

TRAFFORD ATHLETIC CLUB

Grand Prix & Medal Meetings 2021



Longford Park, Stretford M21 9TA

www.traffordac.co.uk

TRAFFORD GRAND PRIX 2021

Distance/Throws

Tues : 18th May, 1st Jun, 15th Jun, 29th June, 13th Jul, 27th Jul, 10th Aug,
24th Aug, 7th Sep

Order of Events

6 pm U15 800m (18th May, 15th Jun, 13th Jul, 10th Aug, 7th sep)
or 1500m (1st Jun, 29th Jun, 27th Jul, 24th Aug)

6.30 pm 3k

7.15 pm 800m

8 pm BMC 800m (1st Jun, 29th Jun, 13th Jul, 10th Aug)

8.15 pm 1500m (8 pm when no BMC races)

8.40 pm BMC 1500m (dates as 800m)

6.30 pm Discus (18th May, 15th Jun, 13th Jul, 10th Aug, 7th Sep)

6.30 pm Hammer (1st Jun, 29th Jun, 27th Jul, 24th 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.

Entry fee on the day: £7 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 open@traffordac.co.uk. 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 2021

Sprints/Hurdles/Jumps

Tues: 25th May, 8th Jun, 22nd Jun, 6th 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: £7 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 2021

Mon 31st May, Mon 30th 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	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 Hammer followed by U13/U15 Discus followed by U15 & U13 Javelin & 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 £7 (£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.