

## IHAAC – Track and Field Events 2024

<b>Date</b>	<b>Event</b>	<b>Age Groups</b>	<b>Comment</b>
13 <sup>th</sup> April	SNAL League – Match 1 GMouth	U17-SNR	Entry via Club
21 <sup>st</sup> April	YDL Match 1 Aberdeen	U13/U15	Teams selected by coaches. Bus to event
27 <sup>th</sup> April	RAM League Match 1- Inverness	All ages	Teams selected by Coaches.
28 <sup>th</sup> April	Jumps and Throws Grand Prix	All ages	Entry Via Scottish Athletics
5 <sup>th</sup> May	SNAL League Match 2 GMouth	U17-SNR	Entry Via Club
Friday 10 <sup>th</sup> /11 <sup>th</sup> May	North District Championships/Open	All ages	Entry Via Scottish Athletics
19 <sup>th</sup> May	YDL Match 2 Inverness	U13/15	Teams selected by Coaches.
<b>25<sup>th</sup> May</b>	<b>Open Graded</b>	<b>All ages</b>	<b>Entry Via Entry Central</b>
26 <sup>th</sup> May	Jumps and Throws Grand Prix	Venue TBC	TBC
<b>1<sup>st</sup> June</b>	<b>SuperTeams Heats North Area</b>	<b>U11/U13</b>	<b>Entry via Scottish Athletics</b>
1 <sup>st</sup> June	Scottish Schools Pentathlon Championships	Secondary school pupils	Entry via school
1 <sup>st</sup> June	Scottish Schools Primary Relays	Primary school pupils	Entry via school
7 <sup>th</sup> /8 <sup>th</sup> June	Scottish Schools Outdoor Championships	U13+	Entry through school – if meet SSAA criteria.
9 <sup>th</sup> June	RAM League Match 2 - Inverness	All ages	Teams selected by Coaches
<b>Friday 14<sup>th</sup> June</b>	<b>Throws and Sprints night</b>	<b>All ages</b>	<b>Entry via Entry Central</b>
16 <sup>th</sup> June	YDL Match 3 Dundee	U13/15	Teams selected by Coaches. Bus to event
22 <sup>nd</sup> June	Super Teams Final AYR	U11	Team selected via heats
23 June	National Relay Championship - Ayr	All ages	Team selected by Coaches
30 <sup>th</sup> June	SNAL – Match 3 - Grangemouth	U17+ Seniors	Entry Via Club
Sunday 7 <sup>th</sup> July	RAM League Match 3 - Inverness	All ages	Teams selected by Coaches
<b>Friday 12<sup>th</sup> July</b>	<b>Jumps and Throws 6-9pm</b>	<b>All ages</b>	<b>Entry via Entry Central</b>

Date	Event	Age Groups	Comment
13 <sup>th</sup> & 14 <sup>th</sup> July	Combined Events Championship Dundee		Entry through Scottish Athletics
28 <sup>th</sup> July	SNAL – Match 4- Aberdeen	U17+ Seniors	Entry Via club
4 <sup>th</sup> August	YDL Final Grangemouth	U13/15	Teams selected by Coaches. Bus if team qualifies.
10 <sup>th</sup> August	Track and Field Champs - GMouth	U15	Entry through Scottish Athletics Open 26 <sup>th</sup> June
11 <sup>th</sup> August	Track and Field Champs - GMouth	U13	Entry through Scottish Athletics Open 26 <sup>th</sup> June
17 <sup>th</sup> & 18 <sup>th</sup> August	Track and Field Champs - GMouth	U17 - Snr	Entry through Scottish Athletics Open 26 <sup>th</sup> June
25 <sup>th</sup> August	RAM Final Inverness	All ages	Teams Selected by Coaches.
Friday 30 <sup>th</sup> August	Miler Meets Queens Park 7-9pm	All ages	Details TBC Entry via Entry Central
7 <sup>TH</sup> September	IHAAC Club Championships	All ages	Details TBC Entry via Entry Central
TBC	North Area Trophy	All ages	Entry Central
19 <sup>TH</sup> September	Night of relays	All ages	During training session

All information is also on Team App, Facebook and Website.