

Ynys Mon Island Games and Menai Track & Field Open 2023.



T01 U11B & U11G 75m	11:30	F01 U11B & U13B Long Jump	11:15
T02 U13G & U13B 100M	11:40	F02 Male & Female Hammer	11:30
T03 U15B 100m	11:45	F03 U13,U15,U17 Male High Jump	11:30
T04 U15G 100m	11:50	F04 U13,U15,U17 Female High Jump	12:00
T05 U17M 100m	11:55	F05 Male & Female Triple Jump	12:00
T06 U17W, U20W & Senior Women 100m	12:00	F06 U13,U15,U17 Male Shot	12:00
T07 U20, Sen & Masters Men 100m	12:05	F07 U13,U15,U17 Female Shot	12:00
T08 U11B & U11G 150m	12:15	F08 U20, Sen Men & MMen Discus	12:00
T09 U13B 200m	12:30	F09 U20, Sen Wom & MWom Discus	12:00
T10 U13G 200m	12:35	F10 U11G & U13G Long Jump	13:00
T11 U15B 200m	12:40	F11 U20, Sen Men & MMen Shot	14:00
T12 U15G 200m	12:45	F12 U20, Sen Wom & MWom Shot	14:00
T13 U17M 200m	12:50	F13 U13,U15,U17 Male Javelin	14:00
T14 U17W, U20W & SW 200m	12:55	F14 U13,U15,U17 Female Javelin	14:00
T15 U20, Sen & Masters Men 200m	13:00	F15 U15B & U17M Long Jump	14:30
T16 U15 & U17 300m	13:30	F16 U13,U15,U17 Male Discus	15:00
T17 U17M, U20M SENM & Masters 400m	13:45	F17 U13,U15,U17 Female Discus	15:00
T18 U11B & U11G 600m	14:00	F18 U15G & U17W Long Jump	15:30
T19 U13B 800m	14:20	F19 U20, Sen Men & MMen Long Jump	15:30
T20 U13G 800m	14:25	F20 U20, Sen Men & MMen Javelin	15:30
T21 U15B & U15G 800m	14:35	F21 U20, Sen Wom & MWom Javelin	15:30
T22 U17M 800m	14:40		
T23 U17W 800m	14:45		
T24 U20 & Senior 800m	14:50		
T25 U13B, U13G Mile	15:00		
T26 U15,U17,U20 Mile	15:10		
T27 U15 & U17 3000m	15:25		
T28 U13G 70m Hurdles	15:45		
T29 U13B 75m Hurdles	15:55		
T30 U15B & U17W 80m Hurdles	16:05		
T31 U17M & U20W 100m Hurdles	16:15		

