

Final Timetable for North Wales Championships 2019

Athletes must check in/register etc. at least 1 hour before their event and then be at the start 15min before the race and 15 min before the field event in order to get warm up, jumps and throws (30 min for polevault) before the start time of the event.

QUALIFICATION FOR FINAL

Where there are 2 heats First 2 in each heat and 4 fastest losers qualify. If less than 9 runners register, the heat will be run as a final at the heat start time.

	Start time	Event	Age groups		numbers		Start time	Event	Age groups	numbers
T01	11.00	Sprint hurdles	U13W	FINAL	2	F01	11.00	Hammer	SenW, U20W, U17W, U13W, Masters M	1+1+3+1+1
T02	11.05	800m	U13B+G,U15B+G	FINAL	3+4+3+6					
T03		800m	Master M, Sen M, U20M, U17M	FINAL	3+1+3+2					
T04		800m	U17W, U20W	FINAL	2+1					
T05	11.20	hurdles	U15W	FINAL	4	F02	11.20	Shot	U11G,U13G, U13B, U15W	1+2+3+3
T06	11.30	hurdles	U17W	FINAL	3	F03	11.30	High Jump	U17W, U15W, U13W	1+3+4
T07		hurdles	Veteran women	FINAL	2					
T08		hurdles	U15 Men	FINAL	1					
T09	11.50	hurdles	U17Men	FINAL	1					
T10		hurdles	Senior Men	FINAL	2					
T11	12.05	75m	U11B	FINAL	7	F04	12.05	Javelin	Masters M, Sen M, U20M, U17M, U13M	2+1+1+2+2
T12		75m	U11G	FINAL	5					
T13	12.15	100m	U15G	HEAT 1	5					
T14		100m		HEAT 2	5	F05	12.20	Long Jump	U11 B, U11G	4+3
T15	12.25	100m	U13B	FINAL	3					
T16		100m	U17M	FINAL	6					
T17		100m	U17W	FINAL	7					
T18		100m	U20M	FINAL	3					
T19		100m	U20W, Masters W	FINAL	3					
T20	12.40	100m	Senior M, Masters M	FINAL	5					
T21		100m	U13G	FINAL	8					
T22	12.45	100m	U15B	FINAL	6	F06	13.00	Triple Jump	Masters M, Masters W, U20M, U17M, U17W	2+1+1+1+2
T23		100m	U15 G	FINAL	8	F07	13.00	Javelin	SenW, U17W, U15W, U13W	1+4+3+4
T24	12.55	3000m	U15W, U15B, U17W, U17M,	FINAL	9	F08	13.00	Pole Vault	Masters M, Masters W, U20M, U17M,U17W	2+1+1+1+1
T25	13.10	400m Hurdles	U20M	FINAL	1	F09	13.00	Pole Vault	All ages M/F	6
T26	13.15	3000m	U20W,Sen W, SenM, Masters M	FINAL	8	F10	13.10	Long Jump	U15B	4
T27	13.35	300m Hurdles	U17W	FINAL	1					
T28	13.40	200m	U15B	FINAL	7					

T29		200m	U17W	FINAL	7					
T30		200m	U20M, Sen M, Masters M	FINAL	7					
T31		200m	U13G	FINAL	6					
T32		200m	U13B	FINAL	3					
T33		200m	U15G	FINAL	8	F11	14.05	Long Jump	U13G	9
T34		200m	U17M	FINAL	7	F12	14.25	Discus	SenW, U17W, U15W	2+3+1
T35	14.10	3000m steeple- chase	Masters Men	FINAL	1	F13	14.25	Shot	Sen M, F36M, Masters M, U17M	1+1+3+1
T36	14.25	3000m steeple- chase	U17women	FINAL	1	F14	14.30	High Jump	U13B, U15B, U17M, U20M, Masters M	1+2+1+1+3
T37	14.45	150m	U11B	FINAL	3					
T38		150m	U11G	FINAL	6	F15	14.50	Long Jump	Masters W, U17W, U15W	3+1+5
T39	15.00	300m	U15B	FINAL	3					
T40	15.05	300m	U15G		4					
T41	15.10	300m	U17W	FINAL	5	F16	15.20	Discus	U17M, U13M,U13W	3+2+2
T42	15.20	1500m	U17W	FINAL	6	F17	15.35	Long Jump	U13M	7
T43	15.50	400m	U20M, Sen M,	FINAL	3+4	F18	15.45	Shot	Masters W SenW, U20W, U17W	1+3+1+1
T44	15.55	400m	Master M	FINAL	4	F19	16.05	Discus	Masters M, Sen M,F35M	5+1+1
T45	16.15	400m	U20W, Sen Wm,U17W	FINAL	2,1,1	F20	16.15	Long Jump	Masters M, Sen M, U20M, U17M	3+1+1+1
T46	16.20	600m	U11B,U11G	FINAL	4+5					
T47	16.30	1500m	U13 B+G	FINAL	3+6					
T48	16.40	1500m	U15B, U15G	FINAL	5+6					
T49	16.50	1500m	Sen M, MastersM, U17M,	FINAL	2+1+4					