

Ipswich Centre Championships

Late Nominations will not be received

DAY ONE				
Under 6 Shot 70m 100m	Under 7 Shot 70m 100m	Under 8 L J 500m 70m	Under 9 Discus 70m 200m 700m Walk	Under 10 L J 70m 200m 1100m Walk
Under 11 800m Shot 100m 1100m Walk	Under 12 1500m L J 100m Discus 200m	Under 13 1500m Javelin L J 200m	Under 14 Javelin 800m T J 200m	Under 15/16/17 800m Javelin T J 200m
DAY TWO				
Under 6 Discus 80m 60m Hurdles	Under 7 Discus 80m 60m Hurdles	Under 8 Shot 100m 60m Hurdles	Under 9 L J 800m Shot 60m Hurdles	Under 10 800m Discus HJ 60m Hurdles
Under 11 400m TJ HJ 80m Hurdles	Under 12 Javelin 400m T J 80m Hurdles	Under 13 Shot 800m 100m T J 200m Hurdles	Under 14 1500m H J 100m Discus 200m Hurdles	Under 15/16/17 1500m H J 100m Discus 300m Hurdles
DAY THREE				
Under 6 L J 50m	Under 7 L J 200m	Under 8 Discus 80m 200m	Under 9 400m 100m H J	Under 10 400m 100m Shot
Under 11 1500m Javelin Discus 200m LJ	Under 12 800m H J Shot 1500m Walk	Under 13 H J 400m Discus 80m Hurdles 1500m Walk	Under 14 Shot 400m L J 80/90m Hurdles 1500m Walk	Under 15/16/17 Shot 400m L J 90/110m Hurdles 1500m Walk

Nominations are required via Results HQ. One nomination per athlete covers all three (3) days. **LATE NOMINATIONS WILL NOT BE RECEIVED.** See calendar of events for closing date.

The Centre Championships are open to all registered athletes who have competed at no less than (4) four Ipswich centre competition nights / days prior to the Centre Championships and have competed in the programmed events at least once at a centre competition during the season. **A rained out event is not considered as a participated event.**

An athlete may compete in any event not already competed in during the season to gain an achievement level for that event; however, Centre Best Performances are only recognised if the athlete is eligible for championship points.

The U6 Best Performance for each event held at the Championships will be recorded each season.

Athletes will be seeded in lanes and heats according to the best performance gained from centre competitions throughout the season.

In field events (except High Jump) three trials only are held. Heats only will be run for track events.

Places are awarded from times recorded in the heats. Points are allocated for **U7-U17 girls and boys** for all track and field events, as follows: 9,7,6,5,4,3,2,1.

At the conclusion of the championships the athlete with the most points in each of these age groups is the Age Champion.

1st, 2nd, and 3rd place ribbons will be awarded for each event final to girls and boys U7 to U17. One "participation" ribbon only will be awarded to each athlete who participates in the championships. All trophies and ribbons will be awarded on presentation day.

Should an event have to be rerun for any reason the rerun shall take place on the same day. Athletes shall be given reasonable time to recover. The only exemption to this rule will be a walk event. Whilst the walks are the last track events programmed a cancelled walk event shall be rerun on a date as announced.

To enable lane draws and heats for the championships registration and fee must be submitted via Results HQ by the closing date. **Late Nominations will not be accepted.** A nomination form is not required.