Dear Athlete March 2024

New this season four clubs from the East Wales Region have joined forces to field one team to compete in the **Lower Age Group** of the **Youth Development League** for the 2023 season.

All Under 13 and Under 15 athletes **who are registered with Welsh Athletics for the 2023 season**,

fully paid up members of Blaenau Gwent, Brecon AC, Cwmbran Harriers and Rhymney Valley AC

are eligible for selection in this League.

There are 3 matches this season at: **Aberdare 20th April, Yate 19th May , Newport 23rdJune (we are hosting) w**e will be competing in the **Midland division** of the YDL against the following teams:

**Some events may be combined with SW Division B as the match is a double header.**

Your Team Contact this season is: **Kieron Hearne** - ronny7983@outlook.com mobile **07811288259**

Selections will be made using the Power of 10 rankings. **Only athletes who return the availability form will be considered for selection.** It is therefore vital that you complete the attached availability form and return by **14th April 2023.** Selected athletes will be notified by email.

**You will not receive a paper copy of your selection**. It is therefore vital that we have up to date ***email addresses and mobile numbers*** in order to contact you with the relevant details for each fixture.

**If you are selected, you will receive specific instructions for registering at the match**.

Final team selections will be made on the day (team managers’ decision is final), this includes relay teams

There is a maximum of two places for track events and field events.

In all field events, 2 competitors per team shall be permitted, all of whom will score. It is therefore vital that you include your date of birth, **Registration Number** [***you must have registered with Welsh Athletics for 2024 prior to the first meeting]*** and preferred events on the attached form which must be returned to your team contact by **7th April 2023**

**Please note:** There are guest places in the YDL 75m/100m and 800m. These athletes will be selected using Power of 10 rankings.

***Athletes are asked to note that returning your availability form is no guarantee of selection.***

**East Region vests must be worn for this competition**; they are available to buy from https://www.ruggerbug.co.uk/product-category/my-club-kit/east-wales/

East Wales merchandise is available to purchase online from <https://www.ruggerbug.co.uk/product-category/my-club-kit/east-wales/> {please refer to the East Wales Website for further details}

Athletes are asked to note that there is a £10 match fee for all the competitions. This can be paid at the first competition to the team manager.

There will be no transport to matches this year.

If you are interested in competing in the league **YOU MUST RESPOND BY**  **7th April 2024**

**TEL**:07811288259 **TEXT**: 07811288259  **E:MAIL** : ronny7983@outlook.com

Yours sincerely, Kieron Hearne

**Please return the form below by 7th April 2024.** **to me either by email or post.**

**r****onny7983@outlook.com**

**Name: D.O.B. CLUB:**

**Registration Number [URN] [2024]:**

**Email address: Age Group:**

**Mobile: Home telephone:**

**Home Address:**

**Postcode:**

**Preferred Events:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Events |  | P.B. | Time/distance | Date |
| Event 1 |  | p.b. |  |  |
| Event 2 |  | p.b. |  |  |
| Event 3 |  | p.b. |  |  |
| Event 4 |  | p.b. |  |  |
| Event 5 |  | p.b. |  |  |

\* please indicate by answering yes or no

|  |  |  |
| --- | --- | --- |
| Date | Venue | Availability\*  |
| 20th April  | Aberdare |  |
| 19th May | Yate |  |
| 23rd June | Newport |  |

If you find your availability has changed for any of the dates above, please let me know immediately.

I look forward to meeting you on 20th April 2024 in Aberdare.

**Please check if you have been selected for each match. Athletes will be emailed,**

Thanks Kieron

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **TRACK Timetable** |  |  |  | **FIELD Timetable** |
|  |  |  |  |  |  |  |  |
| **Time** | **Event** | **M/F** |  |  | **Time** | **Event** | **M/F** |
| 11:00 | 70m Hurdles | U13 Girls | A followed by B |  | 10.50 | Hammer  | U15 Boys |
| 11:15 | 75m Hurdles | U13 Boys | A followed by B |  | 11.15 | Long Jump | U15 Girls |
| 11:30 | 75m Hurdles | U15 Girls | A followed by B |  | 11.35 | Hammer  | U15 Girls |
| 11:40 | 80m Hurdles | U15 Boys | A followed by B |  | 11.45 | High Jump | U13 Girls |
| 12:00 | 150m | U13 Girls | A followed by B |  | Shot | U13 Boys |
|   | 150m | U13 Boys | A followed by B |  | 12.15 | Discus | U15 Boys |
| 12:20 | 200m | U15 Girls | A followed by B |  | 12.30 | Pole Vault | U15 B & G |
|   | 200m | U15 Boys | A followed by B |  | 13.00 | Discus | U15 Girls |
| 12:40 | 800m | U13 Girls | A followed by B |  | High Jump | U13 Boys |
|   | 800m NS | U13 Girls |   |  | Shot | U13 Girls |
| 12:55 | 800m | U13 Boys | A followed by B |  | 13.15 | Long Jump | U15 Boys |
|   | 800m NS | U13 Boys |   |  | 13.45 | Javelin | U15 Boys |
| 13:10 | 800m | U15 Girls | A followed by B |  | 14.15 | High Jump | U15 Boys |
|   | 800m NS | U15 Girls |   |  | Shot | U15 Girls |
| 13:25 | 800m | U15 Boys | A followed by B |  | 14.30 | Javelin | U13 Boys |
|   | 800m NS | U15 Boys |   |  | Long Jump | U13 Girls |
| **Track Break - if time allows** |  | 15.10 | Javelin | U15 Girls |
| 14.00 | 75m | U13 Girls | A followed by B |  | 15.30 | Long Jump | U13 Boys |
|   | 75m NS | U13 Girls |   |  | High Jump | U15 Girls |
| 14.15 | 75m | U13 Boys | A followed by B |  | Shot | U15 Boys |
|   | 75m NS | U13 Boys |   |  | 15.55 | Javelin | U13 Girls |
| 14.30 | 100m | U15 Girls | A followed by B |  | **3 trials per athlete except vertical jumps** |
|   | 100m NS | U15 Girls |   |  |
| 14.45 | 100m | U15 Boys | A followed by B |  |  |  |  |
|   | 100m NS | U15 Boys |   |  |  |  |  |
| 15.00 | 300m | U15 Girls | A followed by B |  |  |  |  |
|   | 300m | U15 Boys | A followed by B |  |  |  |  |
| 15.20 | 1500m | U15 Girls | One Race |  |  |  |  |
|   | 1500m | U15 Boys | One Race |  |  |  |  |
| 15.45 | 1200m | U13 Girls | One Race |  |  |  |  |
|   | 1200m | U13 Boys | One Race |  |  |  |  |
| 16.10 | 4x100m | U15 Girls | One Race |  |  |  |  |
|   | 4x100m | U15 Boys | One Race |  |  |  |  |
|   | 4x100m | U13 Boys | One Race |  |  |  |  |
|   | 4x100m | U13 Girls | One Race |  |  |  |  |
| 16.30 | 4x300m | U15 Girls | One Race |  |  |  |  |
|   | 4x300m | U15 Boys | One Race |  |  |  |  |