

ELADG

JUNIOR SUMMER SERIES

An opportunity for young athletes from local clubs to have some competition and to meet with other youngsters in the area on their normal training nights.

It would also provide an incentive for youngster to take part in the East Lothian Track & Field Championships in September.

Clubs invited to take part. Haddington East Lothian Pacemakers (Mondays)

Dunbar Running Club (Tuesdays or Thursdays) Musselburgh & District Athletic Club (Wednesdays) and Lasswade Athletic Club (Mondays & Thursdays).

The specific time table would be up to each club to decide but the suggested outline is that the overall programme should be 90minutes- 2hrs including warm ups.ie 6.30pm to 8.30pm

The programme should include a Sprint i.e. 100mts or 200mts

A middle distance event 400/600/or800mts

A Throw Shot/Discus/Javelin

A Jump Long/Triple/High

A Relay event 4x 100/4 x200/ or Mix

Age Groups should be Under 11, with an opportunity for U/9's if numbers allow Under 13/ and under 15 Boy and Girls and where appropriate mix.

There would be A and B races depending on numbers.

It would need a minimum of 8 Officials:

2 for Starts; 2 for finish; 2 for Jumps 2 for Throws.

Points would be based from 8 to1 for each event and maybe ELADG could consider presenting a Trophy of some kind after the East Lothian Track and Field Championships in September.

Suggested dates agreed so far:

Wednesday 11th June at Pinkie School Playing Fields Musselburgh 7pm.

Monday 23rd or 30th June at The Knox Academy Playing field Haddington 6.30pm.

Please let me know ASAP if you are interested and any suggestions.

Henry Muchamore

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