



Welsh Athletics Junior Open
Incorporating the Regional Championships for
East Wales, South Wales, West Wales & South West England



Sunday 7th January 2024

FINAL TIMETABLE

7TH JANUARY - TRACK

	REGISTRATION CLOSES	Seeding	CALL ROOM IN	TRACK TIME	EVENT	AGE GROUP
T01	09:00	09:30	10:10	10:30	1500m	U17M
T02	09:08	09:38	10:18	10:38	1500m	U17W
T03	09:15	09:45	10:25	10:45	1500m	U15B
T04	09:22	09:52	10:32	10:52	1500m	U15G
T05	09:30	10:00	10:40	11:00	1500m	U13B
T06	09:40	10:10	10:50	11:10	1500m	U13G
T07	09:55	10:25	11:05	11:25	60m Hurdles (91.4)	U17M
T08	10:08	10:38	11:18	11:38	60m Hurdles (84.0)	U15B
T09	10:24	10:54	11:34	11:54	60m Hurdles (76.2)	U17W
T10	10:40	11:10	11:50	12:10	60m Hurdles (76.2)	U15G
T11	11:02	11:32	12:12	12:32	60m Hurdles (76.2)	U13B
T12	11:18	11:48	12:28	12:48	60m Hurdles (68.5)	U13G
T13	11:37	12:07	12:47	13:07	800m	U15B
T14	11:52	12:22	13:02	13:22	800m	U17M
T15	12:07	12:37	13:17	13:37	800m	U13B
T16	12:27	12:57	13:37	13:57	800m	U13G
T17	12:52	13:22	14:02	14:22	800m	U15G
T18	13:17	13:47	14:27	14:47	800m	U17W
T19	13:40	14:10	14:50	15:10	Ambulant 60m	AMB
T20	13:43	14:13	14:53	15:13	60m	U13B
T21	13:55	14:25	15:05	15:25	60m	U13G
T22	14:13	14:43	15:23	15:43	60m	U17M
T23	14:25	14:55	15:35	15:55	60m	U15B
T24	14:37	15:07	15:47	16:07	60m	U17W
T25	14:55	15:25	16:05	16:25	60m	U15G

7TH JANUARY - FIELD

	REGISTRATION CLOSES	Seeding	At event	FIELD TIME	EVENT	AGE GROUP
F01	09:30	10:00	10:28	11:00	Long Jump	U17W
F02	09:30	10:00	10:10	11:00	Pole Vault	U15B
F03	09:30	10:00	10:10	11:00	Pole Vault	U17M
F04	09:50	10:20	10:48	11:20	Ambulant Shot	AMB_SP
F05	09:50	10:20	10:48	11:20	Shot Put	U13G
F06	11:15	11:45	12:07	12:45	Shot Put	U17W
F07	12:20	12:50	13:04	13:50	Long Jump	U15B
F08	12:30	13:00	12:50	14:00	Pole Vault	U15G
F09	12:30	13:00	12:50	14:00	Pole Vault	U17W
F10	12:55	13:25	14:00	14:25	Long Jump	U17M
F11	13:45	14:15	14:47	15:15	Shot Put	U15G
F12	14:35	15:05	15:37	16:05	Ambulant Long Jump	AMB_LJ
F13	14:35	15:05	15:37	16:05	Long Jump	U13B

WEST WALES CHAMPIONSHIPS ARE ONLY FOR 800M AND 1500M AT THIS MEETING - ALL OTHER EVENTS WILL BE HELD IN SWANSEA ON THE 13TH & 20TH JANUARY