

## APRIL

14<sup>th</sup> EYAL .....Norwich NR4 7TJ  
28<sup>th</sup> EAL .....Cambridge CB3 9AD

## MAY

1<sup>st</sup> EMAC .....Chelmsford CM1 2EH  
5<sup>th</sup> EYAL .....Colchester CO2 7TL **or**  
Braintree CM7 1FF (exact venue tbc)  
12<sup>th</sup> Suffolk County AA Champs .....Bury  
(*incorporating Suffolk Schools County Champs*)  
18<sup>th</sup> SAL .....Norwich NR4 7TJ  
26<sup>th</sup> EAL .....Bury IP33 3TT

## JUNE

2<sup>nd</sup> EYAL .....Bury IP33 3TT  
5<sup>th</sup> EMAC .....Grays Thurrock RM16 2QT  
15<sup>th</sup> SAL .....Eton SL4 6HN  
23<sup>rd</sup> EAL .....Bury IP33 3TT  
29<sup>th</sup> Eastern AA Champs .....Cambridge  
CB3 9AD

## JULY

5<sup>th</sup> EMAC .....Colchester CO2 7TL  
(*Friday*)  
12/13<sup>th</sup> ESAA Champs .....Birmingham  
(*via Suffolk Schools selection only*)  
14<sup>th</sup> SAL .....West London W12 0DF  
(*Sunday*)  
21<sup>st</sup> EYAL .....Barnet NW4 1RL  
31<sup>st</sup> EMAC .....Grays Thurrock RM16 2QT

## AUGUST

17<sup>th</sup> SAL .....Dartford DA1 1JP

## SEPTEMBER

1<sup>st</sup> EAL Final .....Bury IP33 3TT  
8<sup>th</sup> EYAL Final .....venue tba  
22<sup>nd</sup> Eastern AA Combined Events .... venue  
tba

### **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!

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?**

**EYAL (Eastern Young Athletes League)**  
- *always on Sunday.*  
U13/U15/U17 Male and Female.

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

**SAL (Southern Athletics League)** - *usually on Saturday, but 1 fixture is on Sunday in 2024.*  
U17/U20/Senior Men/Senior Women.

**EMAC (Eastern Masters Athletics League)**  
- *usually on Wednesday evenings, 19:00 start, but one fixture is on Friday in 2024.*  
For Senior athletes (male and female) who are in the **Veteran** age groups (35+ years of age).