

2019



OAC COMPETITION GUIDE

A GUIDE TO HOME AND AWAY COMPETITIONS FOR PARENTS AND ATHLETES

As well as providing regular athletic instruction and training sessions, one of the key aims of OAC is to promote pathways to performance and as part of this, the Club organises and participates in a range of home and away competitions throughout the year.

This guide has been produced in order to inform parents and athletes about the various competitions which the Club usually organise and/or attend.

Whilst the criteria set out in this guide forms part of the selection of athletes, it should be noted that when attending away competitions, the following points are also taken into consideration:-

- **The number of athletes invited to attend away competitions will depend on capacity of bus transport, accommodation availability and coach/adult supervision; and**
- **Athlete ability, attitude and attendance at training sessions will also inform the selection process.**

For all away competitions, team selection will be agreed, wherever possible, at least **4 weeks** ahead of the competition date.

The club also fully appreciates that there may be instances where, due to other commitments or circumstances, selected athletes may not be able to attend some of these competitions. In these cases we ask parents to advise club coaches **as soon as possible**, in order that alternative athletes can be identified.

Following selection for competition events, parents will receive detailed information on travel and accommodation arrangements, costs and confirmation of the events in which your athlete is participating.

It should also be noted that all away competition trips **require a number of adult helpers** to travel with the athletes in order to ensure they are adequately supervised and supported. A member of the coaching team will have overall responsibility for the trip, however, additional adult/parent helpers will also be sought. If an adequate number of adult/parent helpers are not identified – the club reserves the right to withdraw the team from the competition.

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INVERNESS OPEN COMPETITION

Date	Sunday, 14 April
Venue	Queens Park Athletics Stadium, Inverness
Age Group	U11, U13, U15, U17, U20, Seniors
Anticipated Club Entry	NO CLUB ENTRY FOR 2019 SEASON - INDIVIDUAL ENTRIES ENCOURAGED
Selection Criteria	<p>In years when the club enters a team, selection is via; a club points system (based on previous competition placings across a range of events); attendance at training; athlete attitude and behaviour.</p> <p>When competitions allow only limited numbers, U15, U17 and U20 athletes who are competing at either Island Games, Junior Inter-County or Scottish Schools will be considered first for selection.</p>
Selection Group	For Club Team Selection: Club Coaches
Selection Notification	Selected athletes will be notified via parental email; and Team list posted on the club noticeboard.
Other Information	As this is an Open Competition – and no club team is travelling to the 2019 competition - athletes are encouraged to enter themselves but will need to make their own entry, travel and accommodation arrangements.

OAC OPEN COMPETITIONS

Date	Sunday, 31 March Sunday, 28 April Sunday, 26 May Sunday, 30 June Sunday, 25 August – Open Championship
Venue	Pickaquooy Running Track, Kirkwall
Age Group	U11, U13, U15, U17, U20, Seniors
Anticipated Club Entry	Approximately 90 athletes from across the age group ranges
Selection Criteria	Open to all
Selection Group	N/A
Selection Notification	N/A
Other Information	<p>Parent helpers will be required in order to run the events (officiate, teas/coffee's, etc)</p> <p>As this is an Open Competition – non-club members can also enter. Spread the word amongst anyone who might be interested.</p> <p>The March – June Open Competitions are non-medal events where athletes are encouraged to participate in a range of events and look to improve on PB's (Personal Best).</p> <p>The Open Championship Competition held in August will feature event medal presentations.</p>

YOUTH DEVELOPMENT LEAGUE (YDL) MATCHES

Date	Sunday, 28 April Sunday, 19 May Sunday, 23 June Sunday, 4 August – YDL Final
Venue	Match 1 – Aberdeen Sports Village, Aberdeen Match 2 – Queens Park Athletics Stadium, Inverness Match 3 – Aberdeen Sports Village, Aberdeen Scottish Final – Grangemouth Stadium, Grangemouth
Age Group	U13, U15, U17
Anticipated Club Entry	Approximately 20 athletes from across the age group ranges
Selection Criteria	For Match 1, selection is based on results posted in Power of 10 for 2018 competition season and results from Home Competition 1. For the remaining two matches, athletes will be selected based on 2019 competition results. Top two male and female athletes in each event selected from all Western Isles, Shetland and Orkney athletes.
Selection Group	Club Coaches
Selection Notification	Selected athletes will be notified via parental email; and Team list posted on the club noticeboard.
Other Information	Parent helpers will be required in order to enable the team to travel.

NORTH DISTRICT CHAMPIONSHIPS

Date	Friday, 10 & Saturday, 11 May
Venue	Queens Park Athletics Stadium, Inverness
Age Group	U13, U15, U17, U20, Seniors
Anticipated Club Entry	Approximately 40 athletes from across the age group ranges
Selection Criteria	<p>Competition selection is via; a club points system (based on previous competition placings across a range of events); attendance at training; athlete attitude and behaviour.</p> <p>When competitions allow only limited numbers, U15, U17 and U20 athletes who are competing at either Island Games, Junior Inter-County or Scottish Schools will be considered first for selection.</p>
Selection Group	Club Coaches
Selection Notification	<p>Selected athletes will be notified via parental email; and</p> <p>Team list posted on the club noticeboard.</p>
Other Information	Parent helpers will be required in order to enable the team to travel.

ORKNEY PRIMARY SCHOOLS COMPETITION

Date	Thursday, 30 May
Venue	Pickaquooy Running Track, Kirkwall
Age Group	Primary School Age
Anticipated Club Entry	N/A
Selection Criteria	Selection is carried out by PE staff in primary schools
Selection Group	Selection is carried out by PE staff in primary schools
Selection Notification	Notified by relevant schools
Other Information	Parents helpers may be sought – schools will contact

JUNIOR INTER-COUNTY

Date	Saturday, 1 & Sunday, 2 June
Venue	Clickimin Leisure Centre, Lerwick, Shetland
Age Group	U18
Anticipated Club Entry	N/A
Selection Criteria	<p>Selection for the JIC long squad is based on the best athletes the club has in any given event. There are no age groups within the JIC competition, all athletes must be 18 years or under by the date of the competition.</p> <p>On top of this, other athletes who show potential will be invited to join the long squad and will be expected to take part in extra training sessions.</p> <p>Non OAC athletes who participate in Open Competitions may be asked to join the long squad with the potential of making the final team.</p> <p>The final team will be based on the top two athletes (male and female) in each event, plus a number of reserves.</p>
Selection Group	Club Coaches
Selection Notification	<p>Selected athletes will be notified 2 weeks before competition; and</p> <p>Team list will be published in local press.</p>
Other Information	Family and friends are welcome to travel to Shetland to support the Orkney Team but will need to make their own travel and accommodation arrangements.

Annual two-day competition between Orkney and Shetland involving Athletics, Football, Hockey, Netball and Swimming events.

Orkney and Shetland take year-about for hosting the event. In 2019 it is the turn of Shetland to host.

SCOTTISH SCHOOLS, GRANGEMOUTH

Date	Friday, 7 & Saturday, 8 June
Venue	Grangemouth Stadium, Grangemouth
Age Group	U14, U15, U17, over 17
Anticipated Club Entry	Potentially, a small group of athletes from across the age group ranges
Selection Criteria	<p>Selection standards are set by the Scottish Schools Athletics Association over four age group categories.</p> <p>If athletes meet these standards they are eligible to attend. However, there can only be two athletes from each school in each event.</p> <p>If athletes are close to meeting these standards then coaches will make the decision on whether they should be included for a development opportunity.</p>
Selection Group	Club Coaches
Selection Notification	<p>Selected athletes will be notified via parental email; and</p> <p>Team list posted on the club noticeboard.</p>
Other Information	Parent helpers will be required in order to enable the team to travel.

SCOTTISH AGE GROUP CHAMPIONSHIPS, GRANGEMOUTH

Date	Saturday, 10 and Sunday, 11 August Saturday, 17 and Sunday 18 August
Venue	U13, U15, U20 – Grangemouth Stadium, Grangemouth U17 - Grangemouth Stadium, Grangemouth
Age Group	U13, U15, U20 held on 10 and 11 August U17 held on 17 and 18 August
Anticipated Club Entry	NO CLUB ENTRY FOR 2019 SEASON - INDIVIDUAL ENTRIES ENCOURAGED Entry and competition information is available via the Scottish Athletics website
Selection Criteria	Best athletes in their age group and events from throughout Scotland
Selection Group	Qualifying Standards require to be met
Selection Notification	N/A
Other Information	Although there is no organised club team travelling to the 2019 competition - athletes who meet the qualifying standards are encouraged to enter themselves but will need to make their own entry, travel and accommodation arrangements. Further information and guidance on qualifying standards is available from Club Coaches

ISLAND GAMES

Date	Wednesday, 3 - Friday, 5 July
Venue	2019 - Gibraltar (Host island varies at each games)
Age Group	15+ years
Anticipated Club Entry	Dependant on numbers of club athletes attaining qualifying standards
Selection Criteria	<p>A & B standards will be set by coaches/committee officials two years in advance so that athletes are clear as to what they need to achieve to be selected for the team.</p> <p>There can only be two competitors in each event representing Orkney.</p> <p>Athletes must attend a minimum of two competitions by the end of May in year two so that a true representation of times or distances can be obtained.</p> <p>Tracking is carried out via results posted on the Power of Ten http://www.thepowerof10.info/</p>
Selection Group	Club Coaches
Selection Notification	<p>Athletes must reach or be close to the B standard in 2018 or risk being cut from the team.</p> <p>Team list will be published in local press.</p>
Other Information	<p>Athletes require to fundraise to pay for trip.</p> <p>For OAC athletes, club assistance has been available in the past, however, not guaranteed. All applications must be submitted to the OAC Committee for consideration.</p>

Additional training for U20 athletes who are identified as part of the Island Games Training Group will run in conjunction with the JIC Long Squad sessions

Athletes at the club who are U20 and show potential to achieve the qualifying standards will be asked to consider training for the games. Non OAC athletes who wish to be considered for selection should get in touch with club coaches so that they can be included in all communication.

Although athletes must be at least 15 years old to compete at the games, they will be competing against adults in all events and this means throwing full weight implements, not the weights per your age group.

POWER OF 10

The Power of 10, is British Athletics' database of competition results and athlete rankings and allows athletes to compare their performances against athletes from across the UK.

By achieving a certain performance level, you will be ranked in your event and age group, against all other performances.

This allows athletes, coaches and clubs to track improvements and can also act as a tool to motivate athletes and set performance goals.

All qualifying competition results are posted on the database, which for our athletes, means both home and away competitions.

Want to see how well you/your athlete is doing? Take a look at the Power of 10 [website](#)

FREQUENTLY ASKED QUESTIONS

My child has been selected for their first competition, but as they are still quite young, I'm unsure how they will cope with it all. What measures does the club take to help young athletes?

By the time athletes are selected for away competitions, we would hope that most of them will already have had experience of the format and rules of competitive events through participating in home competitions.

The club also consider very carefully the age range and distances required to travel for all away competition events and attempt, wherever possible, to ensure that all athletes (but particularly our younger ones) are away from home for as short a time as possible.

It should also be remembered that our club coaching team (many of whom are parents themselves) are experienced in taking young athletes away on competitions and aim to make the whole trip as enjoyable as possible. For the majority of our athletes – away competitions rank amongst the highlights of the club year.

For many athletes, one of the most beneficial ways to ensure they cope with the away competition experience is for them to have a parent/guardian travel with the team. Every away team requires a number of adult/parent helpers to accompany them and help with supervision and team support. It's a great way to support the club – and your athlete!

I've been told that my child needs to be a member of Scottish Athletics in order to compete at away competitions – is this correct?

For all away competitions which OAC enter teams (with the exception of the North of Scotland Primary Schools and Scottish Schools competitions) it is **essential** for athletes to be a member of Scottish Athletics (SA).

Please note that it is the **responsibility of the athlete/parent to apply for SA membership**. For more information and member benefits see the SA website page <http://www.scottishathletics.org.uk/membership/>

If my child is selected for an away competition, how much is it likely to cost?

Providing opportunities for competition, both home and away, is one of the key aims of the club, however, being an island community this adds significantly to the cost of travel. As a club we aim, wherever possible, to make the most cost efficient arrangements, however, we have a duty to ensure that these arrangements also adequately cover the safety of both the athletes and accompanying adults.

The cost of each away competition trip will vary depending on the numbers attending, location, time of year and if any sponsorship or funding agreement is in place.

We aim to notify parents of the cost of attending each competition, at least 4 weeks in advance of the relevant competition date.

If you/your athlete is unable to attend due to financial hardship, please get in touch with the Club Secretary (secretary@orkneyathleticclub.co.uk) as financial assistance may be available.

Many local [Community Councils](#) are willing to assist with travel costs and should be contacted directly.