

WEDNESDAY 29th APRIL 7.00pm MONKTON NEGP 1
6.00 p.m.-10K NECAA/Open Championships incorporating Northern Athletics
10K championships* **entries close on 27th April^**

		register by
1	U15 Girls 75m Hurdles	6.30
2	U13 Boys 75m Hurdles	6.30
3	U13 & U15 Young Athletes Graded 100m	6.50
4	U13 & U15 Young Athletes Graded 800m	7.30
5	Senior Graded 150m	7.40
6	Senior Graded 1500m	7.50
7	Senior Graded 300m	8.00

- ^ All 10K entries for both NECAA and Open events go to 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, U20, & Senior Men & Women	6.45	7.00
Long Jump	U17, U20, & Senior Men & Women	6.45	7.00
Javelin	U13 & U15 Young Athletes	6.45	7.00
High Jump	all competitors U13 upwards	7.05	7.30
Javelin	U17, U20, & Senior Men & Women	7.30	7.45
Shot Putt	U13 & U15 Young Athletes	7.45	8.00
Long Jump	U13 & U15 Young Athletes	7.45	8.00

WEDNESDAY 20th MAY 7.00pm MONKTON NEGP 2
register by

1.	U15 Boys 80m Hurdles	6.30
2	U17 Women 80m Hurdles	6.30
3	Senior Graded 800m	6.50
4	Senior Graded 100m	7.00
5	U13 & U15 Young Athletes Graded 200m	7.20
6	U13 & U15 Young Athletes Graded 1500m	7.30
7	U15 Boys & Girls & U17 Women 300m	7.45
8	Senior & Under 15 Graded 3000m	8.00

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

FIELD EVENTS		Report by	Event start
Shot Putt	U13 & U15 Young Athletes	6.45	7.00
Discus	U17, U20, & Senior Men & Women	6.45	7.00
High Jump	all competitors U13 upwards	7.05	7.30
Shot Putt	U17, U20, & Senior Men & Women	7.15	7.30
Discus	U15 (no U13) Boys & Girls	7.30	7.45
Hammer	U15 (no U13), U17, U20, & Sen M & W	7.45	8.00

WEDNESDAY 24th JUNE 7.00pm MONKTON NEGP 3
register by

1	U13 Girls 70m Hurdles	6.30
2	Under 20 & Senior Women & U17 Men 100m Hurdles	6.30
3	Under 20 & Senior Men 110m Hurdles	6.50
4	Senior Graded 1 mile	7.00
5	U13 & U15 Young Athletes Graded 100m	7.10
6	U13 & U15 Young Athletes Graded 800m	7.20
7	Senior Graded 200m	7.30
8	U17 & U20 & Senior Women^ 2000m S/chase	7.45
9	Senior Graded 400m	8.00

^ enter prior to Monday 22nd 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, U20, & Senior Men & Women	6.45	7.00
Long Jump	U17, U20, & Senior Men & Women	6.45	7.00
Javelin	U13 & U15 Young Athletes	6.45	7.00
High Jump	all competitors U13 upwards	7.05	7.30
Shot Putt	U13 & U15 Young Athletes	7.45	8.00
Long Jump	U13 & U15 Young Athletes	7.45	8.00
Javelin	U17, U20, & Senior Men & Women	7.45	8.00

WEDNESDAY 15th JULY 7.00pm MONKTON NEGP 4
register by

1	U15 Girls 75m Hurdles	6.30
2	U13 Boys 75m Hurdles	6.30
3	Senior Graded 100m	6.50
4	Senior Graded 800m	7.10
5	U13 & U15 Young Athletes Graded 200m	7.20
6	U13 & U15 Young Athletes Graded 1500m	7.40
7	Senior and under 15 Graded 3000m	8.00

FIELD EVENTS		Report by	Event start
Pole Vault	all competitors U13 upwards	6.30	7.00
Shot Putt	U17, U20, & Senior Men & Women	6.45	7.00
Triple Jump	U15, U17, U20, & Senior Men & Women	6.45	7.00
Javelin	U13 & U15 Young Athletes	7.15	7.00
High Jump	all competitors U13 upwards	7.05	7.30
Shot Putt	U13 & U15 Young Athletes	7.45	8.00
Long Jump	U13 & U15 Young Athletes	7.45	8.00
Javelin	U17, U20, & Senior Men & Women	7.45	8.00

WEDNESDAY 22nd JULY 7.00pm MONKTON NEGP 5

1	Under 20 & Senior Men & Women 400m Hurdles	6.30
2	U17 Women & Men 300 or 400m Hurdles	6.30
3	U13 & U15 Young Athletes Graded 100m	6.45
4	U13 & U15 Young Athletes Graded 800m	7.10
5	Senior Graded 200m	7.20
6	Senior Graded 1500m	7.30
7	U13 & U15 Young Athletes Graded 200m	7.45
8	Senior Graded 100m	7.45
9	U17 & U20 & Senior Men^2000m S/Chase	8.00

^ entries prior to Monday 20th July to: christopher.betts@btinternet.com

<u>FIELD EVENTS</u>		Report by	Event start
Shot Putt	U13 & U15 Young Athletes	6.45	7.00
Discus	U17, U20, & Senior Men & Women	6.45	7.00
High Jump	all competitors U13 upwards	7.05	7.30
Shot Putt	U17, U20, & Senior Men & Women	7.15	7.30
Discus	U13 and U15 Young Athletes	7.30	7.45
Hammer	U15(no U13), U17, U20, & Sen, M & W	7.45	8.00

WEDNESDAY 5th AUGUST 7.00pm GATESHEAD NEGP 6

1	U13 Girls 70m Hurdles	6.30
2	U15 Boys & Under 17 Women 80m Hurdles	6.30
3	U17 & U20 Men, U20 & Senior Women 100m Hurdles	6.45
4	U13 & U15 Young Athletes Graded 1500m	6.50
5	Senior Graded 800m	7.10
6	Senior Graded 200m	7.20
7	U13 & U15 Young Athletes Graded 100m	7.30
8	Senior Graded 400m	7.45
9	Senior and under 15 Graded 3000m	8.00

<u>FIELD EVENTS</u>		Report by	Event start
Pole vault	all competitors U13 upwards	6.30	7.00
Shot Putt	U17, U20, & Senior men & Women	6.45	7.00
Long Jump	U17, U20, & Senior men & Women	6.45	7.00
Javelin	U13 & 15 Young Athletes	6.45	7.00
High Jump	all competitors U13 upwards	7.05	7.30
Shot Putt	U13 & 15 Young Athletes	7.45	8.00
Long Jump	U13 & 15 Young Athletes	7.45	8.00
Javelin	U17, U20, & Senior men & Women	7.45	8.00

Programme cost: 50p

North Eastern Grand Prix 2020 **PROGRAMME OF EVENTS**

sponsored by
START
FITNESS

www.startfitness.co.uk [UKA permit OUT 20/067]

Age Groups (UKA RULES)

- U13 - competitors aged 11 or 12yrs on 31st August 2020
- U15 - competitors aged 13 or 14yrs on 31st August 2020
- U17 - competitors aged 15 or 16yrs on 31st August 2020
- Under 20 - competitors over 17 on 31st August but under 20 on 31st December 2020
- Senior - competitors who are at least 20 on 31st December 2020

£4.50 FIRST EVENT, each subsequent event £3.00.

Advance entries and results after each fixture go to:

<http://harrierleague.com/TandF/negp2020>

(note change from last year)

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 Young Athlete graded races, (under 15's may also compete in the senior graded 3000m events): All under17, under 20, 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 20th May and 24th June

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

Grand Prix Rules: 1st place = 9 points down to 9th place = 1 point.

Awards: 1st six highest points scorers in each age/gender category –must have competed at 3 or more meets. Age categories: U13, U15, U17, U20, and Senior (male and female).

Presentation of all STARTFITNESS awards will be at Gateshead Stadium on Monday 5th October 2020 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

