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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, 1500mFIELD 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** **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, 3KFIELD 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** **before Monday 19th** JulyFIELD 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, 3KFIELD EVENTS: Pole vault, Shot Putt, Triple Jump, Javelin, High Jump. |   | North Eastern Grand Prix 2021PROGRAMME 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 2021U15 - competitors aged 13 or 14yrs on 31st August 2021U17 - competitors aged 15 or 16yrs on 31st August 2021Under 20 - competitors over 17 on 31st August but under 20 on 31st December 2021Senior - 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 |
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