

WEDNESDAY 29 APRIL 7.00pm MONKTON 1 Enter between**6.20p.m.-10K NECAA/Open Champs –entries close on Monday 27th April^A**

1	U15 Girls	75m Hurdles	6.00 ~ 6.45
2	U13 Boys	75m Hurdles	6.00 ~ 6.45
3	U13 Girls	100m	6.00 ~ 6.45
4	U13 Boys	100m	6.00 ~ 6.45
5	U15 Girls	100m	6.00 ~ 6.45
6	U15 Boys	100m	6.00 ~ 6.45
7	GRADED RACES	150m	6.00 ~ 6.45
8	U13 Girls	1500m	6.50 ~ 7.45
9	U13 Boys	1500m	6.50 ~ 7.45
10	U15 Girls	1500m	6.50 ~ 7.45
11	U15 Boys	1500m	6.50 ~ 7.45
12	U17/ Junior/ Senior Men*	2000m Steeplechase	see below
13	GRADED RACES	300m	6.00 ~ 7.45
14	GRADED RACES	1500m	7.00 ~ 8.00

* enter prior to 20th April at christopher.betts@btinternet.com^A 10K entries go to keith53@keith53.plus.com, both NECAA & Open events, men & women

FIELD EVENTS	Register by	Event start
High Jump – all competitors U13 upwards	6.45	7.00
Shot Putt - U17, Junior & Senior Men & Women	6.45	7.00
Long Jump – U17, Junior & Senior Men & Women	6.45	7.00
Javelin – U13 & U15 Boys & Girls	6.45	7.00
Shot Putt - U13 & U15 Boys & Girls	7.15	7.30
Long Jump – U13 & U15 Boys & Girls	7.30	7.45
Javelin – U17, Junior & Senior Men & Women	7.30	7.45

WEDNESDAY 13th MAY 7.00pm MONKTON 2 Enter between

1	GRADED RACES*	800m	6.00 ~ 6.45
2	U13 Girls	70m Hurdles	6.00 ~ 6.45
3	Junior/Senior Women/U17 Men	100m Hurdles	6.00 ~ 6.45
4	Senior/Junior Men	110m Hurdles	6.00 ~ 6.45
5	U13 Girls	200m	6.00 ~ 7.00
6	U13 Boys	200m	6.00 ~ 7.00
7	U15 Girls	200m	6.00 ~ 7.00
8	U15 Boys	200m	6.00 ~ 7.00
9	GRADED RACES	100m	6.50 ~ 7.45
10	GRADED RACES	400m	6.50 ~ 7.45
11	Under 17 Women/Under 15 Boys	300m	6.50 ~ 7.45
12	U13 Girls	800m	7.00 ~ 7.45
13	U13 Boys	800m	7.00 ~ 7.45
14	U15 Girls	800m	7.00 ~ 7.45
15	U15 Boys	800m	7.00 ~ 7.45
16	GRADED RACES	3000m	7.00 ~ 8.00

* First race in graded 800m will be for the Jimmy Hedley Cup

FIELD EVENTS	Register by	Event start
High Jump – all competitors U13 upwards	6.45	7.00
Shot Putt - U13 & U15 Boys & Girls	6.45	7.00
Discus – U17, Junior & Senior Men & Women	6.45	7.00
Shot Putt - U17, Junior & Senior Men & Women	7.15	7.30
Discus – U15 (no under 13) Boys & Girls	7.15	7.30
Hammer – U15 (no under 13) Boys & Girls	7.30	7.45
Hammer - U17, Junior & Senior Men & Women	7.30	8.00

WEDNESDAY 17th JUNE 7.00pm

1	GRADED RACES *	1 mile	6.00 ~ 6.45
2	U15 Boys	80m Hurdles	6.00 ~ 6.45
3	U17 Women	80m Hurdles	6.00 ~ 6.45
4	U13 Girls	100m	6.00 ~ 7.00
5	U13 Boys	100m	6.00 ~ 7.00
6	U15 Girls	100m	6.00 ~ 7.00
7	U15 Boys	100m	6.00 ~ 7.00
8	GRADED RACES	100m	6.45 ~ 7.30
9	U 13 Boys	1500m	7.00 ~ 7.45
10	U 13 Girls	1500m	7.00 ~ 7.45
11	U15 Boys	1500m	7.00 ~ 7.45
12	U15 Girls	1500m	7.00 ~ 7.45
13	U17/Junior/Senior Women ^A	1500m Steeplechase	see below
14	GRADED RACES	200m	6.00 ~ 7.45

* Winner receives the Stan Long trophy for one year

^A entries prior to 15th June to christopher.betts@btinternet.com

FIELD EVENTS	Register by	Event start
High Jump – all competitors U13 upwards	6.45	7.00
Pole Vault – all competitors U13 upwards	6.45	7.00
Shot Putt - U13 & U15 Boys & Girls	6.45	7.00
Long Jump – U17, Junior & Senior Men & Women	6.45	7.00
Javelin – U13 & U15 Boys & Girls	6.45	7.00
Shot Putt - U17, Junior & Senior Men & Women	7.30	7.45
Long Jump – U13 & U15 Boys & Girls	7.30	7.45
Javelin – U17, Junior & Senior Men & Women	7.30	7.45

WEDNESDAY 1st JULY 7.00pm GATESHEAD 4 Enter between

1	U15 Girls	75m Hurdles	6.00 ~ 6.45
2	U13 Boys	75m Hurdles	6.00 ~ 6.45
3	GRADED RACES	100m	6.00 ~ 6.45
4	U13 Girls	200m	6.00 ~ 7.00
5	U13 Boys	200m	6.00 ~ 7.00
6	U15 Girls	200m	6.00 ~ 7.00
7	U15 Boys	200m	6.00 ~ 7.00
8	GRADED RACES	200m	6.00 ~ 7.45
9	U13 Girls	800m	6.50 ~ 7.45
10	U13 Boys	800m	6.50 ~ 7.45
11	U15 Girls	800m	6.50 ~ 7.45
12	U15 Boys	800m	6.50 ~ 7.45
13	GRADED RACES	800m	7.00 ~ 7.45
14	GRADED RACES	3000m	7.00 ~ 8.00

FIELD EVENTS	Register by	Event start
High Jump – all competitors U13 upwards	6.45	7.00
Pole Vault – all competitors U13 upwards	6.45	7.00
Shot - U13 & U15 Boys & Girls	6.45	7.00
Triple Jump – U15 & U17, Junior & Senior Men & Women	6.45	7.00
Javelin – U13 & U15 Boys & Girls	6.45	7.00
Shot Putt - U17, Junior & Senior Men & Women	7.30	7.45
Long Jump – U13 & U15 Boys & Girls	7.30	7.45
Javelin – U17, Junior & Senior men & Women	7.30	7.45

WEDNESDAY 22nd JULY 7.00pm **MONKTON 5** Enter between

1	Junior/Senior Men/Women	400m Hurdles	6.00 ~ 6.45
2	U17 Men/Women	3/400m Hurdles	6.00 ~ 6.45
3	GRADED RACES	100m	6.00 ~ 6.45
4	U13 Girls	100m	6.00 ~ 7.00
5	U13 Boys	100m	6.00 ~ 7.00
6	U15 Girls	100m	6.00 ~ 7.00
7	U15 Boys	100m	6.00 ~ 7.00
8	U13 Girls	1500m	6.50 ~ 7.45
9	U13 Boys	1500m	6.50 ~ 7.45
10	U15 Girls	1500m	6.50 ~ 7.45
11	U15 Boys	1500m	6.50 ~ 7.45
12	GRADED RACES	200m	6.00 ~ 7.45
13	U13 Girls	200m	6.00 ~ 7.45
14	U13 Boys	200m	6.00 ~ 7.45
15	U15 Girls	200m	6.00 ~ 7.45
16	U15 Boys	200m	6.00 ~ 7.45
17	GRADED RACES	1500m	7.00 ~ 8.00

FIELD EVENTS

	Register by	Event start
High Jump – all competitors U13 upwards	6.45	7.00
Shot Putt - U13 & U15 Boys & Girls	6.45	7.00
Discus – U17, Junior & Senior Men & Women	6.45	7.00
Shot Putt - U17, Junior & Senior Men & Women	7.15	7.30
Discus – U15 (no under 13) Boys & Girls	7.15	7.30
Hammer – U15 (no under 13) Boys & Girls	7.30	7.45
Hammer - U17, Junior & Senior Men & Women	7.30	8.00

WEDNESDAY 12th AUGUST 7.00pm **GATESHEAD 6** Enter between

1	U13 Girls	70m Hurdles	6.00 ~ 6.45
2	U15 Boys	80m Hurdles	6.00 ~ 6.45
3	U17 Women	80m Hurdles	6.00 ~ 6.45
4	U17 Men, Junior/Senior Women	100m Hurdles	6.00 ~ 6.45
5	GRADED RACES	200m	6.00 ~ 6.45
6	U13 Girls	200m	6.00 ~ 7.00
7	U13 Boys	200m	6.00 ~ 7.00
8	U15 Girls	200m	6.00 ~ 7.00
9	U15 Boys	200m	6.00 ~ 7.00
10	GRADED RACES	400m	6.00 ~ 7.30
11	Under 17 Women	300m	6.00 ~ 7.30
12	U13 Girls	800m	6.50 ~ 7.45
13	U13 Boys	800m	6.50 ~ 7.45
14	U15 Girls	800m	6.50 ~ 7.45
15	U15 Boys	800m	6.50 ~ 7.45
16	GRADED RACES	800m	7.00 ~ 7.45
17	Under 15 Boys & Girls	3000m	7.00 ~ 7.50
18	GRADED RACES	3000m	7.00 ~ 8.00

FIELD EVENTS

	Register by	Event start
High Jump – all competitors U13 upwards	6.45	7.00
Pole Vault – all competitors U13 upwards	6.45	7.00
Shot Putt - U13 & U15 Boys & Girls	6.45	7.00
Long Jump – U17, Junior & Senior Men & Women	6.45	7.00
Javelin – U13 & U15 Boys & Girls	6.45	7.00
Shot Putt - U17, Junior & Senior Men & Women	7.30	7.45
Long Jump – U13 & U15 Boys & Girls	7.30	7.45
Javelin – U17, Junior & Senior men & Women	7.30	7.45

North Eastern Grand Prix 2015

PROGRAMME OF EVENTS

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START
FITNESSwww.startfitness.co.ukAge Groups (UKA rule 107)U13 –competitors aged 11 or 12yrs on 31st August 2015U15 –competitors aged 13 or 14yrs on 31st August 2015U17 –competitors aged 15 or 16yrs on 31st August 2015Junior – competitors over 17 on 31st August but under 20yrs on 31st December 2015Seniors – competitors who are at least 20 years old at 31st December 2015**All entries are taken on the night, £3.00 each event****GRADED RACES:** All under 17, Junior and Senior competitors compete together in seeded races as determined by the appointed officials. Athletes should give their personal best performances at registration.**JIMMY HEDLEY/STAN LONG 800m/1 mile EVENTS – THESE WILL BE THE 'A'-STRING RACES ON 13th May and 17th June**Results will be posted on www.necaa/info and www.gatesheadharriers.com and thepowerof10.info/results as soon as possible after each event**STARTFITNESS****Athlete of the match awards (male/female) will be announced after each fixture.****Grand Prix Rules:** 1st place = 6 points down to 6th place = 1 point.**Awards:** 1st six in each age/gender category –must have competed at 3 or more meets.

Age categories: Under 13, Under 15, Under 17, Junior, Senior (male and female).

Presentation of all STARTFITNESS awards will be at Gateshead Stadium on MONDAY 28th September at 7.30pm.Grand Prix points will only be awarded to those who are first or second claim members of a club **that provides two persons to assist with the registration desk (as specified by the league secretary).****Field Events:** In events for distance, competitors will be allowed four attempts. No competition will commence earlier than the time given.**U13 upwards means including all other older age groups.**All enquiries to christopher.betts@btinternet.com**NECAA Pentathlon Saturday September 19th, Relays meeting Wednesday 9th September, Monkton Stadium.****Parents – help the sport and your club by becoming a qualified official – Officials course at Gateshead Stadium on Sunday 8th November 10.00 a.m. – 3.00 p.m.**