**Senior (under 20) and Middle (under 17) Championships 2023**

Cardiff International Sports Campus, Leckwith on Wednesday, April 26th - Timetable of Events **V1** (19/03/2023)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **No** | Time | **TRACK** | Round | Age Group |  |  |  | **No** | Time | **FIELD** | Age Group |  |
| **1** | 12:00 | 400m Hurdles | TimeT | MB | 2H | 16 |  | **38** | 12:20 | High Jump | MG |  |
| **2** | 12:10 | 300m Hurdles | TimeT | MG | 1H | 8 |  | **39** | 12:20 | Long Jump | MB | Pool 1 |
| **3** | 12:15 | 200m | Heats | MB | 4H | 32 |  | **40** | 12:20 | Triple Jump | MG |  |
| **4** | 12:31 | 200m | Heats | MG | 4H | 32 |  | **41** | 12:20 | Shot Put | MB | Pool 1 |
| **5** | 12:47 | 400m | Heats | MB | 4H | 32 |  | **42** | 12:20 | Discus | MG - **outside** | **Outside** |
| **6** | 13:03 | 300m | Heats | MG | 3H | 36 |  | **43** | 12:20 | Javelin | MB | Inside |
| **7** | 13:15 | 800m | TimeT | MB | 3H | 24 |  |  |  |  |  |  |
| **8** | 13:30 | 100m Hurdles | Heats | MB | 2H | 20 |  | **44** | 13:30 | High Jump | MB |  |
| **9** | 13:42 | 80m Hurdles | Heats | MG | 2H | 20 |  | **45** | 13:30 | Long Jump | MG | Pool 1 |
| **10** | 13:54 | 200m | Final | MB |  | 8 |  | **46** | 13:30 | Triple Jump | MB |  |
| **11** | 13:59 | 200m | Final | MG |  | 8 |  | **47** | 13:30 | Shot Put | MG | Pool 1 |
| **12** | 14:04 | 400m | Final | MB |  | 8 |  | **48** | 13:30 | Discus | MB - **outside** | **Outside** |
| **13** | 14:09 | 300m | Final | MG |  | 8 |  | **49** | 13:30 | Javelin | MG |  |
| **14** | **14:15** | **1500m** | **Final** | **MB** |  | **??** |  |  |  |  |  |  |
| **15** | 14:25 | 4 x 100m Relay | Heats | MB | 3H | 24 |  | **50** | 14:35 | Long Jump | MB | Pool 2 |
| **16** | 14:40 | 4 x 100m Relay | Heats | MG | 3H | 24 |  | **51** | 14:35 | Shot Put | MB | Pool 2 |
| **17** | 15:00 | 400m | Final | SB & SG |  | 8 |  |  |  |  |  |  |
| **18** | 15:04 | 3000m | Final | SB, SG, MB, MG |  | 20 |  | **52** | 15:05 | Hammer | MB, MG,SB & SG | **Outside** |
| **19** | 15:19 | 110m Hurdles | Final | SB |  | 4 |  | **53** | 15:15 | Triple Jump | SB & SG |  |
| **19** | 15:19 | 100m Hurdles | Final | SG |  | 4 |  |  |  |  |  |  |
| **20** | 15:24 | 100m Hurdles | Final | MB |  | 8 |  | **54** | 15:30 | Pole Vault | MB, MG, SB & SG |  |
| **21** | 15:29 | 80m Hurdles | Final | MG |  | 8 |  |  |  |  |  |  |
| **22** | 15:34 | 200m | Finals | SB & SG |  | 16 |  | **55** | 15:30 | High Jump | SB & SG |  |
| **23** | 15:42 | 100m | Heats | MB | 4H | 32 |  | **56** | 15:30 | Long Jump | MG | Pool 2 |
| **24** | 15:58 | 100m | Heats | MG | 4H | 32 |  | **57** | 15:30 | Shot Put | MG, SB & SG | Pool 2 |
| **25** | 16:14 | 800m | Time T | MG & SG | 2H | 16 |  |  |  |  |  |  |
| **26** | 16:24 | 800m | Final | SB |  | **8** |  | **58** | 16:30 | Long Jump | SB & SG |  |
| **27** | 16:29 | 1500m Steeplechase | Final | MG & SG |  | **4** |  | **59** | 16:30 | Discus | SB & SG - **outside** | **Outside** |
| **28** | 16:39 | 100m | Final | SB & SG |  | 10 |  |  |  |  |  |  |
| **29** | 16:43 | 100m | Final | MB |  | 8 |  | **60** | **17:00** | Javelin | SB & SG | Inside |
| **30** | 16:47 | 100m | Final | MG |  | 8 |  |  |  |  |  |  |
| **31** | 16:51 | 400m Hurdles | Final | SB & SG |  | 8 |  |  |  |  |  |  |
| **32** | 16:55 | 1500m | Final | SB, SG, & MG |  | 20 |  |  |  |  |  |  |
| **33** | 17:05 | 2 Km Walk | Final | SB, SG, MB & MG |  | 16 |  |  |  |  |  |  |
| 34 | 17:25 | 1500m Steeplechase | Final | SB, MB (2’9”) |  | 3 |  |  |  |  |  |  |
| **35** | 17:40 | 4 x 100m Relay | Final | SB & SG |  | 8 |  |  |  |  |  |  |
| **36** | 17:45 | 4 x 100m Relay | Final | MG |  | 8 |  |  |  |  |  |  |
| **37** | 17:50 | 4 x 100m Relay | Final | MB |  | 8 |  |  |  |  |  |  |

**Please note:**

1. The meeting is held in the spirit of UK Athletics rules and under Cardiff & the Vale of Glamorgan Schools' rules. Schools are invited to enter a maximum of two pupils in each individual event. Each pupil may compete in a maximum of three individual events, plus a relay. If a pupil competes in three individual events, **one of the three must be a field event.**
2. **AGE GROUP  
   Middle athletes must be over 15 and under 17 at midnight on August 31st/September 1st 2019 [Years 10 & 11].  
   Senior athletes must be over 17 & under 20 on August 31st/September 1st 2023.**
3. **SAFETY POLICY**(a) In wet weather, only pupils wearing spikes will be permitted to compete in high jump and hurdles races.   
   **(b) Only pupils competing in events are permitted inside the perimeter fence of the competition area. Spectators, supporters and athletes, who are not competing, must stay outside the perimeter fence.**(c) The centre of the track is a danger area. Pupils must never cross it.
4. **REPORTING POLICY**  
   **All track athletes** must report to the Starters’ Marksman at least 20 minutes before the event is due to start.
5. Pupils are required to wear their school (or college) vest. **The wearing of club, district, regional or national vests is not permitted.** Competitors, who are deemed to be unsuitably dressed by the appropriate referee, will be liable to disqualification.
6. In all track and **field** events pupils are expected to wear the unique number (which they have been issued with) on the front of their vest. **Each number must be fastened to the vest EITHER by four pins - one at each corner of the number – OR by double-sided tape.**
7. In all track events in which heats are held, the heat winner plus an appropriate number of fastest losers will compete in the final. The number of athletes in heats and finals of track events will depend on the number of available timekeepers. **If a pupil, who has competed in the heats of a track event and qualifies for the final, either arrives late for the final or withdraws from the final on the grounds of illness or injury, he/she will not be eligible to take part in any further event on the track or on the field during the remaining events at that meeting. The pupil will not be eligible for any available points in that or any subsequent events at the meeting, but any points gained in events, prior to that final, will stand.**
8. Pupils taking part are advised that the wearing of jewellery and the use of headphones and mobile phones **INSIDE** the competition area constitutes a health and safety hazard. Jewellery should not be worn and **iPods and mobile phones** are to be switched off, and headphones are to be stored when a pupil is competing in the competition area.