



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 at midnight on Monday 29th 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