

CORNWALL COUNTY TRACK & FIELD CHAMPIONSHIPS

(INCORPORATING THE CSAA COMBINED EVENTS)

CARN BREA SATURDAY 12 MAY 2018

Ages as at midnight on 31st August 2018 except under 20 who must be 19 or under on 31st December 2018.

EVENTS

Under 11 Girls and Boys Years 4 & 5 Must be 9 Before 01/09/17	75m 150m 600m Long Jump
UNDER 13 GIRLS (Years 6 & 7) (must be 11 or 12 on 31/08/16)	100m, 200m, 800m, 1500m, 70mHurdles, High Jump, Pole Vault , Long Jump, Shot, Discus, Javelin, 4 x 100m Relay.
UNDER 15 GIRLS (Years 8 & 9)	100m, 200m, 300m, 800m, 1500m, 3000m, 75mHurdles, High Jump, Pole Vault Long Jump, Triple Jump, Shot, Discus, Hammer, Javelin, 4 x 100m Relay.
UNDER 17 WOMEN (Years 10 & 11)	100m, 200m, 300m, 800m, 1500m, 3000m, 80mHurdles, 300mHurdles 1500m S/Chase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot, Discus, Hammer, Javelin, 4 x 100m Relay, 4 x 300m Relay
SENIOR WOMEN (Includes U20 & Veteran Women *)	100m, 200m, 400m, 800m, 1500m, 100mHurdles, 400m Hurdles, 2000m S/Chase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot, Discus, Hammer, Javelin, 4 x 100m Relay, 4 x 400m Relay
UNDER 13 BOYS (Years 6 & 7) (must be 11 BEFORE 01/09/17)	100m, 200m, 800m, 1500m, 75mHurdles, High Jump, Pole Vault, Long Jump, Shot, Discus, Javelin, 4 x 100m Relay.
UNDER 15 BOYS (Years 8 & 9)	100m, 200m, 300m, 800m, 1500m, 3000m, 80mHurdles, 1500m S/Chase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot, Discus, Hammer, Javelin, 4 x 100m Relay, 4 x 300m Relay
UNDER 17 MEN (Years 10 & 11)	100m, 200m, 400m, 800m, 1500m, 3000m, 100mHurdles, 400m Hurdles 1500m S/Chase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot, Discus, Hammer, Javelin, 4 x 100m Relay, 4 x 400m Relay
UNDER 20 MEN (specific events)	110mHurdles, 2000m S/Chase , Shot, Discus, Hammer
SENIOR MEN (Includes U20 & Veteran Men *)	100m, 200m, 400m, 800m, 1500m, 110mHurdles, 400m Hurdles 3000m S/Chase, High Jump, Pole Vault, Long Jump, Triple Jump, Shot, Discus, Hammer, Javelin, 4 x 100m Relay, 4 x 400m Relay

* Under 20 & Veterans will be awarded a first place only for all events. A Senior medal will be awarded to veterans if throwing Senior weights and for hurdles (veterans may use the lower weights in throws for veteran medals, hurdle specifications can only apply where the race can be included alongside the veterans using senior specification relevant to their age group). ***See Rule 9***

ENTRY FEES (See Also Rule 6 for additional fees where members of an unaffiliated clubs to CCAA)

SENIORS & VETERANS	£6.00 per event (max £18 total if more than 3 events)
ALL OTHERS	£4.00 per event (max £12 for Under 20 - max 4 events £7.50 under 11s for 3 events)
RELAYS	No Charge (enter teams at the start of the day)

CHEQUES MADE PAYABLE TO: Cornwall County Athletic Association (or CCAA)

CLOSING DATE: WEDNESDAY 2nd MAY 2018 (see rule 2)

Entries to:-

Championship Secretary, Chris Jeffery Parc Slade Wheal Kitty St Agnes TR5 0RJ
Email: chrisparcslade@btinternet.com
Tel 01872552450

Email entries only accepted if on the correct excel form as an attachment and [the entry fee is received within 3 days](#)

PLEASE READ THE FOLLOWING RULES CAREFULLY

RULES APPERTAINING TO THE COUNTY SCHOOLS COMBINED EVENTS WHICH AFFECT THE FOLLOWING CCAA CHAMPIONSHIP RULES:

- 1 Entries for the Combined Events are via the County Schools Association as information previously sent out
- 2 CCAA Rules 2 & 3 apply to both **but note that schools WILL NOT accept entries after their closing date.**
- 3 CCAA Rule 4 will not apply to Combined Events. The numbers of events is determined by standard format of Pentathlon (5 events), Heptathlon (seven) etc but as described in the CSAA information on reduced events for Inter and Senior competition.

Athletes wishing to enter events not included in the standard format such as 400m Hurdles etc, will be allowed providing the overall numbers of events is not exceeded [ie Heptathlon (7) / Octathlon (8) / Decathlon (10)] but any additional events are to be entered via the CCAA system & fees paid for each event. Athletes may enter the CCAA Championship for events within the Combined Events (ie Hurdles, High Jump, Long Jump, etc) but must pay the normal fee to CCAA

- 4 CCAA Rule 5 applies

- 5 CCAA Rule 6 – Athletes competing for a Cornwall School but are born / live in Devon DO NOT obtain Cornish eligibility for these Championships

EXTRA INFORMATION

- 1 The order of events will be determined by CCAA for Championship entries. This may mean that the required times between combined events cannot be achieved and in some cases, may clash. Where possible this will be avoided but cannot be guaranteed. The 800m CCAA Championship races will be early in the programme. An additional 800m will be included at the end of the day for the Combined Events but CCAA Rule 5 still applies and U13 / U15 athletes cannot do both. The CSAA will use Championship times for the C-E points if run at the earlier time

- 2 Field Events:

For Distance - Athletes entered for the CCAA Championships will be allowed all 6 trials (where applicable) but only the best of the first three trials will be used for the C-E scoring. All others not entered in the Championships will only be allowed three trials.

For High Jump where C-E Rules require the bar to be raised by 3cm increments, UKA Rules will apply and will be at the judges discretion (generally the bar will raise in 5cm increments in the early rounds with 3 or 2 cms for the competition leaders)

- 3 Separate scoring and results will apply for each competition

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- 1 Entries **MUST** be sent on the attached spreadsheet (as an attachment if emailed) – see also Rule 9
- 2 UNDER NO CIRCUMSTANCES WILL ENTRIES BE TAKEN ON THE DAY OR SUBSTITUTES ALLOWED.
- 3 Late Entries **may** be accepted at the discretion of the Championship Secretary but not if this affects races already scheduled as straight finals & numbers will exceed available lanes / safety in distance races or if field events age groups have been combined & numbers would be excessive. **Absolutely NO ENTRIES ON THE DAY**
- 4 Except for Seniors/U20, competitors can only compete in three individual events plus a relay (Rule 107)
 - Under 20's may compete in up to 5 events (relays are counted as an event)
- 5 Under 13 & Under 15's may not compete in both 800m & 1500/3000m on the same day or compete in U17 300/400m Hurdles, (plus U13's may not compete in 300/400m, 3000m, & Triple Jump [Rule 107])
- 6 ALL COMPETITORS MUST HAVE CORNWALL ELIGIBILITY either by Birth, 9 months continuous residence or Forces. (Rule 9/2). You may not compete (unless accepted as a 'guest') if already representing another County or competed in another County Championships in 2018, including Cross Country, (except for schools competitions) (Rule 9/5). You retain your County eligibility after moving from the County until you compete for another County or their Championships (Rule 9/3)
- 7 Athletes must compete for their first named club except where this club is not affiliated to the County when they can compete for their second claim club (Rule 9/8). **Athletes with clubs not affiliated to CCAA (or not with a club) must pay an extra £2 per event.** (Affiliated clubs can be found on the County website at <http://www.cornwallathletics.org/>) This does not apply to school entries. **All athletes, U13 upwards, (except schools) MUST be affiliated to England Athletics for the current year (EA fees are due 1 April 2017). Your EA Registration Number (URN) MUST be included with your entry form, whether by email or post.**
- 8 Athletes must compete in the team colours they are representing except for individual events, where County, Regional, Territorial or National vests may be worn (Rule 17 /2 & 3).
- 9 Schools & clubs may make multiple entries but ALL DETAILS including dates of Birth & home addresses **MUST BE INCLUDED.** This is important for future County team selection/contact & registration (an address c/o.. is not acceptable). Schools not able to comply with this must contact parents to get agreement
- 10 A medal will be awarded to the winner only in each event, including Under 20 & Veteran athletes, second & third will receive a certificate (except U20 & Veterans). Medals will also only be awarded to the winning relay team, others will receive certificates.

There are further Championship events planned:

1mile Par Track Saturday 25 August (See Newquay & Par Jumps, Sprints & 1 Mile graded events at newparac.co.uk)
3,000m for U20 & Seniors at Carn Brea Track Thursday 23 August at 19.00 (see DAN Summer Run Series for details on the County website)

5,000m Par Track Wednesday 23 May at 19.00 (see DAN Summer Run Series for details on the County website)

10,000m Carn Brea Track Thursday 26 July at 19.00 (see DAN Summer Run Series for details on the County website)

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SENIORS & VETERANS	£6.00 per event (max £18 total if more than 3 events)
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