

**South Wales East Wales  
JJoint Regional T&F Championships 2023  
Saturday 13th May at  
The Ron Jones Stadium - Aberdare**

**FINAL TIMETABLE**

TRACK EVENTS			
Event No	Event	Round	Time
T01-1	U17W 300m Hurdles	Final	11:30
T02-1	U17M/U20M/SM 400m Hurdles	Final	11:40
T03-1	U15G 200m	Time Trials	11:50
T04-1	U15B 200m	Time Trials	12:00
T05-1	SM/U20M 800m	Final	12:10
T06-1	SW/U20W 800m	Final	12:15
T07-1	U17M 800m	Heats	12:20
T08-1	U17W 800m	Heats	12:30
T09-1	U15B 800m	Time Trials	12:40
T10-1	U15G 800m	Time Trials	12:50
T11-1	U15G 75m Hurdles	Final	13:30
T12-1	U15B 80m Hurdles	Final	13:40
T13-1	U17W 80m Hurdles	Final	13:50
T14-1	U17M/U20W/SW 100m Hurdles	Final	14:00
T15-1	U17M 100m	Heats	14:10
T16-1	Senior Men 100m	Final	14:15
T17-1	U20M 100m	Final	14:20
T18-1	SW/U20W 100m	Final	14:25
T19-1	U17W 100m	Final	14:40
T20-1	U15B 100m	Final	14:45
T21-1	U15G 100m	Time Trials	14:50
T07-2	U17M 800m	Final	15:05
T08-2	U17W 800m	Final	15:10
T15-2	U17M 100m	Final	15:20

FIELD EVENTS		
Event No	Event	Time
F01	SM/U20M/U17M Discus	11:00
F02	Male Pole Vault	11:00
F03	SM/U20M/U17M Triple Jump	11:00
F04	SW/U20W/U17W Triple Jump	11:45
F05	SW/U20W/U17W Discus	12:30
F06	SW/U20W/U17W Pole Vault	13:00
F07	U15B/U15G Discus	14:00
F08	U15G Long Jump	14:00
F09	SM/U20M/U17M Shot Put	14:00
F10	U15B/U15G Javelin	15:00
F11	U15B Long Jump	15:00
F12	SW/U20W/U17W Shot Put	15:00

**U15B. U15G. U17M & U17W will have 3 trials  
in all field events except PV**

**U20 & Senior all have 3+3 trials**

**Event Results  
scan QR code**



**Any Track events where there are insufficient numbers for heats then it will be final run at heat time**