

TRAFFORD ATHLETIC CLUB

Grand Prix & Medal Meetings 2017



Longford Park, Stretford M21 9TA

www.traffordac.co.uk

TRAFFORD GRAND PRIX 2017

Distance/Throws

Tues : Apr 25th May 16th Jun 13th Jun 27th Jul 25th Aug 15th Aug 29th

6 pm U15 800m (16th May, 27th Jun, 15th Aug)
or 1500m (25th Apr, 13th Jun, 25th Jul, 29th Aug)

6.30 pm 3k

7.15 pm 800m

8 pm BMC 800m

8.15 pm 1500m

8.40 pm BMC 1500m

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 except in the specific U15 800m & 1500m races.

Entry fee on the day: £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 arranged with the organisers.

*Entries in advance only for U15s 800m & 1500m. Apply to neilcanham@hotmail.com. Minimum standards will apply. Absolutely no U13s allowed.

The wearing of club vests is encouraged and assists the results team.

Requests for performances not to be submitted to Power of Ten will be denied.

Please park responsibly – consider our local residents.

TRAFFORD GRAND PRIX 2017

Sprints/Hurdles/Jumps & 5k

Tues : May 23rd , Jun 20th , Jul 4th

Track

6.15 pm	5k
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 on the day: £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.

Requests for performances not to be submitted to Power of Ten will be denied.

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Trafford AC Medal Meetings 2017

Sat 1st Apr, Mons 17th Apr, 1st May, 29th May & 28th 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

(please listen to the announcements)

- 1200 U15 High Jump followed by U13
- 1200 U11 Long Jump followed by U13 then U15
- 1200 U15 & U13 Discus followed by U15 & U13 Javelin followed by U15 & U13 Shot

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 as long as the field event has not finished. Athletes returning to the HJ will continue at the bar`s current height.
4. U15 & U13 can do a maximum of three events.
5. U11s can do a maximum of 2 track and 1 field event. Minimum age nine.
6. U13s & U15s may not do both 800m & 1200m/1500m.
7. Starting blocks are not provided.
8. Entry on the day £5 (£2 for each extra event) Spectators £2.
9. Medals to the 1st three in all events in each age group.
10. Parents are not allowed on the inside of the track
11. Requests for performances not to be submitted to Power of Ten will be denied.
12. The wearing of club vests is encouraged and assists the results team.