

SUFFOLK COUNTY ATHLETIC ASSOCIATION
TRACK and FIELD CHAMPIONSHIPS, 2019
 (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, 12th May 2019.

Events

SM	100m	200m	400m	800m	1500m	5k	110mH	400mH	2000mSC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
JM	100m	200m	400m	800m	1500m	5k	110mH	400mH	2000mSC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
U17M	100m	200m	400m	800m	1500m	3k	100mH	400mH	1500mSC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
U15B	100m	200m	300m	800m	1500m		80mH	-	-	1k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
U13B	100m	200m	-	800m	1500m		75mH	-	-	1k Walk	HJ	LJ	-	-	DT	HT	JT	SP
SW	100m	200m	400m	800m	1500m	5k	100mH	400mH	1500mSC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
JW	100m	200m	400m	800m	1500m	5k	100mH	400mH	1500mSC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
U17W	100m	200m	300m	800m	1500m	3k	80mH	300mH	1500m SC	3k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
U15G	100m	200m	300m	800m	1500m	-	75mH	-	-	1k Walk	HJ	LJ	TJ	PV	DT	HT	JT	SP
U13G	100m	200m	-	800m	1500m	-	70mH	-	-	1k Walk	HJ	LJ	-	-	DT	HT	JT	SP

Age Groups

Senior Men/Women – must be at least 20 years of age on 31/12/2019 born on or before 31/12/1999

Under 20 Men/Women – must have reached their 17th birthday by midnight 31/8/2019 – 1/9/2019 but NOT their 20th birthday by midnight 31/12/2019, born on or between 1/1/2000 and 31/8/2002.

Under 17 Men/Women – must have reached their 15th birthday by midnight 31/8/2019 – 1/9/2019 but NOT their 17th birthday by midnight 31/8/2019 – 1/9/2019, born on or between 1/9/2002 and 31/8/2004.

Under 15 Boys/Girls – must have reached their 13th birthday by midnight 31/8/2019 – 1/9/2019 but NOT their 15th birthday by midnight 31/8/2019 – 1/9/2019, born on or between 1/9/2004 and 31/8/2006.

Under 13 Boys/Girls – must have reached their 11th birthday by midnight 31/8/2019 – 1/9/2019 but NOT their 13th birthday by midnight 31/8/2019 – 1/9/2019, born on or between 1/9/2006 and 31/8/2008.

Suffolk County - 5k Championships: Being held on 12th May within the main Championships – No entries on the day