

**CAMBRIDGESHIRE A.A. 2024 COUNTY CHAMPIONSHIPS TIME TABLE (Provisional)**

May 11<sup>th</sup> 2024 at the University track, Wilberforce Road, Cambridge

<u>TRACK EVENTS</u>		<u>FIELD EVENTS</u>	
10.00	3/400mHurdles	10.00	Hammer All Male age-groups
10.25	100m heats or finals		Long Jump U15B
11.30	800m heats or finals		Triple Jump All Female age-groups
12.30	100m finals	10.45	Highjump U20M, SM, U17M
12.40	100m Wheelchair/FR		Hammer All Female age-groups
12.45	1k/3k walk		Long Jump U13G
	<i>LUNCH</i>	11.15	Pole Vault All eligible age groups
13.15	300m heats or finals		Triplejump All Male age-groups
	400m heats or finals	12.00	Highjump U17W , U20W, SW
13.55	70mH		Shot U13G U15G
	75mH		Longjump U13B
	80mH	12.45	Javelin SM, U20M , U17M
14.25	200m heats or finals		Discus U13G, U15G
15.30	1500m U13G, U13B U15G U15B		High Jump U13B U15B
16.00	800m finals		Long Jump SW, U20W, U17W
16.10	200m finals	13.45	Javelin U13B U15B
16.25	1500mU17/U20W U17/U20M SW SM		Discus U17W, U20W, SW
16.40	100mH, 110mH		Shot SM U20M U17M
16.55	3/400m finals		Long Jump U15G
		14.45	Javelin SW, U20W, U17W
			Discus U17M U20M SM
			Shot U13 B U15B
			High Jump U13G U15G
		16.00	Long Jump U17M, U20M, SM
			Discus U13B U15B
			Shot U17W U20W SW
			Javelin U13G, U15G

**Track timings may change slightly when the entries are known, depending on numbers entered in each event. Finals will be run at heat times where entry numbers do not justify heats. Field event time may change significantly depending on entry numbers. See website for more information [www.cambsathletics.org.uk](http://www.cambsathletics.org.uk)**

**Summary of T&F Championship events available**

Events	BU13	BU15	MU17	U20M	SM	GU13	GU15	WU17	WU20	SW
100m	+	+	+	+	+	+	+	+	+	+
200m	+	+	+	+	+	+	+	+	+	+
3/400m		+(300)	+	+	+		+(300)	+(300)	+	+
800	+	+	+	+	+	+	+	+	+	+
1500m	+	+	+	+	+	+	+	+	+	+
1 Mile (On July 17 <sup>th</sup> )		+	+	+	+			+	+	+
5000m (On June 19 <sup>th</sup> )					+					+
					+ (Plus male veterans)					
3000m (on May 22 <sup>nd</sup> )		+	+	+			+	+	+	+
Spr.Hdls	+	+	+	+	+	+	+	+	+	+
3/400 hdl			+	+	+			+(300)	+	+
1k/3k walk	1k*	1k	3k*	3k*	3k	1k*	1k	3k*	3k*	3k
High jump	+	+	+	+	+	+	+	+	+	+
Long jump	+	+	+	+	+	+	+	+	+	+
Triple jump		+	+	+	+		+	+	+	+
Pole vault		+	+	+	+		+	+	+	+
Shot	+	+	+	+	+	+	+	+	+	+
Discus	+	+	+	+	+	+	+	+	+	+
Javelin	+	+	+	+	+	+	+	+	+	+
Hammer		+	+	+	+		+	+	+	+

Note that the 5000m, 3000m, and Mile events will take place during Wednesday evening Open meetings.

Entries for events on May 22<sup>nd</sup>, June 19<sup>th</sup> and July 17<sup>th</sup> should be made using the online links to the Open meetings on those dates. U13's, U15's and U17's are limited to 3 events on any day, and under 20's to 4 events.

\* Medals for the walks will be based on a combined category for U13's and U15's and a combined category for U17's, U20's and Seniors in each gender.

To enter online for May 11<sup>th</sup>, please go to <https://data.opentrack.run/en-gb/x/2024/GBR/cambstf24/>. Entries cost £6.50 for the first event, and £5.50 for additional events. Note the guideline entry standards for this year. Entries close at Midnight on May 2<sup>nd</sup>.

Contact for queries [cambsaatandf@btinternet.com](mailto:cambsaatandf@btinternet.com)

#### Guideline entry standards for 2024 championships

The entry standards below are suggested as guidance for the the 2024 championships.

We have suggested the entry standards as guidance in order to make the program manageable with the number of officials and helpers we have available. If we get more volunteers then we can accept more entries.

Entries made in an event where your personal best is outside the standard will be accepted depending on the number of entries. In the very unlikely situation that an entry to an event is refused, the fee for that specific event will be refunded.

	U13G	U15G	U17W	U20/Sen Women	U13B	U15B	U17M	U20/Sen Men
<b>100</b>	16.5	15.0	15.0	14.8	16.0	15.0	13.5	12.5
<b>200</b>	35.0	32.0	31.0	30.0	32.0	29.0	26.0	25.0
<b>300</b>	-	55.0	50.0	-	-	53.0	-	-
<b>400</b>	-	-	-	65.0	-	-	60.0	60.0
<b>800</b>	3:15.0	2:55.0	2:45.0	2:50.0	3:00.0	2:50.0	2:30.0	2:30.0
<b>1500</b>	6:30.0	6:00.0	5:50.0	5:50.0	6:30.0	5:50.0	5:00.0	5:00.0
<b>300/400 Hdls</b>	-	-	65.0	75.0	-	-	70.0	70.0
<b>Sprint hdls</b>	17.0	17.0	16.0	20.0	17.0	18.0	20.0	20.0
<b>Polevault</b>	-	1.50	1.60	2.00	-	2.10	2.40	2.40
<b>Highjump</b>	1.10	1.25	1.35	1.40	1.10	1.30	1.50	1.60
<b>Longjump</b>	3.10	3.75	4.10	4.20	3.20	4.25	4.60	5.00
<b>Triplejump</b>	-	8.00	9.00	9.00	-	9.50	10.50	11.00
<b>Shot</b>	6.00	7.00	8.00	8.00	6.00	9.00	10.00	10.00
<b>Discus</b>	13.00	17.00	20.00	22.00	14.00	18.00	25.00	27.00
<b>Hammer</b>	-	18.00	25.00	22.00	-	20.0	25.00	28.00
<b>Javelin</b>	14.00	16.00	20.00	20.00	16.00	20.00	28.00	30.00

There is no inter-schools trophy competition this year, but schools athletes may enter either individually or via their school. Please do not enter longjump events "simply to try it" if you are not at the required standard.

Lowest permitted competition start heights for highjumps will be 10cm below the guideline entry standard.

**All entrants shall be deemed to have made him/herself familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the entrant is a citizen of, or resident in, the UK.**