

MIDDLESEX YA League – 2018 Briefing Notes

Below are a few notes to assist in the preparation for this year's Middlesex Young Athletes League.

Fixture List

Saturday 21 April	Parliament Hill
Saturday 26 May	Perivale Park
Sunday 17 June	Finsbury Park
Sunday 22 July	Allianz Park

All matches start on the track at 12:00pm and on the field at 12:30pm. The matches will be finished around 4:30pm.

Clubs

The clubs will be allocated the following vest letters for the season:

Club	Vest Letter
Barnet & District	A
Cookham	B
Ealing S&M	C
Enfield & Haringey	D
Highgate	E
London Heathside	G
Queens Park H	H
Serpentine	L
Shaftesbury Barnet H	J
Trent Park	K
Guest Clubs	
Ealing Eagles	Numbered bibs

The club contacts are:

Club	Contact	Email
Barnet & District	John Clarke	jhnclr1@btinternet.com
Cookham	Peta Bee	peta.bee@btinternet.com
Ealing S&M	Tim Hannah Bridie Lebdiri	timhannah1@gmail.com bridielebdiri@btinternet.com
Enfield & Haringey	Barry Cook Ray Gibbins	barrytcook@btopenworld.com raypenton1@hotmail.com
Highgate	Graham Norris	highgateharriers@hotmail.co.uk
London Heathside	Ruth Miller	R.Miller@mdx.ac.uk
Queens Park H	Dave McLaughlin	dave@redrockcreative.co.uk
Serpentine	Peter Clarke Grace Sim	clarkepeter@hotmail.co.uk gemsim@outlook.com
Shaftesbury Barnet H	Brenton Hall/ Neelam Kaderbhoy also Geoff Morphitis/ Bryan Smith	eyalmanager@btinternet.com/ neelam_400m@yahoo.co.uk also geoffrey.morphitis@capeandd.com/ bryan.smith4@yahoo.com/

Trent Park	Andrew Dench Peter Ley	andrew_n21@hotmail.com petegangster@googlemail.com
Guest Clubs		
Ealing Eagles	Lisa Dumais James de Vivenot	juniors@ealingeagles.com jdev70@hotmail.com

Timetable

Please advise all your athletes that they should report for their event 15 minutes before it starts.

Matches 1 & 3

TIME	EVENT		TIME	EVENT		Field Event Team
12:00pm	800m	U11G				
	800m	U11B				
12:20pm	800m	U17M				
12:30pm	800m	U15B	12:30pm	Long Jump	U11G	1
	800m	U13B		High Jump	U13G	2
				Shot	U13B	3
				Vortex	U11B	4
				Hammer	U17M/U15B/U17W/U15G	5
1:00pm	100mHur	U17M				
	80m Hur	U15B				
	80m Hur	U17W				
1:10pm	75m Hur	U15G				
			1:15pm	Long Jump	U17W/U15G	2
				Shot	U17M/U15B	1
				Javelin	U15B	3
1:20pm	75m Hur	U13B				
	70m Hur	U13G				
1:35pm	75m	U11G				
1:45pm	75m	U11B				
2:00pm	100m	U13G	2:00pm	Long Jump	U11B	4
	100m	U15G		High Jump	U13B	5
				Vortex	U11G	1
				Discus	U13G	2
2:15pm	100m	U17W				
	100m	U13B				
2:30pm	100m	U15B				
	100m	U17M				
			2:45pm	Long Jump	U15B	5
				Shot	U13G	4
				Javelin	U17W/U15G	3
2:50pm	4 x 100m	U11G				
	4 x 100m	U11B				
3:00pm	1500m	U13G				

3:15pm	1500m	U15G				
3:20pm	1500m	U17W				
3:30pm	200m	U15G	3:30pm	Long Jump	U17M	3
	200m	U17W		Shot	U17W/U15G	2
				Discus	U17M/U13B	1
3:50pm	200m	U15B				
	200m	U17M				
4:00pm	4 x 100m	U13G				
	4 x 100m	U15G				
	4 x 100m	U17W				
	4 x 100m	U13B				
	4 x 100m	U15B				
	4 x 100m	U17M				

Matches 2 & 4

TIME	EVENT		TIME	EVENT		Field Event Team
12:00pm	800m	U11G				
	800m	U11B				
12:20pm	800m	U17W				
	800m	U15G				
			12:30pm	Long Jump	U11G	1
				Shot	U13B	2
				Vortex	U11B	3
				Hammer	U17M/U15B/U17W/U15G	4
12:40pm	800m	U13G				
			12:45pm	High Jump	U15G	5
12:55pm	80m Hur	U15B				
	75m Hur	U15G				
1:05pm	75m Hur	U13B				
	70m Hur	U13G				
			1:15pm	Long Jump	U15B	2
				Shot	U13G	1
1:25pm	150m	U11G				
	150m	U11B				
			1:30pm	High Jump	U17M	3
1:40pm	200m	U13G				
	200m	U13B				
1:55pm	200m	U15G				
	200m	U15B				
			2:00pm	Long Jump	U11B	5
				Shot	U17W/U15G	4
				Javelin/Vortex	U13G/U11G	1
				Discus	U17M/U15B	2
2:10pm	200m	U17W				
	200m	U17M				

2:45pm	1500m	U13B				
			2:45pm	Long Jump (Pit 1)	U13G	3
				Long Jump (Pit 2)	U17W/U15G	4
				Shot	U15B	5
				Javelin	U17M/U13B	1
3:00pm	1500m	U15B				
3:10pm	1500m	U17M				
3:20pm	4 x 100m	U11G				
	4 x 100m	U11B				
3:30pm	200m	U15G				
	200m	U17W				
			3:30pm	Long Jump	U13B	2
				High Jump	U15B	3
				Discus	U17W/U15G	4
3:50pm	200m	U15B				
	200m	U17M				
4:00pm	4 x 100m	U13G				
	4 x 100m	U15G				
	4 x 100m	U17W				
	4 x 100m	U13B				
	4 x 100m	U15B				
	4 x 100m	U17M				

Officials Duties

The host club will provide the Chief Timekeeper, Field Referee, and Track Referee. The league will provide the Starter/ Marksman team.

The host club will provide Walkie talkie or similar communication, this essential to ensure smooth communications between the Starter's team and the PF team. Another option would be to use a smart phone app like Zello.

The rules state that visiting clubs shall "Provide 6 officials including one team of 4 Field Judges, 1 Track Judge, and 1 Timekeeper to aid the smooth running of the event. The Timekeeper and at least 1 Field Judge must be qualified."

Field Teams

There are five field teams per match consisting of 2 clubs per team. The host club are excluded from this.

In the tables below, the first named club must provide qualified officials. The second named club should at the very least provide adult helpers so that collectively each field team has at least 4 members. Please remember that all long throws require at least one Level 2 Official.

Note that due to combining of some of the Under 17 events with the younger age groups field team 5 only ever has three events to cover instead of the four that all teams had last year.

Match 1

Field teams:

Club	Field Team
Heathside & Cookham	1
ESM & Ealing Eagles	2
Barnet & Serpentine	3
Shaftesbury & Trent Park	4
Enfield & H & QPH	5

Match 2

Field teams:

Club	Field Team
Highgate & Cookham	1
Shaftesbury & Ealing Eagles	2
Barnet & Serpentine	3
Heathside & Trent Park	4
Enfield & H & QPH	5

Match 3

Field teams:

Club	Field Team
Highgate & Cookham	1
ESM & Ealing Eagles	2
Barnet & Serpentine	3
Shaftesbury & Trent Park	4
Enfield & H & QPH	5

Match 4

Field teams:

Club	Field Team
Highgate & Cookham	1
ESM & Ealing Eagles	2
Barnet & Serpentine	3
Heathside & Trent Park	4
Enfield & H & QPH	5

Track Seeding

There are ten scoring clubs in the league and whilst not all clubs will compete in all events there are certain to be races in the under 13 and under 15 age groups where there are more competitors than lanes. This is particularly the case for the 200 metres races at Finsbury Park as this track only has six lanes on the bends.

Races in Lanes (Hurdles, 75, 100, 150, 200)

These will be drawn as three races of up to eight athletes. The Marksman will consolidate into two races where possible. Where there are three races A and B points will be based on time with the declared A runners being ranked against each other and the declared B runners being ranked against each other.

Middle Distance Races (800 & 1500)

The number of runners is at the Marksman's discretion. For eight lanes the limits are normally 12 for 800 metres and 15 for 1500 metres. These are probably best scaled down where only six lanes are available.

Relays

Team Managers should declare their relay teams by 3:30pm. The start team just need to know which age groups your club will be running a team in. Individual names are not necessary.

Non-Scorers

For middle distance races the preferred option is to include the non-scoring runners in the scoring races where possible.

For races run in lanes non-scorers will run in separate races again subject to the Marksman's discretion.

Team Managers Notes

Team Declaration Sheets are to be supplied to the host club by midday on the day **before** the event. These declarations should be typed on the Excel spreadsheet provided and sent electronically (not as PDFs) and should include all likely non-scorers.

Athletes are allowed to compete in THREE events, plus a relay in any one match.

Non scoring athletes will be permitted into all events. In field events, clubs are restricted to two non-scoring athletes per club per event per age group. In track events the number of non-scorers shall be limited to **five** per club per event per age group. Referees may restrict the numbers of athletes in any or all events according to the specific needs of the day.

Team Managers are reminded that "Athletes may only compete in individual events in **one age group** per match. Athletes may compete in one Relay at each match which can be in an older age group.". **Note that under this rule athletes may compete in the next age group up for all their individual events and then revert to their normal age group for the relays.**

The results will be sent to the Team Managers as soon as is practicable after the match. Ideally corrections should be notified to the results team by Monday evening following the match.