



Welsh Athletics Junior Open
Incorporating Regional Championships
Sunday 11th January 2026
Final Timetable



WELSH ATHLETICS
ATHLETAU CYMRU

11h January - TRACK

	REGISTRATION CLOSES	AT EVENT	TRACK TIME	EVENT	AGE GROUP
T01	09:30	10:50	11:00	1500m	U17M
T02	09:42	11:02	11:12	1500m	U17W
T03	09:48	11:08	11:18	1500m	U15B
T04	10:00	11:20	11:30	1500m	U15G
T05	10:16	11:36	11:46	1500m	U13B
T06	10:22	11:42	11:52	1500m	U13G
T07	10:40	12:00	12:10	60m Hurdles (68.5)	U13G
T08	10:56	12:16	12:26	60m Hurdles (76.2)	U13B
T09	11:09	12:29	12:39	60m Hurdles (76.2)	U17W
T10	11:22	12:42	12:52	60m Hurdles (91.4)	U17M
T11	11:35	12:55	13:05	60m Hurdles (76.2)	U15G
T12	11:51	13:11	13:21	60m Hurdles (84.0)	U15B
T13	12:10	13:30	13:40	800m	U17M
T14	12:22	13:42	13:52	800m	U17W
T15	12:34	13:54	14:04	800m	U13G
T16	12:58	14:18	14:28	800m	U15G
T17	13:22	14:42	14:52	800m	U13B
T18	13:38	14:58	15:08	800m	U15B
T19	14:00	15:20	15:30	60m	U15B
T20	14:15	15:35	15:45	60m	U17M
T21	14:30	15:50	16:00	60m	U13B
T22	14:45	16:05	16:15	60m	U13G
T23	15:03	16:23	16:33	60m	U15G
T24	15:24	16:44	16:54	60m	U17W

U13 & U15 athletes can only run 1 distance race 800m or 1500m not both (RULE TR3 S2 UKA)

11th January - FIELD

	REGISTRATION CLOSES	AT EVENT	FIELD TIME	EVENT	AGE GROUP
F01	09:15	10:27	10:45	Shot Put	U17W
F02	10:00	10:40	11:30	Pole Vault	U15B
F03	10:00	10:40	11:30	Pole Vault	U17M
F04	10:15	11:15	11:45	Long Jump	U17W
F05	10:30	11:34	12:00	Shot Put	U15G
F06	11:45	12:41	13:15	Long Jump	U13B
F07	11:45	13:11	13:15	Female Long Jump	AMB_F1
F08	11:45	13:13	13:15	Male Long Jump	AMB_LJ
F09	12:50	13:20	14:20	Pole Vault	U15G
F10	12:50	13:20	14:20	Pole Vault	U17W
F11	13:20	14:12	14:50	Shot Put	U13G
F12	13:30	14:39	15:00	Long Jump	U17M
F13	14:45	15:50	16:15	Long Jump	U15B

West Wales Championships are only for 800m and 1500m at this meeting