



Lincoln Wellington AC will have a team competing in Division 1 Northern East of the National Young Athletes League this year. The League provides tremendous competitive opportunities for thousands of young athletes throughout the UK. In addition to being great fun the league also acts as one of the major developmental steps, preparing athletes for competition at the senior level.

One of the greatest things about the league is the team atmosphere it creates and the positive effect it has on the development and support of the club. Two LWAC athletes can compete in each event and each athlete can compete in 3 events and one relay at a meeting. All competitors score points, hence the need to have two athletes competing in each event. Please put the fixtures in your diaries and keep the dates free. These are excellent opportunities to represent the club, in a friendly environment and for coaches to monitor their athletes progress through the year. With two athletes competing in each event we will need a minimum of

6 under 13 boys,

6 under 13 girls,

7 under 15 girls

9 under 15 boys

11 under 17 girls

12 under 17 boys

We will endeavour to ensure athletes compete in at least 2 events and a relay or 3 events if they are agreeable.

Age ranges

Under 13 (born between 01/09/96 and 31/08/98)

Under 15 (born between 01/09/94 and 31/08/96)

Under 17 (born between 01/09/92 and 31/08/94)

Our Fixtures

3rd May at York

17th May at Blaydon and Elswick

31st May at Grimsby (we are hosting)

21st June at Middlesbrough

19th July at Boston (venue to be confirmed)

Events on the programme

Under 17 Women

100m
200m
300m
800m
1500m
3000m
80m Hurdles
300m Hurdles
4x100m Relay
4x300m Relay
High Jump
Pole Vault
Long Jump
Triple Jump
Shot
Discus
Hammer
Javelin

Under 15 Girls

100m
200m
800m
1500m
75m Hurdles
4 x 100m Relay
High Jump
Long Jump
Shot
Discus
Javelin
Pole Vault

Under 13 Girls

75m
150m
800m
1200m
70m Hurdles
4x100m Relay
High Jump
Long Jump
Shot

Under 17 Men

100m
 200m
 400m
 800m
 1500m
 3000m
 100m Hurdles
 400m Hurdles
 1500m Steeplechase
 4x100m Relay
 4x400m Relay
 High Jump
 Pole Vault
 Long Jump
 Triple Jump
 Shot
 Discus
 Hammer
 Javelin

Under 15 Boys

100m
 200m
 400m
 800m
 1500m
 80m Hurdles
 4 x 100m Relay
 4 x 400m Relay
 High Jump Shot
 Pole Vault
 Long Jump
 Shot
 Discus
 Hammer
 Javelin

Under 13 Boys

100m
 200m
 800m
 1500m
 75m Hurdles
 4x100m Relay
 High Jump
 Long Jump

Please complete the attached form and return it to me or your coach **ASAP**.

For further information see the League website on www.natyal.co.uk

Thank you
 Neil Campbell

Name _____

Age Group _____

Availability (Circle if available)

3rd May
 York

17th May
 Blaydon and Elswick

31st May
 Grimsby

21st June
 Middlesbrough

19th July
Boston (tbc)

Preferred Events

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

Other Events

_____ (prepared to compete)