

# Eastern Athletic Association Track & Field Championships

**Saturday 30<sup>th</sup> May 2026**

**Cambridge University Track**

Wilberforce Road Sports Ground, Wilberforce Road.CB3 0EQ

## Under UK Athletic Rules [ NEW AGE GROUP CHANGES APPLY ]

**Entries:** Entries are taken online only. Please enter online at <https://www.race-results.co.uk>

Your Registration Number is required on the Entry Form as England Athletics Registration Fee needs to be paid.

**Numbers** must not be mutilated or reduced in size.

**Vests:** under UK Athletics Rule 17 (3) athletes must wear the vest of their first claim Club, or their County, Regional or National vest. Athletes wearing any other vest will be liable to disqualification.

**Awards:** Medals will be awarded to athletes in 1st, 2nd and 3rd positions in all events.

Provisional time for first events - 10.00am.

## Events

Senior Men	U20 Men	U18 Men	Senior Women	U/20 Women
100m	100m	100m	100m	100m
200m	200m	200m	200m	200m
400m	400m	400m	400m	400m
800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m
3000m	3000m	3000m	3000m	3000m
110m Hurdles	110m Hurdles	110m Hurdles	100m Hurdles	100m Hurdles
400m Hurdles	400m Hurdles	400m Hurdles	400m Hurdles	400m Hurdles
Shot [7.26kg]	Shot[6kg]	Shot [5kg]	Shot [4kg]	Shot[4kg]
Discus[2kg]	Discus[1.75kg]	Discus[1.5kg]	Discus[1kg]	Discus [1kg]
Javelin[800g]	Javelin[800g]	Javelin[700g]	Javelin[600g]	Javelin[[600g]
Hammer[7.26kg]	Hammer [6kg]	Hammer[5kg]	Hammer[[4kg]	Hammer[4kg]
High Jump	High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
Pole Vault [2.80]	Pole Vault [2.80]	Pole Vault	Pole Vault [2.40]	Pole Vault [2.40]
U18 Women	U16 Boys	U16 Girls	U14 Boys	U14 Girls
100m	100m	100m	100m	100m
200m	200m	200m	200m	200m
300m	300m	300m	800m	800
800m	800m	800m	1500m	1500m
1500m	1500m	1500m	80m Hurdles	75m Hurdles
3000m	3000m	3000m		
100m Hurdles	100m Hurdles	80m Hurdles		
400m Hurdles	300m Hurdles	300m Hurdles		
Shot[3kg]	Shot [4kg]	Shot[3kg]	Shot [3kg]	Shot [2.72kg]
Discus[1kg]	Discus[1.25kg]	Discus1kg]	Discus[1kg]	Discus[0.75kg]
Javelin[500g]	Javelin[600g]	Javelin[500g]	Javelin[500g]	Javelin[400g]
Hammer[3kg]	Hammer[4kg]	Hammer[3kg]		
High Jump	High Jump	High Jump	High Jump	High Jump
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump	Triple Jump		
Pole Vault	Pole Vault	Pole Vault	Pole Vault	Pole Vault

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# FURTHER INFORMATION:

**ENTRY FEES:** Senior Men, U20 Men, Senior Women & U20 Women £13.00 per event.  
All other age groups £ 10.00 per event

**THROWING EVENTS:** There will only be 4 throws allowed in all throwing events for EVERY age group

Please enter online at <https://www.race-results.co.uk>

Any issues please contact Denise Korkmaz [track and field secretary]  
[tfsecretary@easternaa.com](mailto:tfsecretary@easternaa.com)

**CLOSING DATE FOR ENTRY:** Friday 22<sup>nd</sup> May 2026  
No entries will be accepted on the day

