

C&TAC Summer Competition FAQs

As a club we are entered into a number of leagues: East Anglian League (EAL), Eastern Young Athletes League (EYAL), Southern Athletics League (SAL) and 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 (although Under 17s can also enter the SAL). Juniors competitions are on Sundays.

1. What events can I do?

Events are shown on the timetables below which are also available on our club website in the 'Fixtures' section, and on our Facebook page. Please make sure you are looking at the correct timetable. This year, both the EAL and EYAL have 2 different timetables.

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) is available for **EAL meetings only**. There is a limit on the number of U11s who can be entered. It is unlikely that U11s will be offered spaces in all competitions. Thus, due to the limited spaces for U11, athletes will be asked at the start of the season to select ONE competition date from the three EAL they would like to enter. If more spaces become available these will be advertised. In terms of events, U11 can do up to 3 events, 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 on the same day.

U17s and Seniors can pretty much do what they like. (**Seniors is EAL meetings only**)

There is a limit on the number of athletes that can enter each event meaning 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 if applicable (£15 per family).

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 Team Managers will be really busy so neither they, 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 and come and find the club - we generally all sit together with our CATs flag on show. Let the Team Manager 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 Team Managers will be doing sign ups at the club (sign in desk) for 2 weeks before each competition and we will also put a sign up link on our club Facebook page. If you are new it's recommended that you speak to the Team Managers in person - see contact list below.

6. What should I wear?

You must be wearing your CATs club vest to compete. **The Team Managers will not have spares** so you need to get one in advance. These can be ordered from the club shop <https://www.stripteesuk.com/colchester-tendering-athletics-club> or please email cataclubkit@gmail.com to buy one from our club stock purchased at the sign in desk. Delivery from the club shop can take time if you select the 'ship to club' option so please do not leave this to the last minute.

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 the Team Manager know in advance if you have entered but you are unable to compete. Sometimes we have people waiting for slots. Please be aware that we have a Yellow Card System at competitions. This is due to high numbers of athletes signing up for competitions and events and then failing to show up, or giving very short notice of withdrawal (i.e. on the day).

https://www.colchesterandtendingac.co.uk/_files/ugd/f8d6d7_1e3c4132e1024f008dccfe57f3bac95b.pdf

Results are published on www.thepowerof10.info

Contacts:

EAL Team Manager: Kate Sandercock, tel. 07731 683729

EYAL Team Managers: Nik Booth, tel. 07815 953131 and Talie Stevenson, tel. 07725 723088.

Note: telephone numbers are for emergency use only, late withdrawals, etc.

FIXTURES for EYAL and EAL 2024

EYAL (Nik/Talie's League)

| Date | Location | Post code | Coach going ? | Team Manager |
|------------------------|----------------------|-----------|---------------|--------------|
| April 14 th | Norwich | NR4 7TJ | Yes | Nik |
| May 5 th | Braintree | CM7 1FF | X | Talie |
| June 2 nd | Bury St Edmunds | IP33 3TT | X | Nik |
| July 21 st | Chelmsford | CM1 2EH | X | Talie |
| Sept 8 th | Top 6 or Plate Final | | TBC | |

EAL (Kate's League)

| Date | Location | Post code | Coach going ? |
|------------------------|----------------------|-----------|---------------|
| April 28 th | Cambridge | CB3 0EQ | Yes |
| May 26 th | Bury St Edmunds | IP33 3TT | X |
| June 23 rd | Bury St Edmunds | IP33 3TT | X |
| Sept 1 st | FINALS at Bury St Ed | | TBC |

Eastern Young Athletes' League Timetable for Matches 1 and 3 (v1)

| | | | | | | <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 | | | 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 | | | 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 | | | U15 B | High Jump | 1 |
| 15.00 | 1500m | U13 G | | (1 race per age-group) | 15.00 | U17 W | Long Jump |
| | 1500m | U15 G | | U13 G | | Shot put | 6 |
| | 1500m | U17 W | | U15 G | | Javelin (500g) | 2 |
| | 1500m | U13 B | | U15 B | | Discus | 5 |
| | 1500m | U15 B | | | | | |
| | 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 | U13 mixed A | | | 16.00 | U13 B | High Jump |
| | 4 x 100m | U13 mixed B | | 16.15 | U17 W/M | Triple Jump | 5 (2 nd pit) |
| | 4 x 100m | U15 mixed A | | | U17 M | Javelin | 2 |
| | 4 x 100m | U15 mixed B | | | U13 G | Discus | 3 |
| | 4 x 100m | U17 mixed A | | | | | |
| | 4 x 100m | U17 mixed B | | | | | |

- 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.
- Mixed relays run in order Girl, Girl, Boy, Boy and have A & B strings for each age group

Eastern Young Athletes' League – matches 1 and 3 (v1)

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 |

Eastern Young Athletes' League Timetable for Matches 2 and 4 (v1)

| | | | | | | <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 | | | | | | |
| | 80mH | U17 W | | 12.00 | U13 B | Shot Put (3kg) | 4 | |
| | 80mH | U15 B | | | U13 G | High Jump | 5 | |
| | 100mH | U17 M | | | U17/U15 | Polevault (M + F) | 2 | |
| 12.30 | 800m | U13 G | | 12.40 | U13 B | Long Jump (scorers) | 3 | |
| | 800m | U15 G | | | U17 W | High Jump | 6 | |
| | 800m | U17 W | | | | | | |
| | 800m | U13 B | | 12.50 | U17 M | Discus | 1 | |
| | 800m | U15 B | | | U15 G | Shot Put (3kg) | 4 | |
| | 800m | U17 M | | 13.00 | U13G | Javelin | 5 | |
| 13.20 | 100m | U13 G | | 13.20 | U17 M | Long Jump | 3 | |
| | 100m | U15 G | | | U15 G | High Jump | 6 | |
| | 100m | U17 W | | | | | | |
| | 100m | U13 B | | 13.30 | U15 B | Shot Put | 4 | |
| | 100m | U15 B | | | U17 W | Discus | 1 | |
| | 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 | |
| 15.00 | 1500m | U13 G | (1 race per age-group) | | U17 M | High Jump | 1 | |
| | 1500m | U15 G | | | U15 B | Javelin | 4 | |
| | 1500m | U17 W | | | 15.00 | U17 W | Long Jump | 3 |
| | 1500m | U13 B | | | | U13 G | Shot put | 6 |
| | 1500m | U15 B | | | | U15 G | Javelin (500g) | 2 |
| | 1500m | U17 M | | | | U15 B | Discus | 5 |
| 15.50 | 200m | U13 G | | 15.20 | U15 B | High Jump | 1 | |
| | 200m | U15 G | | | | | | |
| | 200m | U17 W | | 15.40 | U15 G | Long Jump | 4 | |
| | 200m | U13 B | | | U17 W | Javelin (500g) | 2 | |
| | 200m | U15 B | | | U13 B | Discus | 3 | |
| | 200m | U17 M | | | U17 M | Shot Put | 6 | |
| 16.40 | 4 x 100m | U13 G | | 16.00 | U13 B | High Jump | 1 | |
| | 4 x 100m | U15 G | | | | | | |
| | 4 x 100m | U17 W | | 16.15 | U17 W/M | Triple Jump | 5 (2 nd pit) | |
| | 4 x 100m | U13 B | | | U17 M | Javelin | 2 | |
| | 4 x 100m | U15 B | | | U13 G | Discus | 3 | |
| | 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.

Eastern Young Athletes' League – matches 2 and 4 (v1)

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 2024 (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.