

TRAFFORD ATHLETIC CLUB

Grand Prix & Medal Meetings 2020



Longford Park, Stretford M21 9TA

www.traffordac.co.uk

TRAFFORD GRAND PRIX 2020

Distance/Throws

Tues : 28th Apr, 12th May, 26th May, 9th Jun, 23rd Jun, 7th Jul, 28th Jul,
11th Aug, 25th Aug

Order of Events

6 pm	U15	800m (28 th Apr, 26 th May, 23 rd Jun, 28 th Jul, 25 th Aug) or 1500m (12 th May, 9 th Jun, 7 th Jul, 11 th Aug)
6.30 pm	3k	
7.15 pm	800m	
8 pm	BMC	800m (28 th Apr, 26 th May, 9 th Jun, 23 rd Jun, 28 th Jul, 11 th Aug)
8.15 pm	1500m	(8 pm when no BMC races)
8.40 pm	BMC	1500m (dates as 800m)
6.30 pm	Discus	(28 th Apr, 26 th May, 23 rd Jun, 28 th Jul, 25 th Aug)
6.30 pm	Hammer	(12 th May, 9 th Jun, 7 th Jul, 11 th Aug)
7.30 pm	Shot	(As Discus)
7.30 pm	Javelin	(As Hammer)

The organisers reserve the right to change any detail within the programme. Entries close 15 mins before the event time – if you enter after this time, you may be allocated a slower race.

An U15 is allowed to compete in the Open 800m & 1500m provided he/she has achieved the AAA Grade 1 Standard (800m: 2.06.0 Boys, 2.19.3 Girls, 1500m: 4.21.5 Boys, 4.49.0 Girls) according to Powerof10. U15s are not allowed to compete in the Open 3k.

Entry fee on the day: £6 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. No U13s allowed.

The wearing of club vests is encouraged and assists the results team.
External photographic/video evidence cannot be used to determine a result.
Requests for performances not to be submitted to Power of Ten will be denied.

Please park responsibly – consider our local residents.

TRAFFORD GRAND PRIX 2020

Sprints/Hurdles/Jumps

Tues: 19th May, 2nd Jun, 16th Jun, 14th Jul,

Order of Events

6.30 pm	U17W 300mH U17M, SM & SW 400mH (combined races subject to entries) 100m 400m followed by U17W 300m U17W 80H U17M/U20W/SW 100H U20M/SM 110H (hand-timed) 200m
6.30 pm	Long Jump
7.15 pm	Triple Jump & High Jump

The organisers reserve the right to change any detail within the programme. Entries close 15 mins before the event time – if you enter after this time, you may be allocated a slower race.

No U15s allowed unless by prior permission.

Entry fee on the day: £6 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. External photographic/video evidence cannot be used to determine a result. The wearing of club vests is encouraged and assists the results team.

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Trafford AC Medal Meetings 2020

Sun 29th Mar, Mon 13th Apr, Fri 8th May, Mon 25th May, Mon 31st Aug

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	U15B+G
75m	U13B+G, U11B+G
300m	U15B+G
200m	U13B, U15B+G
150m	U13B+G, U11B+G
1200m	U13B+G
1500m	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 (29th Mar, 8th May, 31st Aug) or Hammer (13th Apr, 25th May) 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 £6 (£2 for each extra event) Spectators £2.
9. Medals to the first three in all events in each age group.
10. Requests for performances not to be submitted to Power of Ten will be denied.
11. The organisers reserve the right to change any detail within the programme.
12. If electronic timing is unavailable, hand timings will be used.
13. External photographic/video evidence cannot be used to determine a result.