



Dear Athletes & Parents,

The provisional Fixture List for summer 2014 is on the rear of this letter. For the club and individual athletes to progress we need good attendances at all league fixtures. Please treat these as a priority and put them in your diary ASAP.

*****Team Selection for League Meetings may be made based upon recent Open performances so as our membership grows attending a few Open's may become more important.*****

Newer members please read on....

The age groups for Track & Field competitions are as follows

Year 4 & 5 - Under 11's Year 6 & 7 - Under 13's

Year 8 & 9 - Under 15's Year 10 & 11 - Under 17's

The various competition formats are:

Open's – Anyone can participate, pay the registration fees (usually about £2 per event on the day although some require registration online) and compete. They are very good events for new athletes but club coaches will not always be there. Athletes that are placed usually receive medals.

Cheshire League – Very friendly, ideal for new athletes and there will always be a Team Manager from the club there. You are competing for team points and PB's (Personal Bests).

Youth Development League (YDL) – These are quite competitive events and are subject to selection by the Team Manager. Please register your interest well in advance of these meetings. Again you are competing for points and PB's.

County Competitions – Similar to Open's but you are competing for a County Medal and possibly a place in the County Team depending upon your age group. Club coaches will usually be around but these are individual events so it isn't guaranteed.

For league fixtures it is a competition rule that each athlete wears an official club vest. They should be purchased from the club beforehand. For Open comps the rules are more relaxed. Running spikes are not compulsory, most athletes get them after a couple of comps. We advise that athletes wear shorts and not tracksuit's to run in and that you take plenty of warm and waterproof clothing, snacks and non fizzy drinks.

If you have any questions or concerns, please don't hesitate to speak to your coach or the Team Managers.

We look forward to seeing you in the coming weeks and wish you every success.

Best Wishes

The Coaching Team



Provisional Junior Fixtures 2014

Last Updated: 10th Feb 2014

Date	Competition	Location	Team Manager	Age Groups
23rd March	Open Medal Event	Blackpool & Fylde AC	Individual Entry	U9 upwards
30th March	(prov) Internal Club Comp	Sutton Leisure	Ant Young	8yrs to U15 novices
6th April	Open Medal Event	Warrington AC	Individual entry	Under 9's upwards
6th April	Open Medal Event	Wigan Harriers	Individual entry	Under 9's upwards
12th April	Throws & Jumps Open	Liverpool Harriers	Individual entry	U15 upwards
13th April	Open Medal Event	Liverpool Harriers	Individual entry	U11 to U17
27th April	YDL (upper)	Bolton	Dave Morley	U17 & U20
3rd May	YDL (lower)	Blackpool	Helena McGoldrick	U13 & U15
5th May	Open Medal Event	Trafford	Individual entry	U11 to U15
11th May	Cheshire League	Bury	Helena McGoldrick	Under 11's upwards
17th May	Merseyside County	Wirral	Individual entry	Under 11's upwards
TBC	Cheshire County Championships	TBC	Individual entry	Under 13's upwards
TBC	Manchester County Championships	TBC	Individual entry	Under 13's upwards
25th May	Open Medal Event	Warrington AC	Individual entry	Under 9's upwards
26th May	Open Medal Event	Trafford	Individual entry	U11 to U15
31st May	YDL (lower)	Bolton	Helena McGoldrick	U13 & U15
1st June	YDL (upper)	Widnes	Dave Morley	U17 & U20
14th June	Merseyside School Championships	Wirral	Sue Clague	Under 11's upwards
15th June	Cheshire League	Macclesfield	Helena McGoldrick	Under 11's upwards
21st June	Dash Quadrathlon	Sportcity Manchester	Ant Young	U9 to U15
22nd June	YDL (lower)	Warrington (Home Fixture)	Helena McGoldrick	U13 & U15
29th June	YDL (upper)	Hyndburn	Dave Morley	U17 & U20
6th July	Cheshire League	Widnes	Helena McGoldrick	Under 11's upwards
11th & 12th July	English Schools Championship	Birmingham	Selection only	U15 to U20
19th July	YDL (lower)	Oldham	Helena McGoldrick	U13 & U15
27th July	YDL (upper)	Warrington (home fixture)	Dave Morley	U17 & U20
24th August	Open Medal Event	Warrington AC	Individual entry	Under 9's upwards
25th August	Open Medal Event	Trafford	Individual entry	U11 to U15
7th Sept	Cheshire League	Stockport	Helena McGoldrick	Under 11's upwards
14th Sept	Open Medal Event	Blackpool AC	Individual entry	Under 11's upwards
28th Sept	Open Medal Event	Wigan Harriers	Individual entry	Under 9's to U15's

Note: Fixtures in **Bold Text** are the Priority should you need to make a choice.

Updates can often be found on the web site (www.st-helens-sutton.co.uk)

Facebook Page (www.facebook.com/sthelenssuttonac) / Twitter (www.twitter.com/sthelenssutton)