

SPRINT RELAY MEETING

Promoted
by the
NECAA



For the Sprint Relay Shield (Holders: Morpeth Harriers)

**Wednesday 14th September
2016 at Monkton Stadium,
Jarrow. 6.30 pm to 9.30pm**

7.00	U13 Girls Races 1	4 x 100m		8.03	U13 Boys Races 2	4 x 100m
7.07	U13 Boys Races 1	4 x 100m		8.10	Senior / Master Women	4 x 200m
7.14	Senior / Master Women	4 x 100m		8.20	Senior / Master Men	4 x 200m
7.21	Senior / Master Men	4 x 100m		8.30	U15 Girls	4 x 200m
7.28	U15 Girls	4 x 100m		8.40	U15 Boys	4 x 200m
7.35	U15 Boys	4 x 100m		8.50	U17 Girls	4 x 200m
7.42	U17 Women	4 x 100m		9.00	U17 Men	4 x 200m
7.49	U17 Men	4 x 100m		9.10	Senior / Master Women	4 x 400m
7.56	U13 Girls Races 2	4 x 100m		9.20	Senior / Master Men	4 x 400m

NOTES

There will be a Sprint Relay Challenge Shield presented to the club which scores the most points. This is meant to be an enjoyable, participation encouraging event, it is not a championship. There is an entry fee of £1 per athlete per race (i.e. £4 per team). Team manager should liaise with meeting organiser with regards to payment on the night. Results will be submitted to Power of 10, however may not be valid for record purposes if combined/mixed races are run. Timetable is provisional and subject to change.

Composite relay teams are allowed in any event but will not score Shield points.

Teams must register on the evening for the events they are taking part in.

The latest registration time is 15 minutes before each event.

U13 Boys and Girls will have the opportunity to race twice in 4 x100 relays (see timetable)

Teams are declared on the night and entries will be accepted on the night but it will help the organisation of the event if you can let us know if your club intends to enter teams for the event.

IF YOUR CLUB INTENDS TO SEND TEAMS PLEASE E-MAIL THAT FACT TO :- Daniel Njai

(Email address: d-bradley-njai@hotmail.co.uk) stating the following: Name of Club or Composite Team / approx. number of teams in each race & age group / Contact Name / Contact e-mail

Please email your club's intention to compete by Friday 9th September 2016

More information at www.necaa.info - Meeting will be run alongside North East Throwing Festival