



CAMBRIDGESHIRE OPEN EVENING DEVELOPMENT MEETINGS 2009

WEDNESDAY MAY 27th, WEDNESDAY JUNE 10th, & WEDNESDAY JULY 22nd
AT THE ST IVO OUTDOOR LEISURE CENTRE, ST IVES

Incorporating BMC Regional races (800m and 1500m) on June 10th Photofinish/Electronic timing on track events

Cambridgeshire AA will again stage their series of evening Development meetings during summer 2009.

The events are intended to give athletes from clubs and schools additional competition opportunities.

The first two meetings are deliberately before the final National Schools qualification date, and are an opportunity to have another attempt to get the qualifying standard. All races will be graded (except hurdles).

These are Open events - everyone is welcome to enter - Athletes do not have to be Cambridgeshire eligible, or members of a Cambridgeshire club. The St Ives track has been selected as the venue because of its centralised access from most areas. The events will be as follows (times are approximate):

Wednesday May 27th – 19.00: Sprint hurdles (U13's, U15's, U17's), 19.20: 100m (all ages, graded races) 19.50: 800m (All ages, graded races), 20.30: 200m (all ages, graded races), 20.50: 3000m (Under 15's up to Seniors), 19.00: Hammer (Under 15's up to Seniors), 20.15: Shot (Under 13's up to Seniors), 19.30: Longjump (Under 13's up to Seniors)
Under 11 events – 19.00: Longjump, 19.45: 80m, 20.25: 150m

Wednesday June 10th – 19.00/20.10: 100m (All ages, graded races) 2 rounds, 19.25:4/300m (Under 15's up to Seniors), **19.45: BMC Regional 800m Races and open races M + F all ages, 20.30 BMC 1500m races and open races all ages**, 19.00: Discus (Under 13 to Senior), 19.45 Triplejump (Under 15's up to Seniors), 20.15 Shot (Under 13's up to Seniors)
Under 11's events – 19.00: Turbo Javelin, 19.20: 80m, 19.40:300m

Wednesday July 22nd – 19.00: Sprint Hurdles (Under 13's up to U17's), 19.30: 100m (All ages, graded races), 20.05: The Cambridgeshire mile all ages (county championship event for Under 17's up to Seniors), 20.25 200m (All ages, graded races), 20.45 4 x 100 relay club challenge *. 19.00: Javelin (Under 13's up to Seniors), 19.30: Polevault (the bar will start at 2.10m), 20.00: Longjump (Under 13's up to Seniors). Under 11's events – 19.00: Longjump, 19.25: 150m, 19.55: 600m

Field events for distance will get 5 or 6 trials and entries will be restricted accordingly.

Entry numbers in the field events will have to be limited, so advance postal application is strongly advised.

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.
- 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.
- * 4 x 100m club challenge –. Must be 2 under 15's (1 Male/1 Fem) and 2 U17 plus (1 Male/1 Fem) - no entry fee.

The Cambridgeshire Mile: Entry fee £2.00. 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 Under 15's may elect to compete as Under 17's for the championship

BMC Regional races June 10th – 800m and 1500m – all ages Male and Female – Entry fee £4.00 per event

- To be in the BMC races you must pre-register in advance by 6th June at www.britishmilersclub.com
- Collect your numbers and pay your entry fee on the night by 19.15.
- Additional entries will be accepted on the night, but you may not get into one of the paced races.
- We intend that there will be pacemakers for at least the two fastest 800m races and two fastest 1500m races.

The St Ives track is at the St Ivo 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 2009

ENTRY FORM

DATE OF MEETING ENTERED

(Use a separate form for each meeting please)

SURNAMEFIRSTNAME(S)

HOME ADDRESS.....

.....

TELEPHONE e-mail

DATE OF BIRTHAGE GROUP.....

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 2008/9

If entering the mile, - I am/am not Cambridgeshire County eligible (delete as appropriate)
- Eligible by Birth/Residence/Forces (delete two if claiming eligibility)
- my current best 1500m time in 2008/9 is.....

FEE PAID (£2.00 per event, or £4.00 for BMC race entries).....
(higher fee for BMC races to help offset the cost of providing pacemakers)

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 championships@cambsaa.org.uk

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 should be received by Monday May 25th, Monday June 8th, and Monday July 20th respectively.

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

Please remember that for BMC Regional races, you should pre-register at www.britishmilersclub.com. If you wish to send in a prepaid entry, or don't have internet access, complete the above form and send it in, together with the fee of £4.00 per BMC event, to the above address and I will register your entry onto the BMC entry website. (In this case please also quote your realistic target time for the race as well as your recent PB).

