

**North Wales Indoor Championships**

**PROVISIONAL/FINAL timetable**

There are A HIGH NUMBER of athletes in Long Jump and Triple Jump

There is enough time for 1 min of warm up and 3 trials, 3 trials each for U11,U13 &U15 athlete in Long Jump and Triple Jump

The jumps will have to go through at an average of 60 seconds per jump including measurement and changeover between events to finish before

Under 23 are included in Senior.

The results from the Veteran competitions may be amalgamated to determine the medal positions.

In the heats the finalists will be taken from the winners of each heat and the fastest losers to bring the total to 5 finalists.

Use of cameras will be allowed during the meeting.

Event No	TRACK		Event No	FIELD	
T01	09:45	60m SDA			
	9.55		F01	Long Jump	U11 Boys & Girls (2,6)
	10.00		F02	High Jump	U13Boys,U15,U17,U20,V40,V50Men (4,2,1,1,1,1)
	10.35		F03	Shot	SDA (CIRCLE)
	10.40		F04	Standing Long Jump	SDA (SPORTSHALL)
	10.45		F05	Shot	U11,U13,U15Boys, U13,U15 Girls (2,2,1,3,3)
	11.15		F06	Long Jump	U13Girls (6)
	11.25		F07	Long Jump	SDA (PIT)
	11.35		F08	Pole vault	U13,U17,SEN,V40,V55 Men,U17Women(1,1,1,1,1,1)
	11.40		F09	Shot	U17.U20,SEN,V35,V45 Women (3,3,3,1,1)
	12.15		F10	High Jump	U13,U15.U17 Women (3,3,2)
	12.55		F11	Long Jump	U15, U17Men (3,4)
	13.20		F12	Long Jump	U13 Boys (9)
	13.35		F13	Long Jump	U15 Girls (9)
			F14	Shot	U17,U20 ,V40,V50,V55,V70,F36 Men (1,1,2,4,1,1,1)
			F15	Long Jump	U17,U20 Women (3,2)
T02	14:15	60m Heats U13 Girls 3heats (4,4,4)	F16	Long Jump	U20,V40,V50,V55 Men (4,2,2,1)
T03	14:24	60m Heats U13 Boys 2 heats (5,4)			
T04	14:30	60m Heats U15 Girls 3 heats (5,4,4)			
T05	14:39	60m Heats U15 Boys 2 heats (3,3)			
T06	14:45	60m Heats U17 Men 2heats (4,4)			
T07	14:50	60m Heats U17 Women 2 heats (5,4)			
T08	14:55	60m Heats U11 Boys 2 heats (4,3)			
T09	15:15	Hurdles Finals Sen Men (1)	F17	Triple Jump	U15, U17,U20,SEN,V45Women (1,1,2,2,1)
T10	15:25	Hurdles Finals V40, U20 Men (2,1)			
T11	15:35	Hurdles Finals U17,V50 Men (2,1)			
T12	15:45	Hurdles Finals U13Boys&U15 Girls (1,4)			
T13	15:55	Hurdles Finals U13 girls (2)			
T14	16:10	60m Finals U15 Boys (5)	F18	Triple Jump	U17,U20 Men (3,2)
T15	16:15	60m Finals V40,45,SENM (2,1,2)			
T16	16:20	60m Finals V50,V65 Men (3,1)			
T17	16:25	60m Finals U13 Girls (5)			
T18	16:30	60m Finals U13 Boys (5)			
T19	16:35	60m Finals U15 girls (5)			
T20	16:40	60m Finals U20,V35 women (1,1)			
T21	16:45	60m Finals U17 women (5)			
T22	16:50	60m Finals U11 Boys (5)	F19	Triple Jump	U15,V40,V50,V55 Men (1,2,1,1)
T23	16:55	60m Finals U11 girls (3)			
T24	17:00	60m Finals U17 Men (5)			
T25	17:05	60m Finals U20 Men (5)			