

Welsh Athletics Junior League  
Plate & Cup Final  
Timetable



Event Number	Minimum Report Time	A Race Start Time	B Race Start Time	Event	Age Group
T01	11:50	12:00	12:05	80m Hurdles	U15B
T02	12:00	12:10		1500m	U15B
T03	12:10	12:20	12:25	75m Hurdles	U15G
T04	12:20	12:30	12:35	75m Hurdles	U13B
T05	12:30	12:40		1500m	U15G
T06	12:35	12:45	12:50	70m Hurdles	U13G
T07	12:45	12:55		1500m	U13B
T08	12:55	13:05		1500m	U13G
T09	13:05	13:15	13:20	100m	U15B
T10	13:15	13:25	13:30	100m	U15G
T11	13:25	13:35	13:40	100m	U13B
T12	13:35	13:45	13:50	100m	U13G
T13	13:45	13:55	14:00	75m	U11G
T14	13:55	14:05	14:10	75m	U11B
T15	14:05	14:15	14:20	800m	U15G
T16	14:15	14:25	14:30	800m	U15B
T17	14:25	14:35	14:40	800m	U13G
T18	14:35	14:45	14:50	800m	U13B
T19	14:45	14:55	15:00	800m	U11G
T20	14:55	15:05	15:10	800m	U11B
T21	15:05	15:15	15:20	300m	U15B
T22	15:15	15:25	15:30	300m	U15G
T23	15:25	15:35	15:40	150m	U11G
T24	15:35	15:45	15:50	150m	U11B
T25	15:45	15:55	16:00	200m	U15B
T26	15:55	16:05	16:10	200m	U13G
T27	16:05	16:15	16:20	200m	U15G
T28	16:15	16:25	16:30	200m	U13B
T29	16:25	16:35		1000m walk	U13G
T30	16:35	16:45		1000m walk	U15G
T31	16:45	16:55		1000m walk	U13B
T32	16:55	17:05		1000m walk	U15B
T33	17:05	17:15		4 x 100 relay	U11B
T34	17:10	17:20		4 x 100 relay	U13B
T35	17:15	17:25		4 x 100 relay	U15B
T36	17:20	17:30		4 x 100 relay	U11G
T37	17:25	17:35		4 x 100 relay	U13G
T38	17:30	17:40		4 x 100 relay	U15G

*Teams to supply 1 track judge  
Teams to supply 1 timekeeper*

*Composite Teams to share officials duties of either events or numbers at the event*

Event Number	W/UP	Start Time	Event	Age Group	Clubs Duties
F01	10:40	11:00	(4.00kg) Hammer	U15B	1
F02	10:40	11:00	(3.00kg) Hammer	U15G	
F03	10:40	11:00	(400g) Javelin	U13G	2
F04	10:40	11:00	Long Jump	U11B	3
F05	10:40	11:00	(3.00kg) Shot	U13B	4
F06	11:10	11:30	Pole Vault	U15B	5
F07	11:10	11:30	Pole Vault	U15G	
F08	11:10	11:30	High Jump	U13G	6
F09	11:30	11:50	Long Jump	U11G	7
F10	11:35	11:55	(1.00kg) Discus	U13B	8
F11	11:50	12:10	(3.00kg) Shot	U15G	1
F12	11:50	12:10	(300g) Javelin	U11B	2
F13	11:55	12:15	Long Jump	U13G	3
F14	12:40	13:00	High Jump	U15G	4
F15	12:40	13:00	Long Jump	U13B	5
F16	12:50	13:10	(1.25kg) Discus	U15B	6
F17	12:58	13:18	(500g) Javelin	U15G	7
F18	13:04	13:24	(2.00kg) Shot	U11G	8
F19	13:55	14:15	(1.00kg) Discus	U15G	1
F20	14:10	14:30	High Jump	U13B	2
F21	14:20	14:40	(2.72kg) Shot	U13G	3
F22	14:40	15:00	Long Jump	U15B	4
F23	14:40	15:00	Long Jump	U15G	5
F24	14:50	15:10	(600g) Javelin	U15B	6
F25	15:25	15:45	(0.75kg) Discus	U13G	7
F26	15:30	15:50	(2.72kg) Shot	U11B	8
F27	15:40	16:00	High Jump	U15B	1 & 5
F28	15:50	16:10	(300g) Javelin	U11G	2 & 6
F29	16:40	17:00	(4.00kg) Shot	U15B	3 & 7
F30	16:40	17:00	(400g) Javelin	U13B	4 & 8
Team 1 & 5		Box Judges for both Finals			
Team 2 & 6		Box Judges for both Finals			
Team 3 & 7		Box Judges for both Finals			
Team 4 & 8		Box Judges for both Finals			
Team 1 & 5		Box Judges for both Finals			
Team 2 & 6		Box Judges for both Finals			

*Teams to supply up to 6 officials for field events  
High Jump, Pole Vault & Shot Require 4 officials  
Long Jump, Discus, Hammer & Javelin require 6 officials  
Long Throws & Pole Vault must have Grade 2 or above officials*

**TRACK REPORT TIME: this is the time to report to the marksmen so they have time to report any changes with photofinish**

**ALL ATHLETES can only do a maximum of 3 events in one day and a relay : and 1 distance race out of 800m, 1500m & walk**