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| Event 1 Under 13 Boys High Jump | | | 09:15 |
| 203 | Oliver Hunter | Tynedale Harriers & AC | |
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| Event 2 Under 15 Boys High Jump | | | 09:15 |
| 186 | Koffi Jeje Avornyo | Blyth Running Club | |
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| Event 3 Under 17 Men High Jump | | | 09:15 |
| 160 | Jason Archer | Blaydon Harriers & AC | |
| 173 | Ethan Stephenson | Morpeth Harriers & AC | |
| 181 | Thomas Paterson | Jarrow & Hebburn Ac | |
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| Event 4 Under 13 Girls Long Jump | | | 09:15 |
| 96 | Grace Arthur | Jarrow & Hebburn AC | |
| 99 | Leoni Jae Howie | Derwentside AC | |
| 106 | Ruby Farrell | Blyth Running Club | |
| 108 | Emily Bond | North Shields Polytechnic Club | |
| 109 | Hannah Wilson | Blyth Running Club | |
| 110 | Althea Johnson | Middlesbrough Mandale | |
| 111 | Sadie Parker | Blyth Running Club | |
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| Event 5 Under 15 Girls Long Jump | | | 09:15 |
| 72 | Darcey Garbutt | Darlington H & AC | |
| 78 | Keira Dowson | Middlesbrough Athletic Club (Mandale) | |
| 79 | Lily Cassidy | Gateshead Harriers & AC | |
| 82 | Grace Johnson | Blaydon Harriers & AC | |
| 83 | Isabel Hanley | Hartlepool Youth Athletics Club | |
| 90 | Molly Thrower | New Marske Harriers Club | |
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| Event 6 Under 15 Boys Pole Vault | | | 09:15 |
| 188 | Andrew Caygill | Jarrow & Hebburn AC | |
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| Event 7 Under 17 Men Pole Vault | | | 09:15 |
| 164 | Curtis Bingham | Jarrow&Hebburn AC | |
| | | | |
| Event 8 Senior Men Pole Vault | | | 09:15 |
| 143 | Charlie Myers | Middlesbrough Mandale | |
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| Event 9 Under 17 Women Pole Vault | | | 09:15 |
| 33 | Molly Elliott | Birtley AC | |
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| Event 10 Under 20 Women Pole Vault | | | 09:15 |
| 23 | Isabelle Potier Godinho | Gateshead Harriers | |
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| Event 11 Senior Women Pole Vault | | | 09:15 |
| 8 | Kara Gibbs | Jarrow & Hebburn AC | |
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| Event 12 Seated Shot Competition | | | 09:15 |
| 3 | Samantha Gray (F33) | Gateshead Harriers | |
| 136 | Gareth Brown (F34) | Gateshead Harriers | |
| 168 | Alex Stephenson (F34) U17M | Gateshead Harriers | |
| Event 13 Under 17 Women High Jump | | | 10:15 |
| 38 | Ellie Morris | Blyth Running Club | |
| 45 | Charlotte Rutter | Darlington H & AC | |
| 50 | Amy Drummond | Birtley Ac | |
| 52 | Evie Perrett | North Shields Polytechnic Club | |
| 58 | Courtney Madden | Blyth Running Club | |
| 62 | Ashley Watson | Hartlepool Youth Athletics Club | |
| Event 14 Masters Men Shot Putt | | | 10:15 |
| 130 | Daniel Upton (M40) | Richmon&Zetland Harriers | |
| 127 | Michael Keogh (M45) | Phoenix Flyers | |
| 124 | John Renney (M50) | North Shields Poly | |
| 125 | Paul Corrigan (M50) | Wallsend Harriers | |
| 123 | Stuart Ryan (M55) | Gateshead Harriers | |
| 117 | Trevor Straker (M65) | North Shields Poly | |
| 116 | Ian Humphries (M75) | Tynedale Harriers | |
| 115 | Hugh Ryan (M80) | NEVAC | |
| Event 15 Under 20 Women High Jump | | | 11:15 |
| 18 | Amelia Bateman | Gateshead Harriers & AC | |
| 23 | Isabelle Potier Godinho | Gateshead Harriers & Ac | |
| Event 16 Senior Women High Jump | | | 11:15 |
| 7 | Rebecca Pottinger | Birtley AC | |
| Event 17 Under 15 Boys Long Jump | | | 11:15 |
| 195 | Scott Temple | Hartlepool Youth Athletics Club | |
| Event 18 Under 17 Men Long Jump | | | 11:15 |
| 161 | Andrew Ogley (guest) | City Of Sheffield And Dearne Ac | |
| 177 | Alfie Ward | Wallsend Harriers & AC | |
| 181 | Thomas Paterson | Jarrow & Hebburn Ac | |
| Event 19 Under 20 Men Long Jump | | | 11:15 |
| 147 | Ellis Leonard | Tynedale Harriers & AC | |
| 151 | Joe Halpin | Gateshead Harriers & AC | |
| 155 | Ethan Hill | Tynedale Harriers & AC | |
| 157 | Daniel Brazukas | Middlesbrough Athletic Club (mandale) | |
| Event 20 Senior Men Long Jump | | | 11:15 |
| 139 | James Andrew | Jarrow&Hebburn | |

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| Event 21 Masters Men Long Jump | | | 11:15 |
| 129 | Phil Halse | Low Fell | |
| 131 | Neil Yorston | South Shields | |
| 127 | Michael Keogh (M45) | Phoenix Flyers | |
| 122 | Julien Gittens (M55) | Leeds City Athletics | |
| Event 22 Under 17 Women Triple Jump | | | 11:15 |
| 42 | Lucy Errington | North Shields Polytechnic Club | |
| 56 | Libby Currie | New Marske Harriers Club | |
| Event 23 Junior Women Triple Jump | | | 11:15 |
| 17 | Rebecca Thorpe | Blaydon Harriers & Ac | |
| 19 | Evie Miller | Middlesbrough Athletic Club (Mandale) | |
| 22 | Jordan Thrower | New Marske Harriers Club | |
| 29 | Anya Lillie | Middlesbrough Athletic Club (Mandale) | |
| Event 24 Under 17 Women Shot Putt | | | 11:15 |
| 32 | Eve Robson | Middlesbrough Athletic Club (Mandale) | |
| 39 | Lucy Giles | Gateshead Harriers & Ac | |
| 40 | Philippa Ellis | Gateshead Harriers & AC | |
| 44 | Divine Gogua | Gateshead Harriers & AC | |
| 45 | Charlotte Rutter | Darlington H & AC | |
| 49 | Poppy Doherty | Jarrow & Hebburn AC | |
| 62 | Ashley Watson | Hartlepool Youth Athletics Club | |
| 65 | Tracy Mayamba | Gateshead Harriers & Ac | |
| Event 25 Under 20 Women Shot Putt | | | 11:15 |
| 14 | Kate Carmichael | Middlesbrough Athletic Club (Mandale) | |
| 15 | Rosie Rice | Heaton Harriers & Ac | |
| 28 | Catherine Burns | Middlesbrough Mandale | |
| Event 26 Senior Women Shot Putt | | | 11:15 |
| 11 | Sophie Littlemore | Gateshead Harriers | |
| 12 | Kaitlin Enderwick | Middlesbrough Mandale | |
| 13 | Emily Stewart | Gateshead Harriers | |
| Event 27 Masters Women Shot Putt | | | 11:15 |
| 1 | Vicky Miller (F50) | Richmond&Zetland Harriers | |
| Event 28 Under 13 Girls High Jump | | | 12:00 |
| 96 | Grace Arthur | Jarrow & Hebburn AC | |
| 99 | Leoni Jae Howie | Derwentside AC | |
| 108 | Emily Bond | North Shields Polytechnic Club | |
| 109 | Hannah Wilson | Blyth Running Club | |
| 111 | Sadie Parker | Blyth Running Club | |
| Event 29 Under 15 Girls High Jump | | | 12:00 |

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| 69 | Anna Fitzpatrick | North Shields Polytechnic Club | |
| 74 | Lexi Brown | Jarrow & Hebburn AC | |
| 83 | Isabel Hanley | Hartlepool Youth Athletics Club | |
| 89 | Jessie Davison | North Shields Polytechnic Club | |
| 90 | Molly Thrower | New Marske Harriers Club | |
| 93 | Millie Train | Blyth Running Club | |
| 94 | Hannah Walker | Blyth Running Club | |
| Event 30 Under 17 Women Long Jump | | | 12:45 |
| 33 | Molly Elliott | Birtley Ac | |
| 37 | Heather MacDonald | Blyth Running Club | |
| 40 | Philippa Ellis | Gateshead Harriers & AC | |
| 45 | Charlotte Rutter | Darlington H & AC | |
| 47 | Emily Parrott | Gateshead Harriers & AC | |
| 61 | Daisy Percival | Gateshead Harriers & AC | |
| 62 | Ashley Watson | Hartlepool Youth Athletics Club | |
| 66 | Poppy Forster | Hartlepool Youth Athletics Club | |
| Event 31 Under 20 Women Long Jump | | | 12:45 |
| 16 | Emma Scarborough | Gateshead Harriers & AC | |
| 25 | Louise Smith | Tynedale Harriers & Ac | |
| Event 32 Senior Women Long Jump | | | 12:45 |
| 6 | Clare Magrath | Low Fell | |
| Event 33 Masters Women Long Jump | | | 12:45 |
| 5 | Vicky Halse (F35) | Low Fell | |

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| Event 34 Under 13 Boys Shot Putt | | | 12:45 |
| 200 | Ryan Hodge | Hartlepool Youth Athletics Club | |
| 203 | Oliver Hunter | Tynedale Harriers & AC | |
| 212 | Christopher Bradley-Njai | Blyth Running Club | |
| 214 | Luke Pichler | Wallsend Harriers & AC | |
| Event 35 Under 15 Boys Shot Putt | | | 12:45 |
| 188 | Andrew Caygill | Jarrow & Hebburn AC | |
| 189 | Vinny Baker | Gateshead Harriers & AC | |
| 192 | Finlay Telfer | Alnwick Harriers | |
| 198 | Thomas Mann | Gateshead Harriers & AC | |
| Event 36 Under 20 Men High Jump | | | 13:30 |
| 147 | Ellis Leonard | Tynedale Harriers & AC | |
| 151 | Joe Halpin | Gateshead Harriers & AC | |
| 152 | Steven Wheeler | Middlesbrough Athletic Club (mandale) | |
| 157 | Daniel Brazukas | Middlesbrough Athletic Club (mandale) | |
| Event 37 Senior Men High Jump | | | 13:30 |
| 138 | Pawel Grzaslewicz | Darlington Harriers | |
| Event 38 Masters Men High Jump | | | 13:30 |
| 131 | Neil Yorston (M40) | South Shields | |
| 127 | Michael Keogh (M45) | Phoenix Flyers | |
| Event 39 Under 17 Men Shot Putt | | | 13:30 |
| 160 | Jason Archer | Blaydon Harriers & AC | |
| 164 | Curtis Bingham | Jarrow & Hebburn AC | |
| 171 | James Wordsworth | North Shields Polytechnic Club | |
| 172 | Dale Turner | Gateshead Harriers & AC | |
| 180 | Jack Halpin | Gateshead Harriers & Ac | |
| Event 40 Under 20 Men Shot Putt | | | 13:30 |
| 146 | David Todd | City Of York | |
| Event 41 Senior Men Shot Putt | | | 13:30 |
| 124 | Paul Corrigan | Wallsend Harriers | |
| 137 | Craig Sturrock | Thames Valley Harriers | |
| 144 | Dylan Keveille | North Shields Poly | |
| Event 42 Under 13 Boys Long Jump | | | 14:15 |
| 202 | Joshua Chrisp | Blyth Running Club | |
| 203 | Oliver Hunter | Tynedale Harriers & AC | |
| 205 | Rhys Brunton | North Shields Polytechnic Club | |
| 206 | Reuben Moss | Wallsend Harriers & AC | |
| 211 | Alex Walker | Blyth Running Club | |

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| 214 | Luke Pichler | Wallsend Harriers & AC | |
| Event 43 Under 15 Boys Triple Jump | | | 14:15 |
| 195 | Scott Temple | Hartlepool YAC | |
| Event 44 Under 17 Men Triple Jump | | | 14:15 |
| 173 | Ethan Stephenson | Morpeth Harriers & AC | |
| 174 | Luke Russell | Chester-Le-Street | |
| 181 | Thomas Paterson | Jarrow & Hebburn Ac | |
| Event 45 Under 20 Men Triple Jump | | | 14:15 |
| 147 | Ellis Leonard | Tynedale Harriers & AC | |
| 157 | Daniel Brazukas | Middlesbrough Athletic Club (mandale) | |
| Event 46 Senior Men Triple Jump | | | 14:15 |
| 140 | Scott Alexander Hall | Brichfield Harriers | |
| Event 47 Masters Men Triple Jump | | | 14:15 |
| 131 | Neil Yorston (M40) | South Shields | |
| 127 | Michael Keogh (M45) | Phoenix Flyers | |
| 125 | John Renney (M50) | North Shields Poly | |
| 122 | Julien Gittens (M55) | Leeds City Athletics | |
| Event 48 Under 13 Girls Shot Putt | | | 14:45 |
| 96 | Grace Arthur | Jarrow & Hebburn AC | |
| 97 | Connie Boyd (Guest) | Doncaster | |
| 99 | Leoni Jae Howie | Derwentside AC | |
| 109 | Hannah Wilson | Blyth Running Club | |
| 112 | Leila Thompson | Alnwick Harriers | |
| Event 49 Under 15 Girls Shot Putt | | | 14:45 |
| 72 | Darcey Garbutt | Darlington H & AC | |
| 77 | Talia Thompson | Alnwick Harriers | |
| 81 | Grace McDonald | Middlesbrough Athletic Club (Mandale) | |
| 83 | Isabel Hanley | Hartlepool Youth Athletics Club | |
| 87 | Lexie Ellis | Gateshead Harriers & AC | |
| 95 | Lily Thompson | Darlington H & AC | |