

Run With The Wind & Field Events
Final Timetable
Wednesday 5th June 2024
Cardiff International Sports Campus



Event Id	Event Code	Limit	Name	Rounds	Registration closes	Event Time	Entered
F01	SP	5	Seated Shot	1	17:00	18:00	3
F02	HJ	5	Female High Jump [1.63 pb up]	1	17:00	18:00	2
F03	DT	5	Male Discus	1	17:00	18:00	5
F04	DT	5	Female Discus	1	17:00	18:00	5
F05	LJ	5	Male Long Jump [6.50 pb up]	1	18:30	19:30	5
F06	LJ	5	Female Long Jump [5.50 pb up]	1	18:30	19:30	5
F07	SP	5	Male Shot Put	1	18:30	19:30	4
F08	SP	5	Female Shot Put	1	18:30	19:30	5
T01	75H	8	U15G 75m Hurdles	1	17:00	18:00	2
T02	80H	8	U15B-U17W 80m Hurdles	1	17:10	18:10	6
T03	100H	8	U17M-U18M-U20W-SW 100m Hurdles	1	17:20	18:20	9
T04	110H	8	U20M 110m Hurdles	1	17:30	18:30	4
T05	110H	8	Senior Men 110m Hurdles	1	17:40	18:40	3
T06	100	96	100m (Fastest to Slowest pb)	12	17:55	18:55	96
T07	200	96	200m [Fastest to Slowest pb]	10	18:40	19:40	80
T08	300	16	300m [Fastest to Slowest pb]	2	19:15	20:15	16
T09	400	24	400m [Fastest to Slowest pb]	4	19:25	20:25	32

All track races will be seeded as soon as registration closes, anyone who arrives after this point will be added into the last heat[s]