



Welsh Athletics Junior Open  
Incorporating the Regional Championships for  
East Wales, South Wales, West Wales & South West England

Sunday 8th January 2023

**FINAL TIMETABLE**



WELSH ATHLETICS  
ATHLETAU CYMRU

**8TH JANUARY - TRACK**

	REGISTRATION CLOSES	CALL ROOM IN	TRACK TIME	EVENT	AGE GROUP
T01	09:00	10:15	10:30	1500m	U17M
T02	09:15	10:30	10:45	1500m	U17W
T03	09:22	10:37	10:52	1500m	U15B
T04	09:30	10:45	11:00	1500m	U15G
T05	09:37	10:52	11:07	1500m	U13B
T06	09:45	11:00	11:15	1500m	U13G
T07	10:05	11:20	11:35	60m Hurdles	U17M
T08	10:21	11:36	11:51	60m Hurdles	U17W
T09	10:37	11:52	12:07	60m Hurdles	U15B
T10	10:43	11:58	12:13	60m Hurdles	U15G
T11	11:05	12:20	12:35	60m Hurdles	U13B
T12	11:18	12:33	12:48	60m Hurdles	U13G
T13	11:39	12:54	13:09	800m	U17M
T14	11:54	13:09	13:24	800m	U17W
T15	12:09	13:24	13:39	800m	U13G
T16	12:29	13:44	13:59	800m	U15G
T17	12:59	14:14	14:29	800m	U13B
T18	13:19	14:34	14:49	800m	U15B
T19	13:44	14:59	15:14	60m	U17M
T20	13:56	15:11	15:26	60m	U13B
T21	14:08	15:23	15:38	60m	U15B
T22	14:17	15:32	15:47	60m	U17W
T23	14:35	15:50	16:05	60m	U15G
T24	14:56	16:11	16:26	60m	U13G

**8TH JANUARY - FIELD**

	REGISTRATION CLOSES	CALL ROOM IN	FIELD TIME	EVENT	AGE GROUP
F01	09:30	09:55	11:00	Pole Vault	U15B
F02	09:30	09:55	11:00	Pole Vault	U17M
F03	09:35	10:28	11:05	Shot Put	U17W
F04	10:45	11:26	12:15	Long Jump	U17W
F05	11:30	12:16	13:00	Shot Put	U15G
F06	11:45	12:24	13:15	Long Jump	U15B
F07	11:45	12:28	13:15	Long Jump	U13B
F08	13:00	13:30	14:30	Pole Vault	U15G
F09	13:00	13:30	14:30	Pole Vault	U17W
F10	13:30	14:21	15:00	Shot Put	U13G
F11	14:10	14:43	15:40	Long Jump	U17M

**WEST WALES CHAMPIONSHIPS ARE ONLY FOR 800M AND 1500M AT THIS MEETING - ALL OTHER EVENTS WILL BE HELD IN SWANSEA ON THE 18TH-19TH FEBRUARY**