

APRIL

14th Eastern Young AthletesIpswich
27th Southern Athletics LeagueCambridge

MAY

1st Eastern Masters ACBury
2nd Suffolk Schools T&FIpswich
(*entry to this event is via your school*)
5th Eastern Young AthletesIpswich
12th Suffolk County ChampsIpswich
19th Southern Athletics LeagueBrighton
(*Sunday*)
25/26th EA Snr/U20 Combined Events....Bedford
26th East Anglian LeagueBury

JUNE

1/2nd SEAA Snr/U20 ChampsBedford
2nd Eastern Young AthletesCambridge
5th Eastern Masters ACSouthend
15th Southern Athletics LeagueIpswich
22/23rd EA U23/U20 Champs.....Bedford
23rd East Anglian LeagueGt Yarmouth
30th Eastern AA ChampsPeterborough

JULY

3rd Eastern Masters ACChelmsford
6/7th SEAA Combined Events.....Bedford
7th Eastern Young AthletesStevenage
12/13th ESAA T&F Champs.....Birmingham
(*entry to this event is by invitation only
via Suffolk Schools AA*)
13th Southern Athletics LeagueWoodford
21st East Anglian LeagueIpswich
31st Eastern Masters ACColchester

AUGUST

4th East Anglian LeagueIpswich
11th Eastern Young AthletesNorwich
17th Southern Athletics LeagueMile End
17/18th SEAA U17/U15/U13 Champs ...Ashford
31st/1st EA U17/U15 ChampsBedford

SEPTEMBER

7th SEAA U20/U15 Inter Counties ...Oxford
8th East Anglian League FinalBury
14th Hibberd Trophy MeetingIpswich
15th Eastern Young Athletes FinalTBA
29th Eastern Counties Combined Events
.....Peterborough

Compulsory school-age athletes compete in the following T & F age groups:

U13's = School Years 6 & 7

U15's = School Years 8 & 9

U17's = School Years 10 & 11

WHICH AGE GROUPS COMPETE IN WHICH TRACK & FIELD LEAGUES?

Eastern Young Athletes (always on Sunday)
U13/U15/U17 Male and Female

East Anglian League (always on Sunday)
All Age Groups Male and Female

Southern Athletics League (always on Saturday except for 19th May 2019 fixture)
U17/U20/Senior Men/Senior Women

Eastern Masters (EMAC) League (always on Wednesday evenings, 7.00pm start)
For Senior athletes (male and female) who are in the **Veteran** age groups

IMPORTANT REMINDER TO ATHLETES

If you have agreed to compete at a meeting and you are unable to make it for any reason, please remember that it is **your** responsibility to notify your **Team Manager** that you are unable to attend, even if this means a telephone call at 8.00am on the morning of the competition!