

WEDNESDAY 20th APRIL 7.00pm MONKTON NEGP 1

TRACK EVENTS: Under 15 Girls and Under 13 Boys 75m Hurdles

- 75m, 150m, 300m, 1500m

FIELD: High Jump, Shot Putt, Long Jump, Javelin

Entries open from 19.00 hrs April 2nd – 19.00 hrs 13th April

WEDNESDAY 18th MAY 7.00pm MONKTON NEGP 2

TRACK EVENTS: Under 15 Boys and Under 17 Women 80m Hurdles

- 200m, 800m (winner holds Jimmy Hedley trophy for 1 year), 3K, 1500S/chase women

FIELD EVENTS: High Jump, Shot Putt, Hammer (no under 13's), Discus

Entries open from 19.00 hrs 30th April – 19.00 hrs 11th May

WEDNESDAY 8th JUNE 7.00pm MONKTON NEGP 3

TRACK EVENTS: Under 13 Girls 70m Hurdles, Under 17 Men, Under 20 Women and Senior Women 100m Hurdles, Under 20 Men, Senior men 110m Hurdles

- 100m, 3/400m, 1 mile (winner holds Stan Long trophy for 1 year),

FIELD EVENTS: High Jump, Shot Putt, Long & Triple Jump, Pole Vault

Entries open from 19.00 hrs 21st May – 19.00 hrs 1st June

WEDNESDAY 29th JUNE 7.00pm MONKTON NEGP 4

TRACK EVENTS: Under 15 Girls & Under 13 Boys 75m Hurdles

- 200m, 800m, 3K, 2K Steeplechase Men

FIELD EVENTS: High Jump, Shot Putt, Hammer (no under 13's), Discus

Entries open from 19.00 hrs 11th June – 19.00 hrs 22nd June

WEDNESDAY 20th JULY 7.00pm MONKTON NEGP 5

TRACK EVENTS: Under 17 Women 300m Hurdles, Under 20 & Senior Women, Under 20 & Senior Men 400m Hurdles

- 100m, 400m, 1500m,

FIELD EVENTS: High Jump, Shot Putt, Long Jump, Triple Jump, Pole vault

Entries open from 19.00 hrs 2nd July – 19.00 hrs 13th July

WEDNESDAY 10th AUGUST 7.00pm MONKTON NEGP 6

TRACK EVENTS: Under 13 Girls 70m, Under 13 Boys & Under 15 Girls 75m Hurdles, Under 15 Boys & Under 17 Women 80m Hurdles, Under 17 Men, Under 20 & Sen Women 100m Hurdles, Under 20 & Sen Men 110m Hurdles

- 200m, 800m, 3K

FIELD EVENTS: High Jump, Shot Putt, Long Jump, Javelin

Entries open from 19.00 hrs 30th July – 19.00 hrs 3rd August



North East Grand Prix 2022

PROGRAMME OF EVENTS

UKA permit OUT 22/037

sponsored by

**START
FITNESS**

www.startfitness.co.uk

Age Groups (UKA RULES)

U13 - competitors aged 11 or 12yrs on 31st August 2022

U15 - competitors aged 13 or 14yrs on 31st August 2022

U17 - competitors aged 15 or 16yrs on 31st August 2022

Under 20 - competitors over 17 on 31st August but under 20 on 31st December 2022

Senior - competitors who are at least 20 on 31st December 2022

ALL ENTRIES CLOSE 1 WEEK IN ADVANCE at necaa.info

£4.50 EACH EVENT

Competitors may enter two events only each night

ALL COMPETITORS MUST RETAIN THEIR NUMBERS FOR THE WHOLE SEASON

NEGP 1 to NEGP 6 replacement numbers are £5 extra

GRADED TRACK RACES: All competitors of all ages compete together in graded races (under 13's may not compete in 300/400m or 3000m). Competitors must give their predicted performances on their entry, those without a predicted performance will be assigned the slowest time. **All entries will be online only, there will be no registration on the night. Competitors must report to the call room area (normally near the 100m start) at the time specified on the night's programme normally posted at www.necaa.info a few days before the event. EVENTS WILL NOT BE HELD UP FOR MISSING COMPETITORS**

FIRST TRACK EVENT IS AT 6.30 EVERY NIGHT

FIRST FIELD EVENT COMMENCES AT 7.00 (warm up's from 6.30)

JIMMY HEDLEY/STAN LONG 800m/1 mile EVENTS will be RACES No 1

18th May and 8th June

STARTFITNESS Athlete of the match awards will be announced after each fixture.

Grand Prix Rules: 1st place = 6 points down to 6th 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 3RD October 2022 at 7.00pm.

Field Events: In events for distance, competitors will be allowed four attempts and for cage events only those outside the tarmac will be measured.

