

WEDNESDAY 19th APRIL 7.00pm MONKTON 1**6.15 p.m.-10K NECAA/Open Champs – postal entries close on 14th April[^]**

1	U15 Girls	75m Hurdles	register by 6.45
2	U13 Boys	75m Hurdles	
3	U13 Girls	100m	register by 6.50
4	U13 Boys	100m	
5	U15 Girls	100m	
6	U15 Boys	100m	
7	GRADED RACES	150m	register by 7.20
8	U13 Girls	1500m	
9	U13 Boys	1500m	
10	U15 Girls	1500m	
11	U15 Boys	1500m	
12	GRADED RACES	1500m	register by 7.50
13	GRADED RACES	300m	

[^] All 10K entries for both NECAA and Open events go to 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 24th MAY 7.00pm**MONKTON 2**

1	U13 Girls	70m Hurdles	register by 6.45
2	GRADED RACES*	800m	
3	Junior/Senior Women/U17 Men	100m Hurdles	
4	Senior/Junior Men	110m Hurdles	
5	U13 Girls	200m	register by 6.50
6	U13 Boys	200m	
7	U15 Girls	200m	
8	U15 Boys	200m	
9	GRADED RACES	200m	register by 7.20
10	U13 Girls	800m	
11	U13 Boys	800m	
12	U15 Girls	800m	
13	U15 Boys	800m	
14	U17/ Junior/ Senior Men [^]	2000m Steeplechase	register by 7.50
15	GRADED RACES	400m	
16	GRADED RACES	3000m.	

^{*} First race in graded 800m will be for the Jimmy Hedley Cup[^] enter prior to 20th May at 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	- U15 (no under 13) Boys & Girls	7.30	7.45
Hammer	- U15 (no under 13),U17,Jun,&Sen M & W	7.45	8.00

WEDNESDAY 21st JUNE 7.00pm**MONKTON 3**

1.	U15 Boys	80m Hurdles	register by 6.45
2	U17 Women	80m Hurdles	
3	GRADED RACES *	1 mile	register by 6.50
4	U13 Girls	100m	
5	U13 Boys	100m	
6	U15 Girls	100m	
7	U15 Boys	100m	
8	GRADED RACES	100m	register by 7.20
9	U 13 Girls	1500m	register by 7.50
10	U 13 Boys	1500m	
11	U15 Girls	1500m	
12	U15 Boys	1500m	
13	U17/Junior/Senior Women [^]	1500m Steeplechase	

^{*} Winner receives the Stan Long trophy for one year[^] entries prior to 20th June to christopher.betts@btinternet.com**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 12th JULY 7.00pm**MONKTON 4**

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

FIELD EVENTS

		Report by	Event start
Pole Vault	- all competitors U13 upwards	6.30	7.00
Shot	- 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 26TH 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	U13 Boys	100m	
5	U15 Girls	100m	
6	U15 Boys	100m	
7	GRADED RACES	100m	
8	U13 Girls	1500m	register by 7.20
9	U13 Boys	1500m	
10	U15 Girls	1500m	
11	U15 Boys	1500m	
12	GRADED RACES	1500m	register by 7.50
13	U13 Girls	200m	
14	U13 Boys	200m	
15	U15 Girls	200m	
16	U15 Boys	200m	
17	GRADED RACES	200m	

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 under 13), U17,Jun,& Sen, M & W	7.45	8.00

WEDNESDAY 9TH AUGUST 7.00pm GATESHEAD 6

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

FIELD EVENTS

		Report by	Event start
Pole vault	- all competitors under 13 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	- Under 13 & 15 Boys & Girls U 17,	6.45	7.00
High Jump	- all competitors under 13 upwards	7.15	7.30
Shot Putt	- Under 13 & 15 Boys & Girls	7.45	8.00
Long Jump	- Under 13 & 15 Boys & Girls	7.45	8.00
Javelin	- Junior & Senior men & Women	7.45	8.00

North Eastern Grand Prix 2017

PROGRAMME OF EVENTS

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Age Groups (UKA rule 107)

U13 –competitors aged 11 or 12yrs on 31st August 2017

U15 –competitors aged 13 or 14yrs on 31st August 2017

U17 –competitors aged 15 or 16yrs on 31st August 2017

Junior – competitors over 17 on 31st August but under 20yrs on 31st December 2017

Seniors – competitors who are at least 20 years old at 31st December 2017

All entries are taken on the night, £3.00 each event

ALL COMPETITORS MUST RETAIN THEIR NUMBERS FOR THE WHOLE SEASON replacement numbers are £3 extra

GRADED RACES: All under 17, 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 every night.

FIRST EVENT IS AT 7.00 EVERY NIGHT

JIMMY HEDLEY/STAN LONG 800m/1 mile EVENTS – THESE WILL BE THE ‘A’-STRING RACES ON 24th May and 21st June

Results will be posted on www.necaa.info and 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: 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: Under 13, Under 15, Under 17, Junior, Senior (male and female).

Presentation of all STARTFITNESS awards will be at Gateshead Stadium on **MONDAY 25th September at 7.30pm.**

Grand Prix points will only be awarded to those who are first or second claim 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

Parents-help the sport and your club by becoming a qualified official – come to the course at Gateshead