

| Date | Category | <p style="text-align: center;">*Age group</p> <p>Age groups for Autumn & winter are as follows. For Sportshall and road & Cross country school years 4,5 & 6 are U11, school years 7 & 8 are U13, school years 9 & 10 are U15 and school years 11 & 12 are U17. For indoor track & field, school years 6 & 7 are U13, school years 8 & 9 are U15 & school years 10 & 11 are U17. For schools cross country events, the Junior category is for school years 8 & 9, the Intermediate category is for school years 10 & 11 and the Senior category for school years 12 & 13. All school years wef the 1st September 2011. Confusing isn't it!</p> | Event | Explanation | Venue |
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| 24th September | Road & Cross Country | <p style="text-align: center;">U13/U15/U17</p> <p>*It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition.</p> | South of England road relay championships | Team event in which athletes compete in teams of 3 or 4 running on a road circuit around the arena. Each competitor runs each of the 3 legs individually. | Rushmore Arena, Aldershot |
| 1st October | Cross Country | <p style="text-align: center;">U13/U15/U17</p> <p>*It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition.</p> | South of England Cross country relay championships | Team event in which athletes compete in teams of 3 running on a cross country circuit around the arena. Each competitor runs each of the 3 legs individually. | Biggleswade, Bedfordshire. |
| 5th October | <p style="text-align: center;">Cross Country</p> <p>* A schools rather than club event, for information only. The club has no input or authority over selection which is determined by schools.</p> | <p style="text-align: center;">Junior & Intermediate</p> | 1st round English schools cross country county cup | Mass start cross country schools team event in which Hampshire schools compete against each other | TBC |
| 8th October | Cross Country | <p style="text-align: center;">U13/U15/U17</p> <p>*It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition.</p> | Cross Country Hampshire league | Mass start cross country event which is an individual and team event. Cumulative places of first 3 athletes provide team score. | Farley Mount, Winchester. |
| 16th October | Road & Cross Country | <p style="text-align: center;">U13/U15/U17</p> <p>*It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition.</p> | English national road relay championships | Team event in which athletes compete in teams of 3 running on a road circuit around the arena. Each competitor runs each of the 3 legs individually. | Sutton Park, Birmingham. |
| 16th October | Sportshall | <p style="text-align: center;">U11/U13/U15</p> <p>* It should be noted that the U11 & U13 categories are team events whereas the U15 category is an individual event.</p> | Hampshire sportshall league | Fun indoor team event for spinters, throwers & jumpers. | Fleming Park, Eastleigh. |
| 19th October | Sportshall | <p style="text-align: center;">U11/U13/U15/U17</p> | Sportshall Grand prix | Individual sportshall competition where young athletes compete in 6 events. | West Hill Park school, Titchfield. |
| 22nd & 23rd October | All | <p style="text-align: center;">U11/U13/U15/U17</p> | Southampton AC 25 hour charity track relay. | Charity event where athletes run around the Southampton track continously for 25 hours. | Southampton Sports Centre, Southampton. |
| 29th October | Road & Cross Country | <p style="text-align: center;">U11/U13/U15</p> | Junior great south run | Individual road race event for athletes aged between 9 & 15. | Portsmouth |
| 30th October | Cross Country | <p style="text-align: center;">U11/U13/U15/U17</p> | Cross Country Wessex League | Mass start cross country event supported by teams in Hampshire & dorset. | Avon Heath, Ringwood |
| 5th November | Cross Country | <p style="text-align: center;">U13/U15/U17</p> <p>*It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition.</p> | English national cross country relay championships | Team event in which athletes compete in teams of 3 running on a cross country circuit around the arena. Each competitor runs each of the 3 legs individually. | Berry Park, Mansfield. |

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| 12th November | Cross Country | U13/U15/U17 *It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition. | Cross Country Hampshire league | Mass start cross country event which is an individual and team event. Cumulative places of first 3 athletes provide team score. | Goodwood |
| 12th November | Cross Country * A schools rather than club event, for information only. The club has no input or authority over selection which is determined by schools. | Junior & Intermediate | South West & South East Regional finals English schools cross country county cup | Mass start cross country schools team event in which regionally qualified schools compete against each other | TBC |
| 20th November | Sportshall | U11/U13/U15 * It should be noted that the U11 & U13 categories are team events whereas the U15 category is an individual event. | Hampshire sportshall league | Fun indoor team event for spinters, throwers & jumpers. | Fleming Park, Eastleigh. |
| 26th November | Cross Country | U11/U13/U15/U17 | UKA McCain UK Cross country challenge | Mass start UKA cross country individual event. | Sefton Park, Liverpool. |
| 27th November | Cross Country | U11/U13/U15/U17 | Cross Country Wessex League | Mass start cross country event supported by teams in Hampshire & dorset. | Hudsons Field, Salisbury. |
| 29th November | Cross Country * A schools rather than club event, for information only. The club has no input or authority over selection which is determined by schools. | Junior & Intermediate | Hampshire schools athletics association inter schools cross country championships | Mass start individual event for children in Hampshire school years 7,8 & 9. | Down Grange, Basingstoke. |
| 3rd December | Cross Country | U13/U15/U17 *It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition. | Cross Country Hampshire league | Mass start cross country event which is an individual and team event. Cumulative places of first 3 athletes provide team score. | Popham Airfield, Popham. |
| 3rd December | Cross Country * A schools rather than club event, for information only. The club has no input or authority over selection which is determined by schools. | Junior & Intermediate | English schools cross country cup final. | Mass start cross country schools team event in which regionally qualified schools compete against each other | Princethorp college, Warwickshire. |
| 9th December | Cross Country * A schools rather than club event, for information only. The club has no input or authority over selection which is determined by schools. | Junior & Intermediate | Eastleigh & Winchester district cross country trials | Mass start individual event in which girls from the Eastleigh & Winchester district compete in their own year groups for their school in order to get into the district team. | Perins School Alresford. |
| 10th December | Cross Country | U13/U15/U17 *It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition. | South of England Inter counties championships | Mass start cross country event which is an individual and team event. Cumulative places of first 4 athletes provide team score. 8 athletes are selected for Hampshire and are generally selected from the first 8 hampshire qualified athletes home in the first of the hampshire league races. | Lloyd Park, Croydon. |

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| 14th December | Sportshall | U11/U13/U15/U17 | Sportshall Grand prix | Individual sportshall competition where young athletes compete in 6 events. | West Hill Park school, Titchfield. |
| 7th January | Cross Country | U13/U15/U17 *It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition. | Cross Country Hampshire championships | Mass start cross country event which is an individual and team event. Cumulative places of first 4 athletes provide team score. | TBC |
| 14th January | Cross Country | U13/U15/U17 *It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition. | Cross Country Hampshire league | Mass start cross country event which is an individual and team event. Cumulative places of first 3 athletes provide team score. | Kings Park, Bournemouth |
| 15th January | Sportshall | U11 | Regional Sportshall finals | Hampshire enter a team from individuals competing in the indoors Hampshire sportshall league. | Olympos Sports Centre, Burgess Hill |
| 15th January | Cross Country | U11/U13/U15/U17 | UKA McCain UK Cross country challenge | Mass start UKA cross country individual event. | Blackweir Fields, Cardiff. |
| 15th,21st & 22nd January (depending on event) | Indoor Track & Field | U15/U17 | South of England indoor track & field championships | Individual track & field championships covering indoor events only. | Lee Valley. |
| 21st January * A schools rather than club event, for information only. | Cross Country | Junior, Intermediate & Senior. | Hampshire schools cross country championships | Mass start individual county championships in which girls & boys compete in their own year groups for their school district. | TBC |
| 21st January | Cross Country | U11/U13/U15/U17 | UKA McCain UK Cross country challenge | Mass start UKA cross country individual event. | Antrim, Northern Ireland. |
| 22nd January | Cross Country | U11/U13/U15/U17 | Cross Country Wessex League | Mass start cross country event supported by teams in Hampshire & dorset. | Ham Hill, Nr Yeovil |
| 28th January | Cross Country | U13/U15/U17 *It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition. | South of England Cross Country championships | Mass start cross country event which is an individual and team event. Cumulative places of first 4 athletes provide team score. | Stanmer Park, Brighton. |
| 29th January | Sportshall | U11/U13/U15 * It should be noted that the U11 & U13 categories are team events whereas the U15 category is an individual event. | Hampshire sportshall league | Fun indoor team event for spinters, throwers & jumpers. | TBC |
| 4th February * A schools rather than club event, for information only. | Cross Country | Junior, Intermediate & Senior. | South East schools Inter-County cross country | Mass start individual cross country event in which girls compete for their county against other counties from the South East region. | Prospect Park, Reading. |
| 8th February | Sportshall | U11/U13/U15/U17 | Sportshall Grand prix | Individual sportshall competition where young athletes compete in 6 events. | West Hill Park school, Titchfield. |

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| 11th February | Cross Country | U13/U15/U17 *It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition. | Cross Country Hampshire league | Mass start cross country event which is an individual and team event. Cumulative places of first 3 athletes provide team score. | Hudsons Field, Salisbury. |
| 12th February | Sportshall | U13 | Regional Sportshall finals | Hampshire enter a team from individuals competing in the indoors Hampshire sportshall league. | Olympos Sports Centre, Burgess Hill |
| 25th February | Cross Country | U13/U15/U17 *It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition. | English national cross country championships | Mass start cross country event which is an individual and team event. Cumulative places of first 4 athletes provide team score. | Parliament Hill, London. |
| 26th February | Cross Country | U11/U13/U15/U17 | Cross Country Wessex League | Mass start cross country event supported by teams in Hampshire & Dorset. | Kings Park, Bouremouth |
| 25th & 26th February | Indoor Track & Field | U15/U17 | UK indoor championships | Individual track & field championships covering indoor events only. | NIA, Birmingham |
| 29th February * A schools rather than club event, for information only. | Cross Country | U13 & U14 | Hampshire schools U13/U14 cross country championships | Mass start individual cross country event in which girls & boys compete in their own year groups for their school district. | Alton rugby club |
| 10th March | Cross Country | U13/U15/U17 *It should be noted that U11 athletes in school year 6 can compete at U13 provided they are 11 years old on day of competition. | UK Inter-counties championships | Mass start cross country event which is an individual and team event. Cumulative places of first 4 athletes provide team score. 8 athletes are selected for Hampshire and are generally selected from the first 8 Hampshire qualified athletes home in the Hampshire championships. | Birmingham |
| 11th March | Sportshall | U11/U13/U15 | Hampshire sportshall championships | indoor county championships for spinters, throwers & jumpers. | Mountbatten Leisure Centre, Portsmouth. |
| 17th March *A schools rather than club event, for information only. | Cross Country | Junior, Intermediate & Senior. | English schools Cross country championships | Mass start cross country schools event which is an individual and team event. Cumulative places of first 4 athletes provide team score for county. 8 athletes are selected for Hampshire for year 8 & 9 girls only. | Ilton, Somerset. |

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| 24th March *A schools rather than club event, for information only. | Cross Country | Junior, Intermediate & Senior. | South East schools Inter-County championships | Mass start cross country schools event which is an individual and team event. Cumulative places of first 4 athletes provide team score for county. 8 athletes are selected for Hampshire for year 8 & 9 girls only. | Surrey |
| 25th March | Cross Country | U11 & U13 | B & Q Fun run Fun, open event. | Mass start cross country event for girls aged 12 and under. | Fleming Park, Eastleigh. |
| 28th March | Sportshall | U11/U13/U15/U17 | Sportshall Grand prix | Individual sportshall competition where young athletes compete in 6 events. | West Hill Park school, Titchfield. |