

### WEDNESDAY 24th APRIL 7.00pm MONKTON 1

6.00 p.m.-10K NECAA/Open Championships incorporating Northern Athletics

10K championships\*

entries close on 21st April^

1	U15 Girls 75m Hurdles	register by 6.45
2	U13 Boys 75m Hurdles	
3	Junior Graded 100m	register by 6.50
4	Senior Graded 150m	register by 7.30
5	Junior Graded 800m	
6	Senior Graded 1500m	register by 7.45
7	Senior Graded 300m	

^ All 10K entries for both NECAA and Open events go to [keithw53@keithw53.plus.com](mailto:keithw53@keithw53.plus.com)

- Entrants for the Northern Championships must be members of a club affiliated to Northern Athletics

#### 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 22nd MAY 7.00pm MONKTON 2

1.	U15 Boys 80m Hurdles	register by 6.45
2	U17 Women 80m Hurdles	
3	Senior Graded 800m	Jimmy Hedley trophy register by 6.50
4	Junior Graded 200m	
5	Senior Graded 100m	register by 7.30
6	Junior Graded 1500m	
7	U15 Boys & Girls & U17 Women 300m	register by 7.45
8	Senior Graded 3000m	register by 8.00

\* Winner of 'A' race receives the Jimmy Hedley trophy for one year

#### 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 U13) Boys & Girls	7.30	7.45
Hammer	U15 (no U13), U17, Jun & Sen M & W	7.45	8.00

### WEDNESDAY 26th JUNE 7.00pm MONKTON 3

1	U13 Girls 70m Hurdles	register by 6.45
2	Junior/Senior Women/U17 Men 100m Hurdles	
3	Senior/Junior Men 110m Hurdles	
4	Senior Graded 1 mile	Stan Long trophy register by 6.50
5	Junior Graded 100m	
6	Senior Graded 200m	register by 7.30
7	Junior Graded 800m	
8	U17/ Junior/ Senior Women^ 2000m S/chase	
9	Senior Graded 400m	register by 7.50

^ enter prior to Monday 24<sup>th</sup> June at: [christopher.betts@btinternet.com](mailto:christopher.betts@btinternet.com)

\*Winner of 'A' race receives the Stan Long trophy for 1 year

#### 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 10th JULY 7.00pm MONKTON 4

1	U15 Girls 75m Hurdles	register by 6.45
2	U13 Boys 75m Hurdles	
3	Senior Graded 100m	register by 6.50
4	Junior Graded 200m	
5	Senior Graded 800m	register by 7.30
6	Junior Graded 1500m	
7	Senior Graded 3000m	register by 7.45

#### 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
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

# North Eastern Grand Prix 2019

## PROGRAMME OF EVENTS



[www.startfitness.co.uk](http://www.startfitness.co.uk) [UKA permit out 19/035]

### Age Groups (UKA RULES)

U13 - competitors aged 11 or 12yrs on 31<sup>st</sup> August 2019  
 U15 - competitors aged 13 or 14yrs on 31<sup>st</sup> August 2019  
 U17 - competitors aged 15 or 16yrs on 31<sup>st</sup> August 2019  
 Junior - competitors over 17 on 31<sup>st</sup> August but under 20 on 31<sup>st</sup> December 2019  
 Senior - competitors who are at least 20 on 31<sup>st</sup> December 2019

### WEDNESDAY 24<sup>th</sup> JULY 7.00pm MONKTON 5

1	Junior/Senior Men/Women 400m Hurdles	register by 6.45.
2	U17 Women/Men 3/400m Hurdles	
3	Junior Graded100m	register by 6.50
4	Senior Graded 200m	
5	Junior Graded 800m	register by 7.30
6	Senior Graded 1500m	
7	Junior Graded 200m	
8	Senior Graded100m	
9	U17/Junior/Senior Men^2000m S/Chase	register by 7.45

^ entries prior to Monday 22<sup>nd</sup> July to: [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	U13 and U15 Boys & Girls	7.30	7.45
Hammer	U15(no U13), U17,Jun& Sen, M & W	7.45	8.00

### WEDNESDAY 7<sup>th</sup> AUGUST 7.00pm GATESHEAD 6

1	U13 Girls 70m Hurdles	register by 6.45
2	U15 Boys/Under 17 Women 80m Hurdles	
3	U17 Men, Junior/Senior Women100m Hurdles	
4	Junior Graded 800m	register by 6.50
5	Senior Graded 800m	
6	Senior Graded 200m	register by 7.20
7	Junior Graded 100m	
8	Senior Graded 400m	
9	Under 15 Boys & Girls 3000m	register by 7.50
10	Senior Graded 3000m	

#### 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 & 15 Boys & Girls	6.45	7.00
High Jump	all competitors U13 upwards	7.15	7.30
Shot Putt	U13 & 15 Boys & Girls	7.45	8.00
Long Jump	U13 & 15 Boys & Girls	7.45	8.00
Javelin	U17, Junior & Senior men & Women	7.45	8.00

**£4.50 FIRST EVENT, each subsequent event £3.00 cash on the night, alternatively**

**prepaid entries go to [webcollect.org.uk/NEGP](http://webcollect.org.uk/NEGP)**

**ALL COMPETITORS MUST RETAIN THEIR NUMBERS FOR THE WHOLE SEASON**

**replacement numbers are £3 extra**

**GRADED RACES:** All under 13 and under 15 boys and girls compete together in **Junior** Graded races, all under17, Junior and Senior competitors compete together in **Senior** 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 p.m.

*FIRST EVENT IS AT 7.00 EVERY NIGHT*

***JIMMY HEDLEY/STAN LONG 800m/1 mile EVENTS will be the 'A'- string races on 22<sup>nd</sup> May and 26<sup>th</sup> June***

**Results will be posted at [harrierleague.com/tandf/negp2019](http://harrierleague.com/tandf/negp2019)**

**STARTFITNESS Athlete of the match awards (male/female) will be announced after each fixture.**

**Grand Prix Rules: 1<sup>st</sup> place = 9 points down to 9<sup>th</sup> place = 1 point.**

**Awards: 1<sup>st</sup> six in each age/gender category –must have competed at 3 or more meets. Age categories: U13, U15, U17, Junior, Senior (male and female).**

**Presentation of all STARTFITNESS awards will be at Gateshead Stadium on Monday 23<sup>rd</sup> September 2019 at 7.30pm.**

**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)