

CONDITIONS of ENTRY

1. Entries must be made on the official entry form and returned with the appropriate entry fee which is as shown:-
1 Event - £5.00 2 Events - £8.50 3 Events - £12.00 4 Events - £16.00
Each additional event over 4 - £4.00

Please note that as under 13 and under 15 age group competitors may only compete in either the 800m or 1500m on the day, entry into both in advance, will attract the fee for a single event.

To: Hon. Championship Secretary
Mr. A.J. Cheatham
13 Longfield Road
Capel St. Mary
Ipswich, Suffolk. IP9 2UA

Tele. No: 01473 311290

2. Entries not accompanied by the correct entry fee, will **NOT** be accepted.
STAMPS MUST NOT BE USED AS ENTRY FEE.
3. Closing date for entries is **Friday, 23rd April 2010**. No entries will be accepted after this date.
4. **No acknowledgement and/or timetable will be sent unless a stamped addressed envelope is enclosed. The timetable will be published on the County website from 1st May**
5. For entry to these championships, you must hold a **SUFFOLK QUALIFICATION**.
A County qualification may be acquired as follows:
- a) By Birth
 - b) Nine month's continuous bonafide residence in this County immediately prior to the date of competition.
6. **U13's, U15's and U17's may not compete in more than THREE (3) events on the day.**
Under 20's (Juniors) may not compete in more than FIVE (5) events on the day
ATHLETES UNDER 15 will **NOT** be allowed to compete in both the 800m and 1500m on the day.
7. **UNDER NO CIRCUMSTANCES WILL ENTRIES OR SUBSTITUTES BE ACCEPTED.**
8. The committee reserves the right to cancel any event at its discretion.
9. **Holders of the trophies in respect of these Championships should return them at least 7 days prior to the championships.**