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

		CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
F01	*REGISTRATION CLOSES @ 11:00 AM*	*IN*	*OUT*				
	ALL ATHLETES IN @ 11:10, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	*11:10*	*11:20*	11:25	12:00	Event Distance	High Jump
						Age Group	U15B
						Entry Number	13
						Pools	1
F02	*REGISTRATION CLOSES @ 11:00 AM*	*IN*	*OUT*				
	ALL ATHLETES IN @ 11:20, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	*11:20*	*11:30*	11:35	12:00	Event Distance	High Jump
						Age Group	U13B
						Entry Number	8
						Pools	1
F03	*REGISTRATION CLOSES @ 11:00 AM*	*IN*	*OUT*				
	ALL ATHLETES IN @ 11:20, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	*11:20*	*11:30*	11:35	12:00	Event Distance	Long Jump
						Age Group	U15G
						Entry Number	40
						Pools	2
T01	*REGISTRATION CLOSES @ 11:00 AM*	*IN*	*OUT*				
	ATHLETES IN HEATS 1 TO 6 INTO CALL ROOM @ 11:40, 20 minutes before first event start then out 5 minutes before each race start	*11:40*	*11:55*	1	12:00	Event Distance	200m
		11:40	*11:58*	2	12:03	Age Group	U17M
		11:40	*12:01*	3	12:06	Entry Number	22
		11:40	*12:04*	4	12:09	*Est heats*	6
		11:40	*12:07*	5	12:12		
		11:40	*12:10*	6	12:15		
F04	*REGISTRATION CLOSES @ 11:30 AM*	*IN*	*OUT*				
	ALL ATHLETES IN @ 11:50, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	*11:50*	*12:00*	12:05	12:30	Event Distance	Shot Put
						Age Group	U17M
						Entry Number	11
						Pools	1
T02	*REGISTRATION CLOSES @ 11:18 AM*	*IN*	*OUT*				
	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	*11:58*	*12:13*	1	12:18	Event Distance	200m
		11:58	*12:16*	2	12:21	Age Group	U13G
		11:58	*12:19*	3	12:24	Entry Number	31
		11:58	*12:22*	4	12:27	*Est heats*	8
		11:58	*12:25*	5	12:30		
		11:58	*12:28*	6	12:33		
		11:58	*12:31*	7	12:36		
		11:58	*12:34*	8	12:39		
T03	*REGISTRATION CLOSES @ 11:42 AM*	*IN*	*OUT*				
	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	*12:22*	*12:37*	1	12:42	Event Distance	200m
		12:22	*12:40*	2	12:45	Age Group	U17W
		12:22	*12:43*	3	12:48	Entry Number	46
		12:22	*12:46*	4	12:51	*Est heats*	12
		12:22	*12:49*	5	12:54		
		12:22	*12:52*	6	12:57		
T03	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	*12:42*	*12:55*	7	13:00		
		12:42	*12:58*	8	13:03		
		12:42	*13:01*	9	13:06		
		12:42	*13:04*	10	13:09		
		12:42	*13:07*	11	13:12		
		12:42	*13:10*	12	13:15		
F05	*REGISTRATION CLOSES @ 12:30 PM*	*IN*	*OUT*				
	ALL ATHLETES IN @ 12:40, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	*12:40*	*12:50*	12:55	13:30	Event Distance	Triple Jump
						Age Group	U17W
						Entry Number	7
						Pools	1

F06

REGISTRATION CLOSES @ 12:30 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
ALL ATHLETES IN @ 12:40, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	12:40	12:50	12:55	13:30	Event Distance	Triple Jump
					Age Group	U17M
					Entry Number	8
					Pools	1

T04

REGISTRATION CLOSES @ 12:18 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
ATHLETES IN HEATS 1 TO 4 INTO CALL ROOM @ 12:58, 20 minutes before first event start then out 5 minutes before each race start	12:58	13:13	1	13:18	Event Distance	200m
	12:58	13:21	2	13:21	Age Group	U13B
	12:58	13:24	3	13:24	Entry Number	14
	12:58	13:27	4	13:27	Est heats	4

F07

REGISTRATION CLOSES @ 12:45 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
ALL ATHLETES IN @ 13:05, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	13:05	13:15	13:20	13:45	Event Distance	Long Jump
					Age Group	U13G
					Entry Number	26
					Pools	2

T05

REGISTRATION CLOSES @ 12:30 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
ATHLETES IN HEATS 1 TO 7 INTO CALL ROOM @ 13:10, 20 minutes before first event start then out 5 minutes before each race start	13:10	13:25	1	13:30	Event Distance	200m
	13:10	13:33	2	13:33	Age Group	U15B
	13:10	13:36	3	13:36	Entry Number	26
	13:10	13:39	4	13:39	Est heats	7
	13:10	13:42	5	13:42		
	13:10	13:45	6	13:45		
	13:10	13:48	7	13:48		

F09

REGISTRATION CLOSES @ 1:15 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
ALL ATHLETES IN @ 13:25, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	13:25	13:35	13:40	14:15	Event Distance	High Jump
					Age Group	U17W
					Entry Number	13
					Pools	1

F08

REGISTRATION CLOSES @ 1:10 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
ALL ATHLETES IN @ 13:30, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	13:30	13:40	13:45	14:10	Event Distance	Shot Put
					Age Group	U15B
					Entry Number	10
					Pools	1

T06

REGISTRATION CLOSES @ 12:51 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
ATHLETES IN HEATS 1 TO 5 INTO CALL ROOM @ 13:31, 20 minutes before first event start then out 5 minutes before each race start	13:31	13:46	1	13:51	Event Distance	200m
	13:31	13:54	2	13:54	Age Group	U15G
	13:31	13:57	3	13:57	Entry Number	60
	13:31	14:00	4	14:00	Est heats	15
	13:31	14:03	5	14:03		
ATHLETES IN HEATS 6 TO 10 INTO CALL ROOM @ 13:46, 20 minutes before first event start then out 5 minutes before each race start	13:46	14:06	6	14:06		
	13:46	14:09	7	14:09		
	13:46	14:12	8	14:12		
	13:46	14:15	9	14:15		
	13:46	14:18	10	14:18		
ATHLETES IN HEATS 11 TO 15 INTO CALL ROOM @ 14:01, 20 minutes before first event start then out 5 minutes before each race start	14:01	14:21	11	14:21		
	14:01	14:24	12	14:24		
	14:01	14:27	13	14:27		
	14:01	14:30	14	14:30		
	14:01	14:33	15	14:33		

F10

REGISTRATION CLOSES @ 1:45 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
ALL ATHLETES IN @ 13:55, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	13:55	14:05	14:10	14:45	Event Distance	High Jump
					Age Group	U13G
					Entry Number	11
					Pools	1

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		CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
T07	*REGISTRATION CLOSES @ 1:36 PM*	**IN**	**OUT**				
	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*		
F11	*REGISTRATION CLOSES @ 2:00 PM*	**IN**	**OUT**	**WARM UP START**	Start Time	EVENT INFORMATION	
	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
						Age Group	U13B
						Entry Number	8
						Pools	1
T08	*REGISTRATION CLOSES @ 1:54 PM*	**IN**	**OUT**	**WARM UP START**	Start Time	EVENT INFORMATION	
	ATHLETES IN HEATS 1 TO 7 INTO CALL ROOM @ 14:34, 20 minutes before first event start then out 5 minutes before each race start	*14:34*	*14:49*	1	*14:54*	Event Distance	300m
		14:34	*14:57*	2	*14:57*	Age Group	U15G
		14:34	*15:00*	3	*15:00*	Entry Number	27
		14:34	*15:03*	4	*15:03*	*Est heats*	7
		14:34	*15:06*	5	*15:06*		
		14:34	*15:09*	6	*15:09*		
		14:34	*15:12*	7	*15:12*		

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F13

REGISTRATION CLOSES @ 2:30 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
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

F12

REGISTRATION CLOSES @ 2:30 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
ALL ATHLETES IN @ 14:40, Less the warm up time at event site, athletes will leave 5 minutes before warm begins	14:40	14:50	14:55	15:30	Event Distance	High Jump
					Age Group	U17M
					Entry Number	14
					Pools	1

T09

REGISTRATION CLOSES @ 2:15 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
ATHLETES IN HEATS 1 TO 5 INTO CALL ROOM @ 14:55, 20 minutes before first event start then out 5 minutes before each race start	14:55	15:10	1	15:15	Event Distance	300m
	14:55	15:18	2	15:18	Age Group	U17W
	14:55	15:21	3	15:21	Entry Number	19
	14:55	15:24	4	15:24	Est heats	5
	14:55	15:27	5	15:27		

T10

REGISTRATION CLOSES @ 2:30 PM	CALL ROOM		WARM UP START	Start Time	EVENT INFORMATION	
	IN	OUT				
ATHLETES IN HEATS 1 TO 4 INTO CALL ROOM @ 15:10, 20 minutes before first event start then out 5 minutes before each race start	15:10	15:25	1	15:30	Event Distance	300m
	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