



SUSSEX AA TRACK & FIELD CHAMPIONSHIPS 12th and 13th MAY 2018 at K2, Crawley

PLEASE READ CAREFULLY BEFORE COMPLETING FORM

COUNTY QUALIFICATION

All entrants must have Sussex County qualification through: Birth or Residence
Residence requires nine months continuous residence in the County prior to the date of competition

AGE GROUPS

| | | |
|---|-------------------------|----------------------------|
| Ages as at 31st August/1st September 2018 | Boys/Men U13, U15 & U17 | Girls/Women U13, U15 & U17 |
| | Senior Men 19+ | Senior Women 19+ |
| Ages as at 31st December 2018 | Men U20 | Women U20 |

Note: For the Championships the Under 13 age group requires competitors to have reached their 11th birthday, but not their 13th birthday by 31st August/1st September 2018.

ELECTRONIC TIMING & PHOTO FINISH

Electronic Timing and Photo Finish will be in use at the Championships this year.

UNDER 13 AGE GROUP

This year the Under 13 age group will have their own Championships on 30th June 2018. However, to accommodate Under 13s the County are holding a Minithon Competition for which County medals will be awarded. The Minithon will consist of 3 events, a choice of a Run (150m or 800m) a Jump (Long or High) & a Throw (Shot or Discus) and will be based on a points scoring system, the three athletes with the highest points total will be awarded County medals. Entries from Under 13s will not be accepted for individual events. **Entry is at a cost of £10.00 per athlete.**

RELAYS

4x100m Championships will be held within these May Championships for Under 15s, Under 17s, & Under 20/Seniors. Under 13s 4x100m will be held within their own Championships on 30th June. Entries should be made by a Club officer (£8.00 per team).

T-SHIRTS and SWEATSHIRTS

A Limited Edition high quality 100% Cotton T-Shirt commemorating the 2017 Championships is available for £10.00. A similar quality Sweatshirt is also available at £17.00. You are encouraged to order these on your entry form, for collection at the Championships, as a limited number, will be available on sale in May. A money back guarantee is offered if you are not fully satisfied with the design.

PROVISIONAL TIMETABLE

The provisional timetable is to assist you in planning your entries. The actual timing, but not the day, may be changed dependent upon entries. Copies of the Final Timetable will be sent to all competitors a week before the Championships. You are strongly advised to check with the Final Timetable for the actual time of your event.

ENTRY PROCEDURES

Please enter online at www.sussexathletics.net If you have any enquiries regarding entries, please contact; Kate Matthews (matthews2000@live.co.uk)

ENTRY FEES - £5.50 per event

You are encouraged to submit your entries early to assist the Championship organization - please note entries close Midnight on Sunday 29rd April 2018 - NO LATE ENTRIES WILL BE ACCEPTED

Under 13 Minithon Entry fee £10.00 per athlete.

Relay entries should be made by a Club officer at £8.00 per team.

LIMITATION OF EVENTS

Entrants shall compete in one age group throughout the Championships, apart from the Relays where Under 20 & Seniors compete as one team. Male and Female athletes in the Under 15 & Under 17 age groups may compete in a maximum of 3 individual events in one day.

PERSONAL BEST PERFORMANCES

Enter your Best Performance from the past year in the events entered to assist seeding, grading and announcing of races.

ACKNOWLEDGEMENT OF ENTRY

A week before the Championships you will receive a copy of the Final Timetable, Competitors' instructions and an Entry Pass. If email supplied acknowledgement of your entry will be sent prior to this Final Timetable mailing.

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PROVISIONAL TIMETABLE – subject to change based on entries received

| WOMEN | Under 13 Girls Minithon | Under 15 Girls | Under 17 Women | Under 20 Women | Senior Women |
|--------------|------------------------------------|----------------------------|----------------------------|----------------------------|-------------------------|
| 100m | | Sat H 14:30 Sat F 16:00 | Sat H 14:30 Sat F 16:00 | Sat H 14:30 Sat F 16:00 | Sat F 16:00 |
| 150m | Sat 15:35 | | | | |
| 200m | | Sun H 12:00 Sun F 14:45 | Sun H 12:00 Sun F 14:45 | Sun H 12:00 Sun F 14:45 | Sun F 14:45 |
| 300m | | Sat H 12:00 Sat F 14:00 | Sat H 12:00 Sat F 14:00 | | |
| 400m | | | | Sat H 12:10 Sat F 14:00 | Sat F 14:00 |
| 800m | Sat 15:50 | Sun F 16:15 | Sun F 13:15 | Sun F 13:15 | Sun F 13:15 |
| 1500m | | Sat F 16:25 | Sat F 15:05 | Sat F 15:10 | Sat F 15:10 |
| 3000m | | | Sun F 15:30 | Sun F 15:30 | Sun F 15:30 |
| 75m Hurdles | | Sat H 11:40 Sat F 12:50 | | | |
| 80m Hurdles | | | Sat H 11:50 Sat F 13:00 | | |
| 100m Hurdles | | | | Sat F 13:10 | Sat F 13:10 |
| 300m Hurdles | | | Sun F 11:00 | | |
| 400m Hurdles | | | | Sun F 11:15 | Sun F 11:15 |
| High Jump | Sat 13:00 | Sat 14:00 | Sat 15:30 | Sat 15:30 | Sat 15:30 |
| Pole Vault | | Sun 11:00 | Sun 11:00 | Sun 11:00 | Sun 11:00 |
| Long Jump | Sat 13:00 | Sun 15:30 | Sun 14:00 | Sun 16:30 | Sun 16:30 |
| Triple Jump | | Sat 12:00 | Sat 12:00 | Sat 12:00 | Sat 12:00 |
| Shot | Sat 14:30 | Sat 13:30 | Sat 13:30 | Sun 16:30 | Sun 16:30 |
| Discus | Sat 14:30 | Sat 16:30 | Sat 16:30 | Sun 13:30 | Sun 13:30 |
| Javelin | | Sun 15:00 | Sun 15:00 | Sat 15:30 | Sat 14:00 |
| Hammer | | Sun 12:15 | Sun 12:15 | Sun 11:00 | Sun 11:00 |
| 4x100m Relay | | Sun F 17:00 | Sun F 17:00 | | Sun F 17:00 |

| MEN | Under 13 Boys Minithon | Under 15 Boys | Under 17 Men | Under 20 Men | Senior Men |
|--------------|---------------------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| 100m | | Sun H 14:25 Sun F 15:50 | Sun H 14:25 Sun F 15:50 | Sun H 14:25 Sun F 15:50 | Sun H 14:25 Sun F 15:50 |
| 150m | Sun 14:10 | | | | |
| 200m | | Sat H 13:05 Sat F 14:40 | Sat H 13:05 Sat F 14:40 | Sat H 13:05 Sat F 14:40 | Sat H 13:05 Sat F 14:40 |
| 300m | | Sun H 11:40 Sun F 13:35 | | | |
| 400m | | | Sun H 11:40 Sun F 13:35 | Sun H 11:40 Sun F 13:35 | Sun H 11:40 Sun F 13:35 |
| 800m | Sun 13:55 | Sat F 14:25 | Sat H 11:30 Sat F 14:10 | Sat H 12:30 Sat F 16:00 | Sat H 12:30 Sat F 16:00 |
| 1500m | | Sun F 15:10 | Sun F 16:35 | Sun F 16:35 | Sun F 16:35 |
| 5000m | | | | Sat F 12:15 | Sat F 12:15 |
| 80m Hurdles | | Sun F 12:25 | | | |
| 100m Hurdles | | | Sun F 12:35 | | |
| 110m Hurdles | | | | Sun F 12:45 | Sun F 12:45 |
| 400m Hurdles | | | Sat F 11:00 | Sat F 11:10 | Sat F 11:10 |
| High Jump | Sun 12:30 | Sun 16:00 | Sun 13:30 | Sun 13:30 | Sun 13:30 |
| Pole Vault | | Sun 11:00 | Sat 11:00 | Sat 11:00 | Sat 11:00 |
| Long Jump | Sun 12:30 | Sat 14:30 | Sat 15:30 | Sat 16:30 | Sat 16:30 |
| Triple Jump | | Sat 11:00 | Sat 11:00 | Sun 11:00 | Sun 11:00 |
| Shot | Sun 15:30 | Sat 11:00 | Sat 13:00 | Sun 13:30 | Sun 13:30 |
| Discus | Sun 15:30 | Sat 13:30 | Sat 13:30 | Sun 16:30 | Sun 16:30 |
| Javelin | | Sun 16:00 | Sun 16:00 | Sat 14:00 | Sat 14:00 |

| | | | | | |
|--------------|--|-------------|-------------|-----------|-------------|
| Hammer | | Sun 12:15 | Sat 12:00 | Sat 12:00 | Sat 12:00 |
| 4x100m Relay | | Sat F 16:40 | Sat F 16:40 | | Sat F 16:40 |

H = Heats F = Final All Field Events are Finals