

## Fixture 2 @ Neath 19th May 2019

## 2019 Season Schedule

Ev No	Close	Time	Event	Age Groups	Est Races	Ev No	Close	Time	Event	Age Groups	Club Duties	FIX 1	FIX 2	FIX 3	FIX 4					
T01	11:45	12:45	3K Walk	All	1	F01	11:00	12:00	Discus	Men	Cardiff Archers, Pembrokeshire	100m	100m		100m					
T02	12:15	13:15	100m	Women	3 or 4	F02	11:00	12:00	Discus	Women		200m		200m	200m					
T03	12:35	13:35	100m	Men	5 to 6	F03	11:10	12:10	Long Jump	Men	Barry Carmarthen Swansea	300m & 400m	300m & 400m		300m & 400m					
T04	13:00	14:00	800m	Women	2 to 3	F04	11:10	12:10	Long Jump	Women		800m	800m	800m						
T05	13:15	14:15	110m hurdles	SENM (106.7)	1 or 2	F05	11:30	12:30	Pole Vault	Women	Brecon Neath		1500m	1500m	1500m					
T06	13:25	14:25	110m hurdles	U20M* (99.0)	1 or 2	F06	11:30	12:30	Pole Vault	Men		3000m		3000m	3000m					
T07	13:35	14:35	800m	Men	2 to 3	F07	14:00	15:00	Javelin	Women	Bridgend Newport	3K Walk	3K Walk		3K Walk					
T08	14:00	15:00	100m hurdles	U17M* (91.4)	1	F08	14:00	15:00	Javelin	Men			sp hdl		sp hdl					
T09	14:10	15:10	100m hurdles	Women* (84.0)	1	F09	14:30	15:30	Triple Jump	Women	Cardiff Athletics Parc Bryn Bach	dist hdl		dist hdl						
T10	14:20	15:20	80m Hurdles	U17W* (76.2)	1	F10	14:30	15:30	Triple Jump	Men		1.5km S/C		1.5km S/C	1.5km S/C					
T11	14:30	15:30	400m	Men	2 to 4	<b>1. Entry Fee £5 per athlete for affiliated clubs</b> <b>2. Entry Fee £7 per athlete for non affiliated clubs</b> <b>3. Registration closes 1 hour before each start time</b> <b>4. Relay teams submitted minimum of 1 hour before event</b> <b>5. Field events: Athletes throw their age group weights</b> <b>6. Best 2 per age group score</b> <b>7. All age group points are combined for 'Overall Team Score'</b> <b>8. All Affiliated clubs are obliged to provide volunteers and or officials for field events</b>										HJ		HJ	HJ	
T12	15:00	16:00	400m	Women	2 to 4											PV	PV		PV	
T13	15:15	16:15	300m	U17W	2 to 3											LJ	LJ		LJ	
T14	15:30	16:30	1500m	Women	1 to 2												TJ	TJ	TJ	
T15	15:50	16:50	1500m	Men	1 to 2											SP		SP	SP	
T16	16:05	17:05	4 x 100 Relay	Women	2												DT	DT	DT	
T17	16:10	17:10	4 x 100 Relay	Men	2												JT	JT	JT	
T18	16:15	17:15	4 x 400 Relay	Women	2											HT		HT	HT	
T19	16:20	17:20	4 x 400 Relay	Men	2															
T20	16:25	17:25	4 x 300 Relay	U17W	1															
TRACK EVENTS						FIELD EVENTS														
Masters can this season run in their age group category for all track disciplines						Masters can this season throw their own implement weights for all events														
other than the hurdles masters will be mixed into races where technical specifications are not required.						Age Group														
*Sprint Hurdles		*Age Group				U17M	U20M	SENM	MM35	MM50	MM60	MM70	MM80+	U17W	U20W	SENW	MW35	MW40	MW50	MW60+
									MM49	MM59	MM69	MM79					MW39	MW49	MW59	
Events																				
SP	5.00kg	6.00kg	7.26kg	7.26kg	6.00kg	5.00kg	4.00kg	4.00kg	3.00kg	4.00kg	4.00kg	4.00kg	4.00kg	4.00kg	3.00kg	3.00kg				
DT	1.50kg	1.75kg	2.00kg	2.00kg	1.50kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	1.00kg	
HT	5.00kg	6.00kg	7.26kg	7.26kg	6.00kg	5.00kg	4.00kg	4.00kg	3.00kg	4.00kg	4.00kg	4.00kg	4.00kg	4.00kg	3.00kg	3.00kg				
JT	700gr	800gr	800gr	800gr	700gr	600gr	500gr	400gr	500gr	600gr	600gr	600gr	600gr	600gr	500gr	500gr				