

CHESHIRE COUNTY ATHLETIC ASSOCIATION
COUNTY TRACK RELAY CHAMPIONSHIPS (and INVITATION)

at Cumberland Athletics Track, Crewe
on **SATURDAY, 3rd JULY 2010, Start at 1100**
(under UKA Rules for Competition)

Order of Events :

11.00
4x100m Under 11 Girls Non Championship
4x100m Under 11 Boys Non Championship
4x100m Under 13 Girls
4x100m Under 13 Boys
4x100m Under 15 Girls
4x100m Under 15 Boys
4x100m Under 17 Ladies
4x100m Under 17 Men
4x100m Men
4x100m Ladies
4x100m Veteran Men (V35+)
4x100m Veteran Ladies (V35+)
3x800m Under 17 Ladies
3x800m Under 17 Men
3x800m Ladies
3x800m Men
4x100m Finals (as required, in age group sequence of heats)

INTERVAL

14.00 approx
3x600m Under 11 Girls Non Championship
3x600m Under 11 Boys Non Championship
3x800m Under 13 Girls
3x800m Under 13 Boys
3x800m Under 15 Girls
3x800m Under 15 Boys
Under 15 Boys Medley Relay (2x100m, 1x200m, 1x600m)
Under 15 Girls Medley Relay (2x100m, 1x200m, 1x600m)
Under 17 Men Medley Relay (2x100m, 1x200m, 1x600m)
Under 17 Ladies Medley Relay (2x100m, 1x200m, 1x600m)
Ladies Medley Relay (2x200m, 1x400m, 1x800m)
Men's Medley relay (2x200m, 1x400m, 1x800m)

NOTE : U15 athletes can only run one event of 600 metres or over on the same day
All age groups as at 31/08/10 except Vets (Male & Female): 35 on day. Under 11s : min. age 9 on day.

Entry Fee : £5.00 per team entered (cheques payable to Cheshire County AA)

NOTE : Competitors can compete only in one age group.

Club vests **MUST** be worn (same colour/design -please note comments in Rule Book)

COUNTY QUALIFICATION: These Relays are open to affiliated athletic clubs. All athletes in teams representing these Clubs must have the Cheshire County qualification (birth or at least 9 months continuous residence).

Invitations are extended to clubs who previously took part in the Cheshire Relays (pre 1974/1992), to enter teams. Teams containing non-Cheshire qualified athletes can be entered as guest teams but will not qualify for County awards.

AWARDS: County Championships: Medals: Up to 4 entries: First team only, 5 and 6 entries: First 2 teams, 7 or more entries: First 3 teams

Guest Teams will receive an award if they win an event.

Entries to : Carolyn Newton, C/O IFTA, 17c Church Street, Frodsham, Cheshire, WA6 6PN
Tel: 01928 732 228 email: george@teamathletics.net

- using enclosed form

ENTRIES CLOSE : Tuesday 22nd June (Definitely!!)