



Welsh Athletics Junior Open  
Incorporating the Regional Championships for  
East Wales, South Wales, West Wales & South West England  
Sunday 4th December 2022  
Final Timetable



### **4TH DECEMBER - TRACK**

	Register By	Call Room	TrackTime	Event	Age Groups
T01	11:00	11:40	12:00	200m	U17M
T02	11:18	11:58	12:18	200m	U13G
T03	11:42	12:22	12:42	200m	U17W
T04	12:18	12:58	13:18	200m	U13B
T05	12:30	13:10	13:30	200m	U15B
T06	12:51	13:31	13:51	200m	U15G
T07	13:36	14:16	14:36	400m	U17M
T08	13:54	14:34	14:54	300m	U15G
T09	14:15	14:55	15:15	300m	U17W
T10	14:30	15:10	15:30	300m	U15B

### **4TH DECEMBER - FIELD**

	Register By	Call Room	Field Time	Event	Age Groups
F01	11:00	11:20	12:00	High Jump	U15B
F02	11:00	11:30	12:00	High Jump	U13B
F03	11:00	11:30	12:00	Long Jump	U15G
F04	11:30	12:00	12:30	Shot Put	U17M
F05	12:30	12:50	13:30	Triple Jump	U17W
F06	12:30	12:50	13:30	Triple Jump	U17M
F07	12:45	13:15	13:45	Long Jump	U13G
F08	13:10	13:40	14:10	Shot Put	U15B
F09	13:15	13:35	14:15	High Jump	U17W
F10	13:45	14:05	14:45	High Jump	U13G
F11	14:00	14:30	15:00	Shot Put	U13B
F12	14:30	14:50	15:30	High Jump	U17M
F13	14:30	14:40	15:30	High Jump	U15G

ALL ATHLETES MUST GO TO CALL ROOM AT THE TIME SHOWN  
IF ANY ATHLETE IS UNABLE TO GET TO CALL ROOM AT THAT TIME  
PLEASE ASK AN OFFICIAL TO CONTACT CALL ROOM TO LET THEM KNOW