



## **SUSSEX AA UNDER 13 & UNDER 11 QUADKIDS CHAMPIONSHIPS** *with the Wheelchair Races Open*

**SUNDAY 7<sup>TH</sup> JULY 2019 at WITHDEAN STADIUM, BRIGHTON**

***PLEASE READ CAREFULLY BEFORE ENTERING***

### **COUNTY QUALIFICATION**

All entrants must have Sussex County qualification through: Birth or Residence  
Residence requires nine months continuous residence in the County prior to the date of competition

### **WAIVER OF COUNTY QUALIFICATION**

Sussex County qualification may be waived in the case of athletes who are in term time residence at a School or College in Sussex. Such athletes may be regarded as "County Champions" but may not represent the County.

### **AGE GROUPS**

Competitors who are aged 11 and **under 13** on 31<sup>st</sup> August 2019 i.e. School Years 6 and 7 only.

Quadkids - Shall be confined to Competitors who are **aged 9 or over on the date** of the competition and under 11 on 31<sup>st</sup> August 2019. **If your child was born on or after 8<sup>th</sup> July 2010 they are too young to compete this year.**

### **LIMITATION OF EVENTS**

Athletes may compete in a **maximum of three individual events** in one day of an athletics meeting plus a relay but are not permitted to compete in more than one event between 600m and 1500m inclusive on the same day.

### **PERSONAL BEST PERFORMANCES**

Enter your Best Performance from the past year in the events entered to assist seeding, grading and announcing of races.

### **QUADKIDS COMPETITION**

There will be separate competitions for boys and girls and each will comprise four events - 75m, 600m, standing long jump and Vortex howler throw. **Athletes are expected to compete in all events.** Competition will be based on a points scoring system and the three athletes with the highest points total will be awarded County medals. There will be certificates for all competitors. For more information on the QuadKids competition visit the website: [www.quadkids.org](http://www.quadkids.org)

### **VESTS**

Club vests should be worn and failure to do so may result in disqualification.

### **MEDALS**

County medals will be awarded to the first three in each event.

### **ELECTRONIC TIMING & PHOTO FINISH**

Electronic Timing and Photo Finish will be in use this year.

### **RELAYS**

Relays will be held for the Under 13s at this championships. Entries should be made by a Club officer (£9.00 per

team). Please enter these online or by emailing [matthews2000@live.co.uk](mailto:matthews2000@live.co.uk)

## **WHEELCHAIR RACES**

This is an Open event where athletes compete in either 100m or 800m.

## **REGISTRATION**

The registration table, where you need to report on arrival, will be located off the walkway at the back of the covered stand next to the announcers' room, marked PA hut on the layout plan. You will need to register at least one hour before your event. Numbers will be collected from the registration table.

## **T-SHIRTS, HOODIES and SWEATSHIRTS**

A limited number of commemorative t-shirts (£10), sweatshirts (£20) and hoodies (£22) will be sale on the day. These can be purchased at the registration table with either cash or cheque.

## **PROVISIONAL TIMETABLE**

The provisional timetable (below) is to assist you in planning your entries. The actual timing may be changed dependent upon entries. Copies of the Final Timetable will be sent to all competitors a week before. You are strongly advised to check with the Final Timetable for the actual time of your event.

## **PARKING ON THE DAY**

The Withdean Stadium is located at Tongdean Lane, Brighton, BN1 5JD, which is off the London Road (A23). Parking on the day will be in the overflow car park at the East end of the track. This car park is by the old entrance to the track off Tongdean Lane and is just on the left if you access the stadium via the bridge from the A23. Access to the track will be via gate 5 which is a short walk from the overflow car park up a slope to the park and ride car park. Any person with limited mobility or a disability can park in the park and ride car park.

## **ENTRY PROCEDURES**

Please enter online at <https://entries.opentrack.run/2019/saau13quad/>

If you have any enquiries regarding entries, please contact; Kate Matthews ([matthews2000@live.co.uk](mailto:matthews2000@live.co.uk))

**ENTRY FEES** - £5.50 per event    Quadkids £7

**Entries close at 11.59pm on June 24<sup>th</sup>, 2019 - NO LATE ENTRIES WILL BE ACCEPTED**

## **ACKNOWLEDGEMENT OF ENTRY**

A week before the Championships you will receive a copy of the Final Timetable.

*Follow Sussex Athletics on Twitter and Facebook @SussexAA*

## TIMETABLE

### Track Events

Event 1	11.00	100m Heats	U13 Girls
2	11.20	100m Heats	U13 Boys
3	11.35	1500m Final	U13 Girls
4	11.45	1500m Heats	U13 Boys
5	12.00	75m Hurdles Heats	U13 Boys
6	12.10	70m Hurdles Heats	U13 Girls
7	12.20	100m Final	U13 Girls
8	12.30	100m Final	U13 Boys
9	12.55	75m	QuadKids Boys
10	13.15	75m	QuadKids Girls
11	13.35	200m Heats	U13 Girls
12	13.50	200m Heats	U13 Boys
13	14.15	75m Hurdles Final	U13 Boys
14	14.30	70m Hurdles Final	U13 Girls
15	14.40	200m Final	U13 Girls
16	14.55	200m Final	U13 Boys
17	15:00	100m Final	Wheelchair Race
18	15.10	600m	QuadKids Boys
19	15.25	600m	QuadKids Girls
20	15.45	800m Final	U13 Girls
21	15.55	800m Final	U13 Boys
22	16.05	800m Final	Wheelchair Race
23	16.30	4x100m Relay Final	U13 Girls
24	16.40	4x100m Relay Final	U13 Boys

### Field Events

Event 1	11.00	Discus	U13 Girls
2	11.00	Discus	U13 Boys
3	11.30	High Jump	U13 Boys
4	12.00	Shot	U13 Boys
5	12.00	Long Jump	QuadKids Girls
6	12.00	Howler	QuadKids Boys
7	13.00	Long Jump	U13 Boys
8	13.00	Shot	U13 Girls
9	14.00	Howler	QuadKids Girls
10	14.00	St Long Jump	QuadKids Boys
11	14.00	High Jump	U13 Girls
12	15.00	Long Jump	U13 Girls
13	15.00	Javelin	U13 Girls
14	15.30	Javelin	U13 Boys

**16.45 Presentation of Awards for Quadkids**

