



Amber Valley  
& Erewash  
Athletic Club

## AMBER VALLEY & EREWASH AC Annual Club Track and Field Championships

Saturday 25<sup>th</sup> September 2021

Rutland Sports Park, Ilkeston

9.30am registration & warm up for a 10.30am competition start

Entries are now being taken for the above event. This is our annual end of the track and field season fixture. It's fun, informal but competitive nonetheless, as there are trophies at stake for boys and girls in U11, U13, U15 and U17 age groups. **All club members can enter, regardless of ability**, and being the last outdoor competition until the season restarts in April 2022 it's well worth entering.

These Championships are for YOU. It works like this: U13, U15 and U17 athletes must do **1 jump event, 1 throw event and 1 track event** from the choice given. U11's will do the Quadkids format of 75m, 600m, long jump and howler javelin (all U11 athletes do all events). Each time, distance or height achieved earns a certain number of points (like a decathlon) eg the further you long jump the more points you get. Adding up points from all three or four events gives a total. The boy and girl in each age group with the best total wins the Championship trophy to keep for a year and proved themselves **the best all-round athlete**.

Age groups - U11 school years 5 and below, U13 - school years 6 and 7, U15 - school years 8 and 9, U17 - school years 10 and 11, *all as of **before** schools broke up for the summer.*

**Normal training is cancelled on this day** - do the competition instead! If you really don't want to do all three events that's OK, but you will not be eligible for a trophy. The main thing is that you give it a try! Field events will be in the morning, track events after lunch. *Approximate finish time 3pm. Warm up from 9.30am.*

**Complete the entry form over the page and return to the desk at training with a £5 entry fee** (covers all events). Please place your entry and payment in an envelope and mark 'Club Championships'. Last date for entries 21st September (no entries or alterations on the day). Collect your numbers on the day (remember safety pins!). Some throws will take place on the central Astroturf pitches. Refunds for no-shows will not be given. The event will go ahead in all weathers.

**Parents, non-competing athletes** - It takes around 30 volunteers to make this event happen. All offers of help to enable this event to take place would be appreciated - qualified or unqualified, officiating, scoring etc. Please complete the slip over the page.

**The Covid Thing** - yes it even affects Club Champs! In 'normal' years we would offer a full range of events to choose from. This year with the restrictions we've had to put in place athletes will not have had sufficient time on some events in order to be safe when competing. There is also a shortage of qualified field officials who can run certain events and ensure a safe competition arena for all.

## Events for Club Track and Field Championships

U11 'Quadkids' format 75m, 600m, Long Jump, 'Howler' Javelin  
All U11 athletes do all 4 events (there is no choice)

U13 Choose 1 run, 1 jump and 1 throw from the selection  
100m, 200m, 70mHurdles (girls) / 75H (boys), 800m,  
High Jump, Long Jump  
Shot, Javelin,

U15 Choose 1 run, 1 jump, 1 throw from the selection  
100m, 200m, 75m Hurdles (girls)/80m Hurdles (boys), 800m,  
High Jump, Long Jump, Triple Jump  
Shot, Javelin,

U17 Choose 1 run, 1 jump, 1 throw from the selection  
100m, 200m, 80mH (girls), 100mH (boys), 800m,  
High Jump, Long Jump, Triple Jump  
Shot, Javelin,

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**Club Championships Entry** Return this slip to the registration desk at training in a sealed envelope marked 'Club Championships'. **No lose cash or entry forms please** handed in at the desk. Enclose £5 entry fee. Cheques payable to 'AVEAC'. Use the list above to check the **correct events** for your age group ie Quadkids OR one run, one jump, one throw.

**Name** .....

**Age Group** .....

I am U11 and I am entering the Quadkids event

**U13, U15 and U17 athletes:**

100m  200m  800m

70mH  75mH  80mH  100mH

Long Jump  High Jump  Triple Jump

Shot  Javelin

**Helpers**

----- I / we are available to officiate / help out

All day / a.m / p.m