

### WEDNESDAY 18<sup>th</sup> APRIL 7.00pm MONKTON 1

<b>6.15 p.m.-10K NECAA/Open Champs</b>		<b>postal entries close on 16th April<sup>A</sup></b>	
1	U15 Girls	75m Hurdles	register by 6.45
2	U13 Boys	75m Hurdles	
3	U13 Girls	100m	register by 6.50
4	U15 Girls	100m	
5	U13 Boys	100m	
6	U15 Boys	100m	
7	<b>GRADED RACES</b>	<b>150m</b>	register by 7.20
8	U13 Girls	1500m	
9	U15 Girls	1500m	
10	U13 Boys	1500m	
11	U15 Boys	1500m	
12	<b>GRADED RACES</b>	<b>1500m</b>	register by 7.50
13	<b>GRADED RACES</b>	<b>300m</b>	

<sup>A</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 23<sup>rd</sup> MAY 7.00pm MONKTON 2

1.	U15 Boys	80m Hurdles	register by 6.45
2	U17 Women	80m Hurdles	
3	<b>GRADED 800m *</b>	<b>Jimmy Hedley trophy</b>	register by 6.50
4	U13 Girls	100m	
5	U15 Girls	100m	
6	U13 Boys	100m	
7	U15 Boys	100m	
8	<b>GRADED RACES</b>	<b>100m</b>	
9	U13 Girls	1500m	register by 7.20
10	U15 Girls	1500m	
11	U13 Boys	1500m	
12	U15 Boys	1500m	
13	U15 Girls/U17 Women	300m	register by 7.50
14	U15 Boys	300m	

\* 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 20<sup>th</sup> 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	<b>GRADED 1 MILE*</b>	<b>Stan Long trophy</b>	register by 6.50
5	U13 Girls	200m	
6	U15 Girls	200m	
7	U13 Boys	200m	
8	U15 Boys	200m	
9	<b>GRADED RACES</b>	<b>200m</b>	
10	U13 Girls	800m	register by 7.20
11	U15 Girls	800m	
12	U13 Boys	800m	
13	U15 Boys	800m	
14	U17/ Junior/ Senior Women <sup>^</sup>	2000m Steeplechase	
15	<b>GRADED RACES</b>	<b>400m</b>	register by 7.50
16	<b>GRADED RACES</b>	<b>3000m</b>	

<sup>A</sup> enter prior to 18<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 11<sup>th</sup> JULY 7.00pm MONKTON 4

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

#### 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

### WEDNESDAY 25<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	U13 Girls	100m	register by 6.50
4	U15 Girls	100m	
5	U13 Boys	100m	
6	U15 Boys	100m	
7	<b>GRADED RACES</b>	<b>100m</b>	
8	U13 Girls	1500m	register by 7.20
9	U15 Girls	1500m	
10	U13 Boys	1500m	
11	U15 Boys	1500m	
12	<b>GRADED RACES</b>	<b>1500m</b>	
13	U13 Girls	200m	register by 7.50
14	U15 Girls	200m	
15	U13 Boys	200m	
16	U15 Boys	200m	
17	<b>GRADED RACES</b>	<b>200m</b>	
18	U17/Junior/Senior Men^	2000m Steeplechase	

^ entries prior to 23<sup>rd</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 8<sup>th</sup> AUGUST 7.00pm GATESHEAD 6

1	U13 Girls	70m Hurdles	register by 6.45
2	U13 Girls	800m	
3	U15 Boys	80m Hurdles	
4	U15 Girls	800m	
5	U17 Women	80m Hurdles	
6	U13 Boys	800m	
7	U17 Men, Junior/Senior Women	100m Hurdles	
8	U15 Boys	800m	
9	<b>GRADED RACES</b>	<b>800m</b>	register by 6.50
10	<b>GRADED RACES</b>	<b>200m</b>	register by 7.20
11	U13 Girls	200m	
12	U15 Girls	200m	
13	U13 Boys	200m	
14	U15 Boys	200m	
15	<b>GRADED RACES</b>	<b>400m</b>	
16	U15 Boys & Girls	3000m	register by 7.50
17	<b>GRADED RACES</b>	<b>3000m</b>	

#### 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

# North Eastern Grand Prix 2018

## PROGRAMME OF EVENTS

sponsored by  
**START**  
FITNESS

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

#### Age Groups (UKA RULES)

U13 - competitors aged 11 or 12yrs on 31<sup>st</sup> August 2018

U15 - competitors aged 13 or 14yrs on 31<sup>st</sup> August 2018

U17 - competitors aged 15 or 16yrs on 31<sup>st</sup> August 2018

Junior - competitors over 17 on 31<sup>st</sup> August but under 20 on 31<sup>st</sup> December 2018

Senior - competitors who are at least 20 on 31<sup>st</sup> December 2018

#### All entries on the night

**£4.00 FIRST EVENT, each subsequent event £3.00**

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

replacement numbers are £3 extra

**GRADED RACES:** All U17, 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 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 23<sup>rd</sup> May and 20<sup>th</sup> June

Results will be posted on [www.necaa.weebly.com/negp](http://www.necaa.weebly.com/negp) 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 6<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 1<sup>st</sup> October at 7.30pm.

Grand Prix points will only be awarded to those who are 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 Stadium on Sunday 12<sup>th</sup> November 10.00 a.m. 3.00 p.m.