

# TRAFFORD ATHLETIC CLUB

## Grand Prix & Medal Meetings 2024



*Longford Park, Stretford, M21 9TA*

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

## TRAFFORD GRAND PRIX 2024

Tuesdays: 30 Apr, 14 May, 28 May, 11 Jun, at Trafford  
(Tue 25 Jun, Wed 24 Jul, Tue 6 Aug at Bury)

### Order of Events

|         |                |   |
|---------|----------------|---|
| 6 pm    | 400mH<br>300mH | U17M, SM, SW (Apr - June only)<br>U17W (Apr - June only)                          |
| 6.15 pm | 800m<br>1500m  | U15 (30 Apr, 28 May, 25 <sup>th</sup> Jun, 24 Jul)<br>U15 (14 May, 11 Jun, 6 Aug) |
| 6.30 pm | 3k             |   |
| 7.15 pm | 800m           |   |
| 8 pm    | BMC 800m       | 14 May, 28 May, 11 Jun, 24 Jul  |
| 8.15 pm | 1500m          | 8 pm when no BMC races  |
| 8.40 pm | BMC 1500m      | 14 May, 24 Jul  |

### Field

|         |           |  |
|---------|-----------|--|
| 6.30 pm | Long Jump | 14 May, 28 May, 11 Jun, 25 Jun, 24 Jul |
|         | Discus    | 30 Apr, 28 May, 25 Jun, 24 Jul         |
|         | Hammer    | 14 May, 11 Jun, 6 Aug                  |
| 7.30 pm | Shot      | As Discus                              |
|         | Javelin   | As Hammer                              |

## TRAFFORD MEDAL MEETINGS 2024

Sun 17 Mar, Mon 1 Apr, Sat 13 Apr, Mon 6 May, Mon 27 May, Sun 18 Aug (this fixture at Bury), provisional - Sun 8 Sep & Sun 22 Sep

### Order of events – Track

|       |                  |
|-------|------------------|
| 70m H | U13G             |
| 75m H | U15G, U13B       |
| 80m H | U15B, U17W       |
| 100mH | U17M, SW         |
| 110mH | U20M, SM         |
| 600m  | U11B/G           |
| 800m  | U13B/G, U15B/G   |
| 100m  | U15B/G and older |
| 75m   | U13B/G, U11B/G   |
| 200m  | U15B/G and older |
| 150m  | U13B/G, U11B/G   |
| 300m  | U15B/G, U17W     |
| 400m  | U17M, SM/W       |
| 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    |

1. Four attempts only for U15 field events, three attempts for U13s & U11s.
2. An athlete disqualified for a false start will not be allowed to compete in another heat.
3. Minimum age nine. Entry in advance £7 (£9 entry on the day) for one event, £2 for each extra event at [www.traffordac.co.uk](http://www.traffordac.co.uk)
4. Spectators £2.
5. Medals to the first three in all events in each age group (not U17/Sen)
6. The organisers reserve the right to change any detail within the programme.
7. If electronic timing is unavailable, hand timings will be used. No photofinish for 110mH.
8. External photographic/video evidence cannot be used to determine a result.

Please park responsibly – consider our local residents.

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 (£9 on the day) for one event, £2 for each extra event at [www.traffordac.co.uk](http://www.traffordac.co.uk)

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 in the U15 races on Tuesday nights.

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

External photographic/video evidence cannot be used to determine a result.

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