

**NASUWT - WELSH SCHOOLS ATHLETICS ASSOCIATION  
CUP AND PLATE FINALS - TIMTABLE UPDATED 2023**



Event Id	AgeGroups	Name	Time
T01	U16	U16B Cup 80m Hurdles	13:00
T02	U16	U16B Plate 80m Hurdles	13:05
T03	U16	U16G Cup 75m Hurdles	13:15
T04	U16	U16G Plate 75m Hurdles	13:20
T05	U14	U14B Cup 75m Hurdles	13:30
T06	U14	U14B Plate 75m Hurdles	13:35
T07	U14	U14G Cup 70m Hurdles	13:45
T08	U14	U14G Plate 70m Hurdles	13:50
T09	U14	U14G Cup & Plate 1500m	14:00
T10	U14	U14B Cup & Plate 1500m	14:07
T11	U16	U16G Cup & Plate 1500m	14:15
T12	U16	U16B Cup & Plate 1500m	14:22
T13	U14	U14G Cup 200m	14:30
T14	U14	U14G Plate 200m	14:33
T15	U14	U14B Cup 200m	14:36
T16	U14	U14B Plate 200m	14:39
T17	U16	U16G Cup 200m	14:42
T18	U16	U16G Plate 200m	14:45
T19	U16	U16B Cup 200m	14:48
T20	U16	U16B Plate 200m	14:51
T21	U14	U14G Cup 300m	15:00
T22	U14	U14G Plate 300m	15:03
T23	U14	U14B Cup 300m	15:06
T24	U14	U14B Plate 300m	15:09
T25	U16	U16G Cup 300m	15:12
T26	U16	U16G Plate 300m	15:15
T27	U16	U16B Cup 300m	15:18
T28	U16	U16B Plate 300m	15:21
T29	U14	U14G Cup 100m	15:30
T30	U14	U14G Plate 100m	15:33
T31	U14	U14B Cup 100m	15:36
T32	U14	U14B Plate 100m	15:39
T33	U16	U16G Cup 100m	15:42
T34	U16	U16G Plate 100m	15:45
T35	U16	U16B Cup 100m	15:48
T36	U16	U16B Plate 100m	15:51
T37	U14	U14G Cup 800m	16:00
T38	U14	U14G Plate 800m	16:05
T39	U14	U14B Cup 800m	16:15
T40	U14	U14B Plate 800m	16:20
T41	U16	U16G Cup 800m	16:25
T42	U16	U16G Plate 800m	16:30
T43	U16	U16B Cup 800m	16:35
T44	U16	U16B Plate 800m	16:40
T45	U14	U14G Cup 4x100 Relay	16:50
T46	U14	U14G Plate 4x100 Relay	16:55
T47	U16	U16G Cup 4x100 Relay	17:00
T48	U16	U16G Plate 4x100 Relay	17:05
T49	U16	U16B Cup 4x100 Relay	17:10
T50	U16	U16B Plate 4x100 Relay	17:15
T51	U14	U14B Cup 4x100 Relay	17:20
T52	U14	U14B Plate 4x100 Relay	17:25

Event Id	AgeGroups	Name	Time
F01	U14	U14B Cup Long Jump	13:00
F02	U14	U14B Plate Long Jump	13:00
F03	U14	U14G Cup Triple Jump	13:00
F04	U14	U14G Plate Triple Jump	13:00
F05	U16	U16B Cup High Jump	13:00
F06	U16	U16B Plate High Jump	13:00
F07	U16	U16G Cup Shot Put (3.00kg)	13:00
F08	U16	U16G Plate Shot Put (3.00kg)	13:00
F09	U16	U16B Cup Discus (1.25kg)	13:00
F10	U16	U16B Plate Discus (1.25kg)	13:00
F11	U14	U14G Cup Javelin (400g)	13:00
F12	U14	U14G Plate Javelin (400g)	13:00
F13	U16	U16G Cup Long Jump	14:00
F14	U16	U16G Plate Long Jump	14:00
F15	U16	U16B Cup Triple Jump	14:00
F16	U16	U16B Plate Triple Jump	14:00
F17	U14	U14G Cup High Jump	14:00
F18	U14	U14G Plate High Jump	14:00
F19	U14	U14G Cup Shot Put (2.72kg)	14:00
F20	U14	U14G Plate Shot Put (2.72kg)	14:00
F21	U16	U16G Cup Discus (1.00kg)	14:00
F22	U16	U16G Plate Discus (1.00kg)	14:00
F23	U14	U14B Cup Javelin (400g)	14:00
F24	U14	U14B Plate Javelin (400g)	14:00
F25	U14	U14G Cup Long Jump	15:00
F26	U14	U14G Plate Long Jump	15:00
F27	U16	U16G Cup Triple Jump	15:00
F28	U16	U16G Plate Triple Jump	15:00
F29	U16	U16G Cup High Jump	15:00
F30	U16	U16G Plate High Jump	15:00
F31	U14	U14B Cup Shot Put (3.25kg)	15:00
F32	U14	U14B Plate Shot Put (3.25kg)	15:00
F33	U14	U14G Cup Discus (0.75kg)	15:00
F34	U14	U14G Plate Discus (0.75kg)	15:00
F35	U16	U16B Cup Javelin (600g)	15:00
F36	U16	U16B Plate Javelin (600g)	15:00
F37	U16	U16B Cup Long Jump	16:00
F38	U16	U16B Plate Long Jump	16:00
F39	U14	U14B Cup High Jump	16:00
F40	U14	U14B Plate High Jump	16:00
F41	U16	U16B Cup Shot Put (4.00kg)	16:00
F42	U16	U16B Plate Shot Put (4.00kg)	16:00
F43	U14	U14B Cup Discus (1.00kg)	16:00
F44	U14	U14B Plate Discus (1.00kg)	16:00
F45	U16	U16G Cup Javelin (500g)	16:00
F46	U16	U16G Plate Javelin (500g)	16:00
F47	U14	U14B Cup Triple Jump	16:00
F48	U14	U14B Plate Triple Jump	16:00