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| **WEDNESDAY 20th APRIL 6.30 p.m. 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 13thApril*****WEDNESDAY 18th MAY**  **6.30 p.m. 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 6.30 p.m. 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 6.30 p.m MONKTON NEGP 4**TRACK EVENTS: Under15 Girls & Under13 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 6.30 p.m. MONKTON NEGP 5**TRACK EVENTS: Uder17 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 6.30 p.m. MONKTON NEGP 6**TRACK EVENTS: Under13 Girls 70m**,** Under 13 Boys & Under15 Girls 75m Hurdles, Under15 Boys & Under17 Women 80m Hurdles, Under17 Men, Under20 & 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*** |  | Shape, circle  Description automatically generated**Start Fitness**North East Grand Prix 2022 PROGRAMME OF EVENTS**UKA permit OUT 22/037***sponsored by*[**www.startfitness.co.uk**](http://www.startfitness.co.uk)Age Groups (UKA RULES)U13 - competitors aged 11 or 12yrs on 31st August 2022U15 - competitors aged 13 or 14yrs on 31st August 2022U17 - competitors aged 15 or 16yrs on 31st August 2022Under 20 - competitors over 17 on 31st August but under 20 on 31st December 2022Senior - 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.* |