



Competition Information

Central & South of Scotland Athletic League (C.S.S.A.L.)

Structure:

There are 3 Divisions in the CSSAL, DTFC compete in Division 1. There are normally 8 teams (as there are 8 lanes on a running track) in each division. There are 3 Divisions. The matches take place in outdoor venues throughout Scotland.

When?

During the summer outdoor season, there are 3 matches contested, with points awarded on a sliding scale for places.

Team/Athlete Selection: Two athletes per club take part in each event under 'A' string and 'B' string.

Team Managers decide on which athletes will represent the club and who will be 'A' or 'B' string.

Points:

An 'A' string athlete winning an event will get 16 points for the club, and a 'B' string athlete would get 12 points for winning an event. The club who has the most points at the end of each match will be awarded 8 points, second place 7 points etc.

After the three matches the club with most points wins the league. The two clubs finishing 7th and 8th in the league are relegated down a division with the top two clubs in lower division being promoted.

Points are also gained by the club by officials and parent helpers helping to officiate on the day of matches, which are added to the match day points.

Scottish Athletics Indoor League (S.A.I.L.)

Structure:

There are normally 3 matches and a final. The club is divided into age and gender. For example Under 15 Girls are a separate team from Under 17 Men. The Under 15 Girls can qualify for the final without any other age group or gender. The league is divided into Morning Session and an Afternoon Session.

When?

We compete in the Indoor league at the Emirates in Glasgow during the winter months.

Team/Athlete Selection:

An invitation fixture is sent out on Team App and the selection process is based on power of 10 rankings and times/distances. The team selection is made by the Team Manager.

There are 2 athletes per event – and 'A' and 'B' string athlete.

Points: The points system is the opposite from the CSSAL. Points are deducted from the team – if there is no athlete for the club in an event, 16 points are deducted. If the club athlete wins, zero points are deducted, second place would have one point deducted etc. The team with the least points deducted, will be awarded maximum match points for that day's match. The top 3 teams per age group and gender in the morning session and the top 3 teams in the afternoon then compete in a final. This is 6 teams in total as there are 6 lanes at the Emirates Arena. During that final match all clubs may enter up to 2 relays teams per age group and gender to contest the SAIL relays (4 x 200m).

Youth Development League (Y.D.L.)

Structure:

DTFC compete in the 2nd Division of the Scottish Lower YDL with the age groups Under 13s, Under 15s.

There are 3 matches and a final. The YDL has 3 divisions (regional), the top 2 clubs in each league contest the final.

These are the only 3 age groups in the league - with both male and female athletes competing.

When?

The YDL matches take place outdoors in the summer months. The venues are normally at outdoor facilities in the west of Scotland.

Team/Athlete Selection:

An invitation fixture is sent out on Team App and the selection process is based on power of 10 rankings and times/distances. The team selection is made by the Team Manager.

Like CSSAL, there are 2 athletes per event – and 'A' and 'B' string athlete.

Points:

An 'A' string athlete winning an event will get 16 points for the club, and a 'B' string athlete would get 12 points for winning an event. The club who has the most points at the end of each match will be awarded 8 points, second place 7 points etc. After the three matches the top 2 club with most points compete in a final.

Cross Country

Cross country events run from October to March. DTFC compete in the Cross country East District League. A fixture will be issued on Team App inviting a response. There is no restriction on the number of athletes that may compete for the club. Each athlete is awarded points based on where they are positioned and applied to the league.

There are a number of open graded cross country events throughout the winter which are self entry for all athletes.

Open Graded Events

Open Graded meetings are held throughout the year – outdoors during summer months and indoors during the winter months.

These are organised by Scottish Athletics (The National Open at the Emirates) and through various Athletics Clubs throughout Scotland. They are held at various venues and can be during the week or at weekends. These competitions are self entry and athletes should wear the DTFC vest.

District Competitions

The District competitions are held during the summer months and regionalised. The DTFC catchment area is the East District Championships. These Championships are generally held on a Friday evening and the following Saturday. Athletes must wear their club vest.

Medals are awarded

National Competitions

These are National and athletes from all over Scotland and athletes from other countries may compete. These Championships are held twice a year – indoor championships and outdoor championships. Athletes may enter on their own or on their coach's advice.

Entry for these is by the Scottish Athletics portal.

Medals are awarded

Relays

There are many relay competitions during both summer and winter seasons. During the summer there are relays during some of the CSSAL matches.

There are also National relay competitions for each age group and gender – these are held both indoor and outdoor.

There is also a SAIL relays competition which is held on the finals day of the SAIL League.

Selection for the relay teams is made by the Team Manager.

DTFC Club Championship

The Dunfermline Track and Field Club Championship runs throughout the athletics year from the Indoor season which usually starts in October to the end of the outdoor season in September the following year.

Points are gained from appearances in events , positions in the athletes disciplines in league matches and personal and seasonal bests



DTFC CLUB CHAMPIONSHIP SCORING STRUCTURE

Cross Country League or Championship	
20pts for competing plus	
1st	20
2nd	15
3rd	12
4th	8
5th	6
6th	4
7th	2
8th	1

Leagues YDL,FVL,CSSAL, SAIL		
A String	Place	B String
35	1st	25
30	2nd	20
25	3rd	15
20	4th	12
15	5th	8
10	6th	4
6	7th	2
4	8th	1

National Championships (including Combined Events)		
25pts for competing plus		
< U20	Place	Senior +
30	1st	50
25	2nd	40
20	3rd	30
16	4th	25
12	5th	20
8	6th	15
6	7th	10
4	8th	5

Personal Best pts	
< = U17	10
U20 +	25
Seasons best pts	
< = U17	5
U20 +	15
Open Graded T & F and X Country/schools	
10pts for entering + any PBs/SBs	
National Indoor Open	
15pts for entering + any PBs/SBs	

International Championships		
50pts for competing plus		
< U20	Place	Senior +
30	1st	50
25	2nd	40
20	3rd	30
16	4th	25
12	5th	20
8	6th	15
6	7th	10
4	8th	5

U12 SuperTEAMS	
20pts for competing plus	
1st	15
2nd	12
3rd	10
4th	8
5th	6
6th	4
7th	2
8th	1