



**North Wales Regional Athletics Championships 2026**

F01	U16G Hammer	11:00	T01	U18 to SEN 400m Hurdles	13:00
F02	U18W Hammer	11:00	T02	U16B & U16G 300M Hurdles	13:15
F03	U20W,SW Hammer	11:00	T03	U12G 800m	13:30
F04	U20M,SM Hammer	11:00	T04	U14G & U16G 800m	13:34
F05	U14G Hammer Throw	11:00	T05	U12B 800m	13:38
F06	U12B Long Jump	11:00	T06	U14B & U16B 800m	13:46
F07	U14B Long Jump	11:00	T07	U18M, U20M & SEN 800m	13:50
F08	U16B Long Jump	11:00	T08	U12B 100m	14:00
F09	U18M Long Jump	11:00	T09	U14B & U16B 100m	14:04
F10	U20M,SM Long Jump	11:00	T10	U14G 100m	14:08
F11	U12B Shot	11:00	T11	U16G 100m	14:12
F12	U14B Shot	11:00	T12	U12G 100m	14:20
F13	U16B Shot	11:00	T13	U18M 100m	14:24
F14	U20M,SM Shot	11:00	T14	U18W, U20W & SENW 100m	14:28
F15	U14B Discus	12:00	T15	U20M,SM 100m	14:32
F16	U16G Discus	12:00	T16	U14B, U14G & U16G 1500m	14:56
F17	U18W Discus	12:00	T17	U18M,U18W & SENM 1500m	14:52
F18	U20M,SM Discus	12:00	T18	U16G 80m Hurdles (76.2cm)	15:00
F19	U20W,SW Discus	12:00	T19	U20M,SM 110m Hurdles (99.1cm/106.7cm)	15:06
F20	U14G Shot	13:00	T20	U16B&G 300m	15:12
F21	U16G Shot	13:00	T21	U18M & U18W 400m	15:16
F22	U18W Shot	13:00	T22	SM, SW, U20M & U20W 400m	15:24
F23	U20W,SW Shot	13:00	T23	U14B & U16B 200m	15:32
F24	U20M,SM Javelin	13:00	T24	U14G 200m	15:36
F25	U16B Javelin	13:00	T25	U16G 200m	15:44
F26	U16G Javelin	13:00	T26	U18M 200m	15:52
F27	U18W Javelin	13:00	T27	U18W, U20W & SENW 200m	15:56
F28	U14B Javelin	13:00	T28	U20M,SM 200m	16:00
F29	U14G Javelin	13:00			
F30	U12G Long Jump	14:00			
F31	U14G Long Jump	14:00			
F32	U16G Long Jump	14:00			
F33	U18W Long Jump	14:00			
F34	U20W,SW Long Jump	14:00			
F35	U14B High Jump	14:30			
F36	U16G High Jump	14:30			
F37	U16B High Jump	14:30			
F38	U20M,SM High Jump	14:30			
F39	U16G Triple Jump	15:30			
F40	U20W, SW Triple Jump	15:30			
F41	U20M, SM Triple Jump	15:30			
F42	U16B Triple Jump	15:30			
F43	U18W Triple Jump	15:30			



**SCAN QR CODE FOR RESULTS**