

Inter Regional 2025

Timetable-Lane Draw 2025

Carmarthen July 12th

Track Events		Lanes	1	2	3	4	5	6	7	8
T01	U15G 75M HURDLES	11:30	4	6	8	1	3	5	7	2
T02	U15B 80M HURDLES	11:40	6	8	1	3	5	7	2	4
T03	U17W 80M HURDLES	11:50	8	1	3	5	7	2	4	6
T04	U17W 3000M	12:00	1	3	5	7	2	4	6	8
T05	U20W/SW 3000M	12:00	33	66	77	22	44	66	88	11
T06	U17M 100M HURDLES	12:20	5	7	2	4	6	8	1	3
T07	U20W/SW 100M HURDLES	12:30	7	2	4	6	8	1	3	5
T08	U20M/SM 110M HURDLES	12:40	2	4	6	8	1	3	5	7
T09	U17M 3000M	12:55	4	6	8	1	3	5	7	2
T10	U20M/SM 3000M	12:55	66	88	11	33	55	77	22	44
T11	U15G 200M	13:10	8	1	3	5	7	2	4	6
T12	U15B 200M	13:15	1	3	5	7	2	4	6	8
T13	U17W 200M	13:20	3	5	7	2	4	6	8	1
T14	U17M 200M	13:25	5	7	2	4	6	8	1	3
T15	U20W/SW 200M	13:30	7	2	4	6	8	1	3	5
T16	U20M/SM 200M	13:35	2	4	6	8	1	3	5	7
T17	U15G 1500M	14:00	4	6	8	1	3	5	7	2
T18	U15B 1500M	14:10	6	8	1	3	5	7	2	4
T19	U17W 1500M	14:20	8	1	3	5	7	2	4	6
T20	U17M 1500M	14:30	1	3	5	7	2	4	6	8
T21	U20W/SW 1500M	14:40	3	5	7	2	4	6	8	1
T22	U20M/SM 1500M	14:50	5	7	2	4	6	8	1	3
T23	U15G 300M	15:00	7	2	4	6	8	1	3	5
T24	U15B 300M	15:05	2	4	6	8	1	3	5	7
T25	U17W 300M	15:10	4	6	8	1	3	5	7	2
T26	U17M 400M	15:20	6	8	1	3	5	7	2	4
T27	U20W/SW 400M	15:30	8	1	3	5	7	2	4	6
T28	U20M/SM 400M	15:40	1	3	5	7	2	4	6	8
T29	4X300 RELAY	15:50			1	3	5	7		
T30	4X300 RELAY	16:00			3	5	7	1		
T31	4X300 RELAY	16:10			5	7	1	3		
T32	4X400 RELAY	16:20			7	1	3	5		
T33	4X400 RELAY	16:30			1	3	5	7		
T34	4X400 RELAY	16:40			3	5	7	1		
T35	MEDLEY RELAY	16:50			5	7	1	3		

Field Events		ORDER	1	2	3	4	5	6	7	8
F01	U15G POLE VAULT	11:00	1	3	5	7	2	4	6	8
F02	U15B POLE VAULT	11:00	3	5	7	2	4	6	8	1
F03	U15G DISCUS	11:00	5	7	2	4	6	8	1	3
F04	U15B DISCUS	11:00	7	2	4	6	8	1	3	5
F05	U15G HIGH JUMP	11:00	2	4	6	8	1	3	5	7
F06	U15B HIGH JUMP	11:00	4	6	8	1	3	5	7	2
F07	U17W DISCUS	11:45	6	8	1	3	5	7	2	4
F08	U20W/SW DISCUS	11:45	8	1	3	5	7	2	4	6
F09	U17W HIGH JUMP	12:15	1	3	5	7	2	4	6	8
F10	U20W/SW HIGH JUMP	12:15	3	5	7	2	4	6	8	1
F11	U17W POLE VAULT	12:15	5	7	2	4	6	8	1	3
F12	U20W/SW POLE VAULT	12:15	7	2	4	6	8	1	3	5
F13	U17M DISCUS	13:00	2	4	6	8	1	3	5	7
F14	U20M/SM DISCUS	13:00	4	6	8	1	3	5	7	2
F15	U15G SHOT PUT	13:00	6	8	1	3	5	7	2	4
F16	U15B SHOT PUT	13:00	8	1	3	5	7	2	4	6
F17	U17M HIGH JUMP	13:30	1	3	5	7	2	4	6	8
F18	U20M/SM HIGH JUMP	13:30	3	5	7	2	4	6	8	1
F19	U17W SHOT PUT	13:45	5	7	2	4	6	8	1	3
F20	U20W/SW SHOT PUT	13:45	7	2	4	6	8	1	3	5
F21	U15G TRIPLE JUMP	14:00	2	4	6	8	1	3	5	7
F22	U15B TRIPLE JUMP	14:00	4	6	8	1	3	5	7	2
F23	U15G JAVELIN	14:15	6	8	1	3	5	7	2	4
F24	U15B JAVELIN	14:15	8	1	3	5	7	2	4	6
F25	U17M POLE VAULT	14:15	1	3	5	7	2	4	6	8
F26	U20M/SM POLE VAULT	14:15	3	5	7	2	4	6	8	1
F27	U17M SHOT PUT	14:45	5	7	2	4	6	8	1	3
F28	U20M/SM SHOT PUT	14:45	7	2	4	6	8	1	3	5
F29	U17W JAVELIN	15:00	2	4	6	8	1	3	5	7
F30	U20W/SW JAVELIN	15:00	4	6	8	1	3	5	7	2
F31	U17W TRIPLE JUMP	15:00	6	8	1	3	5	7	2	4
F32	U20W/SW TRIPLE JUMP	15:00	8	1	3	5	7	2	4	6
F33	U17M TRIPLE JUMP	16:00	1	3	5	7	2	4	6	8
F34	U20M/SM TRIPLE JUMP	16:00	3	5	7	2	4	6	8	1
F35	U17M JAVELIN	16:15	5	7	2	4	6	8	1	3
F36	U20M/SM JAVELIN	16:15	7	2	4	6	8	1	3	5

Races that run as one race will be T04 & T05 @ 12:00 also T09 & T10 @ 12:55
U20/Senior athletes will wear double number bibs

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