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| **WEDNESDAY 28th APRIL\* 7.00pm MONKTON NEGP 1**   * **No spectators allowed, only one parent/carer/coach or supervisor per athlete allowed – Government Guidelines**   TRACK EVENTS: 75m, 150m, 300m, 1500m  FIELD EVENTS: Shot Putt, Long Jump, Javelin  **WEDNESDAY 19th MAY**  **7.00pm MONKTON NEGP 2**  TRACK EVENTS: U15B & U 17W 80mH, 200m, 800m\*, 3K  **\* Winner of ‘A’ race receives the Jimmy Hedley trophy for one year.**  FIELD EVENTS: Shot Putt, Discus, High Jump, Hammer.  **WEDNESDAY 2nd JUNE 7.00pm MONKTON NEGP 3**  TRACK EVENTS: U13G 70mH, U17M, U20W & Sen Women100mH, U20M & SenM 110mH,  100m, 400m, 1 mile^, 1500m S/Chase female\*  **^ Winner of ‘A’ race holds the Stan Long trophy for one year**  **\*entries to** [**christopher.betts@btinternet.com**](mailto:christopher.betts@btinternet.com) **before Monday 31st May.**  FIELD EVENTS: Pole Vault, Shot Putt, Long Jump, Javelin, High Jump  **WEDNESDAY 30th June 7.00pm MONKTON NEGP 4**  TRACK EVENTS:U15G&U13B 75m Hurdles, 200m, 800m, 3K  FIELD EVENTS: Pole Vault, Shot Putt, Triple Jump, Javelin.  **WEDNESDAY 21st July 7.00pm MONKTON NEGP 5**  TRACK EVENTS: U17W 300mH, U20M, SMen, SW 400mH, 100m, 400m, 1500m, 2000m Steeplechase\* (male)  **\*entries to** [**christopher.betts@btinternet.com**](mailto:christopher.betts@btinternet.com) **before Monday 19th** July  FIELD EVENTS: Shot Putt, Discus, High Jump, Hammer.  **WEDNESDAY 4th AUGUST 7.00pm GATESHEAD NEGP 6**  TRACK EVENTS: U13 Boys & U 15 Girls 75mH, U15 Boys & U17 Women 80mH, U17M, U20W, SW 100mH, 200m, 800m, 3K  FIELD EVENTS: Pole vault, Shot Putt, Triple Jump, Javelin, High Jump. |  | North Eastern Grand Prix 2021  PROGRAMME OF EVENTS  *sponsored by*    [**www.startfitness.co.uk**](http://www.startfitness.co.uk) **[UKA permit OU??????.]**  Age Groups (UKA RULES)  U13 - competitors aged 11 or 12yrs on 31st August 2021  U15 - competitors aged 13 or 14yrs on 31st August 2021  U17 - competitors aged 15 or 16yrs on 31st August 2021  Under 20 - competitors over 17 on 31st August but under 20 on 31st December 2021  Senior - competitors who are at least 20 on 31st December 2021  **£4.50 ONE EVENT £7.50 TWO EVENTS.**  **Entries close 1 week in advance at: necaa.info**  **ALL COMPETITORS MUST RETAIN THEIR NUMBERS FOR THE WHOLE SEASON replacement numbers are £3 extra**  **GRADED RACES**: All competitors of all ages compete together in graded races, (under 13’s may not compete in the graded 3000m or hammer throw events): Athletes **must** give their predicted performances on their entry form, those without a predicted time/distance will be assigned the slowest time/least distance.  **COMPETITORS MAY ENTER TWO EVENTS ONLY EACH MEETING. Entry lists and seeding (where required) will be posted on necaa.info during the week before each meeting**  *FIRST EVENT IS AT 7.00 EVERY NIGHT*  ***JIMMY HEDLEY/STAN LONG 800m/1 mile EVENTS will be the ‘A’- string races on 19th May and 2nd June***  **STARTFITNESS Athletes of the match (m&f) will be posted as soon as possible.**  **GRAND PRIX SCORING: 1st place = 9 points down to 9th place = 1 point. Awards: 1st six highest points totals 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 presented on Monday 4th October at a venue to be announced.**  ***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](mailto:christopher.betts@btinternet.com) |
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