

Welsh Athletics Junior Open  
 Incorporating the Regional Championships for  
 East Wales, South Wales, West Wales & South West England  
 Sunday 1st December 2024  
 Final Timetable



## 1st December - TRACK

|     | Register By  | At Event Site | TrackTime | Event     | Age Groups |
|-----|--------------|---------------|-----------|-----------|------------|
| T01 | <b>10:30</b> | 11:50         | 12:00     | 200m      | U17W       |
| T02 | <b>11:10</b> | 12:30         | 12:40     | 200m      | U17M       |
| T03 | <b>11:35</b> | 12:55         | 13:05     | 200m      | U13G       |
| T04 | <b>12:15</b> | 13:35         | 13:45     | 200m      | U13B       |
| T05 | <b>12:40</b> | 14:00         | 14:10     | 200m      | U15B       |
| T06 | <b>13:00</b> | 14:20         | 14:30     | 200m      | U15G       |
| T07 | <b>13:45</b> | 15:05         | 15:15     | Para 200m | U15G       |
| T08 | <b>13:50</b> | 15:10         | 15:20     | 400m      | U17M       |
| T09 | <b>14:05</b> | 15:25         | 15:35     | 300m      | U15G       |
| T10 | <b>14:23</b> | 15:43         | 15:53     | 300m      | U15B       |
| T11 | <b>14:32</b> | 15:52         | 16:02     | 300m      | U17W       |

## 1st December - FIELD

|     | Register By  | At Event Site | Field Time | Event             | Age Groups |
|-----|--------------|---------------|------------|-------------------|------------|
| F01 | <b>10:30</b> | 11:35         | 12:00      | Triple Jump       | U17M       |
| F02 | <b>10:30</b> | 11:35         | 12:00      | High Jump         | U15B       |
| F03 | <b>10:30</b> | 11:25         | 12:00      | High Jump         | U13B       |
| F04 | <b>10:30</b> | 11:35         | 12:00      | Long Jump         | U15G       |
| F05 | <b>11:45</b> | 12:50         | 13:15      | Shot Put          | U15B       |
| F06 | <b>12:05</b> | 13:00         | 13:35      | High Jump         | U15G       |
| F07 | <b>12:15</b> | 13:20         | 13:45      | Long Jump         | U13G       |
| F08 | <b>12:30</b> | 13:25         | 14:00      | High Jump         | U17W       |
| F09 | <b>12:40</b> | 13:45         | 14:10      | Shot Put          | U17M       |
| F10 | <b>12:40</b> | 13:45         | 14:10      | Ambulant Shot Put | AMB_SP     |
| F11 | <b>13:45</b> | 14:40         | 15:15      | High Jump         | U13G       |
| F12 | <b>13:45</b> | 14:40         | 15:15      | Shot Put          | U13B       |
| F13 | <b>14:00</b> | 14:40         | 15:30      | Triple Jump       | U17W       |
| F14 | <b>14:00</b> | 14:40         | 15:30      | Triple Jump       | U15B       |
| F15 | <b>14:15</b> | 15:10         | 15:45      | High Jump         | U17M       |
| F16 | <b>14:30</b> | 15:25         | 16:00      | Triple Jump       | U15G       |
| F17 | <b>14:30</b> | 15:55         | 16:00      | Seated shot       | SEATED     |

Scan the QR code for start lists  
and results



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WELSH ATHLETICS  
ATHLETAU CYMRU

