

## 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

## Represent your County

### Track & Field, Cross Country

By invitation – either direct from the County 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

## Chiltern Cross Country League

**U11 Boys and Girls** – 9 or 10 on 31<sup>st</sup> August preceding the season

**U13, U15, U17 and U20** - under that age on 31<sup>st</sup> August preceding the season

**Senior Men and Ladies** – 20 or older on 31<sup>st</sup> 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

This is one of (if not) the biggest Cross Country leagues in the Country. WPH is in the top division

### Team Managers

U11 up to U15 Boys and Girls – Duncan Griffin

U17 to Senior Men – Captain – Sean Wilson

U17 to Senior Women – Captain – Jenny Roberts

League Website for timetables, rules etc: [www.chilternccl.co.uk](http://www.chilternccl.co.uk)

# Track & Field Leagues that WPH competes in



## Lower Age Group (YDL LAG) – a national league

we're in Southern Division 2A with 5 other teams and have 4 competitions

**U13 & U15 Boys and Girls** – under that age on 31<sup>st</sup> August in the competition year

A few things to note about the competition

- \*Race distances, hurdle heights and throwing weights etc. change with age group (U13 or U15) and between boys and girls
- U13s do not compete in the Pole Vault, Hammer, Discus or in 300m 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
- Coach and Team Manager selects and invites team based on performance, availability and preferences
- Communication from the Team Manager is via email which will be used for sharing team selection. On the day updates may be via email or Band. All general communications will continue to come via your coach.
- The Club needs to supply volunteers as officials / helpers (i.e. parents and older athletes) so that the competition can take place and to earn vital team points

Track Events	Field Events
75/100m*	Long Jump
150m/200m*	High Jump
300m (U15)	Javelin
800m	Shot Put
1200m/1500m*	Pole Vault (U15)
70m/75m/80m	Discus (U15)
Hurdles*	
4 x 100m relay	Hammer (U15)
4 x 300m relay	

League Website for timetables, rules etc: [www.ukydl.org.uk](http://www.ukydl.org.uk)

**Team Manager**

Jeremy Mitchell

# Track & Field Leagues - that WPH competes in



## Upper Age Group (YDL UAG) – a national league

U17 & U20 Men & Women - Joint team with Chiltern Harriers - Team South Bucks

We're in Southern Division 1A with 6 other teams and have 4 competitions

U17s are 15 or 16 on 31<sup>st</sup> August in the competition year but U20s must be 19 or younger on 31<sup>st</sup> December in the calendar year of competition

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
- Race distances, hurdle heights and throwing weights etc. change with age group (U17 or U20) and between men and women
- Coach and Team Manager selects and invites team based on performance, availability and preferences
- The Club needs to supply volunteer officials / helpers (i.e. parents) so that the competition can take place and to earn vital team points

Track Events	Field Events
100m	Long Jump
200m	Triple Jump
300m / 400m*	High Jump
800m	Pole Vault
1500m	Javelin
3000m	Shot Put
80mH/100mH/110mH*	Discus
300mH / 400mH*	Hammer
1500m /2000m S/C*	
4 x 100m relay	
4 x 300m/400m relay*	

### Team Managers

Women – Duncan Griffin

Men – Angela Hughes from Chiltern

Communication method – email to parents and / or athletes

League Website for timetables, rules etc: [www.ukydl.org.uk](http://www.ukydl.org.uk)

# Track & Field Leagues - that WPH competes in

## Southern Athletics League

Senior Men & Women - In Division 3 North and have 4 or 5 competitions



A few things to note about the competition

- 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
  - Seniors are unrestricted in the number of events
- Coach and Team Manager selects and invites team based on performance, availability and preferences
- The Club needs to supply volunteer officials / helpers (i.e. parents and older athletes) so that the competition can take place and to earn vital team points

### Team Manager

Men – David Clarke

Women – Andrea Styles

Communication method – Email and tbc

League Website for timetables, rules etc: [www.southernathletics.org.uk](http://www.southernathletics.org.uk)

# League Matches - You've been selected – what next?

- Before the Day
  - Once you've made yourself available you are **committed** to compete however, if things change beyond your control, tell your team manager as soon as possible
  - Once selected, confirm to team manager, as soon as possible, that you will take up your place in the team
  - 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 with athletes picked-up from and dropped back at the track
  - Parents/Carers/ Family actively encouraged to travel on the coach where space allows – just let the team manager know



**Athletes are needed 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

The **athlete** is responsible for ensuring that they take:

- Trainers, competition shoes and spare spikes
- Club vest
- The competition vest numbers if they were 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



## League matches – You're there, what happens next?

- When you arrive, your team manager will confirm your *known* events
  - Write them down – name and time and place
- Make sure you turn up to your event on time – that is, **before the timetabled start time**
  - 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 – at least 20 minutes before it starts – for warm up trials
- You may be asked to compete in additional events through the day
  - don't compete in an event unless you've been asked to by the team manager – we may lose points
- Conflicting events – when you have to be in two places at once
  - It happens all the time – **DON'T PANIC**
  - Talk to your 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 each event is finished**

# Who's Who at a League Match

All of the people below are volunteers who started off like you – parents, ex-athletes – many still are

- Clubs in the leagues take it in turns to host matches – including us
- Chief Judges - in charge of the athletics – from the host club – they apply the rules and opine on any protests
  - Starter (wearing red) and marksmen (starters' assistants)
  - Track Referee – on the stand inside the track
  - Chief Timekeeper – 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 – from the host club
  - Meeting Manager, Results, First Aid, Announcer, Refreshments, Technical Manager / Clerks of the Course (set up all the athletics equipment – but usually this is done by the Track and Field referees as there aren't enough people to help!!!)
- Other officials – **from each the clubs competing – including us**
  - Track judges, timekeepers, field judges x 4, photo finish judges
  - This is a league requirement
  - There are not usually enough and competitions are in danger of not happening
  - **Have a go at a league match** - everyone is used to supporting new people



# WPH Junior Club Championships and Invitational



## An annual event for the Club, by the Club

- Introduction to athletics events for athletes and their families
- Lots of support and time taken to explain what's going on
- Competition
  - Quadkids for school years 3, 4 and 5
  - U13 and U15 (most) YDL events (Powerf10 recognised)
- Medals
- Encourage older athletes to help / officiate
- Free for club members
- We invite other local clubs to broaden the competition
- Also host the Bucks and Oxon County 3000m championships



# Email addresses for your safe list

## Club Domain

@wycombephoenix.org

clubsecretary – Paul Burton

finance – Lindsay Matthews

enquiries – Mike Taylor

admin – Richard Claessens - Chair

membership – Maggie Cooper

volunteers – Sally Delgado

officialsadmin – Sally Delgado

## Our Membership System

@englandathletics.org

@uka.org.uk

## Welfare Officer

Squish Warkcup - [squishwarkcup@hotmail.com](mailto:squishwarkcup@hotmail.com)

## Useful websites

UK rule book - [www.uka.org.uk/competitions/rules/](http://www.uka.org.uk/competitions/rules/)

England Athletics - [www.englandathletics.org](http://www.englandathletics.org)