



WELSH ATHLETICS  
ATHLETAU CYMRU

**Menai Sprints Open including Long Jump & Shot**

<b><u>Event ID</u></b>	<b><u>Event Name</u></b>	<b><u>Start Time</u></b>
T01	U11B & U11G 75m	18:00
T02	U13 & U15 B&G 100m	18:10
T03	U17 to Senior M&F 100m	18:16
T04	U11B & U11G 150m	19:00
T05	U13 & U15 B&G 200m	19:10
T06	U17 to Senior M&F 200m	19:25
T07	U15B, U15G & U17W 300m	20:00
T08	U17 to Senior 400m	20:15

<b><u>Event ID</u></b>	<b><u>Event Name</u></b>	<b><u>Warm up time</u></b>	<b><u>Start Time</u></b>
F01	U17 to Senior Shot Put	17:56	18:00
F02	U11B & U11G Long Jump	18:11	18:25
F03	U13B & U15B Shot Put	18:14	18:30
F04	U13G & U15G Shot Put	18:14	18:30
F05	U17 to Senior Long Jump	19:00	19:10
F06	U11B & U11G Shot Put	19:07	19:25
F07	U13B & U15B Long Jump	19:09	19:25
F08	U13G & U15G Long Jump	19:09	19:25



Scan for Results