

Welsh Athletics League Fix 1 - Newport 23rd April													Number Issued		Welsh Athletics League Fix 1 - Newport 23rd April													Number Issued	
Male Athletes Match 1															Male Athletes Match 1														
PLEASE PRINT NAME & CLUB CLEARLY FOR ACCURATE RESULTS													PLEASE PRINT NAME & CLUB CLEARLY FOR ACCURATE RESULTS																
FIRST NAME													FIRST NAME																
SURNAME													SURNAME																
CLUB													CLUB																
ALL ATHLETES MUST ENTER A CLUB or UNIVERSITY or COLLEGE TO TAKE PART, NO ATHLETES ARE PERMITTED TO TAKE PART UNATTACHED													ALL ATHLETES MUST ENTER A CLUB or UNIVERSITY or COLLEGE TO TAKE PART, NO ATHLETES ARE PERMITTED TO TAKE PART UNATTACHED																
SELECT YOUR AGE GROUP BELOW-(NO U11-U13-U15 ATHLETES ALLOWED)													SELECT YOUR AGE GROUP BELOW-(NO U11-U13-U15 ATHLETES ALLOWED)																
U17M/U18M				U20M				SENM				U17M/U18M				U20M				SENM									
Athlete entry £5.00													Athlete entry £5.00																
THIS CARD IS FOR Male Athletes Match 1 ONLY: ENTRIES CLOSE 60 MINUTES PRIOR TO EVENT START													THIS CARD IS FOR Male Athletes Match 1 ONLY: ENTRIES CLOSE 60 MINUTES PRIOR TO EVENT START																
SELECT YOUR EVENTS: PLEASE ENTER SB/PB (PB LAST 12 MONTHS) IF NO PB/SB ENTER 0 AGAINST YOUR EVENTS													SELECT YOUR EVENTS: PLEASE ENTER SB/PB (PB LAST 12 MONTHS) IF NO PB/SB ENTER 0 AGAINST YOUR EVENTS																
TRACK EVENTS				FIELD EVENTS				TRACK EVENTS				FIELD EVENTS																	
Event	Event Closes	Timetable Time	PB	Event	Event Closes	Timetable Time	PB	Event	Event Closes	Timetable Time	PB	Event	Event Closes	Timetable Time	PB														
100m	12:29	13:29		HIGH JUMP	14:18	15:18		100m	12:29	13:29		HIGH JUMP	14:18	15:18															
200m	15:11	16:11		POLE VAULT	11:30	12:30		200m	15:11	16:11		POLE VAULT	11:30	12:30															
400m	13:34	14:34		LONG JUMP	11:15	12:15		400m	13:34	14:34		LONG JUMP	11:15	12:15															
800m	14:27	15:27						800m	14:27	15:27																			
				SHOT	13:09	14:09						SHOT	13:09	14:09															
3000m	11:20	12:20		DISCUS	15:15	16:15		3000m	11:20	12:20		DISCUS	15:15	16:15															
2k walk	11:00	12:00		HAMMER	11:00	12:00		2k walk	11:00	12:00		HAMMER	11:00	12:00															
Sprint Hurdles	13:12	14:12						Sprint Hurdles	13:12	14:12																			
U18M Hdl	13:30	14:30		4 STRAIGHT TRIALS FOR ALL FIELD EVENTS EXCEPT HIGH JUMP & POLE VAULT								4 STRAIGHT TRIALS FOR ALL FIELD EVENTS EXCEPT HIGH JUMP & POLE VAULT																	
1.5km S/C	12:57	13:57						1.5km S/C								12:57	13:57												