

North Wales Regional Indoor Championships

<u>Event</u>	<u>Start Time</u>	<u>Event</u>	<u>Start Time</u>
U11G & U11B Long Jump	10:00		
U13G Long Jump	10:00	U13G 60m Hurdles	13:30
U13B Long Jump	10:00	MMen 35-50 60m Hurdles	13:30
U15G Long Jump	10:00	U17W 60m Hurdles	13:35
U15B Long Jump	10:00	U20W 60m Hurdles	13:35
U13G High Jump	10:00	MWOM 35-50 60m Hurdles	13:40
U13B High Jump	10:00	U13B 60m Hurdles	13:40
U15B High Jump	10:00	U17M 60m Hurdles	13:40
U15G High Jump	10:00	U15B 60m Heats	14:50
U17M High Jump	10:00	U15G 60m Heats	14:53
U17W High Jump	10:00	U11B & U11G RJT 60m	14:56
MMEN 35-50 High Jump	10:00	MMEN 55-75 60m	15:02
U15B Pole Vault	10:00	MWOM 35-50 60m	15:05
U17W Pole Vault	10:00	MMEN 35-50 60m	15:08
MMEN 35-50 Pole Vault	10:00	SENM 60m	15:11
MMEN 55-75 Pole Vault	10:00	U20M 60m	15:14
U11B & U11G RJT Shot Put	11:00		
U15G Shot Put	11:00	U20W 60m	15:17
U15B Shot Put	11:00	U17M 60m	15:20
U17W Shot Put	11:00	U17W 60m	15:23
U17M Shot Put	11:00	U13B 60m	15:26
MMEN 35-50 Shot Put	11:00	U13G 60m	15:29
MMEN 55-75 Shot Put	11:00	U15B 60m Final	15:33
SENW Shot Put	11:00	U15G 60m Final	15:37
MMEN 80 Shot Put	11:00		
U17W Long Jump	11:40		
U17M Long Jump	11:40		
U20M Long Jump	11:40		
SENM Men Long Jump	11:40		
MMEN 35-50 Long Jump	11:40		
MMEN 55-75 Long Jump	11:40		
U15B Triple Jump	13:00		
U15G Triple Jump	13:00		
U17M Triple Jump	13:00		
U17W Triple Jump	13:00		
U20W Triple Jump	13:00		
MMEN 55-75 Triple Jump	13:00		
MWOM 35-50 Triple Jump	13:00		

