

Rugby and Northampton Athletics Club

Junior Track League Information 2011

AGE GROUPS

For those of you not aware the age groups and leagues you compete in for the 2011 Track & Field season are as below along with our season's aims and information.

AGE GROUP	SCHOOL YEAR	LEAGUES AVAILABLE	AIMS & NOTES
Under 11	Year 3, 4 and 5	Under 11 League Coventry, Nuneaton, Rugby	Open to everyone Compete in own year group in Quad kids competition 2011 AIM: To allow all athletes of all abilities an introduction to club competition in a fun informal setting. To win the League!
		Chairman's Cup Kettering	Open to everyone 2011 AIM: To involve everyone and win the Cup!
		Heart of England Worcester, Derby, Banbury	By selection – usually top Year 5 athletes. 2011 HOE AIM (Under 11): To give our top Year 5 athletes the chance to win overall Top 3 league performance medals and win one overall Under 11 Trophy!
Under 13	Year 6 and 7	Young Athletes League Stratford, Yate, Bristol, Radley (Abingdon)	Best team available on day selected based on league performance; known p.b's and coaches advice. 2011 YAL AIM: To qualify for the UK Finals for the 4 th Year running.
		Heart of England League	By selection using a mix of experienced and new / improving athletes. 2011 HOE AIM (Club): To stay in Division One yet give as many club athletes a chance of league completion as possible.
		Chairman's Cup	Open to everyone
Under 15	Year 8 & 9	Young Athletes League	Best team available on day selected based on league performance; known p.b's and coaches advice.
		Heart of England League	By selection. Mix of experienced and new / improving athletes.
Under 17	10 & 11	Young Athletes League	Best team available on day selected based on league performance; known p.b's and coaches advice.
		Heart of England League	By selection. U17 athletes typically compete in different events in the HOE League.
		National Junior League	Best team available on day selected based on league performance; known p.b's and coaches advice. 2011 NJL AIM: To stay in Midland Premier. To try and qualify for the NJL Finals!
Under 20	Born between 1st January 1992 to 31st August 1994	National Junior League Loughborough, Birmingham, Mansfield, Cardiff	Best team available on day selected based on league performance; known p.b's and coaches advice.
		Midlands Senior League	Support Senior Team in like for like events, where it is sensible for athletes to do so.



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League Information

Young Athletes League - LEAGUE WEBSITE: <http://www.natyal.co.uk>

This is a UK wide league with 5 regions; Scotland, North, Midlands / Wales and South. We compete in Midlands Premier South which involves clubs from as far North as Birmingham, right down to the South West and the whole of Wales!

Background

The National Young Athletes' League has been at the forefront of British athletics since 1974. It is the largest track and field league in the country boasting over 250 teams. It is the main source of competition for the nation's up and coming young athletes. Strangely, girls have only been allowed to compete in this league since 1990!

During its 30 years history the League has received support from a number of commercial companies; Dunlop, Girobank, Woolworths, McDonalds and now McCain. This has enabled the League to support Clubs who may have to travel enormous distances such as our trip to Yeovil last year!

The culmination of each season's activities is the staging of recently added Regional Finals and the famous finals weekend, usually in Birmingham. This brings together the top teams from across the United Kingdom.

The League is supported by UK Athletics, the governing body of the sport.

The majority of current and past UK champions have competed in the Young Athletes League, but it is essentially a contest between teams and many top athletes never made it through to the Finals weekend like many of our athletes have, proving that team spirit wins through!

From the outset, the League has provided opportunities right across the spectrum of events and the technical events in particular have benefited greatly from the structure. There are few other regular competitive opportunities outside the League in many field events.

Competition

- There are 4 rounds of competition with 2 matches of three teams taking place at each venue.
- Two athletes compete in each event available for their age group – known as A and B athletes.
- "A" and "B" compete together and points are awarded according to finish position REGARDLESS of whether they started as "A" or "B"!
- Points scored are 6 for 1st, 5 for 2nd and so on!
- In distance races and in the field all 6 teams usually run / compete together.
- An area final for the Premier divisions decides who attends the UK Finals. In 2011 both finals are held in Birmingham.

IF we are one of the top 4 point scorers in the division we will go through to the Regional (Midlands) Finals at the Alexander Stadium, Birmingham on Sunday 17th July and if we are one of the top 4 in that we will go through to the UK Finals Weekend on 10th and 11th September for what would be the fourth year in succession – an unbelievable achievement for the junior athletes at our club.

Selection

Selection for the first match will be on 1st May and emailed out. Selection initially will be based on known performances THIS season so get entered into our Open on 30th April at Rugby and any others you can. Information from coaches will also be taken into consideration for this and all matches IF I have it.

Transport & Times

We HOPE to provide coaches to all YAL matches as it is proven this has improved our success. The cost of coaches this year is spiralling as you can imagine! The YAL is an all-day event so please put it in your diary, if you think you might be competing in this league.

Help

This year we will be putting together a helpers rota to make sure that it is not the same parents doing all the work. Our aim is that no-one works on field events or track judging all day unless they want to!



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Junior Track League Information 2011

Heart of England League – NEW League Website under construction

This is a Midlands based league with 3 divisions and 24 clubs. We compete in Division One.

Background

This is a very popular league which has been in existence for some years and has a good level of competition for all ages.

Competition

- There are 3 rounds of competition with all 8 teams competing at each venue.
- Two athletes compete in each event available for their age group – known as A and B athletes.
- "A" and "B" compete separately except for some distance races and points are awarded according to finish position.
- Points scored are 8 for 1st, 7 for 2nd and so on!
- There is a full range of track events with a smaller selection of field events. Javelin and discus are rotated in different matches.
- There are overall trophies for each age group for the season and an overall league winner.
- There are also season's best medals for all Under 11 events in which the standard is always exceptional!
- We can run athletes up an age group in this league but NOT in hurdles or where distances or field events weights are not as their own age group.

Selection

In Under 11's we select athletes with the best performances for scored events. There is an opportunity to try athletes out in non-scoring events. We will often put brothers and sisters who would be there already in these events if distances are long.

For Under 13 and Under 15 we use a mix of experienced athletes and new or improving athletes, to try and involve everyone in League competition.

For Under 17 we try and give the opportunity to try something different. We are mindful of not using athletes that are needed for the YAL and National Junior League unless they want to. We can use any aged women in this league!

Transport & Times

We are looking into providing coaches to Worcester and Derby this season. The HOE is an all-day event so please put it in your diary, if you think you might be competing in this league.

Help

This year we will be putting together a helpers rota to make sure that it is not the same parents doing all the work. Our aim is that no-one works on field events or track judging all day unless they want to!



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National Junior League <http://www.nationaljuniorathleticleague.co.uk/>

This is a National based League of 100 Clubs. Last Year the team were promoted to the Midland Premier Division.

Background

The National Junior Athletic League was founded in 1989. The aim of the League was to provide athletics competition for the under 20 age group. This then provided the necessary bridge from young athlete to senior.

The country is divided into three, with North, Midland and South regions each consisting of a Premier Division and sub-divisions.

Competition

- There are 4 rounds of competition with all 8 teams competing at each venue.
- Two athletes compete in each event available for their age group – known as A and B athletes.
- "A" and "B" compete separately except for some distance races and points are awarded according to finish position.
- Points scored are 8 for 1st, 7 for 2nd and so on!
- There is a full range of track and field events.
- Athletes can be from the Under 20 or Under 17 Age Groups but compete as one using all Under 20 weights and distances.
- The top teams compete in a UK Final at the end of August.

Selection

Selection is based on known performances, coaches and athlete requests.

Transport & Times

We are looking into providing a coach to Cardiff this season.

Help

We are expected to provide helpers in field events for this league.

Under 11 League

This is a newish Warwickshire based League now in its fourth season. It is a very popular evening event with all athletes competing in 4 events. We compete in the M6 League.

Background

The Under 11 League was founded in 2008 to provide competition for the younger athletes. Athletes can compete from aged 8 to aged 10 (Year 3, 4, and 5)

Competition - <http://www.quadkids.org/>

- Competition is to the Quadkids format - a team based competition where each child does four events (sprint, run, long jump and a throw).
- Competition design is primarily targeted at young athletes from the age of 7.
- It is specifically designed to be inclusive, competitive, quick, fun and simple to run.
- There are three rounds of competition with all three teams competing in all matches
- Medals for top scorers in each year group at the end of the season
- Trophy to best scoring club.

Selection

This league is open to all – no selection

Transport & Times

Matches are from 6-8pm. Own transport is necessary, although lifts can be available.

Help

We are expected to provide helpers to run our home match in July.

