen Women/U17W/U15 Boys (Pit 2)**	Club 1 Club 2 Club 5 Club 6 Club 3
			11.50	Longjump Shot	U13 Boys (Pit 1) U13 Girls	Club 2 Club 6
12.15	600m	U11 Boys & Girls	12.05	Hammer	Sen Women/U17W/U15G (see notes)**	Club 1
12.30	800m	U13 Girls U15 Girls U17 Women** Sen. Women U13 Boys U15 Boys U17 Men** Sen Men	12.25	Longjump Shot Highjump Javelin	U15 Girls (Pit 1) Sen Men Sen Women/U17 Women ** U13 Girls**/U13 Boys**	Club 4 Club 5 Club 6 Club 3
1.25	100m	U13 Girls U15 Girls U17 Women Sen. Women U13 Boys U15 Boys U17 Men Sen Men	1.00	Shot Longjump Discus	U17 Men** Sen Men (Pit 1) U15 Boys	Club 5 Club 4 Club 2
			1.05	Javelin	Sen Women and U17Women **	Club 3
			1.35	Shot Discus Long jump Highjump	U15 Girls/U17 Women** U17 Men** U11 B&G (Pit 1) U13/U15 Boys	Club 4 Club 1 Club 6 Club 5
2.15	80m	U11 Boys & Girls	2.10	Javelin Discus	U15 Boys Sen Men	Club 2 Club 1
2.30	400m	Sen. Women U17 Men** Sen Men	2.15	Shot	Senior Women	Club 3
2.50	300m	U15 Girls Under 17 Women** U15 Boys	2.20	Longjump	U13 Girls (Pit 1)	Club 4
			2.50	Javelin Discus Highjump Shot	U17 Men** U15 Girls U17 Men**/Sen Men U15 Boys	Club 2 Club 1 Club 5 Club 6
3.15	1500m	U13 Girls U15 Girls U17 Women** + Sen. Wom U13 Boys U15 Boys U17 Men** + Sen Men	3.00	Longjump	U17 Women (Pit 2)	Club 4
			3.25	Javelin Discus	Sen Men U13 Girls**/ U13 Boys**	Club 1 Club 3
4.05	200m	U13 Girls U15 Girls U17 Women Sen. Women U13 Boys U15 Boys U17 Men Sen Men	3.35	Longjump	Sen Women (Pit 1)	Club 6
			4.15	Javelin Triplejump Longjump Discus Shot	U15 Girls Sen Men**/U17 Men ** (Pit 2) U15 Boys (Pit 1) Sen Women/U17 Women** U11 B&G	Club 2 Club 3 Club 5 Club 4 Club 1
4.50	4x100 Relays	U13 Girls U15 Girls U17 Women Sen. Women U13 Boys U15 Boys U17 Men Sen Men		Highjump Progressions (fixed starting height in 2018)	U13 Girls 1.00, 1.10m U15G – 1.05, 1.15, 1.20m U17 Women – 1.10, 1.20, 1.30m Senior Women – 1.10, 1.20, 1.30m U13 Boys – 1.00, 1.10, 1.20 U15 Boys – 1.20, 1.30, 1.40, 1.50 U17 Men – 1.25, 1.35, 1.45, 1.55 Sen Men – 1.25, 1.35, 1.45, 1.55, 1.65 Thereafter up in 5cm steps until only two left	

- Agegroup events marked ** are A string only plus permitted non-scorer(s)
- Maximum of one non-scorer per club/per agegroup in all jumps, and Senior and Under 17 throwing events, two in Under 13 shot and Under 15 Shot, discus and javelin. five in U13 and U15 track events , 3 in U17 and 4 in Senior track events (Host Club only may have 2 additional non-scorers in Senior track events)
- All Hammer events, and U13's Javelin and Discus – “A” string only to score, plus max. 1 non-scorer for each agegroup from each club. (Host Club only may have one additional Senior non-scorer)
- Under 17 men and Under 17 women have B strings in 100m, 200m and Longjump only
- All Club should also provide a track judge and a timekeeper, or willing helpers to work with these teams. In 7 and 8 club matches, Club 7&8 will be allocated field events and should provide help on other events as requested by the field referee.

- The Field Referee may cancel an event if no graded official is provided to lead the team (allocated Club responsibility).
- Strict limit of two warm-up attempts in all field events
- 800m races to be run as one race whenever possible. 1500m to be run as one race per age-group (Sen/U17's combined)
- Under 17's may compete in all Senior events. But must remain in that age-group for the day.
- U11's may only compete in 3 events maximum. UKA rules apply for all other age-groups. U17 women and U20 men and women competing as seniors are limited by the UKA rules for their actual age-groups.
- Judges should be at their events 15 minutes beforehand to supervise warm-ups, so that the actual competition starts on time.

Special Timetable for East Anglian League matches 2023 (match 2)

Track			Field		Judges club	
11.15	Hurdles	U13 Girls 70m U15 Girls 75m U13 Boys 75m U17 Women 80m** U15 Boys 80m Sen Women 100m** U17 Men 100m** Sen Men 110m**	11.15	Hammer Longjump Highjump Shot Triplejump	Sen Men/U17M/U15B (see notes)** U17 Men (Pit 1) U13/U15 Girls Under 13 Boys Sen Women/U17W/U15 Boys (Pit 2)**	Club 1 Club 2 Club 5 Club 6 Club 3
			11.50	Longjump Shot	U13 Boys (Pit 1) U13 Girls	Club 2 Club 6
12.15	600m	U11 Boys & Girls	12.05	Hammer	Sen Women/U17W/U15G (see notes)**	Club 1
12.30	800m	U13 Girls U15 Girls U17 Women** Sen. Women U13 Boys U15 Boys U17 Men** Sen Men	12.25	Longjump Shot Highjump Javelin	U15 Girls (Pit 1) Sen Men Sen Women/U17 Women ** U13 Girls**/U13 Boys**	Club 4 Club 5 Club 6 Club 3
1.25	100m	U13 Girls U15 Girls U17 Women Sen. Women U13 Boys U15 Boys U17 Men Sen Men	1.00	Shot Longjump Discus	U17 Men** Sen Men (Pit 1) U15 Boys	Club 5 Club 4 Club 2
			1.05	Javelin	Sen Women and U17Women **	Club 3
			1.35	Shot Discus Long jump Highjump	U15 Girls/U17 Women** U17 Men** U11 B&G (Pit 1) U13/U15 Boys	Club 4 Club 1 Club 6 Club 5
2.15	80m	U11 Boys & Girls	2.10	Javelin Discus	U15 Boys Sen Men	Club 2 Club 1
2.30	400m	Sen. Women U17 Men** Sen Men	2.15	Shot	Senior Women	Club 3
2.50	300m	U15 Girls Under 17 Women** U15 Boys	2.20	Longjump	U13 Girls (Pit 1)	Club 4
3.15	1500m	U13 Girls and Boys (1 race)	2.50	Javelin Discus Highjump	U17 Men** U15 Girls U17 Men**/Sen Men	Club 2 Club 1 Club 5
3.25	1500m	U15 Girls and Boys (1 race)	Shot	U15 Boys	Club 6	
3.40	3000m	U17 Wom** and Sen Wom.	3.00	Longjump	U17 Women (Pit 2)	Club 4
3.55	3000m	U17 Men** and Sen Men	3.25	Javelin Discus	Sen Men U13 Girls**/ U13 Boys**	Club 1 Club 3
4.10	200m	U13 Girls U15 Girls U17 Women Sen. Women U13 Boys U15 Boys U17 Men Sen Men	3.35	Longjump	Sen Women (Pit 1)	Club 6
			4.15	Javelin Triplejump Longjump Discus Shot	U15 Girls Sen Men**/U17 Men ** (Pit 2) U15 Boys (Pit 1) Sen Women/U17 Women** U11 B&G	Club 2 Club 3 Club 5 Club 4 Club 1
4.50	4x100 Relays	U13 Girls U15 Girls U17 Women Sen. Women U13 Boys U15 Boys U17 Men Sen Men		Highjump Progressions (fixed starting height)	U13 Girls 1.00, 1.10m U15G – 1.05, 1.15, 1.20m U17 Women – 1.10, 1.20, 1.30m Senior Women – 1.10, 1.20, 1.30m U13 Boys – 1.00, 1.10, 1.20 U15 Boys – 1.20, 1.30, 1.40, 1.50 U17 Men – 1.25, 1.35, 1.45, 1.55 Sen Men – 1.25, 1.35, 1.45, 1.55, 1.65 Thereafter up in 5cm steps until only two left	

- Agegroup events marked ** are A string only plus permitted non-scorer(s)
- Maximum of one non-scorer per club/per agegroup in all jumps, and Senior and Under 17 throwing events, two in Under 13 shot and Under 15 Shot, discus and javelin. five in U13 and U15 track events , 3 in U17 and 4 in Senior track events (Host Club only may have 2 additional non-scorers in Senior track events)
- All Hammer events, and U13's Javelin and Discus – “A” string only to score, plus max. 1 non-scorer for each agegroup from each club. (Host Club only may have one additional Senior non-scorer)
- Under 17 men and Under 17 women have B strings in 100m, 200m and Longjump only
- All Club should also provide a track judge and a timekeeper, or willing helpers to work with these teams. In 7 and 8 club matches, Club 7&8 will be allocated field events and should provide help on other events as requested by the field referee.
- The Field Referee may cancel an event if no graded official is provided to lead the team (allocated Club responsibility).

- Strict limit of two warm-up attempts in all field events
- 800m races to be run as one race whenever possible. 1500m/3000m to be run as one race per age-group (Sen/U17's combined)
- Under 17's may compete in all Senior events. But must remain in that age-group for the day.
- U11's may only compete in 3 events maximum. UKA rules apply for all other age-groups. U17 women and U20 men and women competing as seniors are limited by the UKA rules for their actual age-groups.
- Judges should be at their events 15 minutes beforehand to supervise warm-ups, so that the actual competition starts on time.