

**WEDNESDAY 19<sup>th</sup> APRIL 7.00pm MONKTON 1****6.15 p.m.-10K NECAA/Open Champs – postal entries close on 14th April<sup>^</sup>**

1	U15 Girls	75m Hurdles	<b>register by 6.45</b>
2	U13 Boys	75m Hurdles	
3	U13 Girls	100m	<b>register by 6.50</b>
4	U13 Boys	100m	
5	U15 Girls	100m	
6	U15 Boys	100m	
7	<b>GRADED RACES</b>	<b>150m</b>	<b>register by 7.20</b>
8	U13 Girls	1500m	
9	U13 Boys	1500m	
10	U15 Girls	1500m	
11	U15 Boys	1500m	
12	<b>GRADED RACES</b>	<b>1500m</b>	<b>register by 7.50</b>
13	<b>GRADED RACES</b>	<b>300m</b>	

<sup>^</sup> All 10K entries for both NECAA and Open events go to [keithw53@keithw53.plus.com](mailto:keithw53@keithw53.plus.com)**FIELD EVENTS**

		Report by	Event start
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
High Jump	- all competitors U13 upwards	7.15	7.30
Shot Putt	- U13 & U15 Boys & Girls	7.45	8.00
Long Jump	- U13 & U15 Boys & Girls	7.45	8.00
Javelin	- U17, Junior & Senior Men & Women	7.45	8.00

**WEDNESDAY 24<sup>th</sup> MAY 7.00pm****MONKTON 2**

1	U13 Girls	70m Hurdles	<b>register by 6.45</b>
2	<b>GRADED RACES*</b>	<b>800m</b>	
3	Junior/Senior Women/U17 Men	100m Hurdles	
4	Senior/Junior Men	110m Hurdles	
5	U13 Girls	200m	<b>register by 6.50</b>
6	U13 Boys	200m	
7	U15 Girls	200m	
8	U15 Boys	200m	
9	<b>GRADED RACES</b>	<b>200m</b>	<b>register by 7.20</b>
10	U13 Girls	800m	
11	U13 Boys	800m	
12	U15 Girls	800m	
13	U15 Boys	800m	
14	U17/ Junior/ Senior Men <sup>^</sup>	2000m Steeplechase	<b>register by 7.50</b>
15	<b>GRADED RACES</b>	<b>400m</b>	
16	<b>GRADED RACES</b>	<b>3000m.</b>	

<sup>\*</sup> First race in graded 800m will be for the Jimmy Hedley Cup<sup>^</sup> enter prior to 20<sup>th</sup> May at [christopher.betts@btinternet.com](mailto:christopher.betts@btinternet.com)**FIELD EVENTS**

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

**WEDNESDAY 21<sup>st</sup> JUNE 7.00pm****MONKTON 3**

1.	U15 Boys	80m Hurdles	<b>register by 6.45</b>
2	U17 Women	80m Hurdles	
3	<b>GRADED RACES *</b>	<b>1 mile</b>	<b>register by 6.50</b>
4	U13 Girls	100m	
5	U13 Boys	100m	
6	U15 Girls	100m	
7	U15 Boys	100m	
8	<b>GRADED RACES</b>	<b>100m</b>	<b>register by 7.20</b>
9	U 13 Girls	1500m	<b>register by 7.50</b>
10	U 13 Boys	1500m	
11	U15 Girls	1500m	
12	U15 Boys	1500m	
13	U17/Junior/Senior Women <sup>^</sup>	1500m Steeplechase	

<sup>\*</sup> Winner receives the Stan Long trophy for one year<sup>^</sup> entries prior to 20<sup>th</sup> June to [christopher.betts@btinternet.com](mailto:christopher.betts@btinternet.com)**FIELD EVENTS**

		Report by	Event start
Pole Vault	- all competitors U13 upwards	6.30	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
High Jump	- all competitors U13 upwards	7.15	7.30
Shot Putt	- U13 & U15 Boys & Girls	7.45	8.00
Long Jump	- U13 & U15 Boys & Girls	7.45	8.00
Javelin	- U17, Junior & Senior Men & Women	7.45	8.00

**WEDNESDAY 12<sup>th</sup> JULY 7.00pm****MONKTON 4**

1	U15 Girls	75m Hurdles	<b>register by 6.45</b>
2	U13 Boys	75m Hurdles	
3	<b>GRADED RACES</b>	<b>100m</b>	<b>register by 6.50</b>
4	U13 Girls	200m	
5	U13 Boys	200m	
6	U15 Girls	200m	
7	U15 Boys	200m	
8	<b>GRADED RACES</b>	<b>200m</b>	
9	<b>GRADED RACES</b>	<b>800m</b>	<b>register by 7.20</b>
10	U13 Girls	800m	
11	U13 Boys	800m	
12	U15 Girls	800m	
13	U15 Boys	800m	
14	<b>GRADED RACES</b>	<b>3000m</b>	<b>register by 7.50</b>

**FIELD EVENTS**

		Report by	Event start
Pole Vault	- all competitors U13 upwards	6.30	7.00
Shot	- U17, Junior & Senior Men & Women	6.45	7.00
Triple Jump	- U15, U17, Junior & Senior Men & Women	6.45	7.00
Javelin	- U13 & U15 Boys & Girls	7.15	7.00
High Jump	- all competitors U13 upwards	7.15	7.30
Shot Putt	- U13 & U15 Boys & Girls	7.45	8.00
Long Jump	- U13 & U15 Boys & Girls	7.45	8.00
Javelin	- U17, Junior & Senior Men & Women	7.45	8.00

**WEDNESDAY 26<sup>TH</sup> JULY 7.00pm****MONKTON 5**

1	Junior/Senior Men/Women	400m Hurdles	<b>register by 6.45.</b>
2	U17 Women/Men	3/400m Hurdles	
3	U13 Girls	100m	<b>register by 6.50</b>
4	U13 Boys	100m	
5	U15 Girls	100m	
6	U15 Boys	100m	
7	<b>GRADED RACES</b>	<b>100m</b>	
8	U13 Girls	1500m	<b>register by 7.20</b>
9	U13 Boys	1500m	
10	U15 Girls	1500m	
11	U15 Boys	1500m	
12	<b>GRADED RACES</b>	<b>1500m</b>	<b>register by 7.50</b>
13	U13 Girls	200m	
14	U13 Boys	200m	
15	U15 Girls	200m	
16	U15 Boys	200m	
17	<b>GRADED RACES</b>	<b>200m</b>	

**FIELD EVENTS**

		<b>Report by</b>	<b>Event start</b>
Shot Putt	- U13 & U15 Boys & Girls	6.45	7.00
Discus	- U17, Junior & Senior Men & Women	6.45	7.00
High Jump	- all competitors U13 upwards	7.15	7.30
Shot Putt	- U17, Junior & Senior Men & Women	7.15	7.30
Discus	- U13 and U15 Boys & Girls	7.30	7.45
Hammer	- U15(no under 13), U17,Jun,& Sen, M & W	7.45	8.00

**WEDNESDAY 9<sup>TH</sup> AUGUST 7.00pm GATESHEAD 6**

1	U13 Girls	70m Hurdles	<b>register by 6.45</b>
2	U13 Girls	800m	
3	U15 Boys	80m Hurdles	
4	U13 Boys	800m	
5	U17 Women	80m Hurdles	
6	U15 Girls	800m	
7	U17 Men, Junior/Senior Women	100m Hurdles	
8	U15 Boys	800m	
9	<b>GRADED RACES</b>	<b>800m</b>	<b>register by 7.20</b>
10	<b>GRADED RACES</b>	<b>200m</b>	
11	U13 Girls	200m	
12	U13 Boys	200m	
13	U15 Girls	200m	
14	U15 Boys	200m	
15	<b>GRADED RACES</b>	<b>400m</b>	<b>register by 7.50</b>
16	Under 15 Boys & Girls	3000m	
17	<b>GRADED RACES</b>	<b>3000m</b>	

**FIELD EVENTS**

		<b>Report by</b>	<b>Event start</b>
Pole vault	- all competitors under 13 upwards	6.30	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	- Under 13 & 15 Boys & Girls U 17,	6.45	7.00
High Jump	- all competitors under 13 upwards	7.15	7.30
Shot Putt	- Under 13 & 15 Boys & Girls	7.45	8.00
Long Jump	- Under 13 & 15 Boys & Girls	7.45	8.00
Javelin	- Junior & Senior men & Women	7.45	8.00

# North Eastern Grand Prix 2017

## PROGRAMME OF EVENTS

sponsored by



[www.startfitness.co.uk](http://www.startfitness.co.uk)

Age Groups (UKA rule 107)

U13 –competitors aged 11 or 12yrs on 31<sup>st</sup> August 2017

U15 –competitors aged 13 or 14yrs on 31<sup>st</sup> August 2017

U17 –competitors aged 15 or 16yrs on 31<sup>st</sup> August 2017

Junior – competitors over 17 on 31<sup>st</sup> August but under 20yrs on 31<sup>st</sup> December 2017

Seniors – competitors who are at least 20 years old at 31<sup>st</sup> December 2017

**All entries are taken on the night, £3.00 each event**

**ALL COMPETITORS MUST RETAIN THEIR NUMBERS FOR THE WHOLE SEASON replacement numbers are £3 extra**

**GRADED RACES:** All under 17, Junior and Senior competitors compete together in graded races. Athletes **must** give their predicted performances at registration, those without a predicted time/distance will be assigned the slowest time/least distance. Registration commences at 6.00 every night.

**FIRST EVENT IS AT 7.00 EVERY NIGHT**

**JIMMY HEDLEY/STAN LONG 800m/1 mile EVENTS – THESE WILL BE THE ‘A’-STRING RACES ON 24<sup>th</sup> May and 21st June**

Results will be posted on [www.necaa.info](http://www.necaa.info) and [thepowerof10.info/results](http://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: 1<sup>st</sup> place = 6 points down to 6th place = 1 point.**

**Awards: 1<sup>st</sup> 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 25<sup>th</sup> 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 helpers for one meeting each season**

**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](mailto:christopher.betts@btinternet.com)

Parents-help the sport and your club by becoming a qualified official – come to the course at Gateshead