

**Inter Regional  
Timetable-Lane Draw 2026  
Aberdare 13th June**

Track Events		Time	Lanes							
			1	2	3	4	5	6	7	8
T01	U18M 400M HURDLES (84.0)	11:30	1	3	5	7	2	4	6	8
T02	U18W 400M HURDLES (76.2)	11:40	3	5	7	2	4	6	8	1
T03	U16G 300M HURDLES (76.2)	11:50	5	7	2	4	6	8	1	3
T04	U16B 300M HURDLES (76.2)	12:00	7	2	4	6	8	1	3	5
T05	U14G 100M	12:10	2	4	6	8	1	3	5	7
T06	U14B 100M	12:15	4	6	8	1	3	5	7	2
T07	U16G 100M	12:20	6	8	1	3	5	7	2	4
T08	U16B 100M	12:25	8	1	3	5	7	2	4	6
T09	U18W 100M	12:30	1	3	5	7	2	4	6	8
T10	U18M 100M	12:35	3	5	7	2	4	6	8	1
T11	U14G 800M	12:40	5	7	2	4	6	8	1	3
T12	U14B 800M	12:45	7	2	4	6	8	1	3	5
T13	U16G 800M	12:50	2	4	6	8	1	3	5	7
T14	U16B 800M	12:55	4	6	8	1	3	5	7	2
T15	U18W 800M	13:00	6	8	1	3	5	7	2	4
T16	U18M 800M	13:05	8	1	3	5	7	2	4	6
T17	U14G 75M HURDLES (76.2)	13:15	1	3	5	7	2	4	6	8
T18	U14B 80M HURDLES (76.2)	13:20	3	5	7	2	4	6	8	1
T19	U16G 80M HURDLES (76.2)	13:25	5	7	2	4	6	8	1	3
T20	U16G 3000M	13:35	7	2	4	6	8	1	3	5
T21	U18W 3000M	13:35	77	22	44	66	88	11	33	55
T22	U16B 100M HURDLES (84.0)	13:45	4	6	8	1	3	5	7	2
T23	U18W 100M HURDLES (76.2)	13:50	6	8	1	3	5	7	2	4
T24	U18M 100M HURDLES (91.4)	14:00	8	1	3	5	7	2	4	6
T25	U16B 3000M	14:30	1	3	5	7	2	4	6	8
T26	U18M 3000M	14:30	11	33	55	77	22	44	66	88
T27	U16G 300M	14:45	5	7	2	4	6	8	1	3
T28	U16B 300M	14:55	7	2	4	6	8	1	3	5
T29	U18W 400M	15:00	2	4	6	8	1	3	5	7
T30	U18M 400M	15:05	4	6	8	1	3	5	7	2
T31	U18W 1500M S/C (76.2)	15:15	6	8	1	3	5	7	2	4
T32	U18M 2000M S/C (83.8)	15:30	8	1	3	5	7	2	4	6
T33	U14G 4X100 RELAY	15:45			1	3	5	7		
T34	U14B 4X100 RELAY	15:50			3	5	7	1		
T35	U16G 4X100 RELAY	15:55			5	7	1	3		
T36	U16B 4X100 RELAY	16:05			7	1	3	5		
T37	U18W 4X100 RELAY	16:10			1	3	5	7		
T38	U18M 4X100 RELAY	16:15			3	5	7	1		
T39	U16G 4X300 RELAY	16:25			5	7	1	3		
T40	U16B 4X300 RELAY	16:35			7	1	3	5		
T41	U18W 4X400 RELAY	16:45			1	3	5	7		
T42	U18M 4X400 RELAY	16:50			3	5	7	1		

Field Events		Time	ORDER							
			1	2	3	4	5	6	7	8
F01	U16G HAMMER 3.00kg	11:00	1	3	5	7	2	4	6	8
F02	U16B HAMMER 4.00kg	11:00	3	5	7	2	4	6	8	1
F03	U14G HIGH JUMP	11:00	5	7	2	4	6	8	1	3
F04	U14B HIGH JUMP	11:00	7	2	4	6	8	1	3	5
F05	U18W HAMMER 3.00kg	11:45	2	4	6	8	1	3	5	7
F06	U18M HAMMER 5,00kg	12:45	4	6	8	1	3	5	7	2
F07	U16G HIGH JUMP	12:15	6	8	1	3	5	7	2	4
F08	U18W HIGH JUMP	12:15	8	1	3	5	7	2	4	6
F09	U14G SHOT PUT 2.72kg	13:00	1	3	5	7	2	4	6	8
F10	U14B SHOT PUT 3.00kg	13:00	3	5	7	2	4	6	8	1
F11	U16B HIGH JUMP	13:30	5	7	2	4	6	8	1	3
F12	U18B HIGH JUMP	13:30	7	2	4	6	8	1	3	5
F13	U16G SHOT PUT 3.00kg	14:00	2	4	6	8	1	3	5	7
F14	U18W SHOT PUT 3.00kg	14:00	4	6	8	1	3	5	7	2
F15	U14G LONG JUMP	14:00	6	8	1	3	5	7	2	4
F16	U14B LONG JUMP	14:00	8	1	3	5	7	2	4	6
F17	U14G JAVELIN 400g	14:15	1	3	5	7	2	4	6	8
F18	U14B JAVELIN 400g	14:15	3	5	7	2	4	6	8	1
F19	U16G LONG JUMP	15:00	5	7	2	4	6	8	1	3
F20	U18W LONG JUMP	15:00	7	2	4	6	8	1	3	5
F21	U16G JAVELIN 400g	15:15	2	4	6	8	1	3	5	7
F22	U18W JAVELIN 500g	15:15	4	6	8	1	3	5	7	2
F23	U16B SHOT PUT 4.00kg	15:30	6	8	1	3	5	7	2	4
F24	U18M SHOT PUT 5.00kg	15:30	8	1	3	5	7	2	4	6
F25	U16B LONG JUMP	16:15	1	3	5	7	2	4	6	8
F26	U18M LONG JUMP	16:15	3	5	7	2	4	6	8	1
F27	U16B JAVELIN 600g	16:15	5	7	2	4	6	8	1	3
F28	U18M JAVELIN 700g	16:15	7	2	4	6	8	1	3	5

T20 & T21 will run as 1 race 1 to 8 in lanes 1-8, 22-77 in lanes 9-15

T25 & T26 will run as 1 race 1 to 8 in lanes 1-8, 33-11 in lanes 9-16



Scan QR code for Start Lists and results