

### 8 LANE TRACK TIMETABLE

Event	Minimum	Start	Event	Age
T01	11:50	12:00	80m Hurdles	U15B
T02	11:58	12:08	800m	U13G
T03	12:06	12:16	75m Hurdles	U15G
T04	12:10	12:20	800m	U13B
T05	12:18	12:28	75m Hurdles	U13B
T06	12:26	12:36	800m	U15G
T07	12:30	12:40	70m Hurdles	U13G
T08	12:38	12:48	800m	U15B
T09	12:42	12:52	75m	U11G
T10	12:58	13:08	75m	U11B
T11	13:14	13:24	100m	U15B
T12	13:26	13:36	100m	U15G
T13	13:38	13:48	100m	U13B
T14	13:50	14:00	100m	U13G
T15	14:06	14:16	1200m	U11B
T16	14:22	14:32	1200m	U11G
T17	14:38	14:48	1500m	U15B
T18	14:46	14:56	1500m	U15G
T19	14:54	15:04	1500m	U13B
T20	15:02	15:12	1500m	U13G
T21	15:10	15:20	300m	U15B
T22	15:18	15:28	300m	U15G
T23	15:26	15:36	200m	U15B
T24	15:34	15:44	200m	U13G
T25	15:50	16:00	200m	U15G
T26	16:02	16:12	200m	U13B
T27	16:14	16:24	600m	U11B
T28	16:22	16:32	600m	U11G
T29	16:30	16:40	150m	U11G
T30	16:46	16:56	150m	U11B
T31	17:02	17:12	1000m walk	U13G
T32	17:02	17:12	1000m walk	U15G
T33	17:02	17:12	1000m walk	U13B
T34	17:02	17:12	1000m walk	U15B
T35	17:12	17:22	4 x 100 relay	U11B
T36	17:16	17:26	4 x 100 relay	U13B
T37	17:20	17:30	4 x 100 relay	U15B
T38	17:24	17:34	4 x 100 relay	U11G
T39	17:28	17:38	4 x 100 relay	U13G
T40	17:32	17:42	4 x 100 relay	U15G

### 6 LANE TRACK TIMETABLE (Neath, Haverfordwest & Carmarthen)

Event	Minimum	Start	Event	Age
F01	10:50	11:00	(4.00kg) Hammer	U15B
F02	10:50	11:00	(3.00kg) Hammer	U15G
F03	10:50	11:00	(400g) Javelin	U13G
F04	11:20	11:30	Long Jump	U11B
F05	11:20	11:30	Long Jump	U11G
F06	11:10	11:20	(4.00kg) Shot	U15B
F07	11:20	11:30	Pole Vault	U15B
F08	11:20	11:30	Pole Vault	U15G
F09	11:35	11:45	(1.00kg) Discus	U13B
F10	11:50	12:00	High Jump	U13G
F11	11:50	12:00	(3.00kg) Shot	U15G
F12	12:20	12:30	(500g) Javelin	U15G
F13	12:50	13:00	(3.00kg) Shot	U13B
F14	12:50	13:00	High Jump	U15G
F15	13:20	13:30	Long Jump	U13G
F16	13:20	13:30	Long Jump	U15B
F17	13:25	13:35	(1.25kg) Discus	U15B
F18	13:35	13:45	(300g) Javelin	U11B
F19	13:50	14:00	(2.00kg) Shot	U11G
F20	14:10	14:20	High Jump	U13B
F21	14:15	14:25	(1.00kg) Discus	U15G
F22	14:50	15:00	(2.72kg) Shot	U13G
F23	15:20	15:30	Long Jump	U13B
F24	14:50	15:00	Long Jump	U15G
F25	14:50	15:00	(600g) Javelin	U15B
F26	15:20	15:30	High Jump	U15B
F27	15:50	16:00	(300g) Javelin	U11G
F28	16:00	16:10	(2.72kg) Shot	U11B
F29	16:05	16:15	(0.75kg) Discus	U13G
F30	16:50	17:00	(400g) Javelin	U13B

Event	Minimum	Start	Event	Age
T01	11:35	11:45	80m Hurdles	U15B
T02	11:43	11:53	800m	U13G
T03	11:51	12:01	75m Hurdles	U15G
T04	11:59	12:09	800m	U13B
T05	12:07	12:17	75m Hurdles	U13B
T06	12:15	12:25	800m	U15G
T07	12:19	12:29	70m Hurdles	U13G
T08	12:27	12:37	800m	U15B
T09	12:31	12:41	75m	U11G
T10	12:51	13:01	75m	U11B
T11	13:11	13:21	100m	U15B
T12	13:27	13:37	100m	U15G
T13	13:43	13:53	100m	U13B
T14	13:59	14:09	100m	U13G
T15	14:19	14:29	1200m	U11B
T16	14:27	14:37	1200m	U11G
T17	14:35	14:45	1500m	U15B
T18	14:43	14:53	1500m	U15G
T19	14:51	15:01	1500m	U13B
T20	14:59	15:09	1500m	U13G
T21	15:07	15:17	300m	U15B
T22	15:15	15:25	300m	U15G
T23	15:27	15:37	200m	U15B
T24	15:39	15:49	200m	U13G
T25	15:59	16:09	200m	U15G
T26	16:15	16:25	200m	U13B
T27	16:31	16:41	600m	U11B
T28	16:39	16:49	600m	U11G
T29	16:47	16:57	150m	U11G
T30	17:07	17:17	150m	U11B
T31	17:27	17:37	1000m walk	U13G
T32	17:27	17:37	1000m walk	U15G
T33	17:27	17:37	1000m walk	U13B
T34	17:27	17:37	1000m walk	U15B
T35	17:37	17:47	4 x 100 relay	U11B
T36	17:41	17:51	4 x 100 relay	U13B
T37	17:45	17:55	4 x 100 relay	U15B
T38	17:49	17:59	4 x 100 relay	U11G
T39	17:53	18:03	4 x 100 relay	U13G
T40	17:57	18:07	4 x 100 relay	U15G

Event	Minimum	Start	Event	Age
F01	10:50	11:00	(4.00kg) Hammer	U15B
F02	10:50	11:00	(3.00kg) Hammer	U15G
F03	10:50	11:00	(400g) Javelin	U13G
F04	11:20	11:30	Long Jump	U11B
F05	11:20	11:30	Long Jump	U11G
F06	11:10	11:20	(4.00kg) Shot	U15B
F07	11:20	11:30	Pole Vault	U15B
F08	11:20	11:30	Pole Vault	U15G
F09	11:35	11:45	(1.00kg) Discus	U13B
F10	11:50	12:00	High Jump	U13G
F11	11:50	12:00	(3.00kg) Shot	U15G
F12	12:20	12:30	(500g) Javelin	U15G
F13	12:50	13:00	(3.00kg) Shot	U13B
F14	12:50	13:00	High Jump	U15G
F15	13:20	13:30	Long Jump	U13G
F16	13:20	13:30	Long Jump	U15B
F17	13:25	13:35	(1.25kg) Discus	U15B
F18	13:35	13:45	(300g) Javelin	U11B
F19	13:50	14:00	(2.00kg) Shot	U11G
F20	14:10	14:20	High Jump	U13B
F21	14:15	14:25	(1.00kg) Discus	U15G
F22	14:50	15:00	(2.72kg) Shot	U13G
F23	15:20	15:30	Long Jump	U13B
F24	14:50	15:00	Long Jump	U15G
F25	14:50	15:00	(600g) Javelin	U15B
F26	15:20	15:30	High Jump	U15B
F27	15:50	16:00	(300g) Javelin	U11G
F28	16:00	16:10	(2.72kg) Shot	U11B
F29	16:05	16:15	(0.75kg) Discus	U13G
F30	16:50	17:00	(400g) Javelin	U13B

If ALL athletes have reported before the minimum report time AND ALL have had their warm up trials/runs, the event can start early.

Any athlete who misses their track heat may be fitted in to a later heat if available.

In the field if any athlete misses a round they must join the event in the next round,

the previous closed round cannot be re opened, the same applies for the end of round 3 when the last throw or jump has taken place the event card must be closed and passed to the referee