

CAMBRIDGESHIRE A.A. 2026 COUNTY CHAMPIONSHIPS TIME TABLE (Provisional)

May 9th 2026 at the Cambridge University track, Wilberforce Road, Cambridge CB3 9DA

<u>TRACK EVENTS</u>		<u>FIELD EVENTS</u>	
10.00 3/400mHurdles 10.25 100m heats or finals* 11.30 800m heats or finals 12.30 100m finals 12.40 800m Wheelchair/FR <p style="text-align: center;"><i>LUNCH</i></p> 13.15 300m heats or finals 400m heats or finals 13.55 75mH 80mH 100mH U18W, U16M 14.25 200m heats or finals* 15.30 1500m U14G, U14B U16G U16B 16.00 800m finals 16.10 200m finals 16.25 1500mU18/U20W U18/U20M SW SM 16.40 100mH U20W,SW, 110mH 16.55 3/400m finals <i>* Inc Wheelchair/FR</i>	10.00 Hammer All Male age-groups Long Jump U16B Triple Jump All Female age-groups Highjump U20M, SM, U18M 10.45 Hammer All Female age-groups Long Jump U14G 11.15 Pole Vault All eligible age groups Triplejump All Male age-groups 12.00 Highjump U18W , U20W, SW Shot U14G U16G Longjump U14B 12.45 Javelin SM, U20M , U18M Discus U14G, U16G High Jump U14B U16B Long Jump SW, U20W, U18W 13.45 Javelin U14B U16B Discus U18W, U20W, SW Shot SM U20M U18M Long Jump U16G 14.45 Javelin SW, U20W, U18W Discus U18M U20M SM Shot U14 B U16B High Jump U14G U16G 16.00 Long Jump U18M, U20M, SM Discus U14B U16B Shot U18W U20W SW Javelin U14G, U16G		

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 times may change significantly depending on entry numbers. See website for more information www.cambsathletics.org.uk

Summary of T&F Championship events available

Events	BU14	BU16	MU18	U20M	SM	GU14	GU16	WU18	WU20	SW	WC/FR	
100m	+	+	+	+	+	+	+	+	+	+	+	
200m	+	+	+	+	+	+	+	+	+	+	+	
3/400m		+(300)	+	+	+		+(300)	+	+	+		
800	+	+	+	+	+	+	+	+	+	+	+	
1500m	+	+	+	+	+	+	+	+	+	+		
1 Mile (On July 15 th)		+	+	+	+		+	+	+	+		
5000m (On June 17 th)					+ (Plus male veterans)							
3000m (on May 20 th)		+	+	+			+	+	+	+		
Spr.Hdls	+	+	+	+	+	+	+	+	+	+		
3/400 hdl		+(300)	+	+	+		+(300)	+	+	+		
1k/3k walks**	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.

** the County walks and steeplechase championships will take place within the event at Bury St Edmunds on May 2nd (enter online)

Entries for events on May 20th June 17th and July 15th should be made using the online links to the Open meetings on those dates.

U14's, U16's and U18's are limited to 3 events on any day, and under 20's to 4 events.

* Medals for the walks will be based on U14's, U16's, U18's, U20's and Seniors in each gender.

To enter online for May 9th, please go to <https://meets.rosterathletics.com/public/competitions/details/about?id=28336>

Entries cost £7.50 for the first event, and £7.00 for additional events. Note the guideline entry standards for this year below.

Entries open on 3rd March and close at midday on 1st May 2026.

Late entries not accepted. Contact for queries cambsaatandf@btinternet.com

Guideline entry standards for 2026 championships

The entry standards below are suggested as guidance for the the 2026 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 may 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.

	U14G	U16G	U18W	U20/Sen Women	U14B	U16B	U18M	U20/Sen Men
100	16.0	15.0	14.8	14.5	15.0	14.0	12.8	12.0
200	33.0	31.5	31.0	30.0	31.0	28.5	26.0	25.0
300	-	55.0	-	-	-	52.0	-	-
400	-	-	50.0	65.0	-	-	60.0	60.0
800	3:05.0	2:50.0	2:40.0	2:50.0	2:55.0	2:40.0	2:30.0	2:30.0
1500	6:15.0	5:55.0	5:45.0	5:45.0	6:10.0	5:40.0	5:00.0	5:00.0
300/400 Hdls	-	65.0(300)	75.0	75.0	-	60.0	70.0	70.0
Sprint hdls	17.0	17.0	16.0	20.0	17.0	18.0	20.0	20.0
Polevault	1.50	1.50	1.60	2.00	1.50	2.10	2.40	2.40
Highjump	1.15	1.30	1.40	1.40	1.15	1.35	1.50	1.60
Longjump	3.25	3.85	4.10	4.20	3.40	4.40	4.70	5.00
Triplejump	-	8.00	9.00	9.00	-	9.50	10.50	11.00
Shot	7.00	7.50	8.00	8.00	7.00	8.50	10.00	10.00
Discus	15.00	18.00	20.00	22.00	15.00	18.00	25.00	27.00
Hammer	-	18.00	25.00	22.00	-	20.0	25.00	27.00
Javelin	15.00	17.00	20.00	20.00	17.00	20.00	28.00	27.00

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.