

Welsh Athletics League fixture 1 @ Newport 23rd April

Ev No	Close	Time	Event	Age Groups	Est Races
T01	11:00	12:00	2K Walk	All	1
T02	11:20	12:20	3000m	Men	2
T03	11:50	12:50	3000m	Women	1
T04	12:05	13:05	100m	Women	6 to 7
T05	12:29	13:29	100m	Men	7 to 8
T06	12:57	13:57	1.5km S/C	Men	1
T07	13:12	14:12	110m hurdles	SENM (106.7)	1 or 2
T08	13:22	14:22	110m hurdles	U20M (99.0)	2 or 2
T09	13:30	14:30	110m hurdles	U18M (91.4)	1
T10	13:34	14:34	400m	Men	1 or 2
T11	13:42	14:42	400m	Women	1 or 2
T12	13:50	14:50	800m	Women	2 to 3
T13	14:05	15:05	100m hurdles	U17M (91.4)	1
T14	14:15	15:15	100m hurdles	Women (84.0)	1
T15	14:19	15:19	100m hurdles	U18W (76.2)	1
T16	14:27	15:27	800m	Men	3 or 4
T17	14:47	15:47	80m Hurdles	U17W (76.2)	1
T18	14:51	15:51	200m	Women	4 or 5
T19	15:11	16:11	200m	Men	6 or 7
T20	15:39	16:39	1.5km S/C	Women	1
T21	15:54	16:54	4 x 100 Relay	Women	1
T22	16:02	17:02	4 x 100 Relay	Men	1

Ev No	Close	Time	Event		SEN	U20	U17
F01	11:00	12:00	Hammer	Men	7.26kg	6.00kg	5.00kg
F02	11:15	12:15	Long Jump	Women			
F03	11:15	12:15	Shot Putt	Women	4.00kg	4.00kg	3.00kg
F04	11:30	12:30	Pole Vault	Men			
F05	12:05	13:05	Hammer	Women	4.00kg	4.00kg	3.00kg
F06	12:30	13:30	High Jump	Women			
F07	13:06	14:06	Pole Vault	Women			
F08	13:09	14:09	Shot Putt	Men	7.26kg	6.00kg	5.00kg
F09	13:15	14:15	Long Jump	Men			
F10	13:20	14:20	Discus	Women	1.00kg	1.00kg	1.00kg
F11	14:18	15:18	High Jump	Men			
F12	15:15	16:15	Discus	Men	2.00kg	1.75kg	1.50kg

U18 events have been added for athletes who are looking for qualification track times and field performances. Field events athletes will be filtered into the main events, hurdles have been made separate races

	FIX 1	FIX 2	FIX 3	FIX 4
	100m		100m	100m
Pit 1	200m	200m		200m
	400m	400m	400m	400m
	800m		800m	800m
		1500m	1500m	1500m
Pit 1	3000m	3000m		3000m
	2K Walk	2K Walk	2K Walk	2K Walk
	sp hdl		sp hdl	sp hdl
		dist hdl	dist hdl	dist hdl
	1.5km S/C		1.5km S/C	1.5km S/C
	HJ		HJ	HJ
	PV	PV		PV
	LJ	LJ		LJ
		TJ	TJ	TJ
	SP		SP	SP
	DT		DT	DT
		JT	JT	JT
	HT	HT		HT

TRACK AND FIELD CLOSING TIMES FOR SEEDING: 60 MINS PRIOR TO EVERY EVENT