

# S.I.A.B. - -CARMATHEN 2024

Saturday 20th July

Carmarthen Leisure Centre Track



## Track

Event Id	Name	At Event	Event Time
T01	3K Walk, Boys & Girls	11:40	11:50
T02	300m Hurdles, Girls	12:05	12:15
T03	400m Hurdles, Boys	12:20	12:30
T04	800m, Girls	12:35	12:45
T05	800m, Boys	12:40	12:50
T06	100m, non scoring, Girls	12:50	13:00
T07	100m, non scoring, Boys	12:55	13:05
T08	100m, Girls	13:00	13:10
T09	100m, Boys	13:05	13:15
T10	3000m, Girls	13:15	13:25
T11	3000m, Boys	13:30	13:40
T12	400m, Boys	13:45	13:55
T13	300m, Girls	13:55	14:05
T14	200m, Girls	14:05	14:15
T15	200m, Boys	14:10	14:20
T16	100m Hurdles, Boys	14:30	14:40
T17	80m Hurdles, Girls	14:45	14:55
T18	1500m, Girls	15:00	15:10
T19	1500m, Boys	15:10	15:20
T20	1500m Steeplechase, Boys	15:20	15:30
T21	1500m Steeplechase, Girls	15:35	15:45
T22	4 x 100m, Girls	15:50	16:00
T23	4 x 100m, Boys	16:00	16:10
T24	4 x 300m, Girls	16:10	16:20
T25	4 x 400m, Boys	16:20	16:30

## Field

Event Id	Name	At Event	Event Time
F01	Hammer (3.00kg), Girls	10:14	10:30
F02	High Jump, Girls	10:55	11:15
F03	Hammer (5.00kg), Boys	11:14	11:30
F04	Pole Vault, Boys	10:55	11:35
F05	High Jump, Boys	12:25	12:45
F06	Long Jump, Boys	12:39	12:55
F07	Javelin (500g), Girls	12:39	12:55
F08	Discus (1.50kg), Boys	13:44	14:00
F09	Long Jump, Girls	13:44	14:00
F10	Shot Put (3.00kg), Girls	13:44	14:00
F11	Javelin (700g), Boys	14:44	15:00
F12	Triple Jump, Girls	14:44	15:00
F13	Pole Vault, Girls	14:20	15:00
F14	Discus (1.00kg), Girls	15:44	16:00
F15	Triple Jump, Boys	15:44	16:00
F16	Shot (5.00kg), Boys	16:04	16:20



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and updates**