

RSCAC Fixtures List 2019

Here's a list of this year's competitions; put them in your diary NOW! In case you're unsure which age group you're in, for the outdoor season: Under 11 is school Year 4 & 5, Under 13 is Year 6 & 7, Under 15 is Year 8 & 9, Under 17 is Year 10 & 11 and Under 20 is Year 12 & 13. If your birthday is after 31st December you get a further year at Under 20 (Junior), so you'll be Under 20 for 3 years. If not you move to the Senior age group. At 35 you become a Master/Vet.

Please note that athletes are expected to compete for the club when asked. If an athlete refuses to compete on 2 or more occasions, coaches reserve the right to refuse to coach them.

Date	Venue	Details	Age
Sat 27 April	Leicester	YDL Lower Age Group	Under 13 and 15
Wed 1 May	Telford	Midland Vets League Division North	Age 35 +
Sun 5 May	Tipton	YDL Upper Age Group	Under 17 and Under 20 age group
Sat 11/Sun 12 May	Nuneaton for Warwickshire	County Champs. You enter yourself. For Warwickshire, go to: www.warwickshireathletics.co.uk/ The closing date will be about 1 month before the event.	U11 and above
Sat 18 May	Stoke	YDL Lower Age Group	Under 13 and 15
Sat 19 May	Stoke	Midlands Women's and Men's League	Under 17 age group and above
Sun 26 May	Burton	YDL Upper Age Group	Under 17 and Under 20 age group
Sat 1/Sun 2 June	Nuneaton	Midlands Seniors/U20 Championships. You enter yourself: http://www.midlandathletics.org.uk/page48.html	U20 age group and above
Sun 2 June	Abingdon	Heart of England	U11 – U20 age groups
Sat 8 June	TBC	West Mids Schools Champs. If you come 1 st or 2 nd at this event, you compete in the Mason Trophy (Sat 15 June.) Those who also achieve a set standard may be asked to compete at the English Schools Champs – see this date below for info (12/13 July).	Pupils in Year 7 - 11. If you want to compete, give your time/ distance to a school P.E. teacher. You must do this to be considered to represent the West Mids at the English Schools Champs.
Wed 5 June	Birchfield	Midland Vets League Division North	Age 35 +
Sat 15 June	Alexander Stadium	Mason Trophy (You get selected for this based on your performance at West Mids Schools on Sat 8 June).	Pupils in Year 7 - 11
Sun 16 June	Banbury	Heart of England Date Clash	U11 – U20 age groups
Sun 16 June	Worcester	Midlands Women's and Men's League Date Clash	Under 17 age group and above
Sat/Sun 22/23 June	Bedford	England U20/U23 Champs. You enter yourself and need a standard. For more info go to: www.englandathletics.org	U20 and U23
Sun 23 June	Wolverhampton	YDL Lower Age Group	Under 13 and 15
Sun 30 June	Stoke	YDL Upper Age Group	Under 17 and Under 20 age group
Wed 3 July	Burton	Midland Vets League Division North	Age 35 +
Sat 6 July	Telford	Midlands Women's and Men's League	Under 17 age group and above
Sun 7 July	Wyndley	Heart of England	U11 – U20 age groups
Fri Sat 12/13 July	Alexander Stadium	English Schools Champs (You get selected based on your performance at 'West Mids Schools' (8 th June) & if you have achieved a standard (see: www.esaa.net).	Secondary School age.
Sat 20 July	Solihull	YDL Lower Promotion Finals	Under 13 and 15
Sun 28 July	Banbury	YDL Upper Promotion Finals	Under 17 and Under 20 age group
Wed 31 July	Wyndley	Midland Vets League Division North	Age 35 +
Sat 3 Aug	Wyndley	Midlands Women's and Men's League	Under 17 age group and above
Sat 10/Sun 11 Aug	Nuneaton	Midlands U15/U17 & U13 Quad Kids. You enter yourself: http://www.midlandathletics.org.uk/page48.html	U13 – U17 age groups
Sat 31 Aug or Sun 1 Sept	Nottingham	Midland Vets League Division North CUP FINAL	Age 35 +

Please note the home meetings on Sun 7 July, Wed 31 July and Sat 3 August. Help is desperately needed for these meetings. PLEASE SIGN UP IN THE CLUBHOUSE IF YOU ARE ABLE TO HELP. The meetings can only go ahead if we have enough helpers.