



CAMBRIDGESHIRE AA EVENING OPEN MEETINGS 2024

WEDNESDAY's May 22nd, JUNE 19th & JULY 17th

- **Including the Cambs AA 5000m, 3000m, and Mile Championships**
- **Photo-finish/Electronic timing on track events**
- **Including opportunities for ambulant and wheelchair disability athletes**
- **Online entry only up to midnight on the preceding Tuesday.**
- **No entries on the night.**

These are all Open events - everyone is welcome to enter - Athletes do not need to be Cambridgeshire eligible (except to qualify for Cambs championships medals), or to be members of a Cambridgeshire club.

The events will be as follows (times are approximate):

Wednesday May 22nd

- 18.45: 80m (Under 11's)
18.50: 100m all ages (not U11's), graded races
19.10 100m Wheelchair & frame runner
19.15: 800m U13's and U15's only (no U11's) graded races
19:30 150m (under 11's)
19.40: 200m all ages (not U11's), graded races
20.00: 3000m (Under 15's up to Sen, Inc. County Champs event for U15B&G, U17M&W, U20M&W, and SW)
- 19.00 Hammer (U15 – Senior) limited to 12 athletes max
19.00 Long-jump (Under 11's and under 13's) limited to 12 athletes max. 4 jumps each
20.00 Long jump (U15, U17, U20, Senior) limited to 12 athletes max – 4 to 6 jumps each depending on time/light
20.00 Shot (all ages (not U11's)). Limited to 12 athletes max - 4 to 6 throws each depending on time/light

Online entry at <https://data.opentrack.run/en-gb/x/2024/GBR/camopen1/> (from April onwards)

Wednesday June 19th

- 18.50: 80m (Under 11's)
19.00 800m all ages (no U11's)
19.25 100m all ages (not U11's), graded races
19.50 100m Wheelchair & frame runner
19.55 600m (under 11's)
20.10: 3/400m all ages (U15's and above)), graded races
20.25 5000m Open for U17 and above (including Cambridgeshire championships for SM, SW and 35+ M and W)
- 19.00 Longjump Under 11's
19.00 Discus (Under 15's and above) – limited to 12 athletes max
19.20: Triple-jump (7m board only) Limited to 8 athletes, 4 to 6 jumps depending on time
20.10: Shot (all ages), – Limited to 12 athletes max
20.15 Triplejump (9m board only) Limited to 8 athletes, 4 to 6 jumps depending on time

Online entry at <https://data.opentrack.run/en-gb/x/2024/GBR/camopen2/> (from mid may onwards)

Wednesday July 17th

- 18.45: 80m (under 11's)
19.00: **100m (all ages – not U11's) Graded races**
19.20: 100m wheelchair and frame runners
19.30: 150m (Under 11's)
19.40: 800m all ages (not U11's), graded races
20.00: 800m Wheelchair athletes
20.10: 200m (All ages (not U11's), graded races
20.30: The Cambridgeshire Open Miles, U13- senior (Inc. Cambs County championship for Under 15's to Seniors),

19.00: Javelin (all ages) Limited to 15 athletes max

19.00: Shot put (Under 11's)

19.20: Long-jump (Under 13's up to Seniors) - Limited to 15 athletes max, 4 to 6 jumps depending on time/light

Online entry at <https://data.opentrack.run/en-gb/x/2024/GBR/camopen3/> (from early June onwards)

ALL Entries are online in 2024 – No entries on the day. Entries for each date close at mid-day on the previous day (Tuesdays)

Age groups are based on age on 31st August 2024

Under 11's may only compete in the events designated for under 11's and must be aged at least 9 before 31st August 2024

Field events for distance will get 4 to 6 trials depending on time/light (under 11's get 3 trials), .

General Open events – all dates - Entry fee £5.00 for one event. £7.50 for two events. £10.00 for three events.
(all age groups)

- **Entry is now only online and no entries will be accepted on the night**
- **Entries close at mid-day on Tuesdays**
- Collect your numbers on the night from about 18.00.
- Field events which start at 19.00 will commence warm-up at 18.45.

The 5000m, 3000m and Mile are Open events, but also include the Cambs AA Championships. Cambs Championship entries will have a £1.00 surcharge to align with the main championship fees.

- Open events for any athlete in the appropriate age-groups
- Cambridgeshire 3000m championships for U15B, U17M, U20M, U15G, U17W, U20W and Sen Women
- Cambridgeshire 5000m championships for senior and vet men and Senior women (U20 Men's and U20 Women's entries in Open category only)
- Cambridgeshire Mile championships for Under 15's, Under 17's, Under 20's and Seniors.
- **Club, County or National vests must be worn by those athletes contesting the County Championship.**
- **Medals for the first three Cambridgeshire championships athlete finishers in each age-group Veteran men will count as Seniors except for the 5000m where there is one overall veteran men's category.**

All entrants shall be deemed to have made him/herself familiar with, and to have 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.

The St Ives track is at the One Leisure St Ives Outdoor Centre in California Road St Ives (PE27 6SJ). From the South or North, the track is reached by continuing on the A14 west-wards from the end of the M11, turning off the A14 just past Fenstanton, onto the A1096 (B1040) toward St Ives. Follow the road which skirts St Ives, avoiding any turns signed to the town centre. At the first and 2nd roundabouts, go straight ahead, bear left at the 3rd, and stay to the left on the 4th and 5th (which are close together). You are then on the A1123 (St Audreys Lane) heading out of St Ives, towards Huntingdon. At the major traffic lights (cross roads) go straight ahead. After about 300m there is a set of pedestrian lights, and then after another 300m there is a set of traffic lights with a right turn into a housing estate. This turn is signed St Ivo outdoor centre. Take the right turn, and follow the road for ca 400m, when you will see the centre signed to the left in California Road. The centre is ca 300m at the end of California Road. The track is accessed through the centre. If travelling on the A1123 from Huntingdon, turn left at the first set of traffic lights as you enter St Ives. Centre Tel No - 01480 388555.

Data protection – Only name, competition age-group, club and performance will be used in any published results on the Cambs AA website or released to Power of 10.