

**Welsh Athletics U20 International**  
**17th August 2022**  
**Swansea University Athletics Track**



Event No	In	Out	Intro	Event Time	Event	Age group	LANE DRAW							
							1	2	3	4	5	6	7	8
T01	17:40	17:49	17:59	18:00	400m Hurdles	Men		1	3	4	5	2	7	8
T02	17:50	17:59	18:09	18:10	400m Hurdles	Women		2	8	1	7	4	3	5
T03	18:00	18:09	18:19	18:20	Mile	Women	5	8	4	1	3	2	7	
T04	18:07	18:16	18:26	18:27	Mile	Men	8	3	7	2	4	1	5	
T05	18:15	18:24	18:34	18:35	100m	Men		4	1	5	8	2	7	3
T06	18:20	18:29	18:39	18:40	100m	Women		3	2	8	7	5	4	1
T07	18:25	18:34	18:44	18:45	100m	Male Ambulant		7	4	2	5	8	1	3
T08	18:30	18:39	18:49	18:50	100m	Female Ambulant		5	7	4	1	3	8	2
T09	18:35	18:44	18:54	18:55	400m	Women		1	3	4	5	2	7	8
T10	18:40	18:49	18:59	19:00	400m	Men		2	8	1	7	4	3	5
T11	18:45	18:54	19:04	19:05	800m	Women	5	8	4	1	3	2	7	
T12	18:50	18:59	19:09	19:10	800m	Men	8	3	7	2	4	1	5	
T13	19:05	19:14	19:24	19:25	100m Hurdles	Women	4	1	5	8	2	7	3	
T14	19:20	19:29	19:39	19:40	110m Hurdles	Men		3	2	8	7	5	4	1
T15	19:25	19:34	19:44	19:45	5000m Walk	Men/Women	7/77	4/44	2/22	5/55	8/88	1/11	3/33	
T16	19:55	20:04	20:14	20:15	200m	Women		5	7	4	1	3	8	2
T17	20:00	20:09	20:19	20:20	200m	Men		1	3	4	5	2	7	8
T18	20:05	20:14	20:24	20:25	3000m	Women	2	8	1	7	4	3	5	
T19	20:20	20:29	20:39	20:40	3000m	Men	5	8	4	1	3	2	7	
T20	20:35	20:44	20:54	20:55	4 x 100m	Women		4	1	5	8	2	7	3
T21	20:40	20:49	20:59	21:00	4 x 100m	Men		3	2	8	7	5	4	1
T22	20:45	20:54	21:04	21:05	4x400 Relay	Mixed		8	3	7	2	4	1	5

Event No	In	Out	Intro	Event Time	Event	Age group	Throwing/Jumping Order						
							1	2	3	4	5	6	7
F01	15:25	15:35	15:59	16:00	Hammer	Women	1	3	4	5	2	7	8
F02	15:55	16:05	16:44	16:45	High Jump	Women	2	8	1	7	4	3	5
F03	16:40	16:50	17:14	17:15	Javelin	Men	5	8	4	1	3	2	7
F04	16:15	16:25	17:29	17:30	Pole Vault	Men	8	3	7	2	4	1	5
F05	17:10	17:20	17:44	17:45	Shot	Men	4	1	5	8	2	7	3
F06	18:00	18:10	18:44	18:45	High Jump	Men	3	2	8	7	5	4	1
F07	18:05	18:15	18:59	19:00	Discus	Men	7	4	2	5	8	1	3
F08	18:05	18:15	18:59	19:00	Discus	Women	5	7	4	1	3	8	2
F09	18:40	18:50	19:29	19:30	Triple Jump	Women	1	3	4	5	2	7	8

5k Walk  
 Male Single Numbers, Female Double Numbers  
 Male leg no 1-7, female leg no 8-14