

South East Wales Regional T&F Championships

11th & 12th May 2024 - Aberdare

Saturday Track

Event No	Start Time	Event
T01-1	13:00	Senior & U20 3000m
T02-1	13:15	U17 & U15 3000m
T03-1	13:30	U13G 800m Time Trials
T04-1	13:40	U13B 800m Time Trials
T05-1	13:45	U15G 800m Time Trials
T06-1	13:55	U15B 800m Time Trials
T07-1	14:00	U17W 800m
T08-1	14:05	U17M 800m
T09-1	14:10	SM,U20M 800m
T10-1	14:30	U15G 300m Time Trials
T11-1	14:40	U15B 300m Time Trails
T12-1	14:45	U17W 300m
T13-1	14:50	U17M 400m
T14-1	14:55	SM, U20M SW, U20W 400m
T15-1	15:15	U17W 200m Heats
T16-1	15:25	U13G 200m Time Trials
T17-1	15:30	U13B 200m Time Trials
T18-1	15:35	U15G 200m Time Trials
T19-1	15:45	U15B 200m Time Trials
T20-1	15:50	U17M 200m
T21-1	15:55	U20M SM 200m
T22-1	16:00	U20W SW 200m
T15-2	16:05	U17W 200m Final

Saturday Field

Event No	Start Time	Event
F01	11:30	Senior Men Hammer
F01A	11:30	U20M Hammer
F01B	11:30	U17M Hammer
F01C	11:30	U15B Hammer
F02	12:00	SW Shot Put
F02A	12:00	U20W Shot Put
F02B	12:00	U17W Shot Put
F03	12:30	SW Hammer
F03A	12:30	U20W Hammer
F03B	12:30	U15G Hammer
F04	13:00	SM Shot Put
F04A	13:00	U20M Shot Put
F04B	13:00	U17M Shot Put
F05	13:00	SW,U20W,U17W,U15G Pole Vault
F08	13:00	SM,U20M,U17M,U15B Pole Vault
F06	13:45	SM Discus
F06A	13:45	U20M Discus
F06B	13:45	U17M Discus
F07	15:00	U15B Shot Put
F07A	15:00	U15G Shot Put
F07B	15:00	U13B Shot Put
F07C	15:00	U13G Shot Put
F09	15:30	U17W Discus
F10	15:30	U15B Discus
F10A	15:30	U15G Discus
F10B	15:30	U13B Discus
F11	15:30	U20M Triple Jump
F11A	15:30	U17M Triple Jump
F11B	15:30	U15B Triple Jump
F12	15:30	SW Triple Jump
F12A	15:30	U20W Triple Jump

Sunday Track

Event No	Start Time	Event
T23-1	12:30	U17W 100m Heats
T24-1	12:36	U15G 100m Time Trials
T25-1	12:42	U15B 100m
T26-1	12:45	U20W SW 100m
T27-1	12:48	U17M 100m
T28-1	12:51	U20M 100m
T29-1	12:54	SM 100m
T30-1	13:15	U17W 300m Hurdles
T31-1	13:30	SW, U20W SM U20M 400m Hurdles
T32-1	13:45	U13G 100m Time Trials
T33-1	14:00	U13B 100m Time Trials
T23-2	14:05	U17W 100m Final
T34-1	14:20	U13G & U13B 1500m Time Trials
T35-1	14:30	U15G 1500m Time Trials
T36-1	14:40	U15B 1500m Time Trials
T37-1	14:50	U17W 1500m
T38-1	15:00	U17M 1500m
T39-1	15:10	SM,U20M SW U20W 1500m
T40-1	15:30	U13G 70m Hurdles
T41-1	15:40	U13B 75m Hurdles
T42-1	15:50	U15G 75m Hurdles
T43-1	16:00	U15B 80m Hurdles
T44-1	16:10	U17W 80m Hurdles
T45-1	16:20	U17M 100m Hurdles
T46-1	16:30	SW,U20W 100m Hurdles

Sunday Field

Event No	Start Time	Event	
F13	11:30	SM Long Jump	pit 1
F13A	11:30	U20M Long Jump	
F13B	11:30	U17M Long Jump	
F14	11:45	U15B,U15G High Jump	
F15	12:00	SM Javelin	
F15A	12:00	U20M Javelin	
F15B	12:00	U17M Javelin	
F16	12:30	U15B Long Jump	pit 2
F16A	12:30	U15G Long Jump	
F17	13:40	SW,U20W,U17W High Jump	
F18	13:15	U15B Javelin	
F18A	13:15	U15G Javelin	
F19	13:15	U13B Long Jump	pit 1
F19A	14:00	U13G Long Jump	Pit 2
F20	14:00	SW Long Jump	Pit 1
F20A	14:00	U17W Long Jump	
F21	14:15	U13B Javelin	
F21A	14:15	U13G Javelin	
F22	15:30	U13B,U13G High Jump	
F24	15:30	SM,U20M,U17M High Jump	
F23	15:45	U17W Javelin	



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lists and results