

APRIL

13th EYAL.....Cambridge CB3 0EQ
27th EALBury IP33 3TT

MAY

7th EMAC Chelmsford CM1 2EH
11th Suffolk County AA Champs..... Bury
(incorporating Suffolk Schools County Champs)
17th SALFinsbury Park N4 2DE
(Saturday)
18th EYALColchester CO2 7TL
25th EALColchester CO2 7TL

JUNE

4th EMACVenue tba
15th EYAL Chelmsford CM1 2EH
22nd SAL Kingston KT1 3PB
(Sunday)

JULY

2nd EMACVenue tba
6th EALNorwich NR4 7TJ
11/12th ESAA ChampsBirmingham
(via Suffolk Schools selection only)
13th SAL West London W12 0DF
(Sunday)
19th Eastern AA Champs
Cambridge CB3 9AD
27th EYAL Bedford MK41 9SB

AUGUST

1st EMACColchester CO2 7TL
(Friday eve)
30th SALNorwich NR4 7TJ
(Saturday)

SEPTEMBER

7th EYAL FinalVenue tba
21st EAL FinalBury IP33 3TT
28th 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 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) – *2 fixtures on Saturday and 2 on Sunday in 2025.*
U17/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).