

Welsh Athletics International

Registration Closes		Event Time	Event	Age Group		Event Time	Event	Age Group	
		T20 6:30 PM	1500m S/C	Men	Invitation	F01 4:00 PM	HAMMER	Mixed	Match
		T21 6:45 PM	Mile	Mixed	Invitation	F02 4:45 PM	POLE VAULT	Men	Match
		T01 7:00 PM	4 x 100m	Women	Match	F03 4:45 PM	POLE VAULT	Women	Match
		T02 7:05 PM	4 x 100m	Men	Match	F04 5:00 PM	TRIPLE JUMP	Men	Match
		T03 7:10 PM	400m Hurdles	Men	Match	F05 5:00 PM	TRIPLE JUMP	Women	Match
		T04 7:15 PM	1500m	Women	Match	F06 5:15 PM	HIGH JUMP	Women	Match
		T05 7:25 PM	400m Hurdles	Women	Match	F07 5:45 PM	JAVELIN	Men	Match
		T06 7:30 PM	1500m	Men	Match	F08 5:45 PM	JAVELIN	Women	Match
		T07 7:40 PM	100m	Women	Race 1 Match	F09 6:30 PM	SHOT	Men	Match
		7:45 PM	100m	Women	Race 2 Guests	F10 6:30 PM	SHOT	Women	Match
		T08 7:50 PM	100m	Men	Race 1 Match	F11 7:45 PM	LONG JUMP	Women	Match
		7:55 PM	100m	Men	Race 2 Guests	F12 7:45 PM	LONG JUMP	Men	Match
		8:00 PM	100m	Men	Race 3 Guests	F13 7:30 PM	HIGH JUMP	Men	Match
		T09 8:05 PM	400m	Women	Match	F14 8:00 PM	DISCUS	Mixed	Match
		T10 8:10 PM	400m	Men	Match				
		T11 8:15 PM	200m	Women	Match				
		T12 8:20 PM	200m	Men	Match				
		T13 8:25 PM	800m	Women	Match				
		T14 8:30 PM	800m	Men	Match				
		T15 8:35 PM	110m Hurdles	Men	Match				
	7:10 PM	T16 8:40 PM	3000m	Men	inc WCh Match				
		T17 8:55 PM	100m Hurdles	Women	Match				
	7:30 PM	T18 9:00 PM	3000m	Women	inc Wch Match				
		T19 9:15 PM	4 x 400m	Mixed	Match				
		9:20 PM	Presentation		Match				