



UK YOUTH DEVELOPMENT LEAGUE

Calling all U/17 & U20 club members, Male & Female. We are fast approaching the start of the 2016 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, mostly in Kent. We will be competing in the Senior Section for U17 & U20's in Southern Region, North East Division 1 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 5 seasons as Invicta's Paddock, being Paddock Wood and Invicta East Kent. This season is a step up for us as we will be competing in a division higher along with 2 other clubs. All four clubs in the new composite have been suffering from lack of athletes for the past two seasons or more and see this as an opportunity to do better. We will be competing against Basildon Beagles (Composite), Cambridge Harriers, Havering AC, Horsham Blue Star, Medway & Maidstone and Orion Harriers

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. There are some major alterations to the Women's events in this league as you will see in the last paragraph on this page and overleaf.

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 now offers us the opportunity to have 4 competitors (2xU20 & 2xU17) in all track events, but 2xU20 & 1xU17 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. However, we are prepared to go by your competition records before making the team choices.

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 - mind you, there is one Composite Team in Scotland comprised of athletes from 12 clubs, so I suppose I should be grateful! If you want to have a go in this league please fill in the details on the attached letter I will be giving out at training and give it back to your respective Club Rep 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 also need to know before each match if you are coming along as well and the Thursday before each match is the deadline for inclusion in the team. 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 (Paddock Wood)

Mike Duffin 07803 148925 (Mobile) or 01892 833888 (Home)

Match Dates & Venues:

Match 1 - Sunday 1st May - Julie Rose Stadium, Ashford

Match 2 - Sunday 29th May - Sutcliffe Park, Eltham

Match 3 - Sunday 26th June - To Be Advised

Match 4 - Sunday 24th July - Medway Park, Gillingham

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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