



Welsh Athletics Junior Open
Incorporating Regional Championships
Sunday 5th January 2025
Final Timetable



5th January - TRACK

	REGISTRATION CLOSES	AT EVENT	TRACK TIME	EVENT	AGE GROUP
T01	09:05	10:25	10:35	15/17 600m Walk	U13_U15_U17
T02	09:15	10:35	10:45	1500m	U17M
T03	09:22	10:42	10:52	1500m	U17W
T04	09:30	10:50	11:00	1500m	U15B
T05	09:45	11:05	11:15	1500m	U15G
T06	10:00	11:20	11:30	1500m	U13B
T07	10:15	11:35	11:45	1500m	U13G
T08	10:25	11:45	11:55	60m Hurdles (91.4)	U17M
T09	10:38	11:58	12:08	60m Hurdles (84.0)	U15B
T10	10:44	12:04	12:14	60m Hurdles (76.2)	U17W
T11	11:00	12:20	12:30	60m Hurdles (76.2)	U15G
T12	11:12	12:32	12:42	60m Hurdles (76.2)	U13B
T13	11:25	12:45	12:55	60m Hurdles (68.5)	U13G
T14	11:45	13:05	13:15	800m	U17M
T15	12:00	13:20	13:30	800m	U17W
T16	12:15	13:35	13:45	800m	U13G
T17	12:50	14:10	14:20	800m	U15G
T18	13:15	14:35	14:45	800m	U13B
T19	13:35	14:55	15:05	800m	U15B
T20	14:00	15:20	15:30	60m	U15B
T21	14:15	15:35	15:45	60m	U17W
T22	14:30	15:50	16:00	60m	U13B
T23	14:42	16:02	16:12	60m	U17M
T24	14:57	16:17	16:27	60m	U15G
T25	15:21	16:41	16:51	60m	U13G

5th January - FIELD

	REGISTRATION CLOSES	At event	FIELD TIME	EVENT	AGE GROUP
F01	09:15	10:06	10:45	Long Jump	U13B
F02	09:15	10:43	10:45	Female Long Jump	AMB_F1
F03	09:30	10:15	11:00	Pole Vault	U15B
F04	09:30	10:15	11:00	Pole Vault	U17M
F05	09:30	10:20	11:00	Shot Put	U17W
F06	11:15	11:51	12:45	Shot Put	U15G
F07	11:35	12:31	13:05	Long Jump	U15B
F08	12:45	13:30	14:15	Pole Vault	U15G
F09	12:45	13:30	14:15	Pole Vault	U17W
F10	12:50	13:57	14:20	Long Jump	U17M
F11	13:45	14:27	15:15	Shot Put	U13G
F12	14:50	15:14	16:20	Long Jump	U17W

West Wales Championships are only for 800m and 1500m at this meeting