



**What Competitions are about
2018**

Aim

- To give an insight into how competitions work
 - Concentrating on the summer track and field league matches
- Highlight responsibilities as a club member, an athlete and an athlete's parent / guardian

Opens

One-offs – enter as an individual

Talk to your coach



County & Regional Championships

Track & Field, Cross Country

Different ages depending on competition – enter as an individual
- talk to your coach

Chiltern Cross Country League

Compete as a Club team with individual titles as well.
The more the merrier but
talk to your coach

Types of Competition – all under UKA rules

Represent your County

Track & Field, Cross Country

By invitation – either direct from the team manager for via your coach

English Schools



Track & Field League Matches

A series throughout the summer.
Compete as a Club team.

Selected by the Team Manager(s) and coaches once you make yourself available



Cross Country League that WPH competes in

Results Base Chiltern Cross Country League

U11 Boys and Girls – 9 or 10 on 31st August preceding the season

U13, U15, U17 and U20 - under that age on 31st August preceding the season

Senior Men and Ladies – 20 or older on 31st August preceding the season

Veterans (35 and over) – must have reached their age category by the day of the race.

Different distances are run by the different age groups and genders to a set timetable.

Team Managers

U11 up to U15 Boys and Girls – Duncan Griffin

U17 to Senior Women and Men – David Randall

Communication method – Duncan -email to parents, David - facebook

League Website for timetables, rules etc: www.chilternccl.co.uk

Track & Field Leagues that WPH competes in

Lower Age Group (YDL LAG) – non-Premier – a national league

U13 & U15 Boys and Girls – under that age on 31st August in the competition year



A few things to note about the competition

- U13s do not compete in the Pole Vault or the Hammer throw or in 300m / 400m races
- Under UKA rules for these age groups:
 - athletes cannot compete in more than one race of 600m or more on any one day.
 - each athlete is restricted to 3 events plus a relay in one day
- The sprint race distances, hurdle heights and throw implement weights are different by gender and age.

Team Managers

Girls – Duncan Griffin

Boys – Jeremy Mitchell

Communication method – email to parents

League Website for timetables, rules etc: www.ukydl.org.uk

Track & Field Leagues - that WPH competes in

Upper Age Group (YDL UAG) – non-Premier – a national league

U17 & U20 Men & Women

Joint team with Chiltern Harriers called **Team South Bucks**



A few things to note about the competition

- Under UKA rules:
 - U17s are restricted to 3 events plus a relay in one day
 - U20s are restricted to 5 events in one day
- The race distances, hurdle heights and throw implement weights are different by gender and age
- U17s are 15 or 16 on 31st August in the competition year **but U20s must be 19 or younger on 31st December** in the calendar year of competition.

Team Managers

Women – Andrea Styles

Men – Angela Hughes from Chiltern

Communication method – email to parents and / or athletes

League Website for timetables, rules etc: www.ukydl.org.uk

Track & Field Leagues - that WPH competes in

Southern Athletics League

Senior Men & Women

Athletes from U17 upward can compete but with senior hurdles and implement weights

Under UKA rules:

- U17s are restricted to 3 events plus a relay in one day
- U20s are restricted to 5 events in one day

The logo for the Southern Athletics League (SAL) consists of the letters 'SAL' in a bold, sans-serif font. The letters are white with a grey drop shadow, giving them a three-dimensional appearance as if they are floating above a surface.

Team Manager

Men – Vacant

Women – Andrea Styles

Communication method – Email (Women)

League Website for timetables, rules etc: www.southernathletics.org.uk

Leagues Matches - You've been selected – what next?

- Before the Day
 - Confirm to your team manager that you will take up your place in the team as soon as possible
 - Once committed you are expected to compete however, if things change tell your team manager as soon as possible
 - Let the team manager know how you intend to travel to and from the match (and what time you'll be there).
- Travel
 - Club usually hires a coach – although that is being reviewed
 - Athletes dropped at the track early morning, pick-up 6-7pm
 - Parents/Carers very welcome – just let us know
 - You can choose to travel up separately with your own transport.

We need you at the venue all day, or as long as possible to support your team. Sometimes you may be given an extra event on the day.

What Athletes should take with them

- Trainers, competition shoes and spare spikes
- Club vest
- The competition vest numbers if it was taken home
- 8 safety pins (or more)
- Plenty of food and drink (speak to your coach)
- Clothing suitable for the weather – it will be colder and wetter than you think!!!
- A copy of the time table (print from the website)
- A pen

Health and Safety and Etiquette

League matches

- Your team manager will confirm you events
 - Write them down – name and time
- Make sure you turn up to your event on time
 - At the start of the meeting find out which events you're in, where they will take place and work out how you will deal with clashes – talk to team manager
 - Races – marshalling is 10 minutes before the time-tabled time, near the start of that race
 - Pole Vault – $\frac{3}{4}$ hour to an hour before the event starts – for warm up trials
 - High Jump – at least half an hour before it starts – for warm up trials
 - Other field events – 20 minutes before it starts – for warm up trials.
- Conflicting events – when you have to be in two places at once
 - It happens all the time – DON'T PANIC
 - Track takes precedence
 - Talk to the team manager and to the event leader
- Only athletes and officials are allowed in the competition area
 - Parents, team managers, coaches and non-competing athletes must stay outside the track / away from runways
 - NEVER walk across the in-field
- **Thank the officials when the event is finished**

Who's Who at a League Match

- They are all volunteers who started off like you – parents, ex- or current athletes – many still are
- Chief Judges - in charge of the athletics
 - Starter (wearing red) and marksmen (starters' assistants)
 - Track Referee – (based) on the stand inside the track
 - Chief Timekeeper – (based) on the stand outside the track
 - Chief Photo-finish – inside in the “warm” near the finish line
 - Field Referee – based in the equipment store but usually wandering around
- Behind the scenes
 - Meeting Manager
 - Results
 - First Aid
 - Announcer
 - Refreshments
- Other officials
 - Track judges, timekeepers, field judges, photo finish judges
 - Supplied by the clubs as per the rules of the league – not usually enough

WPH responsibilities – away matches

- The club needs to supply “Officials”
- Not all need to be qualified – a mix – everyone is used to helping new people
 - Over 14 (over 16 for some field events)
 - New to the whole thing
 - The experienced unqualified
 - Qualified
- At least:
 - One timekeeper – all day
 - One track judge – all day
 - 4 to 5 field judges (one at Level 2) – over the whole day
- Have a go at a league match

WPH responsibilities – home matches

- The Officials the club needs to supply to any league match
- Chief Judges and Meeting Manager - in charge
- Behind the scenes
 - Results
 - First Aid
 - Announcer
 - Set Up
 - Fund raising e.g. barbecue, teas and coffees

Summary

- Everything is run by volunteers from this club and other clubs – even the qualified coaches and officials
- Information:
 - On the notice board
 - On the website
 - From your coach
 - One of the committee - http://wycombephoenix.org/site/?page_id=6

Email addresses for your safe list

Club Domain

@wycombephoenix.org

clubsecretary – Peter Lipman

finance – Lindsay Matthews

enquiries – Mike Taylor

admin – Mark Delgado

membership – Pauline Taylor

volunteers – Sally Delgado

officialsadmin – Sally Delgado

Welfare Officer

Lance Free - freeprest@yahoo.co.uk

Useful websites

UK rule book - www.uka.org.uk/competitions/rules/

England Athletics - www.englandathletics.org