

MIDDLESEX YA League – 2020 Briefing Notes

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

Fixture List

Saturday 18 April	Parliament Hill
Saturday 23 May	Perivale Park
Saturday 27 June	Finsbury Park
Sunday 19 July	Allianz Park

All matches start at 12:30pm. The matches will be finished by 5:00pm.

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

The club contacts are:

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

The timetable for the next match will be 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

Matches 1 and 3 will operate a slightly reduced field programme due other matches being held locally. There will only be four field teams scheduled at these matches, each covering four events.

Matches 2 and 4 will have a full field programme with five field teams, each covering three or four events.

Team structure will be similar to the last two years with the larger clubs leading. However, in order to ensure all events are properly covered, officials and helpers will be included on each club's Goolesheet declaration. This will allow the balancing of resources across the teams.

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.

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.**

Starting this year **officials** will also be included in the declaration.

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.