

**SUFFOLK COUNTY ATHLETIC ASSOCIATION**  
**TRACK and FIELD CHAMPIONSHIPS, 2010**  
 (Under UKA Rules)

The following Championships of the Association will be held at the  
**Northgate Sports Centre, Ipswich**  
 (all-weather – maximum 6mm spikes)

on

**Sunday, 9<sup>th</sup> May 2010.**

**Events**

<b>SM</b>	100m	200m	400m	800m	1500m	3k	110mH	400mH	2000mSC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
<b>JM</b>	100m	200m	400m	800m	1500m	3k	110mH	400mH	2000mSC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
<b>U17M</b>	100m	200m	400m	800m	1500m	3k	100mH	400mH	1500mSC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
<b>U15B</b>	100m	200m	400m	800m	1500m		80mH	-	-	1k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
<b>U13B</b>	100m	200m	-	800m	1500m		75mH	-	-	1k Walk	HJ	LJ	-	-	DT	-	JT	SP
<b>SW</b>	100m	200m	400m	800m	1500m	3k	100mH	400mH	1500mSC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
<b>JW</b>	100m	200m	400m	800m	1500m	3k	100mH	400mH	1500mSC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
<b>U17W</b>	100m	200m	300m	800m	1500m	3k	80mH	300mH	1500m SC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
<b>U15G</b>	100m	200m	300m	800m	1500m	-	75mH	-	-	1k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
<b>U13G</b>	100m	200m	-	800m	1500m	-	70mH	-	-	1k Walk	HJ	LJ	-	-	DT	-	JT	SP

**Age Groups**

Senior Men/Women – must be at least 20 years of age on 31/12/2010, born on or before 31/12/90

Under 20 Men/Women – must have reached their 17<sup>th</sup> birthday by midnight 31/8/2010 – 1/9/2010 but NOT their 20<sup>th</sup> birthday by midnight 31/12/2010, born on or between 1/1/91 and 31/8/93.

Under 17 Men/Women – must have reached their 15<sup>th</sup> birthday by midnight 31/8/2010 – 1/9/2010 but NOT their 17<sup>th</sup> birthday by midnight 31/8/2010 – 1/9/2010, born on or between 1/9/93 and 31/8/95.

Under 15 Boys/Girls – must have reached their 13<sup>th</sup> birthday by midnight 31/8/2010 – 1/9/2010 but NOT their 15<sup>th</sup> birthday by midnight 31/8/2010 – 1/9/2010, born on or between 1/9/95 and 31/8/97.

Under 13 Boys/Girls – must have reached their 11<sup>th</sup> birthday by midnight 31/8/2010 – 1/9/2010 but NOT their 13<sup>th</sup> birthday by midnight 31/8/2010 – 1/9/2010, born on or between 1/9/97 and 31/8/99.

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**Suffolk County - 5k Championships:** Date to be arranged

Entries on the night