

CAMBRIDGESHIRE A.A. 2025 COUNTY CHAMPIONSHIPS TIME TABLE (Provisional)

May 10th 2025 at the Embankment Stadium, Peterborough, Bishop's Rd, Peterborough PE1 5BW

<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 70mH 75mH 80mH 14.25 200m heats or finals 15.30 1500m U13G, U13B U15G U15B 16.00 800m finals 16.10 200m finals 16.25 1500mU17/U20W U17/U20M SW SM 16.40 100mH, 110mH 16.55 3/400m finals	10.00 Hammer All Male age-groups Long Jump U15B Triple Jump All Female age-groups Highjump U20M, SM, U17M 10.45 Hammer All Female age-groups Long Jump U13G 11.15 Pole Vault All eligible age groups Triplejump All Male age-groups 12.00 Highjump U17W , U20W, SW Shot U13G U15G Longjump U13B 12.45 Javelin SM, U20M , U17M Discus U13G, U15G High Jump U13B U15B Long Jump SW, U20W, U17W 13.45 Javelin U13B U15B Discus U17W, U20W, SW Shot SM U20M U17M 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

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 16 th)		+	+	+	+		+	+	+	+
5000m (On June 18 th)					+ (Plus male veterans)					
3000m (on May 21st)		+	+	+			+	+	+	+
Spr.Hdls	+	+	+	+	+	+	+	+	+	+
3/400 hdls			+	+	+			+(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 at Bury St Edmunds in early May (details tbc)

Entries for events on May 21st, June 18th and July 16th 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'and U15's and a combined category for U17's, U20's and Seniors in each gender.

To enter online for May 10th, please go to <https://data.opentrack.run/en-gb/x/2025/GBR/cambstf/>. Entries cost £6.50 for the first event, and £6.00 for additional events. Note the guideline entry standards for this year.

Entries open on 3rd March and close on 1st May 2025. Late entries will not be accepted.

Guideline entry standards for 2025 championships

The entry standards below are suggested as guidance for the the 2025 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.

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