TRAFFORD ATHLETIC CLUB

Grand Prix & Medal Meetings 2022

Longford Park, Stretford, M21 9TA

www.traffordac.co.uk

TRAFFORD GRAND PRIX 2022

Distance/Throws

Tuesdays: 3 May, 17 May, 31 May, 14 Jun, 28 Jun, 12 Jul, 26 Jul,
9 Aug, 23 Aug, 6 Sep

Order of Events

6 pm	U15	800m	(3 May, 31 May, 21 Jun, 26 Jul, 23 Aug)
		1500m	(17 May, 7 Jun, 12 Jul, 9 Aug, 6 Sep)
6.30 pm	3k		
7.15 pm	800m		
8 pm	BMC 800m		(17 May-14 Jun-12 Jul-23 Aug-6 Sep)
8.15 pm	1500m		(8 pm when no BMC races)
8.40 pm	BMC 1500m		(dates as 800m)
6.30 pm	Discus		(3 May-31 May-21 Jun-26 Jul-23 Aug)
6.30 pm	Hammer		(17 May-7 Jun-12 Jul-9 Aug-6 Sep)
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 30 mins before the event time – if you enter after this time, you may be allocated a slower race. Numbers must be collected 30 mins before the event.

Entry in advance £7 for one event, £2 for each extra event at www.traffordac.co.uk
Entry on the day £9 for one event, £2 for each extra event. Spectators £2.

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 pre-arranged with the organisers). No U13s.

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 10 will be denied.

Please park responsibly – consider our local residents.

TRAFFORD GRAND PRIX 2022

Sprints/Hurdles/Jumps

Tuesdays: 10 May, 24 May, 7 Jun, 21 Jun, 5 Jul

Order of Events

6.30 pm	300mH	U17W
	400mH	U17M, SM & SW
	100m	
	400m	
	300m	U17W
	80mH	U17W
	100mH	U17M/U20W/SW
	110mH	U20M/SM (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 30 mins before the event time – if you enter after this time, you may be allocated a slower race. Numbers must be collected 30 mins before the event.

Entry in advance £7 for one event, £2 for each extra event at www.traffordac.co.uk

Entry on the day £9 for one event, £2 for each extra event. Spectators £2.

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

The wearing of club vests is encouraged and assists the results team.
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External photographic/video evidence cannot be used to determine a result.

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TRAFFORD MEDAL MEETINGS 2022

Sat 19 Mar, Sat 2 Apr, Mon 18 Apr, Mon 2 May, Thu 2 Jun,
Mon 29 Aug, Sun 11 Sep, Sun 25 Sep (Start times vary – see the website)

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
	(U17M+W, SEN M+W 19 Mar & 2 Apr)
75m	U13B+G, U11B+G
200m	As per 100m
150m	U13B+G, U11B+G
300m	U15B+G (U17W 19 Mar & 2 Apr)
400m	U17M, SM+W (19 Mar & 2 Apr only)
1200m	U13B+G
1500m	U15B+G

Field Events

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

For all throws, see the website for dates.

1. Four attempts only for U15 field events, three attempts for U13s & U11s.
2. Starting blocks are not provided.
3. Entry in advance £7 for one event, £2 for each extra event at
   www.traffordac.co.uk
4. Entry on the day £9 for one event, £2 for each extra event. Spectators £2.
5. Medals to the first three in all events in each age group (not U17/Sen)
6. Requests for performances not to be submitted to Power of 10 will be denied.
7. The organisers reserve the right to change any detail within the programme.
8. If electronic timing is unavailable, hand timings will be used.
9. External photographic/video evidence cannot be used to determine a result.

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