

Fixture 1 @ Cardiff International Sports Campus Sunday 22nd April											Season Schedule								
Ev No	Close	Time	Track Event	Age Groups	Est Races	Ev No	Close	Time	Field Event	Gender	CLUBS FIELD DUTIES	SEN	U20	U17	FIX 1	FIX 2	FIX 3	FIX 4	
T01	11:30	12:30	400m Hurdles	Men (91.4)	1	F01	10:30	11:30	Hammer	Men	Cardiff AAC	7.26kg	6.00kg	5.00kg	100m	100m		100m	
T02	11:38	12:38	2K Walk	All	1	F02	11:30	12:30	Hammer	Women	Cardiff AAC	4.00kg	4.00kg	3.00kg	200m		200m	200m	
T03	11:58	12:58	400m Hurdles	U17M (84.0)	1	F03	11:30	12:30	Pole Vault	Women	Swansea Harriers				400m	300m & 400m	300m & 400m	300m & 400m	
T04	12:06	13:06	3000m	Men	2	F04	11:45	12:45	Shot Put	Men	Cardiff Archers	7.26kg	6.00kg	5.00kg	800m	800m		800m	
T05	12:36	13:36	400m Hurdles	Women (76.2)	1	F05	11:45	12:45	Long Jump	Men	Cardiff Archers					1500m	1500m	1500m	
T06	12:44	13:44	300m Hurdles	U17W (76.2)	1	F06	12:00	13:00	High Jump	Women	Pembrokeshire Harriers				3000m		3000m	3000m	
T07	12:52	13:52	3000m	Women	1	F07	13:24	14:24	Discus	Men	Brecon Athletic Club	2.00kg	1.75kg	1.50kg	2K Walk	2K Walk	2K Walk	2K Walk	
T08	13:07	14:07	100m	Women	5 to 6	F08	13:30	14:30	Pole Vault	Men	Newport Harriers					sp hdl	sp hdl	sp hdl	
T09	13:31	14:31	100m	Men	6 to 7	F09	13:45	14:45	Shot Put	Women	Parc Bryn Bach	4.00kg	4.00kg	3.00kg	dist hdl		dist hdl	dist hdl	
T10	13:59	14:59	1.5km S/C	Men	1	F10	14:00	15:00	High Jump	Men	Barry & Vale Harriers				1.5km S/C		1.5km S/C	1.5km S/C	
T11	14:19	15:19	400m	Men	2 to 3	F11	14:25	15:25	Long Jump	Women	Run4All Neath				HJ		HJ	HJ	
T12	14:35	15:35	400m	Women	2 to 3	F12	15:14	16:14	Discus	Women	Neath Harriers	1.00kg	1.00kg	1.00kg	PV	PV		PV	
T13	14:47	15:47	800m	Women	2 to 3	<b>1. Entry Fee £5 per athlete</b>										LJ		LJ	LJ
T14	14:59	15:59	800m	Men	3 or 4	<b>2. Registration closes 1 hour before each start time</b>											TJ	TJ	TJ
T15	15:15	16:15	200m	Women	4 or 5	<b>3. Track events are seeded based on athletes pb's</b>										SP	SP		SP
T16	15:35	16:35	200m	Men	6 or 7	<b>4. Athletes of similar ability (pb's) are seeded equally</b>										DT	DT		DT
T17	16:03	17:03	1.5km S/C	Women	1	<b>5. Relay declarations submitted 1 hour prior to event time</b>											JT	JT	JT
T18	16:28	17:28	4 x 100 Relay	Women	1	<b>6. Field events: Athletes throw their age group weights</b>										HT		HT	HT
T19	16:36	17:36	4 x 100 Relay	Men	1	<b>7. Age Groups Score individually</b>													
<b>8. All age group points are combined for 'Overall Team Score'</b>																			
<b>9. Clubs to supply officials to help on field events</b>																			