

WEST WALES REGIONAL ATHLETICS CHAMPIONSHIPS 2022 - CWRT HERBERT, NEATH - 15.05.22

TRACK / TRAC			
T01	11:00	Male & Female 1000m Walk	FINAL
T02	11:10	U20W, U20M & SM 400m Hurdles	FINAL
T03	11:20	U17W 300m Hurdles	FINAL
T04	11:30	U13G 800m	FINAL
T05	11:35	U13B 800m	FINAL
T06	11:40	U15G 800m	FINAL
T07	11:45	U15B 800m	FINAL
T08	11:50	U17W & U20W 800m	FINAL
T09	11:55	U17M & SM 800m	FINAL
T10-1	12:00	U13G 100m	Heats
T11-1	12:15	U13B 100m	Heats
T12-1	12:25	U15G 100m	Heats
T13	12:35	U15B 100m	FINAL
T14	12:40	U17W 100m	FINAL
T15-1	12:45	U17M 100m	Heats
T16	12:55	U20W & SW 100m	FINAL
T17	13:00	U20M & SM 100m	FINAL
T18	13:05	Male & Female 3000m	FINAL
T19	13:35	U17M & U20W 100m Hurdles	FINAL
T20	13:45	U17W 80m Hurdles	FINAL
T21-1	13:55	U15G 75m Hurdles	Heats
T22	14:05	U13B 75m Hurdles	FINAL
T23-1	14:15	U13G 70m Hurdles	Heats
T10-2	14:25	U13G 100m	FINAL
T11-2	14:30	U13B 100m	FINAL
T12-2	14:35	U15G 100m	FINAL
T15-2	14:40	U17M 100m	FINAL
T24	14:45	U17M, U20M & SM 400m	FINAL
T25	14:50	U20W & SW 400m	FINAL
T26	14:55	U17W 300m	FINAL
T27	15:00	U15B 300m	FINAL
T28-1	15:05	U15G 300m	Heats
T21-2	15:20	U15G 75m Hurdles	FINAL
T23-2	15:30	U13G 70m Hurdles	FINAL
T29-1	15:40	U13G 200m	Heats
T30-1	15:55	U13B 200m	Heats
T31	16:05	U15G 200m	FINAL
T32	16:10	U15B 200m	FINAL
T33-1	16:15	U17W 200m	Heats
T34	16:25	U17M 200m	FINAL
T35	16:30	U20W & SW 200m	FINAL
T36	16:35	U20M & SM 200m	FINAL
T37	16:40	U13G & U13B 1500m	FINAL
T38	16:50	U15G & U15B 1500m	FINAL
T39	17:00	U17, U20 & Senior 1500m	FINAL
T28-2	17:10	U15G 300m	FINAL
T29-2	17:15	U13G 200m	FINAL
T30-2	17:20	U13B 200m	FINAL
T33-2	17:25	U17W 200m	FINAL

FIELD / CAE		
F01	11:00	U13G Long Jump
F02	11:00	U13 & U15 Pole Vault
F03	11:00	Male Hammer
F04	11:00	U17W, U17M & U20M High Jump
F05	12:00	Female Hammer
F06	12:15	U13B & U15B High Jump
F07	12:20	U13G & U15G Javelin
F08	13:15	U15G Long Jump
F09	13:20	U17W, U17M, U20W, SW & SM Shot
F10	13:30	U17W & U20W Javelin
F11	14:20	U13B Long Jump
F12	14:20	U13G & U15G High Jump
F13	15:00	U17W & U17M Pole Vault
F14	15:20	U17W, U17M, SW & SM Long Jump
F15	15:20	U17M, U20M & SM Javelin
F16	15:50	U13B & U15B Shot
F17	16:00	U17W, U17M, U20M, SW & SM Discus
F18	16:10	U15B Long Jump
F19	16:30	U13G & U15G Shot
F20	17:00	U17W, U20W & SM Triple Jump
F21	17:00	U13B & U15B Javelin
F22	17:35	U13G & U15G Discus

QUALIFICATION TO FINALS: 100m / Hurdles

2 heats – First 3 in each heat & 2 fastest losers (3Q & 2q)

3 heats – First 2 in each heat & 2 fastest losers (2Q & 2q)

QUALIFICATION TO FINALS: 200m / 300m

2 heats – First 2 in each heat & 2 fastest losers (2Q & 2q)

3 heats – Winner in each heat & 3 fastest losers (1Q & 3q)

REGISTER AT LEAST 1 HOUR BEFORE FIRST EVENT

REPORT TO TRACK EVENTS: 10 minutes before start time

REPORT TO FIELD EVENTS: 15 minutes before start time

LIVE RESULTS / CANLYNIADAU BYW - 15.05.22

