

## MIDDLESEX YA League – 2019 Briefing Notes

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

### Fixture List

Saturday 27 April	Perivale Park
Saturday 25 May	Finsbury Park
Sunday 23 June	Parliament Hill
Sunday 21 July	Allianz Park

All matches start 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 Eagles	N
Ealing S&M	C
Enfield & Haringey/ Be Fit Today	D
Highgate	E
London Heathside	G
Queens Park H	H
Serpentine	L
Shaftesbury Barnet H	J
Trent Park	K

The club contacts are:

Club	Contact	Email
Barnet & District	John Clarke	<a href="mailto:jhnclr1@btinternet.com">jhnclr1@btinternet.com</a>
Cookham	Peta Bee	<a href="mailto:peta.bee@btinternet.com">peta.bee@btinternet.com</a>
Ealing Eagles	Lisa Dumais Jennifer Watt	<a href="mailto:juniors@ealingeagles.com">juniors@ealingeagles.com</a> <a href="mailto:jen.l.watt@gmail.com">jen.l.watt@gmail.com</a>
Ealing S&M	Tim Hannah Bridie Lebdiri Denise English James de Vivenot	<a href="mailto:timhannah1@gmail.com">timhannah1@gmail.com</a> <a href="mailto:bridielebdiri@btinternet.com">bridielebdiri@btinternet.com</a> <a href="mailto:denise1.english@gmail.com">denise1.english@gmail.com</a> <a href="mailto:jdev70@hotmail.com">jdev70@hotmail.com</a>
Enfield & Haringey/ Be Fit Today	Barry Cook Ray Gibbins TJ Ossai	<a href="mailto:barrytcook@btopenworld.com">barrytcook@btopenworld.com</a> <a href="mailto:raypenton1@hotmail.com">raypenton1@hotmail.com</a> <a href="mailto:tj@befittoday.co.uk">tj@befittoday.co.uk</a>
Highgate	Graham Norris Kate Jenrick	<a href="mailto:highgateharriers@hotmail.co.uk">highgateharriers@hotmail.co.uk</a> <a href="mailto:kate.jenrick@ntlworld.com">kate.jenrick@ntlworld.com</a>
London Heathside	Ruth Miller Russell Weston	<a href="mailto:R.Miller@mdx.ac.uk">R.Miller@mdx.ac.uk</a> <a href="mailto:russell@terminex.co.uk">russell@terminex.co.uk</a>
Queens Park H	Dave McLaughlin	<a href="mailto:dave@redrockcreative.co.uk">dave@redrockcreative.co.uk</a>
Serpentine	Peter Clarke Grace Sim	<a href="mailto:clarkepeter@hotmail.co.uk">clarkepeter@hotmail.co.uk</a> <a href="mailto:gemsim@outlook.com">gemsim@outlook.com</a>

Shaftesbury Barnet H	Brenton Hall/ Neelam Kaderbhoy also Geoff Morphitis/ Bryan Smith	<a href="mailto:eyalmanager@btinternet.com">eyalmanager@btinternet.com/</a> <a href="mailto:neelam_400m@yahoo.co.uk">neelam_400m@yahoo.co.uk</a> also <a href="mailto:geoffrey.morphitis@capeandd.com">geoffrey.morphitis@capeandd.com/</a> <a href="mailto:bryan.smith4@yahoo.com">bryan.smith4@yahoo.com/</a>
Trent Park	Andrew Dench Peter Ley	<a href="mailto:andrew_n21@hotmail.com">andrew_n21@hotmail.com</a> <a href="mailto:petegangster@googlemail.com">petegangster@googlemail.com</a>

## Timetable

These are at <https://www.myal.org.uk/timetable.html>.

## 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.

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.

### Match 1

Field teams:

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

### Match 2

Field teams:

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

### Match 3

Field teams:

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

#### Match 4

Field teams:

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

#### Track Seeding

There are eleven 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, 300, 400)

These will be drawn as three races of up to eight athletes. The races will be consolidated 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.

#### 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 completed on the **Googlesheets** declaration form by midday on Friday. These declarations should include all likely non-scorers. The declarations will be used to do the lane draw for the match.

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. Corrections to declarations will be possible by clubs updating their Googlesheet declaration up until Thursday.