

## **COMPETITION PATHWAY**

The Club provides competition opportunities for all of its members via the following Leagues:

**The Derbyshire Mini Leagues.** U11/13/15 athletes are invited to compete in three leagues promoted by the Derbyshire Athletic Association, [www.dcaa.org.uk](http://www.dcaa.org.uk). The **Track & Field Mini-league** comprises four matches over the summer months (April -August) all held at Moorways, Derby. During the winter (Sept-Feb) there are six **Sportshall** competitions held at Queens Park Sports Centre. In these leagues there is no limit to the number of athletes the Club can enter into an event so there is no competition for places, though, of course, to be successful it is imperative that the Club tries to fill all of the events offered at each match. Also over the winter there are three matches in the **Cross-Country Mini League**, which are held at three different County locations.

Through competing in the Track & Field Mini League and Sportshall League you may gain selection to the County teams for the Young Athletes Inter-Counties matches in September, and the Area Sportshall Finals in February. Should the County team be successful in the Area Sportshall finals they will be selected to compete at the National Finals held at Birmingham NEC in April.

The **UK Young Athletes League**, [www.natyal.co.uk](http://www.natyal.co.uk), provides competition for athletes in the U13/15/17 age-groups. This league is regional and usually comprises four matches (only 3 in 2012 due to the Olympics) at different locations in the North of England. Team managers can only select two athletes for each event in the programme and again need to fill each event. There are no non-scoring events.

The **National Junior Athletic League**, [www.nationaljuniorathleticleague.co.uk](http://www.nationaljuniorathleticleague.co.uk), provides competition for athletes in the U20 age group. Athletes in the U17 age group are also catered for by this league but they are expected to compete against the U20's. This is another league in which there are only two team places available in each event. However, unlike the Young Athletes League, non-scorers are allowed in most events.

Our Senior athletes compete in the **North of England Track & Field League**. Details of this can be found on the Northern Athletics website [www.northernathletics.org.uk](http://www.northernathletics.org.uk). U17 & U20 athletes can also compete alongside the Seniors, but have to use the same heights, weights and distances. Again there are only two athletes in each event with non-scorers only allowed in the 100m guest race.

During the winter all endurance athletes are encouraged to compete in the **North Midlands Cross-Country League**, [www.northmidscxcleague.co.uk](http://www.northmidscxcleague.co.uk), which is four events held Sept-Jan. The Club also enters teams in the **North of England Cross-Country Relays**, **North of England Road Relays** and the **English Cross-Country Relays**.

In addition to Club events athletes are also encouraged to enter the **County Track & Field Championships** which are held every May and the **County Cross-Country Championships** held each January. Details of both of these events will be published on the Club and County websites. However, athletes are expected to enter themselves. Selection for County teams for the CAU Track & Field Inter-Counties in August and the Cross-Country Inter-Counties in March is based on results from the County Championships. There are also **National Cross-Country Championships** usually held in March.

There are **Northern Championships** for track and field (both indoors and out), multi-events and for cross-country. There are no qualifying standards for these events and details of them will be published on the Club website. Athletes of a certain standard may wish to compete in the **England Athletics Championships**, indoors and out (and multi-events). Details of these events and the qualifying standards can be found at [www.englandathletics.org/page.asp?section=607&sectionTitle=England+Athletics+Championships](http://www.englandathletics.org/page.asp?section=607&sectionTitle=England+Athletics+Championships)

There are **Area and County Schools** competitions for **Cross-Country** and **Track & Field**. Entry to these is through the athlete's School and performances may gain selection into the relevant County teams for both Inter-County events and the English Schools Championships. For selection to the **English Schools Track & Field Championships** athletes are expected to have competed in the County Schools Championships and to have achieved a certain standard, details of which can be found at [www.esaa.net](http://www.esaa.net). Unfortunately, the Club cannot help you to gain entry to these events. However, the fixtures will be listed on the Club website and you are encouraged to contact your/your child's school about these events.

In addition to the events listed above and those on our fixtures listings there are a number of **Open Meetings** throughout the year. Your/your child's coach may have more information on these and you are encouraged to discuss these with your/your child's coach before entering.

Please feel free to speak to the Clubs coaches, team managers or members of the committee if you have any queries regarding competition matters.