

**U13/U15 Youth Development League 2020**

St Mary's Richmond AC Under 13 and Under 15 Junior Teams compete in the Lower Age Group (LAG) Youth Development League (YDL) and are currently in the Southern Region - Central 1 Division. In the 2019 season, we will be competing as one of 8 teams against: Harrow AC, Herts Phoenix AC, Hillingdon AC, Team Bedfordshire, Vale of Aylesbury AC, Chiltern Harriers and Wycombe Phoenix Harriers.

**The competitions for the 2020 track season will be held on the following dates:**

* **Sat 16th May Venue:**  Harrow AC, Roger Bannister Stadium, HA3 6SP
* **Sat 6th June - Venue:** Hillingdon AC**,** Hillingdon Athletics Stadium, UB8 1ES
* **Sat 18th July - Venue:** Thames Valley Harriers, Linford Christie Stadium, W12 0DF
* **Sat 8th Aug - Venue:**  Herts Phoenix, Woodson Park, Wadesmill Rd, Ware SG12 0UQ

The first event is at 11.30am and the day finishes with the final relays at approx 16:30pm. All athletes must register with the SMRAC team manager 1 hour prior to their event.

A copy of the full timetable (we are non-premier) can be found here: <http://www.ukydl.org.uk/LAG%20South.pdf>

**The way it works**

The Team enters two athletes per event (An “A” and a “B” athlete) in each of four categories (U13 girls, U13 boys, U15 girls and U15 boys) and points are awarded to each club depending on the finishing position of those athletes. It is really important for the team that all those participating turn up on time or give their apologies well in advance. **On the day is really not acceptable!**

We will be selecting the team based upon the athletes preferred events (selected in the form below), as well as selecting the best possible athletes for the particular discipline. However, we really want to encourage **all of our athletes**to participate and at least try another event if the team needs you! Each athlete can only compete in a max of 4 events at each match, 3 individual + 1 relay. There are also non-scoring sprints & 800m races for athletes on the verge of team selection to get experience.

Parents will also need to get involved – we need both qualified and unqualified officials to be at each match working on the events we are assigned for that match. This will secure valuable team points and will also provide valuable experience for parents aiming to take officiating roles.

**This year the team managers will be Matt Lamb & Hansley Jones and they would very much appreciate your co-operation, commitment and attendance.**

*If you want to be considered for team selection, please return the information below to Matthew or Hansley as soon as possible (*[*matthewwwlambbb@hotmail.com*](mailto:matthewwwlambbb@hotmail.com) *OR* [*ydl-lag@smrac.org.uk*](mailto:ydl-lag@smrac.org.uk)*), by post to Kim Weir or hand in at the gate.*

**U13/U15 YOUTH DEVELOPMENT LEAGUE** 2019

Athlete’s Name:

Contact Number:

Contact Email: (Please print clearly)

Parent Name:

I am/ I am not able to assist with the St Mary’s team on the event day (even for an hour or so).

Age Category – please circle:

**Boys U13 (**school yrs 6 & 7)  **Boys U15 (school yrs 8 & 9)**

**Girls U13 (school yrs 6 & 7) Girls U15 (school yrs 8 & 9)**

**Preferred Events: Please select up to 4 events**

***U13 girls*** 70m hurdles, 75m, 150m, 800m, 1200m, 4x100m relay, long jump, high jump, javelin, shot

***U13 boys*** 75m hurdles, 100m, 200m, 800m, 1500m, 4x100m relay, long jump, high jump, javelin, shot

***U15 girls*** 75m hurdles, 100m, 200m, 300m, 800m, 1500m, 4x100m relay, 4x300m relay, long jump, high jump, javelin, shot, discus, hammer, pole vault

***U15 boys*** 80m hurdles, 100m, 200m, 300m, 800m, 1500m, 4x100m relay, 4x300m relay, long jump, high jump, javelin, shot, discus, hammer, pole vault

1st Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2nd Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3rd Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4th Event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relays: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Please indicate the dates you are available for selection:**

Saturday 16th May Yes / No

Saturday 6th June Yes / No

Saturday 18th July Yes / No

Saturday 8th Aug Yes / No

Confirmation emails will be sent to all athletes at least 1 week prior to the event!

Any questions please contact Matthew Lamb or Hansley Jones @ ([matthewwwlambbb@hotmail.com](mailto:matthewwwlambbb@hotmail.com) OR [ydl-lag@smrac.org.uk](mailto:ydl-lag@smrac.org.uk))