

# WELSH ATHLETICS ATHLETAU CYMRU

## 21st INTER REGIONAL TIMETABLE

Sunday 4th August 2019

Aberdare



TRACK DRAW				
No	At Event	Time	Event	Age
T01	13:20	13:30	4x100m	U17M/U15B
T02	13:25	13:35	4x100m	U17W/U15G
T03	13:30	13:40	4x100m	U13B/U13G
T04	13:35	13:45	1500m	U13B
	13:35	13:45	1500m	U13G
T05	13:45	13:55	400m Hdl	U17M
T06	13:50	14:00	1500m	U15B
	13:50	14:00	1500m	U17M
T07	14:00	14:10	300m Hdl	U17W
T08	14:05	14:15	1500m	U15B
	14:05	14:15	1500m	U17W
T09	14:10	14:20	300m	U15G
T10	14:15	14:25	300m	U17W
T11	14:20	14:30	300m	U15B
T12	14:25	14:35	400m	U17M
T13	14:30	14:40	100m	U17M
T14	14:35	14:45	100m	U15B
T15	14:40	14:50	100m	U13B
T16	14:45	14:55	100m	U17W
T17	14:50	15:00	100m	U15G
T18	14:55	15:05	100m	U13G
T19	15:00	15:10	800m	U13B
T20	15:05	15:15	100m Hdl	U17M
T21	15:10	15:20	800m	U17M
T22	15:15	15:25	80m Hdl	U15B
T23	15:20	15:30	80m Hdl	U17W
T24	15:25	15:35	800m	U15B
T25	15:30	15:40	75m Hdl	U13B
T26	15:35	15:45	800m	U13G
T27	15:40	15:50	75m Hdl	U15G
T28	15:45	15:55	800m	U17W
T29	15:50	16:00	70m Hdl	U13G
T30	15:55	16:05	800m	U15G
T31	16:00	16:10	200m	U13G
T32	16:06	16:16	200m	U17W
T33	16:10	16:20	200m	U15G
T34	16:15	16:25	200m	U13B
T35	16:20	16:30	200m	U17M
T36	16:25	16:35	200m	U15B
T37	16:30	16:40	3000m	U17M
	16:30	16:40	3000m	U15B
T38	16:50	17:00	3000m	U15G
	16:50	17:00	3000m	U17W
T39	17:10	17:20	1.5km s/c	U17M
T40	17:20	17:30	1k walk	U13G/U15G/U17W
T41	17:30	17:40	1k walk	U13B/U15B/U17M
T42	17:40	17:50	1.5km s/c	U17W
T43	17:50	18:00	4X200m	U17M/U15B
T44	17:55	18:05	4X200m	U17W/U15G
T45	18:00	18:10	4X200m	U13B/U13G

FIELD EVENTS				
	W/Up	Time	EVENT	AGE
F01	10:58	11:30	Hammer 5.00kg	U17M
F02	10:58	11:30	Hammer 4.00kg	U15B
F03	11:18	12:00	Long Jump	U13G
F04	11:18	12:00	Long Jump	U17W
F05	11:18	12:00	Long Jump	U15G
F06	11:28	12:00	Pole Vault	U17W
F07	11:28	12:00	Pole Vault	U15G
F08	11:42	12:30	High Jump	U13B
F09	11:42	12:30	High Jump	U17M
F10	11:42	12:30	High Jump	U15B
F11	12:03	12:45	Shot 3.00kg	U13G
F12	12:03	12:45	Shot 3.00kg	U17W
F13	12:03	12:45	Shot 3.00kg	U15G
F14	12:42	13:14	Hammer 3.00kg	U17W
F15	12:42	13:14	Hammer 3.00kg	U15G
F16	13:08	13:50	Shot 3.00kg	U13B
F17	13:08	13:50	Shot 5.00kg	U17M
F18	13:08	13:50	Shot 3.00kg	U15B
F19	13:18	14:00	Long Jump	MALE
F20	13:18	14:00	Long Jump	U17M
F21	13:18	14:00	Long Jump	U15B
F22	13:48	14:30	Javelin 400g	U13B
F23	13:48	14:30	Javelin 700g	U17M
F24	13:48	14:30	Javelin 600g	U15B
F25	14:12	15:00	High Jump	U13G
F26	14:12	15:00	High Jump	U17W
F27	14:12	15:00	High Jump	U15G
F28	14:28	15:00	Pole Vault	U17M
F29	14:28	15:00	Pole Vault	U15B
F30	14:45	15:30	Discus 0.75kg	U13G
F31	14:45	15:30	Discus 1.00kg	U17W
F32	14:45	15:30	Discus 1.00kg	U15G
F33	15:28	16:00	Triple Jump	U17W
F34	15:28	16:00	Triple Jump	U17M
F35	15:42	16:10	Javelin 400g	U13G
F36	15:42	16:10	Javelin 500g	U17W
F37	15:42	16:10	Javelin 500g	U15G
F38	16:45	17:24	Discus 2.00kg	U13B
F39	16:45	17:24	Discus 1.50kg	U17M
F40	16:45	17:24	Discus 1.25kg	U15B

Yellow cells are merged age group races

Middle distance races are being allocated extra athletes to boost race numbers, sprints remain with 2 per event to avoid adding extra races