



Sunday 1st December 2019 N.I.A.C.

FINAL TIMETABLE

1st December - TRACK

| | Register By | Seeding | Call Room | TrackTime | Event | Age Groups |
|-----|-------------|---------|-----------|-----------|-------|------------|
| T01 | 09:15 | 09:45 | 10:25 | 10:45 | 400m | U17M |
| T02 | 09:35 | 10:05 | 10:45 | 11:05 | 200m | U15B |
| T03 | 10:19 | 10:49 | 11:29 | 11:49 | 200m | U13B |
| T04 | 10:47 | 11:17 | 11:57 | 12:17 | 200m | U13G |
| T05 | 11:47 | 12:17 | 12:57 | 13:17 | 200m | U17W |
| T06 | 12:15 | 12:45 | 13:25 | 13:45 | 200m | U17M |
| T07 | 12:51 | 13:21 | 14:01 | 14:21 | 200m | U15G |
| T08 | 13:51 | 14:21 | 15:01 | 15:21 | 300m | U17W |
| T09 | 14:11 | 14:41 | 15:21 | 15:41 | 300m | U15B |
| T10 | 14:35 | 15:05 | 15:45 | 16:05 | 300m | U15G |

1st December FIELD

| | Register By | | Call Room | Field Time | Event | Age Groups |
|-----|-------------|-------|-----------|------------|-------------|------------|
| F01 | 09:00 | 09:30 | 09:56 | 10:30 | High Jump | U13B |
| F02 | 09:00 | 09:30 | 09:46 | 10:30 | Shot | U17W |
| F03 | 09:00 | 09:30 | 09:28 | 10:30 | Long Jump | U15G |
| F04 | 09:45 | 10:15 | 10:29 | 11:15 | High Jump | U17M |
| F05 | 10:30 | 11:00 | 11:00 | 12:00 | Triple Jump | U17W |
| F06 | 10:30 | 11:00 | 11:19 | 12:00 | High Jump | U15G |
| F07 | 10:30 | 11:00 | 11:04 | 12:00 | Shot | U17M |
| F08 | 11:45 | 12:15 | 12:27 | 13:15 | Shot | U13B |
| F09 | 12:00 | 12:30 | 12:51 | 13:30 | High Jump | U15B |
| F10 | 12:00 | 12:30 | 12:34 | 13:30 | Triple Jump | U17M |
| F11 | 13:00 | 13:30 | 13:38 | 14:30 | Long Jump | U13G |
| F12 | 13:30 | 14:00 | 13:58 | 15:00 | Shot | U15B |
| F13 | 13:30 | 14:00 | 14:28 | 15:00 | High Jump | U17W |
| F14 | 14:30 | 15:00 | 15:19 | 16:00 | High Jump | U13G |

West Wales Championships for this meeting will be TRACK only 200m, 300m, 400m
ALL other events are held within the West Wales Championships on the 12th January
ALL other regions have both todays TRACK & FIELD events as part of their Championships