

Welsh Athletics League Fix 1 - Newport 23rd April										Number Issued		Welsh Athletics League Fix 1 - Newport 23rd April										Number Issued	
Female Athletes Match 1												Female 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)											
U17W/U18W			U20W			SENW						U17W/U18W			U20W			SENW					
Athlete entry £5.00												Athlete entry £5.00											
THIS CARD IS FOR Female Athletes Match 1 ONLY: ENTRIES CLOSE 60 MINUTES PRIOR TO EVENT START												THIS CARD IS FOR Female 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	12:05	13:05		HIGH JUMP	12:30	13:30		100m	12:05	13:05		HIGH JUMP	12:30	13:30									
200m	14:51	15:51		POLE VAULT	13:06	14:06		200m	14:51	15:51		POLE VAULT	13:06	14:06									
400m	13:42	14:42		LONG JUMP	11:15	12:15		400m	13:42	14:42		LONG JUMP	11:15	12:15									
800m	14:27	15:27						800m	14:27	15:27													
				SHOT	11:15	12:15						SHOT	11:15	12:15									
3000m	11:20	12:20		DISCUS	13:20	14:20		3000m	11:20	12:20		DISCUS	13:20	14:20									
2k walk	11:00	12:00		HAMMER	12:05	13:05		2k walk	11:00	12:00		HAMMER	12:05	13:05									
Sprint Hurdles	13:12	14:12						Sprint Hurdles	13:12	14:12													
U18 SP HDL	14:19	15:19		4 STRAIGHT TRIALS FOR ALL FIELD EVENTS EXCEPT HIGH JUMP & POLE VAULT				U18 SP HDL	14:19	15:19		4 STRAIGHT TRIALS FOR ALL FIELD EVENTS EXCEPT HIGH JUMP & POLE VAULT											
1.5km S/C	15:39	16:39						1.5km S/C	15:39	16:39													