

<u>WEDNESDAY 30 APRIL 7pm</u>		MONKTON	Enter by
1	U15 Girls	75m Hurdles	6.45
2	U13 Boys	75m Hurdles	6.45
3	SEEDED RACES	150m	6.45
4	U13 Girls	100m	7.00
5	U13 Boys	100m	7.00
6	U15 Girls	100m	7.00
7	U15 Boys	100m	7.00
8	U13 Girls	1500m	7.20
9	U13 Boys	1500m	7.20
10	U15 Girls	1500m	7.20
11	U15 Boys	1500m	7.20
12	SEEDED RACES	300m	7.30
13	SEEDED RACES	1500m	7.45
14	U17& Junior & Senior Women	1500m Steeplechase	8.00

FIELD EVENTS	Start
High Jump – all competitors U13 upwards	7.00
Shot Putt - U17 & Junior & Senior Women	7.00
Shot Putt - U13 & U15 Girls	7.30
Hammer – Junior & Senior Men	7.00
Hammer – U17 & Junior & Senior Women	7.30
Hammer – U17 Men & U15 Boys & Girls	8.00

<u>WEDNESDAY 28 MAY 7pm</u>		GATESHEAD	Enter by
1	U13 Girls	70m Hurdles	6.45
2	Senior/Junior Men	110m Hurdles	6.45
3	Junior/Senior Women/U17 Men	100m Hurdles	6.45
4	SEEDED RACES	100m	6.45
5	U13 Girls	200m	7.00
6	U13 Boys	200m	7.00
7	U15 Girls	200m	7.00
8	U15 Boys	200m	7.00
9	Under 17 Women	300m	7.20
10	SEEDED RACES	400m	7.20
11	U13 Girls	800m	7.30
12	U13 Boys	800m	7.30
13	U15 Girls	800m	7.30
14	U15 Boys	800m	7.45
15	SEEDED RACES	800m	8.00
16	BRITISH MILERS' CLUB	800m	Prior entry
17	SEEDED RACES	3000m	8.00

FIELD EVENTS	Start
High Jump – all competitors U 13 upwards	7.00
Pole Vault – all competitors U 13 upwards	7.00
Long Jump – U17 & Junior/ & Senior Men and Women	7.00
Long Jump – U13 & U15 Boys and Girls	7.45
Triple Jump – all competitors U15 upwards	8.15
Discus – U17 & Junior & Senior Women	7.00
Discus – Junior & Senior Men	7.30
Discus – U17 Men & U15 Boys and Girls	8.00

<u>WEDNESDAY 25 JUNE 7pm</u>		GATESHEAD	Enter by
1	U15 Boys	80m Hurdles	6.45
2	U17 Women	80m Hurdles	6.45
3	SEEDED RACES	100m	6.45
4	U13 Girls	100m	7.00
5	U13 Boys	100m	7.00
6	U15 Girls	100m	7.00
7	U15 Boys	100m	7.00
8	U17 Women	300m	7.30
9	U15 Boys	400m	7.20
10	U15 Girls	200m	7.30
11	SEEDED RACES	200m	7.45
12	SEEDED RACES	1500m	8.00
13	U17 & Junior & Senior Men	2000m Steeplechase	8.00

FIELD EVENTS	Start
High Jump – all competitors U13 upwards	7.00
Pole Vault – all competitors U13 upwards	7.00
Long Jump – U17 & Junior & Senior Men and Women	7.00
Long Jump – U13 & U15 Boys and Girls	7.45
Shot Putt - U17 & Junior & Senior Men	7.00
Shot Putt - U13 & U15 Boys	7.45
Javelin – 30m+ upwards competitors, all ages, male and female	7.00
Javelin – all others throwing less than 30m	7.45

<u>WEDNESDAY 16 JULY 7pm</u>		MONKTON	Enter by
1	U15 Girls	75m Hurdles	6.45
2	U13 Boys	75m Hurdles	6.45
3	SEEDED RACES	150m	6.45
4	U13 Girls	200m	7.00
5	U13 Boys	200m	7.00
6	U15 Girls	200m	7.00
7	U15 Boys	200m	7.00
8	SEEDED RACES	300m	7.20
9	U13 Girls	800m	7.30
10	U13 Boys	800m	7.30
11	U15 Girls	800m	7.30
12	U15 Boys	800m	7.30
13	SEEDED RACES	800m	7.45
14	SEEDED RACES	3000m	8.00

FIELD EVENTS	Start
High Jump – all competitors U13 upwards	7.00
Shot Putt - U17 & Junior & Senior Women	7.00
Shot Putt - U13 & U15 Girls	7.30
Hammer – Junior & Senior Men	7.00
Hammer – U17 & Junior & Senior Women	7.30
Hammer – U17 Men & U15 Boys and Girls	8.00

WEDNESDAY 30 JULY 7pm**GATESHEAD****Enter by**

1	Junior/Senior Men	400m Hurdles	6.45
2	Junior/Senior Women	400m Hurdles	6.45
3	U17 Men	400m Hurdles	6.45
4	U17 Women	300m Hurdles	6.45
5	SEEDED RACES	100m	6.45
6	U13 Girls	100m	7.00
7	U13 Boys	100m	7.00
8	U15 Girls	100m	7.00
9	U15 Boys	100m	7.00
10	SEEDED RACES	200m	7.20
11	U13 Girls	1500m	7.30
12	U13 Boys	1500m	7.30
13	U15 Girls	1500m	7.30
14	U15 Boys	1500m	7.30
15	SEEDED RACES	1500m	8.00

FIELD EVENTS**Start**

High Jump – all competitors U13 upwards	7.00
Pole Vault – all competitors U13 upwards	7.00
Long Jump – U17 & Junior & Senior Men and Women	7.00
Long Jump – U13 & U15 Boys and Girls	7.45
Discus – Junior & Senior Men	7.00
Discus – U17 & Junior & Senior Women	7.30
Discus – U17 Men & U15 Boys and Girls	8.00

WEDNESDAY 13 AUGUST 7pm**GATESHEAD****Enter by**

1	U13 Girls	70m Hurdles	6.45
2	U15 Boys	80m Hurdles	6.45
3	U17 Women	80m Hurdles	6.45
4	U17 Men	100m Hurdles	6.45
5	SEEDED RACES	200m	6.45
6	U13 Girls	200m	7.00
7	U13 Boys	200m	7.00
8	U15 Girls	200m	7.00
9	U15 Boys	200m	7.00
10	SEEDED RACES	400m	7.20
11	U13 Girls	800m	7.30
12	U13 Boys	800m	7.30
13	U15 Girls	800m	7.30
14	U15 Boys	800m	7.30
15	SEEDED RACES	3000m	8.00

FIELD EVENTS**Start**

High Jump – all competitors U13 upwards	7.00
Pole Vault – all competitors U13 upwards	7.00
Long Jump – U17 & Junior & Senior Men and Women	7.00
Long Jump – U13 & U15 Boys and Girls	7.45
Triple Jump – all competitors U15 upwards	8.15
Shot Putt - U17 & Junior & Senior Men	7.00
Shot Putt - U13 & U15 Boys	7.45
Javelin – 30m+ upwards competitors, all ages, male and female	7.00
Javelin – all others throwing less than 30m	7.45

North Eastern Athletics League 2008

PROGRAMME OF EVENTS

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Age Groups

U13 – 1st September 1995 – 31st August 1997
 U15 – 1st September 1993 – 31st August 1995
 U17 – 1st September 1991 – 31st August 1993
 Junior - Under 20 years at 31st December 2008
 Senior – at least 20 years at 31st December 2008

Entry Fees

£2.50 every event (track and field)

SEEDED RACES: All under 17, Junior and Senior athletes, men and women, compete together.

STARTFITNESS

Athlete of the match awards (male/female) will be announced after each fixture.

Presentation of all STARTFITNESS awards at Gateshead Stadium on
 Wednesday 10 September at 7.15pm.

Age categories: Under 13, Under 15, Under 17, Junior, Senior (male and female).
 U13 upwards means including all other older age groups.

Grand Prix Rules: 1st place = 9 points down to 9th place = 1 point.

Awards: 1st six in each age/gender category.

Grand Prix trophy winners must be first or second claim members of a club affiliated to England Athletics (North East).
 Members of clubs not affiliated to England Athletics (North East) or unattached athletes may compete as guests but do not score points.

Field Events: times given are the start of competition and NOT enter by times.