

Welsh Junior Championships 2026
Coleg Cambria - Deeside
Saturday 6th & Sunday 7th June
FINAL TIMETABLE



TRACK EVENTS

Saturday 6th June

| EVENT NUMBER | REGISTRATION CLOSES | CALL ROOM | | START TIME | EVENT AND AGE GROUPS | ROUND |
|--------------|---------------------|-----------|-------|------------|---|----------------|
| | | IN | OUT | | | |
| T01-1 | 10:30 | 11:45 | 11:55 | 12:00 | U20 Men & U20W 400m Hurdles (91.4)+(76.2) | Straight Final |
| T02-1 | 10:45 | 12:00 | 12:10 | 12:15 | U16 Boys 300m Hurdles (76.2) | Straight Final |
| T03-1 | 10:50 | 12:05 | 12:15 | 12:20 | U16 Girls 300m Hurdles (76.2) | Straight Final |
| T04-1 | 11:05 | 12:20 | 12:30 | 12:35 | U16 Girls 800m | Heats |
| T05-1 | 11:15 | 12:30 | 12:40 | 12:45 | U16 Boys 800m | Heats |
| T06-1 | 11:25 | 12:40 | 12:50 | 12:55 | U20 Men 400m | Heats |
| T07-1 | 11:40 | 12:55 | 13:05 | 13:10 | U16 Boys 300m | Heats |
| T08-1 | 11:50 | 13:05 | 13:15 | 13:20 | U16 Girls 300m | Heats |
| T09-1 | 12:05 | 13:20 | 13:30 | 13:35 | Wheelchair/Frame Running 200m | Straight Final |
| T10-1 | 12:15 | 13:30 | 13:40 | 13:45 | U14 Girls 100m | Heats |
| T11-1 | 12:30 | 13:45 | 13:55 | 14:00 | U16 Boys 100m | Heats |
| T12-1 | 12:40 | 13:55 | 14:05 | 14:10 | U14 Boys 100m | Heats |
| T13-1 | 12:50 | 14:05 | 14:15 | 14:20 | U16 Girls 100m | Heats |
| T14-1 | 13:05 | 14:20 | 14:30 | 14:35 | U20 Men 100m | Heats |
| T15-1 | 13:20 | 14:35 | 14:45 | 14:50 | U14 Boys 800m Time Trials | Time trial |
| T16-1 | 13:35 | 14:50 | 15:00 | 15:05 | U14 Girls 800m Time Trials | Time trial |
| T17-1 | 13:50 | 15:05 | 15:15 | 15:20 | U20 Men 800m | Straight Final |
| T18-1 | 13:55 | 15:10 | 15:20 | 15:25 | U20 Women 800m | Straight Final |
| T19-1 | 14:00 | 15:15 | 15:25 | 15:30 | U20 Women 400m | Straight Final |
| T20-1 | 14:10 | 15:25 | 15:35 | 15:40 | U20 Women 100m | Straight Final |
| T21-1 | 14:15 | 15:30 | 15:40 | 15:45 | Para Male & Female 100m | Straight Final |
| T22-1 | 14:20 | 15:35 | 15:45 | 15:50 | Wheelchair/Frame Running 100m | Straight Final |
| T10-2 | | 15:40 | 15:50 | 15:55 | U14 Girls 100m | Final |
| T11-2 | | 15:45 | 15:55 | 16:00 | U16 Boys 100m | Final |
| T12-2 | | 15:50 | 16:00 | 16:05 | U14 Boys 100m | Final |
| T13-2 | | 15:55 | 16:05 | 16:10 | U16 Girls 100m | Final |
| T14-2 | | 16:00 | 16:10 | 16:15 | U20 Men 100m | Final |
| T07-2 | | 16:10 | 16:20 | 16:25 | U16 Boys 300m | Final |
| T08-2 | | 16:15 | 16:25 | 16:30 | U16 Girls 300m | Final |
| T04-2 | | 16:25 | 16:35 | 16:40 | U16 Girls 800m | Final |
| T05-2 | | 16:30 | 16:40 | 16:45 | U16 Boys 800m | Final |
| T06-2 | | 16:35 | 16:45 | 16:50 | U20 Men 400m | Final |

FIELD EVENTS

Saturday 6th June

| EVENT NUMBER | REGISTRATION CLOSES | CALL ROOM | | START TIME | EVENT AND AGE GROUPS |
|--------------|---------------------|-----------|-------|------------|----------------------------|
| | | IN | OUT | | |
| F01 | 10:30 | 11:33 | 11:43 | 12:00 | U16 Boys Hammer (4.00kg) |
| F02 | 10:30 | 11:33 | 11:43 | 12:00 | U20 Men Hammer (6.00kg) |
| F03 | 10:50 | 11:53 | 12:03 | 12:20 | U14 Boys Shot Put (3.00kg) |
| F04 | 11:00 | 11:50 | 12:00 | 12:30 | U16 Boys Long Jump |
| F05 | 12:00 | 13:10 | 13:20 | 13:30 | Seated Shot M&F |
| F06 | 11:35 | 12:33 | 12:43 | 13:05 | U14 Boys Discus (1.00kg) |
| F07 | 11:35 | 12:33 | 12:43 | 13:05 | U20 Men Discus (1.75kg) |
| F08 | 11:35 | 12:33 | 12:43 | 13:05 | U16 Boys Discus (1.25kg) |
| F09 | 11:50 | 12:38 | 12:48 | 13:20 | U20 Women Pole Vault |
| F10 | 11:50 | 12:38 | 12:48 | 13:20 | U16 Girls Pole Vault |
| F11 | 12:20 | 13:13 | 13:23 | 13:50 | U14 Girls Javelin (400g) |
| F12 | 12:35 | 13:33 | 13:43 | 14:05 | U20 Men High Jump |
| F13 | 12:35 | 13:33 | 13:43 | 14:05 | U16 Boys High Jump |
| F14 | 13:00 | 13:58 | 14:08 | 14:30 | U14 Boys Long Jump |
| F15 | 13:50 | 14:43 | 14:53 | 15:20 | U16 Boys Shot Put (4.00kg) |
| F16 | 13:50 | 14:43 | 14:53 | 15:20 | U20 Men Shot Put (6.00kg) |
| F17 | 13:50 | 14:43 | 14:53 | 15:20 | Para Male & Female Shot |
| F18 | 14:15 | 15:08 | 15:18 | 15:45 | U16 Girls Javelin (500g) |
| F19 | 14:15 | 15:08 | 15:18 | 15:45 | U20 Women Javelin (600g) |
| F20 | 14:20 | 15:08 | 15:18 | 15:50 | U14 Girls High Jump |
| F21 | 14:20 | 15:08 | 15:18 | 15:50 | U14 Boys High Jump |
| F22 | 14:40 | 15:33 | 15:43 | 16:10 | U20 Women Triple Jump |
| F23 | 14:40 | 15:33 | 15:43 | 16:10 | U16 Girls Triple Jump |
| F24 | 14:40 | 15:58 | 16:08 | 16:10 | Seated Discus M&F |

ALL ATHLETES MUST REPORT TO CALL ROOM FOR BOTH TRACK AND FIELD EVENTS BY THE IN TIME ADVERTISED

Qualifications through rounds

Insufficient numbers for heats and Final will be run at Heat time

2 heats = first 3 + 2 fastest = 3Q & 2q = 8 to Final

3 Heats = First 2 + 2 fastest = 2Q & 2q = 8 to Final

Scan QR code for start lists and results

TRACK EVENTS

Sunday 7th June

| EVENT NUMBER | REGISTRATION CLOSES | CALL ROOM | | START TIME | EVENT AND AGE GROUPS | ROUND |
|--------------|---------------------|-----------|-------|------------|------------------------------|----------------|
| | | IN | OUT | | | |
| T23-1 | 10:30 | 11:45 | 11:55 | 12:00 | U14 Girls 75m Hurdles (68.5) | Straight Final |
| T24-1 | 10:45 | 12:00 | 12:10 | 12:15 | U16 Boys 100m Hurdles (84.0) | Straight Final |
| T25-1 | 11:00 | 12:15 | 12:25 | 12:30 | U16 Girls 80m Hurdles (76.2) | Heats |
| T26-1 | 11:10 | 12:25 | 12:35 | 12:40 | U14 Boys 80m Hurdles (76.2) | Straight Final |
| T27-1 | 11:25 | 12:40 | 12:50 | 12:55 | U20W 2000m S/C (76.2) | Straight Final |
| T28-1 | 11:40 | 12:55 | 13:05 | 13:10 | U14 Girls 200m | Heats |
| T29-1 | 11:55 | 13:10 | 13:20 | 13:25 | U16 Girls 200m | Heats |
| T30-1 | 12:10 | 13:25 | 13:35 | 13:40 | U16 Boys 200m | Heats |
| T31-1 | 12:20 | 13:35 | 13:45 | 13:50 | U14 Boys 200m | Heats |
| T32-1 | 12:30 | 13:45 | 13:55 | 14:00 | U20 Men 200m | Heats |
| T33-1 | 12:40 | 13:55 | 14:05 | 14:10 | U20 Women 200m | Heats |
| T34-1 | 12:50 | 14:05 | 14:15 | 14:20 | U14 1K Walk + U16 3K Walk | Straight Final |
| T35-1 | 13:20 | 14:35 | 14:45 | 14:50 | U14 Girls 1500m Time Trials | Time trial |
| T36-1 | 13:32 | 14:47 | 14:57 | 15:02 | U14 Boys 1500m Time Trials | Time trial |
| T37-1 | 13:38 | 14:53 | 15:03 | 15:08 | U16 Girls 1500m Time Trials | Time trial |
| T38-1 | 13:50 | 15:05 | 15:15 | 15:20 | U16 Boys 1500m Time Trials | Time trial |
| T39-1 | 13:56 | 15:11 | 15:21 | 15:26 | U20 Women 1500m | Straight Final |
| T40-1 | 14:02 | 15:17 | 15:27 | 15:32 | U20 Men 1500m | Straight Final |
| T41-1 | 14:10 | 15:25 | 15:35 | 15:40 | U16B + U16G 1500m S/C (76.2) | Straight Final |
| T25-2 | | 15:37 | 15:47 | 15:52 | U16 Girls 80m Hurdles (76.2) | Final |
| T42-1 | 14:34 | 15:49 | 15:59 | 16:04 | Para Male & Female 200m | Straight Final |
| T28-2 | | 15:53 | 16:03 | 16:08 | U14 Girls 200m | Final |
| T29-2 | | 15:57 | 16:07 | 16:12 | U16 Girls 200m | Final |
| T30-2 | | 16:01 | 16:11 | 16:16 | U16 Boys 200m | Final |
| T31-2 | | 16:05 | 16:15 | 16:20 | U14 Boys 200m | Final |
| T32-2 | | 16:09 | 16:19 | 16:24 | U20 Men 200m | Final |
| T33-2 | | 16:15 | 16:25 | 16:30 | U20 Women 200m | Final |

FIELD EVENTS

Sunday 7th June

| EVENT NUMBER | REGISTRATION CLOSES | CALL ROOM | | START TIME | EVENT AND AGE GROUPS |
|--------------|---------------------|-----------|-------|------------|------------------------------|
| | | IN | OUT | | |
| F25 | 9:30 | 10:38 | 10:40 | 11:00 | U16 Girls Hammer (3.00kg) |
| F26 | 9:30 | 10:38 | 10:40 | 11:00 | U20 Women Hammer (4.00kg) |
| F27 | 9:30 | 10:41 | 10:43 | 11:00 | U20 Men Triple Jump |
| F28 | 9:30 | 10:41 | 10:43 | 11:00 | U16 Boys Triple Jump |
| F29 | 10:00 | 11:01 | 11:03 | 11:30 | U16 Girls High Jump |
| F30 | 10:00 | 11:01 | 11:03 | 11:30 | U20 Women High Jump |
| F31 | 10:35 | 11:32 | 11:33 | 12:05 | U14 Girls Shot Put (2.72kg) |
| F32 | 10:45 | 11:51 | 11:53 | 12:15 | U20 Women Long Jump |
| F33 | 10:45 | 11:51 | 11:53 | 12:15 | Para Male & Female Long Jump |
| F38 | 12:15 | 13:11 | 13:13 | 13:45 | U16 Girls Long Jump |
| F34 | 11:15 | 12:12 | 12:13 | 12:45 | U16 Boys Pole Vault |
| F35 | 11:45 | 12:46 | 12:48 | 13:15 | Ambulant/Para Discus |
| F36 | 11:45 | 12:46 | 12:48 | 13:15 | U20 Women Discus (1.00kg) |
| F37 | 11:45 | 12:46 | 12:48 | 13:15 | U16 Girls Discus (1.00kg) |
| F39 | 13:05 | 14:06 | 14:08 | 14:35 | U14 Boys Javelin (500g) |
| F40 | 13:05 | 14:06 | 14:08 | 14:35 | U16 Boys Javelin (600g) |
| F41 | 13:05 | 14:06 | 14:08 | 14:35 | U20 Men Javelin (800g) |
| F42 | 13:05 | 14:01 | 14:03 | 14:35 | U20 Women Shot Put (4.00kg) |
| F43 | 13:05 | 14:01 | 14:03 | 14:35 | U16 Girls Shot Put (3.00kg) |
| F44 | 13:50 | 14:41 | 14:45 | 15:20 | U14 Girls Long Jump |
| F45 | 14:15 | 15:21 | 15:23 | 15:45 | U14 Girls Discus (0.75kg) |

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3 Heats = First 2 + 2 fastest = 2Q & 2q = 8 to Final

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