

**Welsh Athletics**  
**Welsh Junior League**  
**Plate Cup Final Timetable 2018**



WELSH ATHLETICS  
ATHLETAU CYMRU

Event Number	W/UP	Start Time	Event	Age Group	Clubs Duties
F01	10:48	11:00	(4.00kg) Hammer	U15B	1
F02	10:48	11:00	(3.00kg) Hammer	U15G	1
F03	10:34	11:00	(400g) Javelin	U13G	2
F04	10:30	11:00	Long Jump	U11B	3
F05	10:32	11:00	(3.00kg) Shot	U13B	4
F06	10:58	11:30	Pole Vault	U15B	5
F07	10:58	11:30	Pole Vault	U15G	
F08	11:08	11:30	High Jump	U13G	6
F09	11:20	11:50	Long Jump	U11G	7
F10	11:18	11:44	(1.00kg) Discus	U13B	8
F11	11:42	12:10	(3.00kg) Shot	U15G	1
F12	11:44	12:10	(300g) Javelin	U11B	2
F13	11:45	12:15	Long Jump	U13G	3
F14	12:38	13:00	High Jump	U15G	4
F15	12:30	13:00	Long Jump	U13B	5
F16	12:44	13:10	(1.25kg) Discus	U15B	6
F17	12:52	13:18	(500g) Javelin	U15G	7
F18	12:52	13:24	(2.00kg) Shot	U11G	8
F19	13:49	14:15	(1.00kg) Discus	U15G	1
F20	14:08	14:30	High Jump	U13B	2
F21	14:12	14:40	(2.72kg) Shot	U13G	3
F22	14:30	15:00	Long Jump	U15B	4
F23	14:30	15:00	Long Jump	U15G	5
F24	14:44	15:10	(600g) Javelin	U15B	6
F25	15:19	15:45	(0.75kg) Discus	U13G	7
F26	15:22	15:50	(2.72kg) Shot	U11B	8
F27	15:38	16:00	High Jump	U15B	1 & 5
F28	15:44	16:10	(300g) Javelin	U11G	2 & 6
F29	16:32	17:00	(4.00kg) Shot	U15B	3 & 7
F30	16:34	17:00	(400g) Javelin	U13B	4 & 8

PLATE FINAL CLUBS AND CLUB DUTY NUMBERS	
1	Hereford & County AC
2	Blaenau Gwent AC
3	Cwmbran Harriers
4	Brecon AC
5	Neath Harriers
6	Llanelli AC
7	Pontyclun AC & Barry & Vale
8	Rhondda AC & Aberdare VAAC

CUP FINAL CLUBS AND CLUB DUTY NUMBERS	
1	Cardiff Archers
2	Cardiff AAC
3	Swansea Harriers
4	Newport Harriers
5	Carmarthen Harriers
6	Rhymney Valley AC
7	Pembrokeshire Harriers
8	Bridgend AC

The last 4 events clubs combine to cover duties	
Hereford & Neath	Cardiff Archers & Carmarthen
Blaenau Gwent & Llanelli	Cardiff AAC & Rhymney Valley
Cwmbran & Pontyclun & Barry	Swansea & Pembroke
Brecon & Rhondda & Aberdare	Newport & Bridgend

**FIELD WARM UP TIME: this is based on 2 athletes having 2 trials**

**FIELD EVENT TIME: based on athletes having 3 trials**

- Teams to supply 4 to 6 officials for field events**
- High Jump, Pole Vault & Shot Require 4 officials**
- Long Jump, Discus, Hammer & Javelin require 6 officials**
- Long Throws must have Grade 2 officials**