

CAMBRIDGE & COLERIDGE ATHLETIC CLUB



TRACK AND FIELD COMPETITION HANDBOOK



C&C Track and Field Competition Handbook

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1. **The competition opportunities**

There are 4 main types of Track and Field events in which athletes can participate:

- Championship events
- Cambridgeshire evening Development meetings
- Open meetings
- League matches

- 1.1 **Championship events** – Championship events are organised annually by County associations (e.g. Cambridgeshire), Eastern Counties AA, South of England AA, UK Athletics and England Athletics. The entrants are required to be eligible by birth or residence in that specific area.

1st level - County Championships (e.g. Cambridgeshire AA Championships) - are open to all athletes who were born in the county or who have been resident for at least 9 months. Most C&C athletes are likely to be eligible for Cambridgeshire, but a few may qualify for one of the surrounding Counties by reason of where they live, if they were not born in Cambridgeshire.

There are normally medals for the first three athletes in all County championship events, as well as an inter-club team trophy competition for each age-group. Any C&C athlete entering the championships is also automatically part of the C&C teams, where the top six athletes in each event score team points. There are also a few selected county championship events taking place as part of the Cambridgeshire Athlete Development events (see 1.2 below) in order to ease the program on the main championship day.

Who can/should enter?

Cambridgeshire AA championships are open to athletes in all the UKA competition age-groups listed below and offer a full range of events. Only the under 11's are not eligible, because that is not an official age-group under UKA rules.

Guidance - Most C&C athletes should consider entering their County Championships.

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

How do you enter?

The championships are usually in late May. Entry to County championships is made by the individual athlete, and an entry fee has to be paid. The club will link entry forms on the T&F fixtures page of its website <http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures>, and will collect and collate entries and entry fees on behalf of the County. (The current County Championships Secretary is a member of C&C). Cambridgeshire County AA has a website where information and entry forms can also be located at www.cambsathletics.org.uk. Entry confirmation is normally by e-mail unless you send a self-addressed stamped envelope.

2nd level - The Eastern Counties AA championships – are open to all athletes from Cambridgeshire, Norfolk, Suffolk, Bedfordshire, Hertfordshire and Essex.

Who can/should enter?

There is a full range of events, over one day, for all age-groups except under 13's, for whom there is a limited selection of events. They are the next level up from the County championships.

There are normally medals for the first three athletes in all Eastern championship events.

As a rough guide, athletes who finished in the top six of their County Championships, or who are finishing first, second or third in league matches, should consider entering the Eastern Championships.

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

How do you enter?

Entry to Eastern championships is made by the individual athlete, and an entry fee has to be paid. The club will post a link to the entry forms on the T&F fixtures page of the club website <http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures>. Entries have to be returned directly to the event secretary. Forms can also be found at www.easternaa.co.uk. Send a self-addressed stamped envelope for confirmation/timetable.

3rd level – The Southern Counties (SEAA) Championships - are open to all athletes from the South of England. The championships normally take place over two days of a weekend. These are of higher standard than the Eastern Championships.

There are normally medals for the first three athletes in all Southern championship events.

Who can/should enter?

There is a full range of events for all UKA age-groups except for under 13's.

As a rough guide, athletes who won gold or silver medals in their County Championships, or who are ranked in the National top 60 in their event, should consider entering the Southern Championships, but if in any doubt should seek advice from their coach or a club official.

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

How do you enter?

Entry to Southern championships is made by the individual athlete, and an entry fee has to be paid. The club will post a link to the entry forms on the T&F fixtures page of the club website

<http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures> , which then have to be returned directly to the event secretary. Information will also be posted on the website www.seaa.org.uk.

Top level - National Championships - are open to all athletes born or resident in England. There is a full range of events for all UKA age-groups except for under 13's, and the championships normally take place over two days of a weekend. There are normally medals for the first three athletes in all National championship events.

Who can/should enter?

These are of high standard, suitable only for Entry to National championships is made by the individual athlete, and an entry fee has to be paid. Entry standards usually apply to National events.

Only athletes who have achieved the entry standard in their event should enter National Championships, but if in any doubt should seek advice from their coach.

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

How do you enter?

If you have recorded a performance during the past 12 months which meets the entry standard ask your coach for entry details Entry forms are available from the England athletics website

<http://www.englandathletics.org/england-athletics/english-national-championships> . Entries have to be returned directly to the event secretary. Athletes qualified to compete in the Scottish or Welsh championships will find entry information on those association's websites (<http://www.scottishathletics.org.uk/events/> or <http://www.welshathletics.org/competitions/events/track--field.aspx>)

The annual Dates

For annual dates, please check the C&C fixtures listing on the club's website at <http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures> and also on the websites of the individual organisations above.

1.2 Cambridgeshire Athlete Development events

Cambridgeshire normally run three Development competitions on Wednesday evenings during May – July, which each feature a limited range of events, with good quality timekeeping and officiating, giving athletes of all abilities the chance to compete. The events are open to athletes from inside and outside of Cambridgeshire.

The track events are normally "Graded". This means that instead of competing against all athletes from your own age-group, each entrant declares their personal best or target time, and the athletes are then seeded into races of similar ability. The result is closer races, and consequently usually athletes get faster times. The objective for athletes at these events is to beat their own personal targets rather than to beat other athletes.

Field event athletes all get 6 attempts at these meetings and entry numbers are limited to allow time for this.

The meetings are normally held at the St Ives track starting at 6.45pm and run until ca 9.15pm.

There are sometimes also special events featured at these meetings, such as County championships 3000m, steeplechases and Mile.

Who can/should enter?

The main events are open to all ages from 11 upwards, and there are also special events for under 11's and events for ambulant disability athletes.

Guidance - Most C&C athletes should consider entering one or more of these meetings.

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

How do you enter?

You can either enter in advance of the meeting or on the night. A small entry fee is charged for each event. Entry forms and details will be circulated with the club newsletter, and additional forms will be available on training nights or from the Cambs AA website www.cambsathletics.org.uk. Field event athletes are advised to register in advance, if possible, to avoid disappointment in case the number of athletes exceeds the limit. Confirmation is normally by e-mail unless you send a self-addressed stamped envelope.

The annual dates

For annual dates, please check the C&C fixtures listing on the club's website at <http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures> and also on the website of Cambridgeshire AA at www.cambsathletics.org.uk. Details of events and entry information will be circulated with the club Spring newsletter, or

The Camb's AA 3000m championships is usually included in the May event, and the Camb's AA steeplechases for under 17M and under 20M are usually in the June event, and the 1 Mile championships and Women's and Senior Men's steeplechases are included in the July event.

1.3 **Open meetings**

During spring and late summer in particular there are a number of Open meetings run by Athletics clubs around the region, which are open to anyone who wishes to enter. Some are run on age-group basis and some on "graded" basis, and some, but not all, give medals. These are a chance to set a new personal best, or just try out another event.

Who can enter?

Age-groups will vary according to the meeting and will be detailed on the publicity.

Guidance - Most C&C athletes should consider entering one or more of these meetings, especially those run "pre-season" (before or around Easter as a "warm-up" before the main T&F season), and the late season events such as the Peterborough Games and Biggleswade AC open.

Athletes can enter as few, or as many, events as they wish subject to the maximum limitations for age-groups in the UKA rules (three events maximum for all young athletes, four for Under 20's and unlimited for Seniors).

How do you enter?

Entry is in advance by individual athletes. The entry form must be returned with the entry fee to the event secretary. Coaches will normally know of what events are taking place and details will be circulated within the club where available and posted on the club's website at <http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures>. Always include a self-addressed, stamped envelope for confirmation, timetable and directions with your entry or specifically ask for an e-mail confirmation.

There are links to the entry information on the Club website under Track and field fixtures, and details of some open meetings also appear on <http://www.openmeetings.co.uk/find-an-open-meet.php>.

1.4 League matches

The club competes in four leagues in total but most are specific to particular age ranges. The main purpose of C&C competing in leagues is to provide competition suitable for all club athletes, so that all athletes are able to perform against a variety of opposition, and are able to measure their improvement. It is important that the league teams do well, in order to ensure an adequate standard of competition in the following year (there can be promotions and relegations or league position may affect the draw for matches in the following year).

League teams can only be successful if the majority of the events are filled. Too many gaps in the team results in loss of points so **athlete turn-out is important for the club.**

The following list gives a short overview. More detailed information is given on subsequent pages about each league.

Eastern Young athletes league

for young athletes aged 11 to 16 for the current competition year (see section 2 for definitions)

East Anglian League

for all club members, aged 9 upwards, competing in one of eight age groups.

Southern Athletics league

Senior Men's and Senior Women's age-group events only, but Under 20's and good standard Under 17's may participate, competing as seniors.

Eastern veterans league

any athlete aged 35 and over can compete. The league is subdivided into three age categories each for males and females.

Who can compete in which league? – a tabulated summary.

League	Under 11's	Under 13's	Under 15's	Under 17's	Under 20's	Seniors	Veterans 35+
Eastern Young Athletes League							
East Anglian league				(2)	(1)		(1)
Southern Athletics League				(1)	(1)		(1)
Eastern veterans League							

■ Actual age-groups in the league (separate male and female events in all cases)

(1) May compete as Seniors using Senior equipment

(2) Under 17 Men have separate age-group, Under 17 Women compete as Seniors but have some U17 spec events.

2. The Leagues – detailed information

2.1 Eastern Young athletes league (EYAL)

A series of five league matches of good quality each involving seven teams. The major clubs in the league only meet each other once during the season, so the opposition is different at each match. The 28 or so clubs vary from very strong, to quite small, and C&C is normally in the upper half of the league table. The majority of the clubs in the league are from Essex, Hertfordshire, Bedfordshire, Cambridgeshire and Suffolk. It is normal for C&C to have one home fixture and four away league fixtures, the away fixtures being normally up to 1¼ hours journey time.

There are also Cup and Plate finals in September. (see below)

The club runs a coach to most away fixtures unless they are very close (eg Peterborough or Bury St Edmunds) because for some members this is the only way they can get to matches, and a modest charge is made to users. All Athletes and parents are encouraged to use the coaches whenever possible, in order to help minimise the losses on hire costs, to create better team spirit amongst the athletes, and to help the club be as environmentally friendly as possible.

How does the league work?

The league is specifically for athletes in the age range 11 – 16, and athletes compete in their own age-group, with the scores for all age-groups totalled to give the overall match result.

Each club can enter two scoring athletes into each event in an age-group (except hammer and polevault which are limited to one per club). The athletes are designated “A” and “B” competitors according to their ability – “A” should be your best athlete – and track races are run as “A” and “B” races. Field events are run all together with “A” and “B” results separated afterwards. All “A” and “B” competitors score points for their team (normally 7, 6, 5, 4, 3, 2, 1 in a 7 team match).

Non-scoring athletes are also permitted in most events, and these provide the opportunity for new athletes to get a registered performance for future team selection, or for athletes who are already in a scoring event, to do additional events.

The normal range of events are 100m, 200m, 3/400m (not U13's), 800m, 1500m, Hurdles, Long-jump, High-jump, Triple-jump (U17's only), Pole-vault (not U13's), Shot, Discus, Javelin, Hammer (not U13's), 4 x 100m relays.

How do the Cup and Plate finals work:

The top 6 clubs from the overall league contest the Cup final and the 7th-12th placed clubs contest the Plate final. The club qualifies for the finals as a whole rather than by individual age-groups i.e. based on the seasons aggregate club points score.

No non-scorers in finals but otherwise the same range of events with “A” and “B” string competitors. The finals provide a match where the clubs can be very evenly matched and give good competition, which normally helps athletes achieve their best.

The Timetable,

EYAL matches currently commence at 11.45am and aim to finish before 5.30pm, and are always on Sundays.

Who can compete?

All club athletes who are aged between 11 and 16 on 31st August of the competition year. (see age-group information).

The club expects most athletes to compete in order to be able to assess the progress of their training and guide their progress accordingly. This league should be the first priority for most of the eligible young athletes in the club.

How many events can each athlete compete in during the match?

All matches are run under UK Athletics rules, which permit any athlete in the age range 11 – 16 to compete in a maximum of three individual events plus a relay on any day. In this league athletes can do a mixture of scoring and non-scoring events, and team managers will always try to give athletes as many events as they would like within the maximum limit.

We recommend that athletes should try different events as non-scorers, but especially for longer distance runners it is suggested that these should be after their main event, or separated by a significant time period. The full range of events in this league is shown above, but there are some restrictions on particular age-groups.

Under 13's and Under 15's are not allowed under UKA rules to contest more than 1 event of greater than 600m on any one day.

Under 13 athletes are not allowed to run 300m or 400m events at all.

Under 15 Girls and Boys, Under 17 Women race over 300m instead of 400m.

How do you get involved?

Basically you let the team managers know that you want to participate. At the start of each season and before each league match, the team managers circulate information e-mails to the athletes, and this includes a reply slip. Athletes are asked to reply to the e-mails for each match, regardless of whether

they are available or not. This saves a lot of phone calls. The responsibility is with athletes/parents to reply, not for the team managers to chase you.

If for some reason you have not received the information, please ask the ladies in the Monday evening reception and they will get the information for you, or direct you to a team manager. There is normally a notice detailing all the young athlete league fixtures on the notice board in the registration room.

If you say you will compete, you will then be expected to be at the match, unless you contact the team manager to let them know that you have a problem. When athletes who are expected fail to show up it can give team managers a major problem, and lose the team points.

Fixture lists are also published in every club newsletter, which all members receive at the start of each quarter. If you join after the start of a quarter you will not receive a newsletter until the next quarter, unless there are some spare copies available on the registration desk, so please ask about the league match fixtures.

Please don't be shy, or feel that you are being "pushy" – we really do want you/your child to be involved – please ask for information.

The annual EYAL fixtures can be found at:

<http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/young-athletes-track-and-field>
and at <http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures>

The team managers for each age group:

Are listed on the Club's website on the Young athletes competitions page under Track and Field at <http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/young-athletes-track-and-field>

We would appreciate further offers of help if possible.

2.2 East Anglian league (EAL)

A series of four league matches of varying quality each involving six or seven teams. Because there are an odd number of teams in this league, we may meet some clubs more than once during the season. The clubs vary from very strong, to quite small, and C&C is normally in the upper part of the league table. The majority of the clubs in the league are from Essex, Bedfordshire, Cambridgeshire, Norfolk and Suffolk. It is normal for C&C to have one home fixture and three away league fixtures, the away fixtures being normally up to 1½ hours journey time.

There is also a league top 8 final in September. The top 8 clubs in each age-group contest the Trophy final and so it is possible for some age-groups to qualify even if not all do so. C&C normally reach the finals in most age-groups

The club runs a coach to most away fixtures unless they are very close (eg Peterborough or Bury St Ed's) because for some members this is the only way they can get to matches, and a modest charge is made to users. All Athletes and parents are encouraged to use the coaches whenever possible, in order to help minimise the losses on hire costs, to create better team spirit amongst the athletes, and to help the club be as environmentally friendly as possible.

How does the league work?

The league is for all athletes in the club, aged 10 up to Seniors, and athletes compete in their own age-group, with each age-group scored separately as a "mini-league" and also the overall totals aggregated to give an overall match result.

There are eight age-groups in each match.

Under 11 Boys and Girls (this is for fun only and is not a scoring age-group)

Under 13 Girls, Under 13 Boys, Under 15 Girls, Under 15 Boys, Under 17 Men, Senior Women and Senior Men. (Under 17 Women compete with the Seniors but there are special hurdles and 300m races for them and competition with their own weights of hammer, shot and javelin). Under 20 Women and men compete as Seniors)

Each club can enter two scoring athletes into each event in an age-group (except Under 13's javelin and Discus which are limited to one per club). The athletes are designated "A" and "B" competitors according to their ability – "A" should be your best athlete – and track races are run as "A" and "B" races. Field events are run all together with "A" and "B" results separated afterwards. All "A" and "B" competitors score points for their team (normally 7, 6, 5, 4, 3, 2, 1)

Non-scoring athletes are also permitted in most events, and these provide the opportunity for new athletes to get a registered performance for future team selection, or for athletes who are already in a scoring event, to do additional events.

The normal range of events are 80m (U11's only), 100m, 200m, 3/400m (not U13's and U15 Girls), 600m (U11's only), 800m, 1500m, Hurdles, Long-jump, High-jump, Triple-jump (Seniors, U17 men and U15 Boys only), Shot, Discus, Javelin, Hammer (Senior Men, U17 men, U15 boys only), 4 x 100m relays. Under 11's may only do 80m, 600m and Longjump.

How do the Trophy finals work:

The top 8 clubs from each age-group contest the final. The club qualifies for the final by individual age-groups aggregate points score. Therefore the club can qualify for any one or more age-groups. Normally C&C will qualify for several age-groups.

No non-scorers in the final but otherwise the same range of events with "A" and "B" string competitors. The finals provide a match where the teams can be very evenly matched and give good competition, which normally helps athletes achieve their best.

The Timetable,

EAL matches currently commence at 11.45am and aim to finish at around 5.30pm, and are always on Sundays.

Who can compete?

All club athletes who are aged over 9 on 31st August of the competition year. (see age-group info). The club expects athletes to compete in order to be able to assess the progress of their training and guide their progress accordingly. This league should be the second priority league for most athletes in the club.

How many events can each athlete compete in during the match?

All matches are run under UK Athletics rules, which permit any athlete age 11 - 16 to compete in a maximum of three individual events plus a relay on any day, athletes aged 17 – 19 to compete in 4 individual events plus a relay on any day, and Senior athletes to compete in as many events as they wish. In this league athletes can do a mixture of scoring and non-scoring events, and team managers will always try to give athletes as many events as they would like within the maximum limit.

We recommend that athletes should try different events as non-scorers, but especially for longer distance runners it is suggested that these should be after their main event, or separated by a significant time period. The full range of events in this league is shown above, but there are some restrictions on particular age-groups.

Under 13's and Under 15's are not allowed under UKA rules to contest more than 1 event of greater than 600m on any one day.

Under 13 athletes are not allowed to run 300m or 400m events at all.

Under 15 Girls and Boys, and Under 17 Women race over 300m instead of 400m.

How do you get involved?

Basically you let the team managers know that you want to participate. At the start of each season and before each league match, the team managers circulate information letters to the athletes, for them to take home to their parents, and this includes a reply slip. Athletes are asked to complete and return the reply slips for each match, regardless of whether they are available or not. This saves a lot of phone calls. The responsibility is with athletes/parents to reply, not for the team managers to chase you.

If for some reason you have not received the information, please ask the ladies in the Monday evening reception and they will get the information for you, or direct you to a team manager. There is normally a notice detailing all the young athlete league fixtures on the notice board in the registration room.

If you say you will compete, you will then be expected to be at the match, unless you contact the team manager to let them know that you have a problem. When athletes who are expected fail to show up it can give team managers a major problem, and lose the team points.

Fixture lists are also published in every club newsletter, which all members receive at the start of each quarter. If you join after the start of a quarter you will not receive a newsletter until the next quarter, unless there are some spare copies available on the registration desk, so please ask about the league match fixtures.

Please don't be shy, or feel that you are being "pushy" – we really do want you/your child to be involved – please ask for information.

The annual EAL fixtures can be found at:

<http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/young-athletes-track-and-field>
and also at <http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures>

The team managers contact details:

Are listed on the Club's website on the Young athletes competitions page under Track and Field at <http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/young-athletes-track-and-field>

2.3

Southern Athletics League (SAL)

A league competition for both men and women using Senior equipment only, but under 20 Men, under 17 Men and Veterans, of adequate standard can compete for the team.

There is a full range of track and field events, and the league has effectively 5 divisions, and covers the whole South of England, basically south of a line from the Wash to the Severn Estuary.

Division 1 has 16 clubs, Division 2 is regionalised into 2 subdivisions each having 16 clubs and Division 3 is also regionalised into 2 subdivisions of 16 clubs.

The club usually runs a minibus to most away fixtures unless they are very close (eg St Ives) , or the athletes arrange a car sharing pool.

C&C are in Division 2E which has 16 clubs all meeting each other over 5 dates with 4 clubs at each match.

How does the league work?

Males and Females compete in separate events but are scored together for the overall match result. Each club can enter two scoring athletes into each event. The athletes are designated "A" and "B" competitors according to their ability – "A" should be the best athlete – and track races are run as "A" and "B" races with the exception of 1500m, 5000m and steeplechase. Field events are run all together with "A" and "B" results separated afterwards. All "A" and "B" competitors score points for their team (normally 4, 3, 2, 1 in a 4 team match).

Field event athletes get 3 attempts and the best 4 get 3 additional attempts.

Events comprise 100m, 200m, 400m, 800m, 1500m, 5000m, 100m/110m hurdles, 400m hurdles, 3000m/2000m steeplechase, hammer, shot, discus, javelin, Long jump, triple jump, pole vault, high jump.

Scoring is 4, 3, 2, 1 in both "A" and "B" strings.

League points are allocated based on match position, and totalled for the seasons places. The top teams in each Division are promoted and the bottom teams are relegated. The structure will change slightly for 2013.

Non-scorers are permitted in all events subject to the Referee's agreement, but are limited so that the program remains to schedule.

There is no league final.

The Timetable,

Matches start at mid-day and finish by ca 5pm

Who can compete?

All club athletes who are aged 15 and over can be selected, but priority is given to Senior and under 20 athletes. (see age-group information).

The club expects athletes to compete in order to be able to assess the progress of their training and guide their progress accordingly.

This league should be the first priority league for most Senior and under 20 athletes in the club.

How many events can each athlete compete in during the match?

All matches are run under UK Athletics rules, which permit any athlete age 15 or 16 to compete in a maximum of three individual events plus a relay on any day, athletes aged 17 – 19 to compete in 4 individual events plus a relay on any day, and Senior athletes to compete in as many events as they wish. The full range of events in this league is shown above, but there are some restrictions on Under 17's who are not permitted to run the 5000m or the steeplechase.

Under 17's would also not normally be physically able to contest the high hurdles or the hammer due to the equipment specifications, unless they have trained specially for those Senior specifications.

How do you get involved?

The team is normally selected on performance. The team manager(s) will contact the athletes who are selected for the team, about two weeks before each match to check availability. Fixture dates will be published on the club website.

The annual SAL fixtures:

Are shown on the Club's website under Senior league Matches at

<http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/seniorleaguematches>

or at <http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures>

The team managers contact details:

Can be found on the Club's website under Senior league matches at

<http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/seniorleaguematches>

2.4 Eastern Veterans league

The league is specifically for veteran or "masters" athletes, and is regionalised with a top 8 clubs final. All scoring athletes must be members of EVAC, and 1st or 2nd claim members of their "team" club.

How does the league work?

Each club can enter one scoring athlete into each event in an age-group.

There are three female age-groups: 35-44, 45-54 and 55 plus, and three male age-groups: 40-49, 50-59 and 60 plus.

There are selected events for each age-group at each match, although there are less events for women 55 plus and Men 60 plus.

Evening matches are "Half matches" featuring only half the events at each match alternately

Day matches feature a full range of events

How do the finals work:

The top 8 male teams and the top 8 female teams contest the finals

The Timetable,

The league matches all have a different range of events for each age-group. Evening matches start at 7pm.

Who can compete?

All club athletes aged 35 and over on the day of competition, who must also be members of EVAC.

Athletes who are not members of EVAC may guest but not score.

How many events can each athlete compete in during the match?

All matches are run under UK Athletics rules, which permit any veteran athlete to compete in as many events as they wish

How do you get involved?

Basically you let the team manager know that you want to participate. At the start of each season and before each league match, the team managers circulate information letters to the athletes.

If you say you will compete, you will then be expected to be at the match, unless you contact the team manager to let them know that you have a problem. When athletes who are expected fail to show up it can give team managers a major problem, and lose the team points.

Fixture lists are also published in every club newsletter, which all members receive at the start of each quarter. If you join after the start of a quarter you will not receive a newsletter until the next quarter, unless there are some spare copies available on the registration desk, so please ask about the league match fixtures.

The annual EVAC league fixtures:

Will be listed on the Club's website under Track and Field, Veterans matches, at

<http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/veterans-track-and-field>

or at <http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/fixtures>

Team manager's contact details:

Listed on the Club's website under Veteran's matches at

<http://www.cambridgeandcoleridge.org.uk/index.php/track-and-field/veterans-track-and-field>

3. Competition age groups

The UKA specified age-groups for Track and Field competition are as follows:

An Under 11 athlete is aged 9 or 10 on 31st August in the calendar year of competition (school years 4 and 5).

An Under 13 athlete is aged 11 or 12 on 31st August in the calendar year of competition (school years 6 and 7).

An Under 15 athlete is aged 13 or 14 on 31st August in the calendar year of competition (school years 8 and 9).

An Under 17 athlete is aged 15 or 16 on 31st August in the calendar year of competition (school years 10 and 11).

An Under 20 athlete is aged at least 17 on 31st August, but not more than 19 on 31st December in the calendar year of competition.

A Senior Athlete is aged 20 or over on 31st December in the Calendar year of competition.

A Veteran or "Masters" athlete is aged 35 and over on the day of competition, and Masters age-groups are 5 year intervals.

The official competition year for Track and Field athletics runs from 1st October until 31st September of the following year, so athletes change age-groups for T&F competition from 1st October. However there is relatively little T&F competition between October and December so effectively the calendar year of competition is the year from 1st January onwards (when the indoor championship season starts).

Rules relating to competing in higher age-groups

Under 17 and Under 20 athletes may choose to compete as Seniors in any specific league match or championship event, but must then use hurdles and throwing implements of senior specification.

Under 17 athletes may choose to compete as Under 20's, in any specific league match or championship event but must then use hurdles and throwing implements of Under 20's specification.

Under 15 athletes may choose to compete as Under 17's in any specific league match or championship event, but must then use hurdles and throwing implements of Under 17's specification. They may not compete in or against any other age-group, i.e. they may not compete as/against Under 20's or Seniors.

Under 13 athletes may choose to compete as Under 15's in any specific league match or championship event, but must then use hurdles and throwing implements of Under 15's specification. They may not compete in or against any other age-group, i.e. they may not compete as/against Under 17's, Under 20's or Seniors.

Rules restricting events for specific age-groups

Under 13's and Under 15's are not allowed under UKA rules to contest more than 1 event of greater than 600m on any one day, even when competing in a higher age-group as per the rules above.

Under 13 athletes are not allowed to run 300m or 400m events at all, even when competing in a higher age-group as per the rules above.

Under 15 Girls and Boys, and Under 17 Women race over 300m, and 300m hurdles instead of 400m and 400m hurdles.

4. **British Athletics Anti-Doping Information**

Medications for common medical conditions could contain ingredients that are prohibited within Athletics. Before using any medications, whether prescribed by a GP, bought over the counter in a Pharmacy or even straight from a supermarket shelf, it is vital that athletes check whether they contain prohibited substances. Medicines bought in the UK, USA, Canada or Japan, can be checked using GlobalDRO (www.globaldro.com) When checking medication on GlobalDRO, the status of the substance will be provided for in-competition and out-of-competition and will be one of the following:

Prohibited - The substance is prohibited in this form and will return a positive test if found in an athlete's system.

Conditional - There is a limit to the amount of this substance an athlete can have present in their body, or there are conditions on the methods of its use (eg it can only be inhaled and not taken in tablet form). This is clearly detailed and care should be taken when taking a prescribed dose.

Not Prohibited - The substance is not currently on the WADA Prohibited List.

We strongly recommend that athletes check every single substance or medication before use, even if it has been used before. It is worth considering that medicines purchased whilst abroad, even in what appears to be identical packaging, may contain different or additional ingredients to those bought in the UK and should always be checked on GlobalDRO before use.

Strict Liability

One of the main principles of the World Anti-Doping Code (WADC) is that of Strict Liability. This means that each athlete is strictly liable for the substances found in his or her bodily specimen, and that an anti-doping rule violation occurs whenever a prohibited substance (or its metabolites or markers) is found in a bodily specimen, whether or not the athlete intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault.

Prohibited List

The List of Prohibited Substances and Methods is issued annually by the World Anti-Doping Agency (WADA). A new list is published every year on 1st January and it is important to check the status of your medications against the new list by using www.globaldro.com.

If you require any further information about registration of any medications please contact British Athletics.

You can find lot's more information at <http://www.britishathletics.org.uk/anti-doping/>

For queries about anti-doping:

Email: antidoping@uka.org.uk Confidential Fax: 0121 713 8451

David Herbert - Anti-Doping Manager

Office: 0121 713 8432 Mobile: 07803 671978 Email: dherbert@uka.org.uk

David Walsh - Anti-Doping Education Coordinator

Office: 0121 713 8481 Mobile: 07841 504310 Email: dwalsh@ukas.org.uk

Ellen Butcher - Anti-Doping Coordinator

Office: 0121 713 8466 Email: ebutcher@uka.org.uk

FREQUENTLY ASKED QUESTIONS

>> Where can I view UKA's Anti-Doping Rules?

<http://www.britishathletics.org.uk/anti-doping/rules/>

>> What is WADA?

The World Anti-Doping Agency (WADA) is the international independent organisation which promotes, coordinates and monitors the fight against doping in sport, in all its forms. Visit the WADA website.

>> What is strict liability?

The principle of strict liability means that an anti-doping rule violation occurs whenever a prohibited substance (or its metabolites or markers) is found in the bodily specimen of an athlete, whether or not the athlete intentionally or unintentionally used a prohibited substance or was negligent or otherwise at fault.

>> What is the Prohibited List?

The WADA Prohibited List is a list of the substances and methods which are prohibited in sport. Some substances on the list are prohibited at all times (both in- and out-of-competition), while others are prohibited in-competition only. The list is published by the World Anti-Doping Agency (WADA) and is updated every year. View the current Prohibited List.

>> Can prohibited substances be present in common medicines?

Yes. Common medications including some cold and flu remedies, painkillers and hay fever treatments may contain substances that appear on the Prohibited List. Athletes are strongly advised to check every single substance or medication before use, even if it has been used before.

It is important to remember that medications bought abroad may contain different substances than those in the UK and should always be checked before use. Wherever possible, we recommend that you check the status of medications purchased in the UK and take a sufficient supply with you when travelling abroad (subject to the rules and regulations of the country you are travelling to).

>> How can I check if a medication is prohibited?

Products purchased in the UK, Canada, USA and Japan can be checked using www.globaldro.com.

>> What should I do if I am injured or ill and my GP prescribes a medication on the Prohibited List?

You may need a Therapeutic Use Exemption (TUE) depending on whether you are in a Testing Pool or the type of competition in which you plan to compete. Click [here](#) for a simple way to check whether you need to apply for a TUE.

>> How can I minimise the risk of using Supplements?

The supplement industry is difficult to regulate. No guarantee can be given that any supplement including vitamins, minerals and herbal remedies are free from prohibited substances and this means that there is a risk of committing an Anti-Doping Rule Violation by taking them.

If you are considering supplements or nutritional products then it is important that you understand the risks and take as many precautions as you can when making your choice.

View the Supplement advice issued by UK Anti-Doping.

>> What is the Testing Pool?

The National Registered Testing Pool (NRTP), International Registered Testing Pool (IRTP) and UKA Testing Pool (UKATP) are pools of athletes who are required to provide specific information related to their whereabouts in order for them to be successfully located to collect blood and/or urine samples.

>> I am not in a testing pool but can I still be tested?

Yes. Athletes at any age or level and under the jurisdiction of UKA can be tested both in- or out-of-competition at any time.