



EVENT	AGE GROUP	FREQUENCY	COMMENTS
Youth Development League (YDL)	U13 & U15	3 meetings per year + Final	Invitation sent out via Team app. After all athletes confirmed 10 days before the event the teams are picked by the Team Manager and coaches .Teams announced via Team app
Forth Valley League (FVL)	U11 U13 U15	3 meetings per year + Presidents select match	Invitation sent out via Team app. After all athletes confirmed 10 days before the event the teams are picked by the Team Manager and coaches .Teams announced via Team app
Central & South Scotland Athletics League (CSSAL)	All age groups	3 meetings per year	Invitation sent out via Team app. After all athletes confirmed 10 days before the event the teams are picked by the Team Manager and coaches .Teams announced via Team app
Scottish Athletics Indoor League (SAIL)	All age groups	3 meetings per year over the winter held in the Emirates Glasgow + Final	Invitation sent out via Team app. After all athletes confirmed 10 days before the event the teams are picked by the Team Manager and coaches .Teams announced via Team app
National Relay Championships	U13-U20	1 indoor & 1 outdoor per year. Indoor at the Emirates Glasgow .	Invitation sent out via Team app. After all athletes confirmed 10 days before the event the teams are picked by the Team Manager and coaches .Teams announced via Team app
Superteams	U11-U13	1 indoor & 1 outdoor per year. Indoor at the Emirates Glasgow .	Invitation sent out via Team app. After all athletes confirmed 10 days before the event the teams are picked by the Team Manager and coaches .Teams announced via Team app
National Open	All age groups	1 indoor & 1 outdoor per year. Indoor at the Emirates Glasgow .	Self entry via the SA portal
National Combined events Championships	All age groups	1 indoor & 1 outdoor per year. Indoor at the Emirates Glasgow .	Self entry via the SA portal
National Championships	All age groups	1 indoor & 1 outdoor per year. Indoor at the Emirates Glasgow .	Self entry via the SA portal
Open Graded	All age groups	Various times throughout the year indoor and outdoor at various venues	Self entry via the event website