

Welsh Athletics Junior Open
 Incorporating the Regional Championships for
 East Wales, South Wales, West Wales & South West England
 Sunday 3rd December 2023
 Final Timetable



WELSH ATHLETICS
 ATHLETAU CYMRU

3RD DECEMBER - TRACK

	Register By	Call Room	TrackTime	Event	Age Groups
T01	10:30	11:40	12:00	200m	U17M
T02	11:00	12:10	12:30	200m	U13G
T03	11:36	12:46	13:06	200m	U17W
T04	12:09	13:19	13:39	200m	U13B
T05	12:40	13:50	14:10	200m	U15B
T06	12:58	14:08	14:28	200m	U15G
T07	13:40	14:50	15:10	400m	U17M
T08	14:15	15:25	15:45	300m	U15G
T09	14:33	15:43	16:03	300m	U15B
T10	14:42	15:52	16:12	300m	U17W

3RD DECEMBER - FIELD

	Register By	At Event	Field Time	Event	Age Groups
F01	10:30	11:35	12:00	High Jump	U15B
F02	10:35	11:30	12:05	High Jump	U13B
F03	10:40	11:50	12:10	Long Jump	U15G
F04	11:45	12:40	13:15	Shot Put	U15B
F05	11:50	12:45	13:20	High Jump	U15G
F06	12:05	13:30	13:35	Long Jump	U13G
F07	12:30	13:25	14:00	High Jump	U17W
F08	12:40	13:35	14:10	Shot Put	U17M
F09	12:40	14:05	14:10	Ambulant Shot Put	AMB_SP
F10	13:30	14:25	15:00	High Jump	U13G
F11	13:30	14:25	15:00	Shot Put	U13B
F12	13:30	14:25	15:00	Triple Jump	U17W
F13	13:30	14:55	15:00	Triple Jump	U17M
F14	13:30	14:55	15:00	Triple Jump	U15G
F15	13:30	14:55	15:00	Triple Jump	U15B
F16	14:15	15:10	15:45	High Jump	U17M
F17	14:30	15:25	16:00	Seated shot	SEATED

Scan the QR code for start lists
 and results

