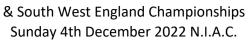


### WELSH ATHLETICS ATHLETAU CYMRU Junior Indoor Open

### Incorporating South Wales, East Wales, West Wales







		<u>'</u>	Day 1 Call Ro	_			
F01	REGISTRATION CLOSES @ 11:00 AM	IN CALL I	ROOM OUT	WARM UP START	Start Time	EVENT INFORMATION	
	ALL ATHEFTS IN @ 11-10 Less the marrie or	IIN	001	SIAKI		Event Distance	High Jump
	ALL ATHLETES IN @ 11:10, Less the warm up	11.10	11.20	11.25	12.00	Age Group	U15B
	time at event site, athletes will leave 5 minutes	11:10	11:20	11:25	12:00	Entry Number	13
	before warm begins					Pools	1
F02	REGISTRATION CLOSES @ 11:00 AM	CALL ROOM IN OUT		WARM UP START	Start Time	EVENT INFORMATION	
	ALL ATHLETES IN @ 11:20, Less the warm up					Event Distance	High Jump
	time at event site, athletes will leave 5 minutes	11:20	11:30	11:35	12:00	Age Group	U13B
	before warm begins	11.20	11.50	11.55	12.00	Entry Number	8
	before warm begins					Pools	1
	REGISTRATION CLOSES @ 11:00 AM	IN CALL I	ROOM OUT	WARM UP START	Start Time	EVENT INFORMATION	
F02						Event Distance	Long Jump
F03	ALL ATHLETES IN @ 11:20, Less the warm up					Age Group	U15G
	time at event site, athletes will leave 5 minutes	11:20	11:30	11:35	12:00	Entry Number	40
	before warm begins					Pools	2
		CALL I	ROOM	WARM UP	- · · · -		
	REGISTRATION CLOSES @ 11:00 AM	IN	ОИТ	START	Start Time	EVENT INFORMATION	
		11:40	11:55	1	12:00	Event Distance	200m
TO4	ATULETES IN HEATS 4 TO 6 INTO CALL BOOM	11:40	11:58	2	12:03	Age Group	U17M
T01	ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM	11:40	12:01	3	12:06	Entry Number	22
	@ 11:40, 20 minutes before first event start	11:40	12:04	4	12:09	Est heats	6
	then out 5 minutes before each race start	11:40	12:07	5	12:12		•
		11:40	12:10	6	12:15		
	DECISTRATION CLOSES & 44:30 AAA	CALL I	<b>ROOM</b>	WARM UP	Chart Time	EVENT INCORN	IATION
	REGISTRATION CLOSES @ 11:30 AM	IN	OUT	START	Start Time	EVENT INFORM	IATION
F04	ALL ATHLETES IN @ 11:50, Less the warm up					Event Distance	Shot Put
FU4	time at event site, athletes will leave 5 minutes	11:50	12:00	12:05	12:30	Age Group	U17M
	before warm begins	22.00				Entry Number	11
	before warm begins					Pools	1
						7 0013	<u> </u>
	REGISTRATION CLOSES @ 11:18 AM		ROOM	WARM UP	Start Time	EVENT INFORM	_
	REGISTRATION CLOSES @ 11:18 AM	IN	OUT	START		EVENT INFORM	IATION
	REGISTRATION CLOSES @ 11:18 AM	IN 11:58	OUT 12:13	START 1	12:18	EVENT INFORM	IATION 200m
	REGISTRATION CLOSES @ 11:18 AM	IN 11:58 11:58	OUT 12:13 12:16	<b>START</b> 1  2	12:18 12:21	EVENT INFORM  Event Distance  Age Group	200m U13G
T02	REGISTRATION CLOSES @ 11:18 AM  ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM	IN 11:58 11:58 11:58	OUT 12:13 12:16 12:19	1 2 3	12:18 12:21 12:24	EVENT INFORM  Event Distance  Age Group  Entry Number	200m U13G 31
T02		IN 11:58 11:58 11:58 11:58	OUT 12:13 12:16 12:19 12:22	1 2 3 4	12:18 12:21 12:24 12:27	EVENT INFORM  Event Distance  Age Group	200m U13G
Т02	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM	11:58 11:58 11:58 11:58 11:58	0UT 12:13 12:16 12:19 12:22 12:25	1 2 3 4 5	12:18 12:21 12:24 12:27 12:30	EVENT INFORM  Event Distance  Age Group  Entry Number	200m U13G 31
Т02	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start	IN 11:58 11:58 11:58 11:58 11:58 11:58	OUT 12:13 12:16 12:19 12:22 12:25 12:28	1 2 3 4 5 6	12:18 12:21 12:24 12:27 12:30 12:33	EVENT INFORM  Event Distance  Age Group  Entry Number	200m U13G 31
Т02	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start	IN 11:58 11:58 11:58 11:58 11:58 11:58 11:58 11:58	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31	\$\text{START} 1 2 3 4 5 6 6 7	12:18 12:21 12:24 12:27 12:30 12:33 12:36	EVENT INFORM  Event Distance  Age Group  Entry Number	200m U13G 31
Т02	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58	0UT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34	\$\text{START}  1 2 3 4 5 6 7 8	12:18 12:21 12:24 12:27 12:30 12:33	EVENT INFORM  Event Distance  Age Group  Entry Number	200m U13G 31
Т02	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  CALL	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM	\$\text{START} 1 2 3 4 5 6 6 7	12:18 12:21 12:24 12:27 12:30 12:33 12:36	EVENT INFORM  Event Distance  Age Group  Entry Number	200m U13G 31 8
Т02	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58	0UT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34	3 4 5 6 7 8 WARM UP	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39	EVENT INFORM  Event Distance  Age Group  Entry Number  Est heats	200m U13G 31 8
	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  I1:58	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT	\$\text{START} 1 2 3 4 5 6 6 7 8 \$\text{WARM UP START}	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39 Start Time	EVENT INFORM  Event Distance  Age Group  Entry Number  Est heats  EVENT INFORM	200m U13G 31 8
T02	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  II:58  II:58  II:58  II:58	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT 12:37	\$\frac{1}{2} & \\ 3 & \\ 4 & \\ 5 & \\ 6 & \\ 7 & \\ 8 & \\ \ \ \ \ \ \ \ \ \ \ \ \ \ \	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39 Start Time	EVENT INFORM  Event Distance  Age Group  Entry Number  Est heats  EVENT INFORM  Event Distance	200m U13G 31 8
	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  IN  IN  12:22  12:22	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT 12:37 12:40	\$\frac{1}{2} \\ \tag{3} \\ 4 \\ \tag{5} \\ 6 \\ 7 \\ 8 \\ \tag{WARM UP} \\ \$\text{START} \\ 1 \\ 2	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39 Start Time 12:42 12:45	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group	200m U13G 31 8 AATION 200m U17W
	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  I1:58  IN  12:22  12:22  12:22	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT 12:37 12:40 12:43	\$\textit{START}\$  1  2  3  4  5  6  7  8  WARM UP  \$\textit{START}\$  1  2  3	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39 Start Time 12:42 12:45 12:48	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number	200m U13G 31 8 ATION 200m U17W 46
	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  12:22  12:22  12:22  12:22	OUT  12:13  12:16  12:19  12:22  12:25  12:28  12:31  12:34  ROOM  OUT  12:37  12:40  12:43  12:46	\$\textit{START}\$  1 2 3 4 5 6 7 8 WARM UP \$\textit{START}\$ 1 2 3 4	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39 Start Time 12:42 12:45 12:48 12:51	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number	200m U13G 31 8 ATION 200m U17W 46
	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  12:22  12:22  12:22  12:22  12:22	OUT  12:13  12:16  12:19  12:22  12:25  12:28  12:31  12:34  ROOM  OUT  12:37  12:40  12:43  12:46  12:49	\$\textit{START}\$  1  2  3  4  5  6  7  8  WARM UP  \$\textit{START}\$  1  2  3  4  5	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39 Start Time 12:42 12:45 12:48 12:51	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number	200m U13G 31 8 ATION 200m U17W 46
	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start then out 5 minutes before each race start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:52  12:22  12:22  12:22  12:22  12:22	OUT  12:13  12:16  12:19  12:22  12:25  12:28  12:31  12:34  ROOM  OUT  12:37  12:40  12:43  12:46  12:49  12:52	\$\textit{START}\$  1  2  3  4  5  6  7  8  WARM UP  \$\textit{START}\$  1  2  3  4  5  6	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39  Start Time 12:42 12:45 12:48 12:51 12:54 12:57	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number	200m U13G 31 8 ATION 200m U17W 46
тоз	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start then out 5 minutes before each race start  ATHLETES IN HEATS 7 TO 12 INTO CALL ROOM	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:52  11:52  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:22	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT 12:37 12:40 12:43 12:46 12:49 12:52 12:55	\$\frac{1}{2} \\ 3 \\ 4 \\ 5 \\ 6 \\ \ \ \ \ \ 3 \\ \ \ \ \ \ \ \ \	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39  Start Time 12:42 12:45 12:48 12:51 12:54 12:57 13:00	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number	200m U13G 31 8 ATION 200m U17W 46
	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start then out 5 minutes before each race start  ATHLETES IN HEATS 7 TO 12 INTO CALL ROOM @ 12:42, 20 minutes before first event start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:52  11:52  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:22	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT 12:37 12:40 12:43 12:46 12:49 12:52 12:55 12:58	\$\textit{START}\$  1 2 3 4 5 6 7 8 WARM UP \$\textit{START}\$ 1 2 3 4 5 6 7 8	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39  Start Time 12:42 12:45 12:48 12:51 12:54 12:57 13:00 13:03	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number	200m U13G 31 8 ATION 200m U17W 46
тоз	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start then out 5 minutes before each race start  ATHLETES IN HEATS 7 TO 12 INTO CALL ROOM	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  CALL I  IN  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:42  12:42  12:42	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT 12:37 12:40 12:43 12:46 12:49 12:52 12:55 12:58 13:01	\$\textit{START}\$  1 2 3 4 5 6 7 8 WARM UP \$\textit{START}\$ 1 2 3 4 5 6 7 8 9	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39  Start Time 12:42 12:45 12:48 12:51 12:54 12:57 13:00 13:03 13:06	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number	200m U13G 31 8 ATION 200m U17W 46
тоз	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start then out 5 minutes before each race start  ATHLETES IN HEATS 7 TO 12 INTO CALL ROOM @ 12:42, 20 minutes before first event start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  CALL I  IN  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:42  12:42  12:42  12:42	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT 12:37 12:40 12:43 12:46 12:49 12:52 12:55 12:58 13:01 13:04	\$\text{START}\$  1 2 3 4 5 6 7 8 WARM UP \$\text{START}\$ 1 2 3 4 5 6 7 8 9 10	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39  Start Time  12:42 12:45 12:48 12:51 12:54 12:57 13:00 13:03 13:06 13:09	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number	200m U13G 31 8 ATION 200m U17W 46
тоз	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start then out 5 minutes before each race start  ATHLETES IN HEATS 7 TO 12 INTO CALL ROOM @ 12:42, 20 minutes before first event start then out 5 minutes before each race start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  CALL I  IN  12:22  12:22  12:22  12:22  12:22  12:22  12:42  12:42  12:42  12:42  12:42  12:42  12:42	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT 12:37 12:40 12:43 12:46 12:49 12:52 12:55 12:58 13:01 13:04 13:07	\$\text{START}\$  1 2 3 4 5 6 7 8  WARM UP \$\text{START}\$ 1 2 3 4 5 6 7 8 9 10 11	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39  Start Time 12:42 12:45 12:45 12:51 12:54 12:57 13:00 13:03 13:06 13:09 13:12 13:15	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number Est heats	200m U13G 31 8  AATION  LATION  LATION
тоз	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start then out 5 minutes before each race start  ATHLETES IN HEATS 7 TO 12 INTO CALL ROOM @ 12:42, 20 minutes before first event start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  CALL I  IN  12:22  12:22  12:22  12:22  12:22  12:22  12:42  12:42  12:42  12:42  12:42  12:42  12:42	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT 12:37 12:40 12:43 12:46 12:49 12:52 12:55 12:58 13:01 13:04 13:07 13:10	\$\textit{START}\$  1 2 3 4 5 6 7 8  WARM UP \$\textit{START}\$ 1 2 3 4 5 6 7 8 9 10 11 12	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39  Start Time 12:42 12:45 12:45 12:51 12:54 12:57 13:00 13:03 13:06 13:09 13:12	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number Est heats	200m U13G 31 8 8 ATION 200m U17W 46 12
тоз	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start then out 5 minutes before each race start  ATHLETES IN HEATS 7 TO 12 INTO CALL ROOM @ 12:42, 20 minutes before first event start then out 5 minutes before each race start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  CALL I  IN  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:42	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT 12:37 12:40 12:43 12:46 12:49 12:52 12:55 12:58 13:01 13:04 13:07 13:10 ROOM	\$\textit{START}\$  1 2 3 4 5 6 7 8 WARM UP \$\textit{START}\$ 1 2 3 4 5 6 7 8 9 10 11 12 WARM UP	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39  Start Time 12:42 12:45 12:45 12:51 12:54 12:57 13:00 13:03 13:06 13:09 13:12 13:15	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance	200m
T03	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start then out 5 minutes before each race start  ATHLETES IN HEATS 7 TO 12 INTO CALL ROOM @ 12:42, 20 minutes before first event start then out 5 minutes before each race start	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  CALL I  IN  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:22  12:42	OUT 12:13 12:16 12:19 12:22 12:25 12:28 12:31 12:34 ROOM OUT 12:37 12:40 12:43 12:46 12:49 12:52 12:55 12:58 13:01 13:04 13:07 13:10 ROOM	\$\textit{START}\$  1 2 3 4 5 6 7 8 WARM UP \$\textit{START}\$ 1 2 3 4 5 6 7 8 9 10 11 12 WARM UP	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39  Start Time 12:42 12:45 12:45 12:51 12:54 12:57 13:00 13:03 13:06 13:09 13:12 13:15	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Event Distance Age Group	200m
T03	ATHLETES IN HEATS 1 TO 8 INTO CALL ROOM @ 11:58, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 11:42 AM**  ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 12:22, 20 minutes before first event start then out 5 minutes before each race start  ATHLETES IN HEATS 7 TO 12 INTO CALL ROOM @ 12:42, 20 minutes before first event start then out 5 minutes before each race start  **REGISTRATION CLOSES @ 12:30 PM**  ALL ATHLETES IN @ 12:40, Less the warm up	IN  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  11:58  12:22  12:22  12:22  12:22  12:22  12:22  12:42	OUT  12:13  12:16  12:19  12:22  12:25  12:28  12:31  12:34  ROOM  OUT  12:37  12:40  12:43  12:46  12:49  12:52  12:55  12:58  13:01  13:04  13:07  13:10  ROOM  OUT	\$\textit{START}\$  1  2  3  4  5  6  7  8  WARM UP  \$\textit{START}\$  1  2  3  4  5  6  7  8  9  10  11  12  WARM UP  \$\textit{START}\$	12:18 12:21 12:24 12:27 12:30 12:33 12:36 12:39  Start Time  12:42 12:45 12:48 12:51 12:54 12:57 13:00 13:03 13:06 13:09 13:12 13:15  Start Time	EVENT INFORM  Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance Age Group Entry Number Est heats  EVENT INFORM Event Distance	200m



### WELSH ATHLETICS ATHLETAU CYMRU Junior Indoor Open

# Incorporating South Wales, East Wales, West Wales & South West England Championships Sunday 4th December 2022 N.I.A.C.



Junior Open Day 1 Call Room

		unioi open	Day I Call KC	70111				
F06	REGISTRATION CLOSES @ 12:30 PM	IN CALL	ROOM OUT	WARM UP START	Start Time	EVENT INFORM	EVENT INFORMATION	
						Event Distance	Triple Jump	
	ALL ATHLETES IN @ 12:40, Less the warm up					Age Group	U17M	
	time at event site, athletes will leave 5 minutes	12:40	12:50	12:55	13:30	Entry Number	8	
	before warm begins					•	1	
		CALL ROOM		WARM UP		Pools 1		
T04	REGISTRATION CLOSES @ 12:18 PM	IN OUT		START	Start Time	Start Time EVENT INFORMA		
		12:58	13:13	1	13:18	Event Distance	200m	
	ATHLETES IN HEATS 1 TO 4 INTO CALL ROOM @ 12:58,	12:58	13:21	2	13:21	Age Group	U13B	
	20 minutes before first event start then out 5 minutes	12:58	13:24	3	13:24	Entry Number	14	
	before each race start	12:58	13:27	4	13:27	Est heats	4	
			ROOM	WARM UP	20.2.	250115415		
	REGISTRATION CLOSES @ 12:45 PM	IN OUT		START	Start Time	EVENT INFORMATION		
F07						Event Distance	Long Jump	
F07	ALL ATHLETES IN @ 13:05, Less the warm up					Age Group	U13G	
	time at event site, athletes will leave 5 minutes	13:05	13:15	13:20	13:45	Entry Number	26	
	before warm begins					Pools	2	
		CALL	ROOM	WARM UP				
	REGISTRATION CLOSES @ 12:30 PM	IN	ОИТ	START	Start Time	EVENT INFORMATION		
		13:10	13:25	1	13:30	Event Distance	200m	
		13:10	13:33	2	13:33	Age Group	U15B	
T05	ATHLETES IN HEATS 1 TO 7 INTO CALL ROOM	13:10	13:36	3	13:36	Entry Number	26	
.05	@ 13:10, 20 minutes before first event start	13:10	13:39	4	13:39	Est heats	7	
	then out 5 minutes before each race start	13:10	13:42	5	13:42		1	
		13:10	13:45	6	13:45			
		13:10	13:48	7	13:48			
		CALL	ROOM	WARM UP	a	EVENT INCORN		
	REGISTRATION CLOSES @ 1:15 PM	IN OUT		START	Start Time	EVENT INFORMATION		
ГОО	ALL ATULETES IN @ 12-25 Loss the worm up					Event Distance	High Jump	
F09	ALL ATHLETES IN @ 13:25, Less the warm up	13:25	13:35	12.40	14:15	Age Group	U17W	
	time at event site, athletes will leave 5 minutes	13:25	13:35	13:40	14:15	Entry Number	13	
	before warm begins					Pools	1	
	REGISTRATION CLOSES @ 1:10 PM	CALL ROOM		WARM UP	Start Time	EVENT INFORMATION		
	NEGISTATION 020020 & 110 1 M	IN OUT		START	Start Time	EVENT INFORMATION		
F08	ALL ATHLETES IN @ 13:30, Less the warm up					Event Distance	Shot Put	
. 00	time at event site, athletes will leave 5 minutes	13:30	13:40	13:45	14:10	Age Group	U15B	
	before warm begins					Entry Number	10	
		CALL DOOM				Pools	1	
	REGISTRATION CLOSES @ 12:51 PM	CALL ROOM		WARM UP	Start Time	EVENT INFORMATION		
		IN	OUT	START	40.54			
	ATULETES IN LIEATS 4 TO 5 INTO CALL DOOM	13:31	13:46	1	13:51	Event Distance	200m	
	ATHLETES IN HEATS 1 TO 5 INTO CALL ROOM	13:31	13:54	2	13:54	Age Group	U15G	
	@ 13:31, 20 minutes before first event start	13:31	13:57	3	13:57	Entry Number	60	
	then out 5 minutes before each race start	13:31	14:00	4	14:00	Est heats	15	
		13:31	14:03	5	14:03			
TOG	ATHLETES IN HEATS 6 TO 10 INTO CALL ROOM	13:46	14:06	6	14:06			
T06		13:46	14:09	7	14:09			
	@ 13:46, 20 minutes before first event start then out 5 minutes before each race start	13:46 13:46	14:12 14:15	8 9	14:12 14:15			
	then out 5 minutes before each race start	13:46	14:15		14:15			
		14:01	14:21	10 11	14:16			
	ATHLETES IN HEATS 11 TO 15 INTO CALL	14:01	14:21	12	14:21			
	ROOM @ 14:01, 20 minutes before first event	14:01	14:24	13	14:24			
	start then out 5 minutes before each race start	14:01	14:30	14	14:27			
	start then out 5 millutes before each race start	14:01	14:30	15	14:30			
			ROOM	WARM UP	14.33			
	REGISTRATION CLOSES @ 1:45 PM	IN	OUT	START	Start Time	EVENT INFORM	IATION	
		114	001	377		Event Distance	High Jump	
F10	ALL ATHLETES IN @ 13:55, Less the warm up					Age Group	U13G	
	time at event site, athletes will leave 5 minutes	13:55	14:05	14:10	14:45	Entry Number	11	
	before warm begins					Pools	1	
			l .	L	l	1 0013	-	



#### WELSH ATHLETICS ATHLETAU CYMRU

#### Junior Indoor Open

## Incorporating South Wales, East Wales, West Wales & South West England Championships Sunday 4th December 2022 N.I.A.C.



Junior Open Day 1 Call Room

T07	REGISTRATION CLOSES @ 1:36 PM	CALL ROOM		WARM UP	Start Time	EVENT INFORMATION	
		IN	OUT	START	Start Time	EVENT INFORMATION	
	ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 14:16, 20 minutes before first event start then out 5 minutes before each race start	14:16	14:31	1	14:36	Event Distance	400m
		14:16	14:39	2	14:39	Age Group	U17M
		14:16	14:42	3	14:42	Entry Number	21
		14:16	14:45	4	14:45	Est heats	6
		14:16	14:48	5	14:48		
		14:16	14:51	6	14:51		
	REGISTRATION CLOSES @ 2:00 PM	CALL ROOM		WARM UP	Start Time	EVENT INFORMATION	
		IN	OUT	START	Start Time	EVENT INFORMATION	
F11	ALL ATHLETES IN @ 14:20, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	14:20	14:30	14:35	15:00	Event Distance	Shot Put
LTT						Age Group	U13B
		14.20				Entry Number	8
					Pools	1	
	REGISTRATION CLOSES @ 1:54 PM	CALL ROOM		WARM UP Start Time	EVENT INFORMATION		
		IN	OUT	START	Start Tille	EVERT IN ORIVIATION	
		14:34	14:49	1	14:54	Event Distance	300m
		14:34	14:57	2	14:57	Age Group	U15G
T08	ATHLETES IN HEATS 1 TO 7 INTO CALL ROOM	14:34	15:00	3	15:00	Entry Number	27
	@ 14:34, 20 minutes before first event start	14:34	15:03	4	15:03	Est heats	7
	then out 5 minutes before each race start	14:34	15:06	5	15:06		
		14:34	15:09	6	15:09		
		14:34	15:12	7	15:12		



#### WELSH ATHLETICS ATHLETAU CYMRU

#### Junior Indoor Open

## Incorporating South Wales, East Wales, West Wales & South West England Championships Sunday 4th December 2022 N.I.A.C.



Junior Open Day 1 Call Room

F13	REGISTRATION CLOSES @ 2:30 PM	CALL ROOM		WARM UP	Start Time	EVENT INFORMATION	
		IN	OUT	START	Start Time	EVENT INFORMATION	
	ALL ATHLETES IN @ 14:30, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	14:30	14:40	14:45	15:30	Event Distance	High Jump
						Age Group	U15G
						Entry Number	20
						Pools	1
	REGISTRATION CLOSES @ 2:30 PM	CALL ROOM		WARM UP	Start Time	EVENT INFORMATION	
		IN	OUT	START	Start Time	EVERT IN ORIVIATION	
F12	ALL ATHLETES IN @ 14:40, Less the warm up time at event site, athletes will leave 5 minutes before warm begins			14:55	15:30	Event Distance	High Jump
1 12			14:50			Age Group	U17M
						Entry Number	14
						Pools	1
	REGISTRATION CLOSES @ 2:15 PM	CALL ROOM		WARM UP	Start Time	EVENT INFORMATION	
		IN	OUT	START			
		14:55	15:10	1	15:15	Event Distance	300m
T09	ATHLETES IN HEATS 1 TO 5 INTO CALL ROOM	14:55	15:18	2	15:18	Age Group	U17W
	@ 14:55, 20 minutes before first event start	14:55	15:21	3	15:21	Entry Number	19
	then out 5 minutes before each race start	14:55	15:24	4	15:24	Est heats	5
		14:55	15:27	5	15:27		
	REGISTRATION CLOSES @ 2:30 PM	CALL ROOM		WARM UP	Start Time	EVENT INFORMATION	
		IN	OUT	START			
T10	ATHLETES IN HEATS 1 TO 4 INTO CALL ROOM @ 15:10.	15:10	15:25	1	15:30	Event Distance	300m
1 10	20 minutes before first event start then out 5 minutes  before each race start	15:10	15:33	2	15:33	Age Group	U15B
		15:10	15:36	3	15:36	Entry Number	13
		15:10	15:39	4	15:39	Est heats	4