

TRAFFORD ATHLETIC CLUB

Grand Prix & Medal Meetings 2025



Longford Park, Stretford, M21 9TA

www.traffordac.co.uk

TRAFFORD GRAND PRIX 2025

Tuesdays: 22 Apr, 6 May, 10 Jun, 15 Jul, 12 Aug

Order of Events

6 pm	400mH 300mH	U17M, SM, SW (Apr - June only) U17W (Apr - June only)
6.15 pm	800m 1500m	U15 (22 Apr, 10 Jun, 12 Aug) U15 (6 May, 15 Jul)
6.30 pm	3k	
7.15 pm	800m	
8 pm	BMC 800m	10 Jun, 15 Jul
8.15 pm	1500m	8 pm when no BMC races
8.40 pm	BMC 1500m	10 Jun 15 Jul

Field

6.30 pm	Long Jump	All dates
	Discus	22 Apr, 10 Jun, 12 Aug
	Hammer	6 May, 15 Jul
7.30 pm	Shot	As Discus
	Javelin	As Hammer

TRAFFORD MEDAL MEETINGS 2025

Sun 16 Mar (Bury), Sun 6 Apr, Mon 21 Apr, Mon 5 May, Mon 26 May,
Sat 21 Jun, Sun 13 Jul, Mon 25 Aug Sun 14 Sep & Sun 28 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 £8 (£10 entry on the day) for one event, £4 for each extra event at 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.
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 £8 (£10 on the day) for one event, £4 for each extra event at 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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