

CAMBRIDGESHIRE ATHLETIC ASSOCIATION

AFFILIATED TO THE SOUTH OF ENGLAND ATHLETIC ASSOCIATION

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| | PRESIDENT: | K. J. C. FLINT | | |
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Dear Club/School,

This year Cambridgeshire AA will be holding 2 Sportshall Athletics Championships and County Team Selection Competitions on the following dates:

- Saturday 23 November 2024 at Bushfield Leisure Centre, Peterborough PE2 5RQ from 12.30 pm to 15.30 pm
- Saturday 7 December 2024 at The Cambridge University Indoor Sports Centre, CB3 0AS, from 12.30 pm until 15.30 pm

You are invited to submit teams – you can submit more than one team in any age-group if you have sufficient athletes. Athletes will be charged a £4.00 competition fee at the matches.

The competitions involve 3 age groups, Under 11's, Under 13's and Under 15's using age as on 31st August 2024 (ie last summer's T&F age-groups).

County teams of Under 11's, Under 13's and Under 15's will be selected from the results of the fixtures, for a Regional event on Saturday 1 February 2025 at The University Sportspark Norwich.

The competitions are as follows:

Under 11's – teams of up to 6 boys or 6 girls (You can include additional athletes into the team if you have spares, but no mixed gender teams please).

All U11s will take part in a 1 Lap and 2 Lap individual race.

Each team member will chose 3 field events and may do 2 relays. There are six field events grouped as jumps (3), agility (3) and throws (2). Competitors may not compete in more than one event from any group.

Relay events are: Circuit (Obstacle) Relay (4 runners), 4 x 1 Lap Relay, 6 Lap Paarlauf, 1+1 Lap Relay, Group A, Jumps - Standing Long-jump, Standing Triple Jump, Vertical Jump. Group B, Agility - Balance Test, High Stepper and Speed Bounce. Group C, Throws – Chest Push, Target Throw and Javelin Throw

Under 13's – teams of up to 12 boys or 12 girls. No mixed teams. Athletes may do a maximum of 3 individual events plus 2 relays. Events are 2 Lap Race, 4 Lap Race, 6 Lap Race, Shot, Standing Long Jump, Standing Triple Jump, Vertical Jump, Speed Bounce, Paarlauf Relay (2 athletes), 4 x 1 Lap, 4 x 2 Lap Relay, Circuit Relay (4).

Non-scorers are permitted in all events subject to the limit of 3 individual events per athlete. "B" teams can be entered.

Under 15's – teams of up to 6 athletes – the highest scoring 4 individuals are scored together with the relays to give the team score. Each athlete must do 3 individual events, one from each group, and may do only one relay. Teams must not have more than 3 athletes in any single event.

Group A – 2 Lap Race or 4 Lap Race, Group B – Shot or Speed Bounce, Group C – Standing Long Jump and either Standing Triple Jump (Boys) or Vertical Jump (Girls).

Non-scorers are permitted in all events subject to the 3 individual event limit per athlete.

It would be appreciated if all clubs and schools could initially confirm their interest, and in which age-groups, by e-mail to Louise Richardson lourathletics10@gmail.com

You will then be contacted with further details of timetables and match paperwork