

# North East Grand Prix 2024

## PROGRAMME OF EVENTS

Permit Number 24/094

sponsored by



[www.startfitness.co.uk](http://www.startfitness.co.uk)

Age Groups (UKA RULES)

U13 - competitors aged 11 or 12yrs on 31<sup>st</sup> August 2024

U15 - competitors aged 13 or 14yrs on 31<sup>st</sup> August 2024

U17 - competitors aged 15 or 16yrs on 31<sup>st</sup> August 2024

Under 20 - competitors over 17 on 31<sup>st</sup> August but under 20 on 31<sup>st</sup> December 2024

Senior - competitors who are at least 20 on 31<sup>st</sup> December 2024

**ENTRIES OPEN AND CLOSE AT THE TIMES AND DATES SPECIFIED**

**£5.00 EACH EVENT**

**For rules of competition go to [necaa.co.uk](http://necaa.co.uk)**

**ALL COMPETITORS MUST WEAR THEIR CLUB VEST AND RETAIN THEIR NUMBERS FOR THE WHOLE SEASON NEGP 1 to NEGP 6 replacement numbers are £5**

**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 seasons best performances on their entry with Roster, 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.co.uk](http://www.necaa.co.uk) Up to date changes will be posted on the Roster app. EVENTS WILL NOT BE HELD UP FOR MISSING COMPETITORS**

**THE ORGANISERS RESERVE THE RIGHT TO LIMIT NUMBERS ACCEPTED**

**FIRST TRACK EVENT IS AT 6.30 EVERY NIGHT**

**FIRST FIELD EVENT COMMENCES AT 7.00 (warm up is from 6.30)**

**JIMMY HEDLEY/STAN LONG 800m/1 mile** events follow directly after the hurdles NEGP 2 (29<sup>th</sup> May) and NEGP 3 (12<sup>th</sup> May).

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

**Grand Prix Rules:** 1<sup>st</sup> place = 6 points down to 6<sup>th</sup> place = 1 point.

**Awards:** 1<sup>st</sup> 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 7th October at 6.30 for 7.00p.m.**

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

**Track etiquette: athletes must not warm up on the back straight when lanes are required for the 1500m and other events..**

- UKA Anti-doping statement: All entrants shall be deemed to have made him/herself familiar with, and agreed to be bound by the UKA Anti-Doping Rules and to submit to the authority of UK Anti-Doping in the application and enforcement of the Anti-Doping Rules. The UKA Anti-Doping Rules apply to entrants participating in the sport of Athletics, for 12 months from the [date of entry], whether or not the entrant is a citizen of, or resident in, the UK.

**WEDNESDAY 24<sup>th</sup> April** 6.30 p.m. **MONKTON NEGP 1**  
TRACK EVENTS: Sen/U20 Men 110m, U17Men & U20/SenW 100m Hurdles

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

FIELD EVENTS: High Jump, Shot Putt, Long Jump, Triple Jump, Pole Vault  
**Entries open from 19.00 hrs 3<sup>rd</sup> April – 19.00 hrs 17<sup>th</sup> April**

**WEDNESDAY 29<sup>th</sup> MAY** 6.30 p.m. **MONKTON NEGP 2**  
TRACK EVENTS: U13 girls 70m, U13 boys & U15 Girls 75m Hurdles

- 200m, 800m (winner holds Jimmy Hedley trophy for 1 year), 3K
- U17, U20, Senior women 1500m S/chase

FIELD EVENTS: High Jump, Shot Putt, Long Jump, Javelin  
**Entries open from 19.00 hrs 8<sup>th</sup> May – 19.00 hrs 22<sup>nd</sup> May**

**WEDNESDAY 12<sup>th</sup> JUNE** 6.30 p.m. **MONKTON NEGP 3**  
TRACK EVENTS U15 Boys & U17 Women 80m Hurdles

- 100m, 3/400m, 1 mile (winner holds Stan Long trophy for 1 year)
- U17, U20, Senior Men 2K S/Chase,

FIELD EVENTS: High Jump, Shot Putt, Hammer, Discus.  
**Entries open from 19.00 hrs 22<sup>nd</sup> May – 19.00 hrs 5<sup>th</sup> June**

**WEDNESDAY 10<sup>th</sup> JULY** 6.30 p.m. **MONKTON NEGP 4**  
TRACK EVENTS: Sen/U20 Men 110m, U17Men & U20/SenW 100m Hurdles

- 200m, 800m, 3K,

FIELD EVENTS: High Jump, Shot Putt, Long Jump, Javelin.  
**Entries open from 19.00 hrs 19<sup>th</sup> June – 19.00 hrs 3<sup>rd</sup> July**

**WEDNESDAY 24<sup>th</sup> JULY** 6.30 p.m. **MONKTON NEGP 5**  
TRACK EVENTS; U17 Women 300m, U20/Senior Women & U20/Senior Men 400m Hurdles

- 100m, 400m, 1500m,

FIELD EVENTS: High Jump, Shot Putt, Hammer, Discus.  
**Entries open from 19.00 hrs 3<sup>rd</sup> July – 19.00 hrs 17<sup>th</sup> July**

**WEDNESDAY 14<sup>th</sup> AUGUST** 6.30 p.m. **MONKTON NEGP 6**  
TRACK EVENTS: U13 Girls 70mH, U13 Boys&U15 Girls 75mH, U15 Boys & U17 Women 80m Hurdles,

- 200m, 800m, 3K

FIELD EVENTS: High Jump, Shot Putt, Long Jump, Triple Jump, Pole Vault  
**Entries open from 19.00 hrs 24<sup>th</sup> July – 19.00 hrs 7<sup>th</sup> August**

