

**CAMBRIDGESHIRE OPEN EVENING DEVELOPMENT MEETINGS 2011**  
**WEDNESDAY MAY 25<sup>th</sup>, WEDNESDAY JUNE 8<sup>th</sup>, & WEDNESDAY JULY 20<sup>th</sup>**  
**AT THE ONE LEISURE ST IVES OUTDOOR CENTRE, ST IVES (CAMBS)**



**Including the Cambs AA 3000m, Steeplechase, and Mile Championships**  
**Photo-finish/Electronic timing on track events**  
**Including events for disabled athletes**

The events are intended to give athletes from clubs and schools additional competition opportunities.  
This year there are open 3000m, Mile and steeplechase events which also include the Cambs AA Championships.

**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 25<sup>th</sup>**

19.00: 4/300m (Under 15's up to Seniors),  
19.10: 100m all ages, graded races  
19.40: 800m (Wheelchair Athletes T33/34 and T52-54)  
19.45: 800m all ages, graded races (including races for Ambulant athletes T11-T13, T36-T37, T46)  
20.20: 200m all ages, graded races  
20.40: 3000m (Under 15's up to Seniors, inc. Cambs County Championship events)

19.00: Hammer (Under 15's up to Seniors)  
19.30: Pole-vault (Bar starts at 2.10m)  
20.10: Long-jump (Under 13's up to Seniors)

Under 11 events – 19.00: Longjump. 19.35: 80m, 20.15: 200m

**Wednesday June 8<sup>th</sup>**

19.05: 1.5k Steeplechase U17M and 2k Steeplechase U20M (Inc. Cambs County Championship events)  
19.25: 100m **Round 1** (Ambulant athletes T13, T35-T38, T42, T44, T46 – 2 rounds)  
19.30: 100m **Round 1** (All ages, graded races – 2 rounds).  
19.50: 800m all ages, graded races  
20.15: 100m **Round 2** (Ambulant athletes)  
20.25: 100m **Round 2** (All ages, graded races).  
20.45: 1500m all ages, graded races (including Ambulant athletes)

19.00: Discus (Under 13 to Senior, including Ambulant athletes)  
19.00: Long-jump (Under 13's up to Seniors including sighted Ambulant athletes)  
20.10 Shot (Under 13's up to Seniors including Ambulant athletes)

Under 11's events – 19.00: 80m, 19.30: Javelin Ball throw, 20.10: 600m

**Wednesday July 20<sup>th</sup>**

19.05: Males Open 3k Steeplechase (Inc. Senior Mens Cambs County Championship event)  
19.20: 100m (All ages, graded races)  
19.40: 100m ((Ambulant athletes T13, T35-T38, T42, T44, T46)  
19.45: 100m (Wheelchair Athletes)  
19.55: The Cambridgeshire Open Mile, all ages (Inc. Cambs county championship for Under 17's up to Seniors),  
20.20: 200m (All ages, graded races)  
20.40: 200m (Wheelchair Athletes)  
20.45: 200m (Ambulant athletes T13, T35-T38, T42, T44, T46)  
20.50: Sen/U20 womens Open 2k Steeplechase (Inc. Cambs County Championship event)

19.00: Javelin (Under 13's up to Seniors)  
19.00: Long-jump (Under 13's up to Seniors including sighted Ambulant athletes)  
20.10: Triple-jump (Under 15 up to Senior).

Under 11's events – 19.00: 80m, 19.40: 150m, 20.10: Turbo Javelin,

In track events where specified all Ambulant classified athletes will compete together, but separate from the main open events. Similarly all wheelchair athletes will compete together.

Wheelchair and Ambulant disabled athletes are welcome to compete in the events specified. Ambulant sighted athletes are also welcome to enter any other of the open graded events should they wish.

Field events for distance will get 5 or 6 trials (under 11's get 3 trials)

In field events all athletes compete in the same "pool" including the Ambulant classified athletes. The entry numbers will be restricted accordingly, so advance postal application is strongly advised for field events.

#### **General Open events – all dates - Entry fee £2.00 per event.**

- Advance entry by post is encouraged if possible, but entries will be accepted on the evening.
- Athletes entering Wheelchair or Ambulant disabled events are requested to enter in advance in order to aid event scheduling
- Register/Collect your numbers on the night from about 18.15.
- Field events which start at 19.00 will commence warm-up at 18.40.

**Note – all Open track event entries will close 15 minutes before the scheduled event times for seeding**

#### **The 3000m (May 25<sup>th</sup>), and Steeplechases (June 8<sup>th</sup>/July 20<sup>th</sup>) – Open events, but also including the Cambs AA Championships. Open entry fee £2.00, Cambs AA Championship entry fee £3.00.**

- Open events for any athlete in the appropriate age-groups (Under 15's up to Seniors Male and Female)
- Cambridgeshire 3000m championships for U15B, U17M, U20M, U15G, U17W, U20/SenW
- Steeplechase events for Sen Men (3k), U20M (2k), U17M (1.5k) and for U20/SenW Women (2k)
- **Cambridgeshire Championship entries must be received at least 1 week in advance by prepaid postal entry (£3.00)**
- **Club, County or National vests must be worn by those athletes contesting the County Championship.**

#### **The Cambridgeshire Mile (July 20<sup>th</sup>): Open Entry fee £2.00. Cambs AA Championship entry fee £3.00.**

Who can run sub-4min?

- Open to all Under 15's, Under 17's, Under 20's and Seniors, including non-Cambridgeshire athletes.
- Under 17's, Under 20's and Senior athletes with Cambridgeshire eligibility will be competing for the County Championship (medals to first 3 in each age-group)
- **Cambridgeshire Championship entries must be received at least 1 week in advance by prepaid postal entry (£3.00)**
- **Club, County or National vests must be worn by those athletes contesting the County Championship.**
- Cambridgeshire Under 15's may elect to compete as Under 17's for the Mile championship

The St Ives track is at the One leisure St Ives Outdoor Centre in California Road St Ives. 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.



CAMBRIDGESHIRE SUMMER ATHLETICS DEVELOPMENT MEETINGS 2011

ENTRY FORM

DATE OF MEETING ENTERED .....

(Please Use a separate form for each meeting please)

SURNAME .....FIRSTNAME(S) .....

HOME ADDRESS.....

TELEPHONE ..... e-mail .....

DATE OF BIRTH .....AGE GROUP.....

DISABILITY CLASSIFICATION (if appropriate).....

CLUB and/or SCHOOL .....

EVENTS ENTERED (1)..... (2)..... (3).....

PERSONAL BESTS / TARGETS (1)..... (2)..... (3).....

(Personal bests will be used for seeding races where appropriate, and should be for 2010/11)

If entering the Mile - my current best 1500m time in 2010/11 is.....

If entering the 3000m, S/C's or mile, - I am/am not Cambridgeshire County eligible (delete as appropriate)  
- Eligible by Birth/Residence/Forces (delete two if claiming eligibility)

FEE PAID (£2.00 per Open event entry, £3.00 for Cambs AA Championship entries)

(Cambs AA championship events are the 3000m, the steeplechases and the Mile)

Payment of this fee should be by Cheque or Postal order payable to **Cambridgeshire AA Development Group.**

(Cash will be ok if registering on the night)

**If confirmation or directions are required, an e-mail address or a SAE must be provided.**

This form, when completed, should be sent to : N S Moss, 18 Hunts Road, Duxford, Cambs. CB22 4RE  
Tel 01223 833470

If you want more information please e-mail noelmoss@btinternet.com

**Open event entries will be accepted on the day, but advance entry by post is helpful. Entry numbers in the field events will have to be limited, so advance postal application is advised. Postal entries for Open events should be received by Monday May 23rd, Monday June 5th, and Monday July 18<sup>th</sup> respectively.**

**Note - Cambridgeshire Championship entries, for 3000m, Steeplechases or the Mile, must be by prepaid postal entry at least 1 week in advance (£3.00). Championship entries will not be accepted on the day. Cambs athletes can still enter the Open event on the day (but will not be eligible for Cambs AA medals)**

Additional copies of this form are available from the Cambs AA website at <http://www.cambsathletics.org.uk>