

WEDNESDAY 27 APRIL 7.00pm MONKTON 1**6.15 p.m.-10K NECAA/Open Champs – entries close on Monday 25th April[^]**

1	U15 Girls	75m Hurdles	first event 7.00
2	U13 Boys	75m Hurdles	
3	U13 Girls	100m	
4	U13 Boys	100m	
5	U15 Girls	100m	
6	U15 Boys	100m	register by 6.50
7	U13 Girls	1500m	
8	U13 Boys	1500m	
9	U15 Girls	1500m	
10	U15 Boys	1500m	register by 7.20
11	GRADED RACES	150m	register by 7.50
12	GRADED RACES	1500m	
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	- U17, Junior & Senior Men & Women	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	- U13 & U15 Boys & Girls	7.45	8.00

WEDNESDAY 8th JUNE 7.00pm MONKTON 2

1	U13 Girls	70m Hurdles	first event 7.00
2	Junior/Senior Women/U17 Men	100m Hurdles	
3	Senior/Junior Men	110m Hurdles	
4	U13 Girls	200m	
5	U13 Boys	200m	
6	U15 Girls	200m	
7	U15 Boys	200m	register by 6.50
8	U13 Girls	800m	
9	U13 Boys	800m	
10	U15 Girls	800m	
11	U15 Boys	800m	register by 7.20
12	GRADED RACES*	800m	register by 7.50
13	U17/ Junior/ Senior Men [^]	2000m Steeplechase	
14	GRADED RACES	100m	
15	GRADED RACES	400m	
16	Under 17 Women/Under 15 Boys	300m	
17	GRADED RACES	3000m.	

* First race in graded 800m will be for the Jimmy Hedley Cup

[^] enter prior to 21st June 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, U17, Junior & Senior Men & Women	7.45	8.00

WEDNESDAY 29th JUNE 7.00pm**GATESHEAD 3**

1.	U15 Boys	80m Hurdles	first event 7.00
2	U17 Women	80m Hurdles	
3	U13 Girls	100m	
4	U13 Boys	100m	
5	U15 Girls	100m	
6	U15 Boys	100m	register by 6.50
7	U 13 Boys	1500m	
8	U 13 Girls	1500m	
9	U15 Boys	1500m	
10	U15 Girls	1500m	register by 7.20
11	GRADED RACES	100m	register by 7.50
12	GRADED RACES *	1 mile	
13	U17/Junior/Senior Women [^]	1500m Steeplechase	
14	GRADED RACES	200m	

* Winner receives the Stan Long trophy for one year

[^] entries prior to 22nd 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	- U17, Junior & Senior Men & Women	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	- U13 & U15 Boys & Girls	7.45	8.00

WEDNESDAY 20th JULY 7.00pm**GATESHEAD 4**

1	U15 Girls	75m Hurdles	first event 7.00
2	U13 Boys	75m Hurdles	
3	U13 Girls	200m	
4	U13 Boys	200m	
5	U15 Girls	200m	
6	U15 Boys	200m	register by 6.50
7	U13 Girls	800m	
8	U13 Boys	800m	
9	U15 Girls	800m	
10	U15 Boys	800m	register by 7.20
11	GRADED RACES	100m	register by 7.50
12	GRADED RACES	800m	
13	GRADED RACES	200m	
14	GRADED RACES	3000m	

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	- U17, Junior & Senior men & Women	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	- U13 & U15 Boys & Girls	7.45	8.00

WEDNESDAY 10th August 7.00pm**MONKTON 5**

1	Junior/Senior Men/Women	400m Hurdles	first event 7.00 p.m.
2	U17 Men/Women	3/400m Hurdles	
3	U13 Girls	100m	
4	U13 Boys	100m	
5	U15 Girls	100m	
6	U15 Boys	100m	register by 6.50
7	U13 Girls	1500m	
8	U13 Boys	1500m	
9	U15 Girls	1500m	
10	U15 Boys	1500m	
11	U13 Girls	200m	
12	U13 Boys	200m	
13	U15 Girls	200m	
14	U15 Boys	200m	register by 7.20
15	GRADED RACES	100m	register by 7.50
16	GRADED RACES	1500m	
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 - U15 (no under 13) Boys & Girls	7.30	7.45
Hammer - U15, U17, Junior & Senior Men & Women	7.45	8.00

WEDNESDAY 24th AUGUST 7.00pm GATESHEAD 6

1	U13 Girls	70m Hurdles	first event 7.00
2	U15 Boys	80m Hurdles	
3	U17 Women	80m Hurdles	
4	U17 Men, Junior/Senior Women	100m Hurdles	
5	U13 Girls	200m	
6	U13 Boys	200m	
7	U15 Girls	200m	
8	U15 Boys	200m	register by 6.50
9	U13 Girls	800m	
10	U13 Boys	800m	
11	U15 Girls	800m	
12	U15 Boys	800m	register by 7.20
13	GRADED RACES	200m	register by 7.50
14	GRADED RACES	800m	
15	GRADED RACES	400m	
16	Under 17 Women	300m	
17	Under 15 Boys & Girls	3000m	
18	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 - U 17, Junior & Senior men & Women	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 - Under 13 & 15 Boys & Girls	7.45	8.00

North Eastern Grand Prix 2016

PROGRAMME OF EVENTS

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Age Groups (UKA rule 107)

U13 –competitors aged 11 or 12yrs on 31st August 2016

U15 –competitors aged 13 or 14yrs on 31st August 2016

U17 –competitors aged 15 or 16yrs on 31st August 2016

Junior – competitors over 17 on 31st August but under 20yrs on 31st December 2016

Seniors – competitors who are at least 20 years old at 31st December 2016

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

ALL COMPETITORS MUST RETAIN THEIR NUMBERS FOR THE WHOLE SEASON replacement numbers are £1 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.**

JIMMY HEDLEY/STAN LONG 800m/1 mile EVENTS – THESE WILL BE THE 'A'-STRING RACES ON 8th June and 29th June

Results will be posted on www.necaa.info and www.gatesheadharriers.com 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 26th 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 Stadium on Sunday 13th November 10.00 a.m. – 3.00 p.m.