

## Fixture 3 @ Aberdare 22nd June 2019

## 2019 Season Schedule

Ev No	Close	Time	Event	Age Groups	Est Races
T01	11:00	12:00	1500m	Women	1 or 2
T02	11:15	12:15	1500m	Men	1 or 2
T03	11:30	12:30	400m Hurdles	Men* (91.4)	1
T04	11:50	12:50	400m Hurdles	U17M* (84.0)	1
T05	12:00	13:00	3000m	Men	1 or 2
T06	12:15	13:15	400m Hurdles	Women* (76.2)	1
T07	12:35	13:35	300m Hurdles	U17W* (76.2)	1
T08	12:45	13:45	3000m	Women	1
T09	13:00	14:00	200m	Women	4 or 5
T10	13:35	14:35	1.5km S/C	Men	1
T11	14:10	15:10	200m	Men	4 or 5
T12	14:20	15:20	1.5km S/C	Women	1
T13	14:35	15:35	800m	Women	2 to 3
T14	14:55	15:55	800m	Men	2 to 3
T15	15:10	16:10	4 x 200 Relay	Women	1 or 2
T16	15:25	16:25	4 x 200 Relay	Men	1 or 2

Ev No	Close	Time	Event	Age Groups	Club Duties
F01	11:00	12:00	High Jump	Women	<i>Neath</i>
F02	11:00	12:00	High Jump	Men	
F03	10:45	11:45	Hammer	Women	<i>Bridgend Pembrokeshire</i>
F04	10:45	11:45	Hammer	Men	
F05	11:30	12:30	Long Jump	Women	<i>Brecon Parc Bryn Bach</i>
F06	11:30	12:30	Long Jump	Men	
F07	13:00	14:00	Javelin	Men	<i>Barry Newport</i>
F08	13:00	14:00	Javelin	Women	
F09	13:30	14:30	Discus	Men	<i>Cardiff Athletics Swansea Harriers</i>
F10	13:30	14:30	Discus	Women	
F11	14:00	15:00	Triple Jump	Men	<i>Cardiff Archers</i>
F12	14:00	15:00	Triple Jump	Women	
F13	14:45	15:45	Shot Put	Women	<i>Carmarthen Harriers</i>
F14	14:45	15:45	Shot Put	Men	

FIX 1	FIX 2	FIX 3	FIX 4
100m	100m		100m
200m		200m	200m
300m & 400m	300m & 400m		300m & 400m
800m	800m	800m	
	1500m	1500m	1500m
3000m		3000m	3000m
3K Walk	3K Walk		3K Walk
	sp hdl		sp hdl
dist hdl		dist hdl	
1.5km S/C		1.5km S/C	1.5km S/C
HJ		HJ	HJ
PV	PV		PV
LJ	LJ		LJ
	TJ	TJ	TJ
SP		SP	SP
	DT	DT	DT
	JT	JT	JT
HT		HT	HT

1. Entry Fee £5 per athlete for affiliated clubs
2. Entry Fee £7 per athlete for non affiliated clubs
3. Registration closes 1 hour before each start time
4. Relay teams submitted minimum of 1 hour before event
5. Field events: Athletes throw their age group weights
6. Best 2 per age group score
7. All age group points are combined for 'Overall Team Score'
8. All Affiliated clubs are obliged to provide volunteers and or officials for field events

TRACK EVENTS	
Masters can this season run in their age group category for all track disciplines	
other than the hurdles masters will be mixed into races where technical specifications are not required.	
*Distance Hurdles	*Age Group
400m & 91.4cm	Senior Men, U20M, MM35-MM49
400m & 84.0cm	U17M & MM50-MM59
400m & 76.2cm	U20W, SENW, MW40-MW49
300m & 76.2cm	U17W, MW50-MW59, MM60-MM69

FIELD EVENTS															
Masters can this season throw their own implement weights for all events															
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	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
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	3.00kg	3.00kg
JT	700gr	800gr	800gr	800gr	700gr	600gr	500gr	400gr	500gr	600gr	600gr	600gr	600gr	500gr	500gr