

APRIL

19th EALNorwich NR4 7TJ
26th EYALBasildon SS14 3GR

MAY

6th EMACVenue tba
10th Suffolk County AA Champs.....Bury
(incorporating Suffolk Schools County Champs)
16th SALWoodford Green IG8 8AA
(Saturday)
30th Eastern AA Champs.....Cambridge
CB3 9AD
31st EALBury IP33 3TT

JUNE

3rd EMACGrays Thurrock RM16 2QT
7th EYALWatford WD25 7HH
21st SALChelmsford CM1 2EH
(Sunday)

JULY

1st EMACSouthend SS2 4FA
5th EYALBarnet NW4 1RL
10/11th ESAA ChampsBirmingham
(via Suffolk Schools selection only)
12th EALVenue tba
19th SALBromley BR2 9EG
(Sunday)
29th EMACVenue tba

AUGUST

8th SALHarrow HA3 6SW
(Saturday)
16th EYALNorwich NR4 7TJ

SEPTEMBER

6th EYAL FinalVenue tba
20th EAL FinalBury IP33 3TT
27th Eastern AA Combined Events
Peterborough PE1 5BW

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 7.30am on the morning of the competition!

Compulsory school-age athletes compete in the following new T & F age groups from 1st April 2026:

U12's = School Years 5 & 6
U14's = School Years 7 & 8
U16's = School Years 9 & 10
U18's = School Years 11 & 12

WHICH AGE GROUPS COMPETE IN WHICH TRACK & FIELD LEAGUES?

EYAL (Eastern Young Athletes League)
- *always on Sunday.*
U14/U16/U18 Male and Female.

EAL (East Anglian League) - *always on Sunday.*
All Age Groups Male and Female.

SAL (Southern Athletics League) – *2 fixtures on Saturday and 2 on Sunday in 2026.*
U18/U20/Senior Men/Senior Women.

EMAC (Eastern Masters Athletics League)
- *usually on Wednesday evenings with a 19:00 start.*
For Senior athletes (male and female) who are in the Veteran age groups (35+ years of age).