



UK YOUTH DEVELOPMENT LEAGUE

Calling all U/17 & U20 club members, Male & Female. We are fast approaching the start of the 2018 Track & Field season and it is now the time when you should be thinking about your competition for this year. The Youth Development League is designed especially for you, with 4 matches between April and July. We will be competing in the Senior Section for U17 & U20's in Southern Region, Southern Premier Division 1B as one of the 4 athletics clubs that comprise Team ATIP which comprises Ashford AC, Invicta East Kent AC, Paddock Wood AC and Thanet AC. We have been a composite team for the last 2 seasons which has worked very well with promotion last season. We will be competing against Basildon Beagles (Composite), Croydon Harriers, Havering AC, Tonbridge, and Stevenage & North Herts AC

As an U17 you are eligible to compete in your own age group or move up to the U20 age group if you wish, but not both in the same event! As an U17 you can only compete in 4 events, 1 of which **MUST** be a relay, and includes any non-scoring event. U20's can compete in 5 events. There are A & B strings for U20's & U17's in all track events except relays, but 2xU20's and 1xU17 per field event..

This league is the step before the Southern Athletics League and offers competition within your own peer group. The competition will be fierce and surprisingly good. As a Composite Team from four clubs we can offer athletes from all the clubs some serious competition and be competitive. The team is known as ATIP and we can all compete in our own clubs' vests except for relays where all 4 runners **MUST** wear the same colour/design vest. The competition numbers/letters identify the competitors in each event.

PLEASE READ THE NEXT PARAGRAPHS CAREFULLY.

This league offers us the opportunity to have 4 competitors (2xU20 & 2xU17) in all track events, but 2xU20 & 1xU17 or 1x u20 2xu17 in all field events. In the throws and linear jumps all will get 3 attempts, when the top 4 U20s and the top 2 U17s will get 3 more attempts if they achieve the required standards based loosely on the UKA Grade 3 standards. High Jump & Pole Vault are the exceptions and the competitions will progress as usual. On the attached sheet are the events you are eligible to have a go at but **PLEASE MAKE SURE YOU CAN DO THE EVENT** you choose. A league match is not the place to experiment. U/17's can compete in both age groups at any match - but **NOT** in the same event. U17 Women have the 80m Hurdles, 300m Sprint and 4x300m Relay instead of 100m Hurdles, 400m and 4x400m Relay. Also the throwing weights have changed for the U17 women with their Javelin now being 500gm, the Shot and Hammer 3Kg. As an U17 competing as an U20 you will use the U20 weights 600gm & 4Kg.

We wish to be fair and give everyone the chance to compete, but it will be impossible if 4 people want to throw the javelin, for example, and the only Non-scoring event is the 100m for

both age groups and sexes. Whatever events you select there is no guarantee you will be the A or B string or even get a chance to compete in it.

Our difficulty is that we may have too many athletes (I WISH!) for many events and working with athletes from 4 clubs from the 4 corners of Kent is not easy, If you want to have a go in this league please fill in the details on the attached letter I will be giving out on training nights so please can you return it back me ASAP (see below) and in plenty of time before the first match. This can give us time to make changes. Also, if you say you are coming along to a match and you have been selected, please try to turn up well before your first event. The declaration sheets have to be e-mailed to the host club the day before the match. Both my telephone numbers are below, so there should be no excuse, barring accidents, sudden illness and so on, for not letting us know you are not turning up. It could A) lose us points, and B) deprive someone else of some competition. We will do our best to get you into your favoured event(s) if we can. If you can be flexible it would help us a lot.

Team Manager (Ashford Ac)

Tina Tappenden 07754458233 (Mobile)

Match Dates & Venues:

Match 1 - Sunday 29th April - Hornchurch

Match 2 - Sunday 27th May - Ridings Stadium Stevenage

Match 3 - Sunday 1st July - Croydon

Match 4 - Sunday 29th July - Julie Rose Stadium

Standards for Progression after 3 trials:

<u>Event</u>	<u>U20M</u>	<u>U20W</u>	<u>U17M</u>	<u>U17W</u>
Long Jump	5.50m	4.50m	5.50m	4.50m
Triple Jump	11.50m	9.00m	11.00m	8.50m
Shot	10.50m	8.00m	10.50m	8.00m
Discus	35.00m	25.00m	32.00m	22.00m
Hammer	35.00m	25.00m	32.00m	22.00m
Javelin	35.00m	25.00m	32.00m	22.00m

Please Note: These distances apply to athletes listed as U20 on the event field card, some of whom may be U17.

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Yes, I would like to compete in this league. ****Essential Required Information Below**

****NAME**..... (PRINT)

**** DATE OF BIRTH**..... **** AGE GROUP**..... (U20/U17)

**** CONTACT PHONE No.**

	29 th April	27th May	1st July	29 TH July
I can make the following matches:	Hornchurch	Stevenage	Croydon	Julie Rose

I would like to be considered for the following events: (Please tick any appropriate event)

100m (All ages)

Long Jump (All ages)

200m (All ages)

Triple Jump (All ages)

300m (U17W)

High Jump (All ages)

400m (U20 M&W,U17M)

Pole Vault (All ages)

800m (All ages)

Shot Put (All ages)

1500m (All ages)

Hammer (All ages)

3000m (All ages)

Javelin (All ages)

110m Hurdles U20M)

Discus (All ages)

100m Hurdles (U20W,U17M)

NB: U17W now throw 500gm Jav & 3Kg Shot & Hammer

80m Hurdles (U17W)

Some of you will be competing as U/20s and others as

400m Hurdles (U20M&W,U17M)

U17s. There will be 3 competitors per team in all field

300m Hurdles (U17W)

events. If all 3 are U17, one MUST compete as an U20 and

2000m S/Chase (U20M)

will use the correct equipment for that age group. If there

1500m S/Chase (U17M & W)

are 2 U17s they both compete as U17. In the throws and

4x100m Relay (All ages)

the Long & Triple Jumps there will be 3 trials after which

4x400m Relay (U20's & U17M)

there will 3 further trials for the top 3 U20's and the top 3

4x300m Relay (U17W)

U17's.

THE ONLY NON-SCORING EVENTS ARE TRACK EVENTS

Please be realistic and sensible about the events you choose, i.e. **MAKE SURE YOU ARE CAPABLE OF DOING THEM.** There is A & B String for ALL track events, except relays. All age groups compete in the same events, track or field, at the same time – i.e. U20M & U17M compete together in the Javelin using the correct weights per age group and so on.

Make a note of the dates and venues and PLEASE return this sheet to your Team Contact ASAP.