

# TRAFFORD ATHLETIC CLUB

## Grand Prix & Medal Meetings 2015



*Longford Park, Stretford M21 9TA*

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

## TRAFFORD GRAND PRIX 2015

### Distance/Throws

Tues : May 5<sup>th</sup> , May 19<sup>th</sup> , Jun 9<sup>th</sup> , Jun 30<sup>th</sup> , Jul 21<sup>st</sup> , Aug 11<sup>th</sup> , Aug 25<sup>th</sup>

6.15 pm	U15	800m ( 19 <sup>th</sup> May, 30 <sup>th</sup> Jun, 11 <sup>th</sup> Aug ) or 1500m ( 5 <sup>th</sup> May, 9 <sup>th</sup> Jun, 21 <sup>st</sup> Jul, 25 <sup>th</sup> Aug )
6.30 pm		3k
7.15 pm		800m
8 pm		BMC 800m
8.15 pm		1500m
8.40 pm		BMC 1500m

- Aug 25<sup>th</sup> will include the Northern U20 3k after the BMC 800m.

6 pm	Hammer	All field events four throws only.
7 pm	Discus	Vets to throw senior implements only.
8 pm	Javelin & Shot	

The above programme may change. Entries close 15 mins before the event time – if you enter after this time, you may be allocated a slower race.

U15s not allowed to compete against older age groups.

Entry fee: £5 for one event, £2 for each extra event, £2 Spectators.

Meetings held under UKA Rules. Pacemakers are not allowed in any Open races, either for the race as a whole or for specific athletes within a race unless arrange by the organisers.

\*Entries in advance only for U15s. Apply to [neilcanham@hotmail.com](mailto:neilcanham@hotmail.com). Minimum standards will apply. Absolutely no U13s allowed.

Please park responsibly – consider our local residents.

## TRAFFORD GRAND PRIX 2015

### Sprints/Hurdles/Jumps & 5k

Tues : May 12<sup>th</sup> , May 26<sup>th</sup> , Jun 16<sup>th</sup> , Jul 7<sup>th</sup> , Jul 28<sup>th</sup> , Aug 18<sup>th</sup>

#### Track

6.15 pm	5k	May 26 <sup>th</sup> , Jul 7 <sup>th</sup> , Aug 18 <sup>th</sup> only
6.30 pm	U17W 300mH	
	U17M, SM & SW 400mH	( combined races subject to entries )
6.45 pm	100m	
7.15 pm	400m	( incl U17W 300m )
7.45 pm	U17W 80H, U17M/U20W/SW 100H, U20M/SM	
	110H	
8 pm	200m	

Vets to run senior distances & heights only.

6.30 pm	LJ	
7.15 pm	TJ & HJ	Four attempts only for LJ/TJ

The above programme may change. Entries close 15 mins before the event time – if you enter after this time, you may be allocated a slower race.

Absolutely no U15s allowed.

Entry fee: £5 for one event, £2 for each extra event, £2 Spectators.

Meetings held under UKA Rules. An athlete disqualified for a false start will not be allowed to compete in a lower heat

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## Trafford AC Medal Meetings 2015

Mon 6<sup>th</sup> Apr, Sun 26<sup>th</sup> Apr, Mons 4<sup>th</sup> May, 25<sup>th</sup> May & 31<sup>st</sup> August

### Start Time Midday

### Order of events – Track

70m H	U13G
75m H	U15G, U13B
80m H	U15B
600m	U11B+G
800m	U13B+G, U15B+G
100m	U13B, U15B+G
75m	U13G, U11B+G
300m	U15B+G
200m	U13B, U15B+G
150m	U13G, U11B+G
1200m	U13G
1500m	U13B, U15B+G

### Field ( Events are not listed in order – plse listen to the announcements )

High Jump	U15, U13
Long Jump	U15, U13, U11
Javelin	U15, U13
Discus/Shot	U15, U13

1. Athletes must compete in their own age group.
2. Four attempts only for U15 field events, three attempts for U13 & U11 field events.
3. You may return to a field event if you have to leave for another event.
4. U11s can do a maximum of 2 track and 1 field event. Minimum age nine.
5. U13s & U15s may not do both 800m & 1200m/1500m.
6. Starting blocks are not provided.
7. Entry on the day £5 ( £2 for each extra event ) Spectators £2.
8. Medals to the 1<sup>st</sup> three in all events in each age group.
9. Parents are not allowed on the inside of the track

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