

CAMBRIDGESHIRE ATHLETIC ASSOCIATION

AFFILIATED TO THE SOUTH OF ENGLAND ATHLETIC ASSOCIATION

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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 22 November 2025 at Bushfield Leisure Centre, Peterborough PE2 5RQ from 12.30 pm to 15.30 pm
- Saturday 6 December 2025 at One Leisure St Ives Indoor Sports Centre Westwood Road, St Ives, PE27 6WU, from 12.30 pm until 16.30 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 31 August 2025 (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 the Sportshall Regional Final which is taking place on Sunday 1 February 2026 at University of Norwich Sportspark, Norwich NR4 7TJ

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). **Athletes must be in Year 5 or 6 at school.**

Each team member will choose 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 (2 runners).

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

(Depending on numbers, all U11s will also take part in a 1 Lap individual race)

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). **All runners have to do a field event and a running event.**

Non-scorers are permitted in all events subject to the limit of 3 individual events per athlete. "B" teams can be entered. **Athletes must be in Year 7 or 8 at school.**

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. **Athletes must be in Year 9 or 10 at school.**

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