

Welsh Junior League 1 (West Wales Division) - U11, U13 & U15

Cwrt Herbert Sports Centre, Neath – Sunday 21st May

TRACK / TRAC

To event	Event Time	Event	Age Group
11:20	11:30	1000m Walk	U13/U15
11:30	11:40	80m Hurdles	U15B
11:40	11:50	800m	U11G
11:45	11:55	800m	U11B
11:50	12:00	75m Hurdles	U15G
11:55	12:05	75m Hurdles	U13B
12:05	12:15	800m	U13G
12:15	12:25	800m	U13B
12:20	12:30	70m Hurdles	U13G
12:30	12:40	800m	U15G
12:35	12:45	800m	U15B
12:50	13:00	75m	U11G
13:05	13:15	75m	U11B
13:15	13:25	100m	U15G
13:30	13:40	100m	U15B
13:35	13:45	100m	U13G
13:50	14:00	100m	U13B
14:20	14:30	300m	U15G
14:25	14:35	300m	U15B
14:35	14:45	1500m	U13G/B
14:45	14:55	1500m	U15G/B
15:00	15:10	150m	U11G
15:15	15:25	150m	U11B
15:25	15:35	200m	U13G
15:40	15:50	200m	U13B
15:50	16:00	200m	U15G
16:05	16:15	200m	U15B
	16:30	4 x 100m Relay	U11G U13G U15G U11B U13B U15B

FIELD / CAE

To event	Event Time	Event	Age Group
10:30	11:00	Long Jump	U11G
10:40	11:00	Hammer	U15G
10:55	11:15	High Jump	U13G & U13B
11:30	12:00	Discus	U13G, U13B & U15G
12:00	12:30	Long Jump	U13B
12:10	12:30	High Jump	U15G & U15B
11:45	12:30	Pole Vault	U13 & U15
13:10	13:30	Javelin	U11B & U11G
13:15	13:45	Long Jump	U13G
13:25	13:45	Shot Put	U15G & U15B
14:10	14:30	Javelin	U13G & U13B
14:40	15:00	Shot Put	U11G & U11B
14:45	15:15	Long Jump	U15G
15:40	16:00	Javelin	U15G & U15B
15:40	16:00	Shot Put	U13G & U13B
16:00	16:20	Long Jump	U11B & U15B

3 trials each in all field events except vertical jumps

**REPORT TO TRACK EVENTS:
10 minutes before start time**

**REPORT TO FIELD EVENTS:
At the 'To Event' time**

**LIVE EVENT RESULTS / CANLYNIADAU BYW
SCAN QR CODE**

