# WEDNESDAY 18th APRIL 7.00pm MONKTON 1

6.15	p.m10K NECAA/Open Champs	postal entries clos	se on 16th April^
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	GRADED RACES	150m	register by 7.20
8	U13 Girls	1500m	
9	U15 Girls	1500m	
10	U13 Boys	1500m	
11	U15 Boys	1500m	
12	GRADED RACES	1500m	register by 7.50
13	GRADED RACES	300m	
	GRADED RACES	300111	

<sup>^</sup> All 10K entries for both NECAA and Open events go to keithw53@keithw53.plus.com

FIELD EVENTS	<u>L</u> .	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 23rd MAY 7 00pm MONKTON 2

VVLL	MEDDAT 23" WAT 1.00	pili wominou z	
1.	U15 Boys	80m Hurdles	register by 6.45
2	U17 Women	80m Hurdles	
3	GRADED 800m *	Jimmy Hedley tro	phyregister by 6.50
4	U13 Girls	100m	
5	U15 Girls	100m	
6	U13 Boys	100m	
7	U15 Boys	100m	
8	GRADED RACES	100m	
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

<b>FIELD EVENTS</b>		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 20th JUNE 7 00pm MONKTON 3

VVLL	INLOUAT ZUIITJUNE 1.00PIITN	IONK I ON 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	GRADED 1 MILE*	Stan Long trop	<b>hy</b> register by 6.50			
5	U13 Girls	200m				
6	U15 Girls	200m				
7	U13 Boys	200m				
8	U15 Boys	200m				
9	GRADED RACES	200m				
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^	2000m Steepled	hase			
15	GRADED RACES	400m	register by 7.50			
16	GRADED RACES	3000m				
^ enter prior to 18th June at: 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 11th IIII V 7 00pm MONKTON A

WED	NESD/	<u> </u>	<u>11տ JUL</u>	<u>.Y</u>	NKION 4		
1	U15 G	irls			75m Hurdles	regis	ster by 6.45
2	U13 B	oys			75m Hurdles		
3	GRAD	ÉD	RACES		100m	regi	ster by 6.50
4	U13 G	irls			200m		
5	U15 G	irls			200m		
6	U13 B	oys			200m		
7	U15 B	oys			200m		
8	GRAD	ED	RACES		200m		
9	GRAD	ED	RACES		800m	regi	ster by 7.20
10	U13 G				800m		
11	U15 G	irls			800m		
12	U13 B	•			800m		
13	U15 B				800m		
14			RACES		3000m	•	ster by 7.50
	EVENTS	-				Report by	Event start
Pole \				ors U13 upward		6.30	7.00
Shot F				& Senior Men &		6.45	7.00
•	Jump			unior & Senior I	Men & Women		7.00
Javeli				Boys & Girls		7.15	7.00
High J				ors U13 upward	S	7.15	7.30
Shot F				Boys & Girls		7.45	8.00
Long				Boys & Girls		7.45	8.00
Javelii	n	U1	7, Junior	& Senior Men &	& Women	7.45	8.00

***	SDAY 25 <sup>th</sup> JULY 7.00pm MO	ONKTON 5		
	nior/Senior Men/Women	400m Hurdles	s regi	ster by 6.45.
	17 Women/Men	3/400m Hurdl	les	
3 U <sup>2</sup>	13 Girls	100m	regi	ster by 6.50
_	15 Girls	100m		
	13 Boys	100m		
	I5 Boys	100m		
	RADED RACES	100m		
	13 Girls	1500m	regi	ster by 7.20
	15 Girls	1500m		
	I3 Boys	1500m		
	15 Boys	1500m		
	RADED RACES	1500m		7.50
	13 Girls	200m	regi	ster by 7.50
_	I5 Girls	200m		
	I3 Boys	200m		
	I5 Boys	200m		
	RADED RACES	200m Stoop	loobooo	
	l7/Junior/Senior Men^ rior to 23 <sup>rd</sup> July to: christopher.bett:	2000m Steep	lechase	
FIELD EVE			Report by	Event start
Shot Put			6.45	7.00
Discus	U17, Junior & Senior Men	& Women	6.45	7.00
High Jun			7.15	7.30
Shot Put			7.15	7.30
Discus	U13 and U15 Boys & Girls		7.30	7.45
Hammer			7.45	8.00
	SDAY 8th AUGUST 7.00pm			0.00
		OAILOHLAD	0	
1 11		70m Hurdles	reai	ster by 6.45
	I3 Girls	70m Hurdles 800m	regi	ster by 6.45
2 U′	l3 Girls l3 Girls	800m	regi	ster by 6.45
2 U <sup>2</sup>	3 Girls 13 Girls 15 Boys	800m 80m Hurdles	regi	ster by 6.45
2 U <sup>2</sup> 3 U <sup>2</sup> 4 U <sup>2</sup>	3 Girls 13 Girls 15 Boys 15 Girls	800m	regi	ster by 6.45
2 U <sup>2</sup> 3 U <sup>2</sup> 4 U <sup>2</sup> 5 U <sup>2</sup>	3 Girls 13 Girls 15 Boys 15 Girls 17 Women	800m 80m Hurdles 800m	regi	ster by 6.45
2 U <sup>2</sup> 3 U <sup>2</sup> 4 U <sup>2</sup> 5 U <sup>2</sup> 6 U <sup>2</sup>	3 Girls 13 Girls 15 Boys 15 Girls 17 Women 13 Boys	800m 80m Hurdles 800m 80m Hurdles		ster by 6.45
2 U´ 3 U´ 4 U´ 5 U´ 6 U´ 7 U´	3 Girls 13 Girls 15 Boys 15 Girls 17 Women	800m 80m Hurdles 800m 80m Hurdles 800m		ster by 6.45
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U'	3 Girls 13 Girls 15 Boys 15 Girls 17 Women 13 Boys 17 Men, Junior/Senior Women	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles	S	ster by 6.45 ster by 6.50
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 <b>GI</b>	3 Girls 13 Girls 15 Boys 15 Girls 17 Women 13 Boys 17 Men, Junior/Senior Women 15 Boys	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m	s regi	
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI	3 Girls 3 Girls 15 Boys 15 Girls 17 Women 13 Boys 17 Men, Junior/Senior Women 15 Boys RADED RACES	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m <b>800</b> m	s regi	ster by 6.50
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 10 GI	3 Girls 3 Girls 15 Boys 15 Girls 17 Women 13 Boys 17 Men, Junior/Senior Women 15 Boys RADED RACES	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m <b>800</b> m <b>200</b> m	s regi	ster by 6.50
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 10 GI 11 U' 12 U'	3 Girls 3 Girls 15 Boys 15 Girls 17 Women 13 Boys 17 Men, Junior/Senior Women 15 Boys RADED RACES RADED RACES	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m <b>800m</b> <b>200m</b> 200m 200m 200m	s regi	ster by 6.50
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 11 U' 12 U' 13 U' 14 U'	3 Girls 13 Girls 15 Boys 15 Girls 17 Women 13 Boys 17 Men, Junior/Senior Women 15 Boys RADED RACES RADED RACES 13 Girls 15 Girls 13 Boys	800m 80m Hurdles 800m 800m Hurdles 800m 100m Hurdles 800m <b>800m</b> <b>200m</b> 200m 200m	s regi	ster by 6.50
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 10 GI 11 U' 12 U' 13 U' 15 GI	3 Girls 13 Girls 15 Boys 15 Girls 17 Women 13 Boys 17 Men, Junior/Senior Women 15 Boys RADED RACES RADED RACES 13 Girls 15 Girls 13 Boys 15 Boys RADED RACES	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m <b>800m</b> <b>200m</b> 200m 200m 200m	s regi regi	ster by 6.50 ster by 7.20
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 10 GI 11 U' 12 U' 13 U' 15 GI	3 Girls 13 Girls 15 Boys 15 Girls 17 Women 13 Boys 17 Men, Junior/Senior Women 15 Boys RADED RACES RADED RACES 13 Girls 15 Girls 13 Boys	800m 80m Hurdles 800m 800m Hurdles 800m 800m 200m 200m 200m 200m 200m 200m	s regi regi	ster by 6.50
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 11 U' 12 U' 13 U' 15 GI 16 U' 17 GI	3 Girls 13 Girls 15 Boys 15 Girls 17 Women 13 Boys 17 Men, Junior/Senior Women 15 Boys RADED RACES RADED RACES 13 Girls 15 Girls 15 Boys RADED RACES 15 Boys RADED RACES 15 Boys RADED RACES 15 Boys RADED RACES 15 Boys & Girls RADED RACES	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m 200m 200m 200m 200m 400m 3000m	s regi regi regi	ster by 6.50 ster by 7.20
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 11 U' 12 U' 13 U' 15 GI 16 U'	3 Girls 3 Girls 5 Boys 5 Girls 7 Women 7 Men, Junior/Senior Women 7 Men, Junior/Senior Women 7 Boys 7 ADED RACES 7 Girls 7 Girls 7 Girls 7 Boys 8 Boy	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m 200m 200m 200m 200m 200m 400m 3000m	s regi regi regi Report by	ster by 6.50 ster by 7.20
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 10 GI 11 U' 12 U' 13 U' 15 GI 16 U' 17 GI FIELD EVE	3 Girls 13 Girls 15 Boys 15 Girls 17 Women 13 Boys 17 Men, Junior/Senior Women 15 Boys RADED RACES RADED RACES 13 Girls 15 Girls 15 Boys RADED RACES 15 Boys RADED RACES 15 Boys RADED RACES 16 Boys RADED RACES 17 Boys RADED RACES 18 Boys RADED RACES 19 Boys RADED RACES 10 Boys RADED RACES 11 Boys RADED RACES 12 Boys & Girls RADED RACES	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m 200m 200m 200m 200m 200m 400m 3000m	regi regi regi Report by 6.30	ster by 6.50 ster by 7.20 ster by 7.50 Event start 7.00
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 10 GI 11 U' 12 U' 13 U' 15 GI 16 U' 17 GI FIELD EVE Pole vau Shot Puti	3 Girls 13 Girls 15 Boys 15 Girls 17 Women 13 Boys 17 Men, Junior/Senior Women 15 Boys RADED RACES RADED RACES 13 Girls 15 Girls 15 Boys RADED RACES 15 Boys RADED RACES 15 Boys RADED RACES 15 Boys RADED RACES 16 Boys RADED RACES 17 Boys RADED RACES 18 BOYS RADED RACES 19 Boys RADED RACES 19 Boys RADED RACES 10 Boys RADED RACES 11 Boys RADED RACES 12 Boys RADED RACES 13 Boys RADED RACES 14 Competitors U13 upward 15 U17, Junior & Senior men	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m 200m 200m 200m 200m 200m 3000m 3000m	regi regi regi <b>Report by</b> 6.30 6.45	ster by 6.50 ster by 7.20 ster by 7.50 Event start 7.00 7.00
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 11 U' 12 U' 13 U' 15 GI 16 U' 17 GI FIELD EVE Pole vau Shot Putt Long Jun	3 Girls 3 Girls 5 Boys 5 Girls 7 Women 7 Men, Junior/Senior Women 7 Men, Junior/Senior Women 7 Men ACES 8 ADED RACES 7 Girls 7 Girls 7 Boys 8	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m 200m 200m 200m 200m 200m 3000m 3000m	regi regi Report by 6.30 6.45 6.45	ster by 6.50 ster by 7.20 ster by 7.50 Event start 7.00 7.00 7.00
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 10 GI 11 U' 12 U' 13 U' 15 GI 16 U' 17 GI FIELD EVE Pole vau Shot Putt Long Jun Javelin	3 Girls 3 Girls 5 Boys 5 Girls 7 Women 7 Men, Junior/Senior Women 7 Men, Junior/Senior Women 7 Men ACES 8 ADED RACES 8 GIRS 8 Girls 9 Girls 9 Boys 8 ADED RACES 13 Boys 15 Boys 8 ADED RACES 15 Boys 8 Girls 16 Boys 8 Girls 17 Hander Senior men 18 U17, Junior & Senior men 19 U17, Junior & Senior men	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m 200m 200m 200m 200m 200m 3000m 3000m ds & Women & Women	regi regi <b>Report by</b> 6.30 6.45 6.45 6.45	ster by 6.50 ster by 7.20 ster by 7.50 Event start 7.00 7.00 7.00 7.00
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 10 GI 11 U' 12 U' 13 U' 15 GI 16 U' 17 GI FIELD EVE Pole vau Shot Putt Long Jun Javelin High Jun	3 Girls 3 Girls 5 Boys 5 Girls 7 Women 13 Boys 7 Men, Junior/Senior Women 15 Boys RADED RACES RADED RACES 13 Girls 15 Girls 15 Girls 15 Boys RADED RACES 15 Boys RADED RACES 16 Boys RADED RACES 17 Boys RADED RACES 18 Boys RADED RACES 19 Boys RADED RACES 10 Boys RADED RACES 11 Boys RADED RACES 12 Boys RADED RACES 13 Boys RADED RACES 14 all competitors U13 upward 15 U17, Junior & Senior men 16 U17, Junior & Senior men 17 U17, Junior & Senior men 18 U17 Boys & Girls 19 All competitors U13 upward	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m 200m 200m 200m 200m 200m 3000m 3000m ds & Women & Women	regi regi <b>Report by</b> 6.30 6.45 6.45 6.45 7.15	ster by 6.50 ster by 7.20 ster by 7.50 Event start 7.00 7.00 7.00 7.00 7.30
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 10 GI 11 U' 12 U' 13 U' 15 GI 16 U' 17 GI FIELD EVE Pole vau Shot Putt Long Jun Javelin High Jun Shot Putt	3 Girls 3 Girls 5 Boys 5 Girls 7 Women 7 Men, Junior/Senior Women 8 GADED RACES 8 GIRS 8 Girls 8 Girls 9 Girls 10 Home Home Home Home Home Home Home Home	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m 200m 200m 200m 200m 200m 3000m 3000m ds & Women & Women	regi regi Report by 6.30 6.45 6.45 6.45 7.15 7.45	ster by 6.50 ster by 7.20 ster by 7.50 Event start 7.00 7.00 7.00 7.30 8.00
2 U' 3 U' 4 U' 5 U' 6 U' 7 U' 8 U' 9 GI 10 GI 11 U' 12 U' 13 U' 15 GI 16 U' 17 GI FIELD EVE Pole vau Shot Putt Long Jun Javelin High Jun	3 Girls 3 Girls 5 Boys 5 Girls 7 Women 7 Men, Junior/Senior Women 8 ADED RACES 8 GIRS 8 Girls 8 Girls 9 Boys 8 Girls 9 Boys 8 Girls 9 Boys 8 Girls 9 Boys 9 CADED RACES	800m 80m Hurdles 800m 80m Hurdles 800m 100m Hurdles 800m 200m 200m 200m 200m 400m 3000m 3000m ds & Women & Women	regi regi <b>Report by</b> 6.30 6.45 6.45 6.45 7.15	ster by 6.50 ster by 7.20 ster by 7.50 Event start 7.00 7.00 7.00 7.00 7.30

# North Eastern Grand Prix 2018 PROGRAMME OF EVENTS



#### www.startfitness.co.uk

Age Groups (UKA RULES)

U13 - competitors aged 11 or 12yrs on 31st August 2018

U15 - competitors aged 13 or 14yrs on 31st August 2018 U17 - competitors aged 15 or 16yrs on 31st August 2018

Junior - competitors over 17 on 31st August but under 20 on 31st December 2018
Senior - competitors who are at least 20 on 31st 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 and thepowerof10.info/results as soon as possible after each event

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

Grand Prix Rules: 1st place = 6 points down to 6th place = 1 point.

Awards: 1st 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

1st 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** 

<u>Field Events</u>: 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

Parents-help the sport and your club by becoming a qualified official come to the course at Gateshead Stadium on Sunday 12th November 10.00 a.m. 3.00 p.m.