



Kingston AC & Polytechnic Harriers
2019 YDL Guide for U13s and U15s

What is the YDL? ukydl.org.uk

The **Youth Development League** (YDL) is a nationally organised competition for young athletes. It is held on 4 set dates and runs according to a set timetable. The structure is so well documented track athletes can even look up their lane draw for each meeting.



For K&P athletes this is the first club event that the boys' and girls' teams take part in together and they always enjoy it.

LAG stands for **Lower Age Group** which covers the U13s and U15s.

The U13s team will be comprised of young athletes currently in School Years 6 and 7. The U15s team is made up of kids from School Years 8 and 9.

Can I take part?

Athletes need to be a member of K&P and be registered with UK Athletics. We hope to attract athletes from the Kestrels to join the club and take part in this year's competition.



Who else is in our division?

Kingston are currently in West Division 1 of the Southern Region of the LAG. If we win the League we can be promoted to Premier 2 Division in the Southern Region. If we come in the bottom 2 at the end of the season we stand to be relegated to Division 2 for 2020.

YDL LAG - Southern - West 1	
1	Bournemouth & New Forest Juniors - composite
2	Horsham Blue Star Harriers
3	Kingston AC & Polytechnic Harriers
4	Team Dorset - composite
5	Walton Athletic Club
6	Windsor, Slough, Eton & Hounslow (WSEH)



Horsham Blue Star Harriers and the composite Team Dorset were in this division with us last season. The others all represent fresh opposition.

YDL LAG West 1 – Southern Region 2019

Sun 27th April

Walton
Sportshub,
Waterside Dr,
Walton-on-Thames
KT12 2JG

Sat 18th May

Poole
Ashdown Leisure Centre,
Adastral Road,
Poole,
BH17 8PY

Sat 22nd June

Kings Park
Kings Park Drive
Bournemouth
Dorset
BH7 6JD

Sat 20th July

Thames Valley
Kingsmeadow,
422a Kingston Road,
Kingston Upon Thames,
KT1 3PB



There isn't a grandstand at the Ashdown Leisure Centre so remember to bring chairs





How many events can I do?

U13 and U15 athletes are limited to 4 events and if doing so 1 MUST be a relay. Non- scoring events are included in this total.

Athletes cannot compete in both 800m & 1200m/1500m at the same meeting.

How many throws or jumps are there?

Field athletes are allowed 3 throws or 3 horizontal jumps. For the high jump there is no set limit.

The equipment weights are set out on the timetable on the following page and are those set by UK Athletics (UKA) for all competitions for each age group and gender.

What non-scoring events are there?

Unlike the Ebbisham League for Boys and the Lily B League for girls there are only two non-scoring track events per age group: the 75m for U13G and the 100m for U13B, U15G and U15B. There is a non-scoring 800m held for each age group.

There are no non-scoring field events.

Track and Field Timetables

Non-Premier Division Lower Age Group YDLs 2019



TRACK Timetable

Time	Event	M/F	
11.30	70m Hurdles	U13 Girls	A followed by B
11.40	75m Hurdles	U13 Boys	A followed by B
11.50	75m Hurdles	U15 Girls	A followed by B
12.00	80m Hurdles	U15 Boys	A followed by B
12.15	150m	U13 Girls	A followed by B
12.25	200m	U13 Boys	A followed by B
12.35	200m	U15 Girls	A followed by B
12.45	200m	U15 Boys	A followed by B
13.00	800m	U13 Girls	A followed by B
13.10	800m	U13 Boys	A followed by B
13.20	800m	U15 Girls	A followed by B
13.30	800m	U15 Boys	A followed by B
13.40	800m NS	U13 Girls	
13.45	800m NS	U13 Boys	
13.50	800m NS	U15 Girls	
13.55	800m NS	U15 Boys	
14.00	75m	U13 Girls	A followed by B
14.10	75m NS	U13 Girls	
14.15	100m	U13 Boys	A followed by B
14.20	100m	U15 Girls	A followed by B
14.25	100m	U15 Boys	A followed by B

Time	Event	M/F	
14.30	100m NS	U13 Boys	
14.40	100m NS	U15 Girls	
14.50	100m NS	U15 Boys	
15.00	300m	U15 Girls	A followed by B
15.10	300m	U15 Boys	A followed by B
15.20	1200m	U13 Girls	One Race
15.30	1500m	U13 Boys	One Race
15.40	1500m	U15 Girls	One Race
15.50	1500m	U15 Boys	One Race
16.00	4x100m	U13 Girls	One Race
16.05	4x100m	U13 Boys	One Race
16.10	4x100m	U15 Girls	One Race
16.15	4x100m	U15 Boys	One Race
16.20	4x300m	U15 Girls	One Race
16.25	4x300m	U15 Boys	One Race

FIELD Timetable

Time	Event	M/F
11.30	4kg (B), 3kg (G) Hammer	U15 Boys & Girls
	Long Jump	U13 Boys
11.45	High Jump	U15 Girls
	2.72 kg Shot	U13 Girls
12.30	1.25kg Discus	U15 Boys
13.00	Long Jump	U15 Girls
	High Jump	U13 Boys & Girls
	Pole Vault	U15 Boys & Girls
13.10	1kg Discus	U15 Girls
13.15	4kg Shot	U15 Boys
13.45	600g Javelin	U15 Boys
14.30	500g Javelin	U15 Girls
	Long Jump	U13 Girls
	High Jump	U15 Boys
	3.25kg Shot	U13 Boys
15.10	400g Javelin	U13 Boys
15.30	Long Jump	U15 Boys
	3kg Shot	U15 Girls
15.50	400g Javelin	U13 Girls

3 trials per athlete except vertical jumps

Who decides what event I am doing?

There are only 2 scoring slots (A and B) available for each event, barring the two non-scoring races mentioned below.

In the majority of events the club is exceedingly grateful just to have two athletes wishing to compete. Occasionally the Team Managers will ask athletes to take part in an event that isn't their chief discipline just to fill the slot. This contributes very valuable points for the total team score and adds to the great team spirit within K&P. On many previous occasions some of our star performers have found it amusing to earn more points in a fill-in event than in their chosen disciplines.

Clashes with the timetable, the availability of athletes and the desire to have sufficient preparation ahead of athlete's chosen disciplines largely determines the team selection.

Where a number of athletes have asked to take part in the same event the Team Managers will either take the highest ranked athlete(s) from Power of 10 or talk to both athletes (and parents) to see if there is an optimum allocation of places based on their own timetable or to see if the athletes concerned can alternate at different meetings.

There's no point in a slightly higher ranked runner doing a race when they will have only just finished another event and there is another athlete who will have had a decent recovery / rest break ahead of the same race.

When deciding which events you would like to do please look very carefully at the timetable as missed rounds in throws or jumps are genuinely missed. Track events will go ahead regardless of whether a K&P athlete has shown up on time.

A female high jumper with blonde hair in a ponytail is captured mid-air, performing a Fosbury Flop over a red high jump bar. She is wearing a white singlet with red trim and red leggings. Her body is arched over the bar, with her back to the ground. The bar has the 'MONDO' logo on it. The background is a blurred crowd of spectators.

What lane will I be in?

Where lane numbers are relevant they are set in advance for each club at a meeting. At each match the clubs get a different allocation so sometimes you will be in an inside lane, sometimes in an outside and at other times in the centre. The lane draws for 2017 are still on the Documents section of the YDL website though looking at them they haven't changed in the last few years. The document even lists the order in which clubs are expected to throw / jump.

Is there a separate A and B race on the track?

Track events at the LAG are run as separate A and B races with the exception of the 1500m. For some events like the hurdles they are occasionally able to combine A and B runners in a single race.

Are there prescribed starting heights or progressions?

In high-jump and pole-vault there are prescribed starting heights and UKA Rules set the cm progressions.

What if I miss a round?

Sometimes the meeting falls behind schedule and an athlete has to miss a round in a field event to take part in a track race. They are entitled to re-join the competition in the on-going round. In a vertical jump event they cannot ask for the bar to be lowered and must join in at the height it has now reached.

Scoring

With 6 clubs in our division the points are as follows:

A string – 9 points or 1st, 7 for 2nd, 6, 5, 4, 3 points for 6th.

B string – 7 points for 1st place, 5 for 2nd, 4, 3, 2, 1 point for 6th.

Officials – 55 points for a full set supplied by the club.

What can parents do to help?

In addition to bringing your young athlete(s) to the event you can gain valuable points for the team by helping as an official.

Each club can earn up to 55 points by supplying a qualified Level 2 field judge, together with 4 more Level 1 qualified field officials, a qualified time keeper and a qualified track judge. 55 points is more than we get for 6 A string wins in a 6 team match (like ours).

How do I register?

Athletes are always welcome to the team – all you have to do is say that you are going to be available and indicate which events you would most like to take part in.

We will either be using an app like Teamer or old fashioned emails to parents to gather availability and publish team and event selection.

What do I need?

A K&P club vest / crop top must be worn by athletes in all League Competition.

Competition numbers must be worn on both the front and back in all events except the High jump (front only). The club supplies the numbers and safety pins for the day. The hosts at each venue provides any non-scoring numbers.



YDL Lower Age Group Team Managers 2018

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