

TRAFFORD ATHLETIC CLUB

Grand Prix & Medal Meetings 2024



Longford Park, Stretford, M21 9TA

www.traffordac.co.uk

TRAFFORD GRAND PRIX 2024

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

Order of Events

6 pm	400mH 300mH	U17M, SM, SW (Apr - June only) U17W (Apr - June only)
6.15 pm	800m 1500m	U15 (30 Apr, 28 May, 24 Jul) 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, 24 Jul
	Discus	30 Apr, 28 May, 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), 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
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

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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