

# Saturday 14th May South & East Wales Regional Championships

## Track Events

Event No	Registration closes	Start Time	Event	Round
T01-1	10:00	11:00	U15G 100m - SOUTH	HEATS
T02-1	10:15	11:15	U15G 100m - EAST	HEATS
T03-1	10:25	11:25	U17M 100m - SOUTH	HEATS
T04-1	10:35	11:35	U17M 100m - EAST	STRAIGHT FINAL
T05-1	10:40	11:40	U20M 100m - Both regions	STRAIGHT FINAL
T06-1	10:45	11:45	Senior Men 100m - SOUTH	STRAIGHT FINAL
T07-1	10:50	11:50	U15B 100m - SOUTH	STRAIGHT FINAL
T08-1	10:55	11:55	U15B 100m - EAST	STRAIGHT FINAL
T09-1	11:00	12:00	U20W & Senior Women- SOUTH	STRAIGHT FINAL
T10-1	11:05	12:05	U20W & Senior Women- EAST	STRAIGHT FINAL
T11-1	11:10	12:10	U17W 100m - SOUTH	STRAIGHT FINAL
T12-1	11:15	12:15	U17W 100m - EAST	STRAIGHT FINAL
T01-2		12:20	U15G 100m - SOUTH	FINAL
T02-2		12:25	U15G 100m - EAST	FINAL
T03-2		12:30	U17M 100m - SOUTH	FINAL
T13-1	11:40	12:40	U17M 800m - Both Regions	STRAIGHT FINAL
T14-1	11:45	12:45	U17W 800m - Both Regions	STRAIGHT FINAL
T15-1	11:50	12:50	U20M & SENM - Both Regions	STRAIGHT FINAL
T16-1	11:55	12:55	U20W & SENW - Both Regions	STRAIGHT FINAL
T17-1	12:00	13:00	U15B 800m - Both Regions	STRAIGHT FINAL
T18-1	12:05	13:05	U15G 800m - Both Regions	TIME TRIAL
T19-1	12:15	13:15	U20M & SENM 400m -SOUTH	STRAIGHT FINAL
T20-1	12:20	13:20	U20M & SENM 400m - EAST	STRAIGHT FINAL
T21-1	12:25	13:25	U17M 400m - Both Regions	STRAIGHT FINAL
T22-1	12:30	13:30	U20W & SW 400m - Both Regions	STRAIGHT FINAL
T23-1	12:40	13:40	U15G 300m - SOUTH	STRAIGHT FINAL
T24-1	12:45	13:45	U15G 300m - EAST	STRAIGHT FINAL
T25-1	12:50	13:50	U17W 300m - SOUTH	STRAIGHT FINAL
T26-1	12:55	13:55	U17W 300m - EAST	STRAIGHT FINAL
T27-1	13:00	14:00	U15B 300m - Both Regions	STRAIGHT FINAL
T28-1	13:10	14:10	U17W 200m - SOUTH	HEATS
T29-1	13:20	14:20	U15G 200m - SOUTH	HEATS
T30-1	13:25	14:25	U17W 200m - EAST	STRAIGHT FINAL
T31-1	13:30	14:30	U15G 200m - EAST	STRAIGHT FINAL
T32-1	13:35	14:35	U17M 200m - SOUTH	STRAIGHT FINAL
T33-1	13:40	14:40	U17M 200m - EAST	STRAIGHT FINAL
T34-1	13:45	14:45	U20M & SENM 200m - SOUTH	STRAIGHT FINAL
T35-1	13:50	14:50	U20M & SENM 200m - EAST	STRAIGHT FINAL
T36-1	13:55	14:55	U20W & SENW 200m - SOUTH	STRAIGHT FINAL
T37-1	14:00	15:00	U20W & SENW 200m- EAST	STRAIGHT FINAL
T38-1	14:05	15:05	U15B 200m - Both Regions	STRAIGHT FINAL
T39-1	14:15	15:15	U15G 1500m - Both Regions	STRAIGHT FINAL
T40-1	14:25	15:25	U15B 1500m - Both Regions	STRAIGHT FINAL
T41-1	14:35	15:35	U17M & U17W 1500m - Both Regions	STRAIGHT FINAL
T42-1	14:45	15:45	U20M_SM_U20W_SW 1500m - Both Regions	STRAIGHT FINAL
T29-2		15:55	U15G 200m - SOUTH	FINAL
T28-2		16:00	U17W 200m - SOUTH	FINAL

## Field Events

Event No	Registration closes	Start Time	Event
F01	08:30	09:30	U15B Hammer
F02	08:30	09:30	U15G Hammer
F03	08:30	09:30	U17W Hammer
F04	08:30	09:30	U20W Hammer
F05	08:30	09:30	SW Hammer
F06	08:30	09:30	U20M Hammer
F07	09:00	10:00	U15B Shot
F08	09:00	10:00	U15G Shot
F09	10:00	11:00	U15B High Jump
F10	10:00	11:00	U15G High Jump
F11	10:00	11:00	U17W High Jump
F12	10:00	11:00	U20W High Jump
F13	10:30	11:30	U17M Long Jump
F14	10:30	11:30	U20M Long Jump
F15	10:30	11:30	SM Long Jump
F16	11:00	12:00	Female Pole Vault
F17	11:00	12:00	Male Pole Vault
F18	12:30	13:30	U17W Long Jump
F19	12:30	13:30	U20W Long Jump
F20	12:30	13:30	U17M High Jump
F21	12:30	13:30	U20M High Jump
F22	12:30	13:30	SM High Jump
F23	12:30	13:30	U17W Shot
F24	12:30	13:30	U20W Shot
F25	12:30	13:30	SW Shot
F26	12:50	13:50	U15B Discus
F27	12:50	13:50	U15G Discus
F28	12:50	13:50	U17M Discus
F29	12:50	13:50	SM Discus
F30	13:00	14:00	U15B Long Jump
F31	13:00	14:00	U15G Long Jump
F32	14:00	15:00	U17M Shot
F33	14:00	15:00	SM Shot
F34	14:00	15:00	U20M Discus
F35	14:00	15:00	U17W Discus
F36	14:00	15:00	SW Discus
F37	14:00	15:00	U20W Discus
F38	14:15	15:15	U17W Triple Jump
F39	14:15	15:15	U20W Triple Jump
F40	14:15	15:15	U20M Triple Jump
F41	14:15	15:15	SM Triple Jump

**ALL FIELD EVENTS HAVE 3 TRIALS  
WITH THE EXCEPTION OF HIGH  
JUMP AND POLE VAULT**

**REGISTRATION WILL CLOSE ON EVERY EVENT 1 HOUR PRIOR TO EVENT START TIME**

**IF INSUFFICIENT NUMBERS FOR HEATS - FINALS WILL BE RUN AT HEAT TIME**

### QUALIFICATION RULES WITH HEATS

**2 HEATS WILL HAVE 3Q & 2q = First 3 in each heat plus 2 fastest times**

**3 HEATS WILL HAVE 2Q & 2q = First 2 in each heat plus 2 fastest times**

**TIME TRIALS = fastest 3 times in both regions**

**LIVE RESULTS AND START LISTS - SCAN QR CODE**

