

YDLLower@wadac.org.uk Following promotion in 2017 WADAC are now in the West Division 1 of the Southern Region and will consist of the following teams.

YDL LAG - Southern - West 1	
1	Chichester AC
2	Guildford & Godalming AC
3	Horsham Blue Star Harriers
4	Kingston AC & Polytechnic Harriers
5	Team Dorset - composite
6	Winchester & District AC

The competition takes place on 4 set dates over the season which are:

Match 1	Match 2	Match 3	Match 4
Sat 21 st April 2018	Sat 19 th May 2018	Sun 17 th June 2018	Sat 21 st July 2018
Crawley	Horsham	Poole	Kingston
K2 Leisure Centre Pease Pottage Hill Crawley RH11 9BQ	Broadbridge Heath Centre, Wickhurst Lane Horsham RH12 3YS	Ashdown Leisure Centre Adastral Road Poole BH17 8PY	Kingsmeadow 422a Kingston Road Kingston Upon Thames KT1 3PB

The timetable (at the bottom of this document) includes the following athletic disciplines:

- SPRINTS - 100m, 200m, 300m plus hurdles and relay races
- DISTANCE - 800m, 1200/1500m (*Athletes cannot compete in both 800m & 1200m/1500m on the same day*)
- JUMPS - Long Jump, High Jump, Pole Vault (from U15)
- THROWS - Discus, Shot, Javelin, Hammer (from U15)

U13 and U15 athletes are limited to 4 events. This total includes relay and non-scoring events.

Selecting the team

Please note that there are only 2 slots available per event (excl. relays) and some events are more popular than others.

When considering events for athletes we look at

- who the highest ranked athletes are in each event (Power of 10)
- clashes within the timetable
- ensuring sufficient preparation time between events

There is no point in a slightly higher ranked runner taking part in a race when they have only just finished another event if there is another athlete who will be sufficiently rested.

We will ask athletes to take part in events that they haven't signed up for just to fill the slot (if it is deemed safe to do so) as this earns valuable points for the team score.

An e-mail will be sent out to see who is available and to indicate which events you would like to be considered for. Follow-up e-mails will be sent if there are gaps to be filled with team selection being finalised the weekend before each match when everyone is sent out an email.



UK YOUTH DEVELOPMENT LEAGUE

Lower Age Group Non Premier Timetable

TRACK Timetable

Time	Event	M/F	
11.30	70m Hurdles	U13 Girls	A followed by B
11.40	75m Hurdles	U13 Boys	A followed by B
11.50	75m Hurdles	U15 Girls	A followed by B
12.00	80m Hurdles	U15 Boys	A followed by B
12.15	150m	U13 Girls	A followed by B
12.25	200m	U13 Boys	A followed by B
12.35	200m	U15 Girls	A followed by B
12.45	200m	U15 Boys	A followed by B
13.00	800m	U13 Girls	A followed by B
13.10	800m NS	U13 Girls	
13.15	800m	U13 Boys	A followed by B
13.25	800m NS	U13 Boys	
13.30	800m	U15 Girls	A followed by B
13.40	800m NS	U15 Girls	
13.45	800m	U15 Boys	A followed by B
13.55	800m NS	U15 Boys	
14.00	75m	U13 Girls	A followed by B
14.10	75m NS	U13 Girls	
14.15	100m	U13 Boys	A followed by B
14.25	100m NS	U13 Boys	
14.30	100m	U15 Girls	A followed by B
14.40	100m NS	U15 Girls	
14.45	100m	U15 Boys	A followed by B
14.55	100m NS	U15 Boys	
15.00	300m	U15 Girls	A followed by B
15.10	300m	U15 Boys	A followed by B
15.20	1200m	U13 Girls	One Race
15.30	1500m	U13 Boys	One Race
15.40	1500m	U15 Girls	One Race
15.50	1500m	U15 Boys	One Race
16.00	4x100m	U13 Girls	One Race
16.05	4x100m	U13 Boys	One Race
16.10	4x100m	U15 Girls	One Race
16.15	4x100m	U15 Boys	One Race
16.20	4x300m	U15 Girls	One Race
16.25	4x300m	U15 Boys	One Race

FIELD Timetable

Time	Event	M/F
11.30	Hammer	U15 Boys & Girls
	Long Jump	U13 Boys
11.45	High Jump	U15 Girls
	Shot	U13 Girls
12.30	Discus	U15 Boys
13.00	Long Jump	U15 Girls
	High Jump	U13 Boys & Girls
	Pole Vault	U15 Boys & Girls
13.10	Discus	U15 Girls
13.15	Shot	U15 Boys
13.45	Javelin	U15 Boys
14.30	Javelin	U15 Girls
	Long Jump	U13 Girls
	High Jump	U15 Boys
	Shot	U13 Boys
15.10	Javelin	U13 Boys
15.30	Long Jump	U15 Boys
	Shot	U15 Girls
15.50	Javelin	U13 Girls

3 trials per athlete except vertical jumps

Should a stadium have an outside throws area available then the under 15 boys hammer could commence at 11.45