

North Wales Regional T&F Championships 2024.

<u>Event ID</u>	<u>Event Name</u>	<u>Warm Up Time</u>	<u>Start Time</u>	<u>Event ID</u>	<u>Event Name</u>	<u>Start Time</u>
F01	U15G Hammer	10:14	10:30	T01	U17M 400m Hurdles	14:00
F02	U17W Hammer	10:14	10:30	T02	U20W 400m Hurdles	14:00
F03	U17M Hammer	10:14	10:30	T03	U13G 800m	14:10
F04	U20W Hammer	10:14	10:30	T04	U13B 800m	14:15
F05	SENW Hammer	10:14	10:30	T05	U15B 800m	14:15
F06	MMEN 55-75 Hammer	10:14	10:30	T06	U15G 800m	14:20
F07	U15B Pole Vault	10:14	10:30	T07	U17W 800m	14:20
F08	MMEN35-50 Pole Vault	10:14	10:30	T08	U20W 800m	14:20
F09	U13G High Jump	09:40	10:30	T09	U17M 800m	14:25
F10	U13B High Jump	09:40	10:30	T10	U20M 800m	14:25
F11	U15G High Jump	09:40	10:30	T11	SENM 800m	14:25
F12	U17W Discus	10:54	11:20	T12	MMEN 55-75 800m	14:25
F13	U17M Discus	10:54	11:20	T13	U13G 100m	14:35
F14	U20W Discus	10:54	11:20	T14	U13B 100m	14:38
F15	SENM Discus	10:54	11:20	T15	U15G 100m	14:41
F16	MMEN 55-75 Discus	10:54	11:20	T16	U15B 100m	14:44
F17	MMEN35-50 Discus	10:54	11:20	T17	U17W 100m	14:47
F18	U13G Long Jump	10:56	11:20	T18	U20W 100m	14:47
F19	U13B Long Jump	10:56	11:20	T19	U17M 100m	14:50
F20	U15G Long Jump	10:56	11:20	T20	U20M 100m	14:50
F21	U15B Long Jump	10:56	11:20	T21	SENM 100m	14:53
F22	U13G Shot Put 2.72kg	12:02	12:30	T22	MWOM 35-50 100m	14:56
F23	U13B Shot Put 3.00kg	12:02	12:30	T23	MMEN 55-75 100m	14:56
F24	U15G Shot	12:02	12:30	T24	U17W 3000m	15:10
F25	U15B High Jump	12:00	12:45	T25	U17M 3000m	15:10
F26	U17M High Jump	12:00	12:45	T26	U20W 3000m	15:10
F27	MMEN35-50 High Jump	12:00	12:45	T27	U20M 3000m	15:10
F28	U17W Long Jump	12:25	12:45	T28	SENW 3000m	15:10
F29	U17M Long Jump	12:25	12:45	T29	SENM 3000m	15:10
F30	SENM Long Jump	12:25	12:45	T30	MMEN35-50 3000m	15:10
F31	MWOM 35-50 Long Jump	12:25	12:45	T31	MMEN 55-75 3000m	15:10
F32	MMEN35-50 Long Jump	12:25	12:45	T32	U13G 70m Hurdles	15:25
F33	MMEN 55-75 Long Jump	12:25	12:45	T33	U15G 75m Hurdles	15:35
F34	U13G Javelin 300g	12:21	12:45	T34	U15B 80m Hurdles	15:45
F35	U13B Javelin 400g	12:21	12:45	T35	U17W 80m Hurdles	15:45
F36	U15G Javelin	12:21	12:45	T36	U17M 100m Hurdles	15:55
F37	U15B Javelin	12:21	12:45	T37	U20W 100m Hurdles	15:55
F38	U17W Shot	13:18	13:30	T38	MMEN35-50 110m Hur	15:55
F39	SENW Shot	13:18	13:30	T39	U17M 400m	16:05
F40	SENW Shot	13:18	13:30	T40	U20M 400m	16:05
F41	MMEN35-50 Shot	13:18	13:30	T41	SENW 400m	16:08

F42	MMEN 55- 75 Shot	13:18	13:30	T42	SENM 400m	16:08
F43	U13B Discus 1.00kg	13:20	13:30	T43	MMEN35-50 400m	16:08
F44	U15G Discus	13:20	13:30	T44	MMEN 55 -75 400m	16:08
F45	U15B Discus	13:20	13:30	T45	U15G 300m	16:15
F46	U17W Javelin	13:36	14:00	T46	U17W 300m	16:15
F47	U17M Javelin	13:36	14:00	T47	U15B 300m	16:18
F48	U20W Javelin	13:36	14:00	T48	U13G 1500m	16:25
F49	SENW Javelin	13:36	14:00	T49	U13B 1500m	16:25
F50	SENM Javelin	13:36	14:00	T50	U15B 1500m	16:25
F51	MMEN 55- 75 Javelin	13:36	14:00	T51	U15G 1500m	16:32
F52	U15G Triple Jump	14:12	14:30	T52	U17W 1500m	16:32
F53	U15B Triple Jump	14:12	14:30	T53	U17M 1500m	16:39
F54	U17W Triple Jump	14:12	14:30	T54	U20W 1500m	16:39
F55	U17M Triple Jump	14:12	14:30	T55	SENM 1500m	16:39
F56	SENM Triple Jump	14:12	14:30	T56	MMEN35-50 1500m	16:39
F57	MWOM 35-50 Triple Jump	14:12	14:30	T57	MMEN 55-75 1500m	16:39



Scan QR code for results.

T58	U13G 200m	16:50
T59	U13B 200m	16:53
T60	U15B 200m	16:53
T61	U15G 200m	16:56
T62	U17W 200m	16:59
T63	U17M 200m	17:02
T64	U20W 200m	17:05
T65	U20M 200m	17:05
T66	SENW 200m	17:05
T67	SENM 200m	17:08
T68	MMEN 55-75 200m	17:08
T69	MMEN35-50 200m	17:08