Welsh Athletics Junior Open

Incorporating the Regional Championships

Sunday 6th December 2026

PROVISIONAL TIMETABLE

WELSH ATHLETICS
ATHLETAU CYMRU

Sunday-06-Dec-26

	Register By	Report to starters	TrackTime	Event	Age Groups
T01	09:30	10:50	11:00	1000m Walk	ALL
T02	10:16	11:36	11:46	200m	U18W
T03	10:52	12:12	12:22	200m	U18M
T04	11:25	12:45	12:55	200m	U14G
T05	11:58	13:18	13:28	200m	U16B
T06	12:25	13:45	13:55	200m	U14B
T07	12:49	14:09	14:19	400m	U18M
T08	13:07	14:27	14:37	400m	U18W
T09	13:25	14:45	14:55	200m	U16G
T10	14:06	15:26	15:36	1500m	U18M
T11	14:24	15:44	15:54	1500m	U18W
T12	14:42	16:02	16:12	1500m	U16B
T13	15:00	16:20	16:30	1500m	U16G
T14	15:18	16:38	16:48	1500m	U14B
T15	15:36	16:56	17:06	1500m	U14G

THERE WILL BE NO CALL ROOM FOR ANY EVENT. TRACK TO REPORT TO STARTER MARKSMEN AT THE REPORT TIME, FIELD REPORT TO EVENT SITE FOR WARM UP TRIALS X2

ATHLETES MUST REGISTER FOR THEIR FIRST EVENT 90 MINUTES OR SOONER PRIOR TO THEIR FIRST EVENT, ALL EVENTS WILL BE SEEDED IMMEDIATLEY AFTER

Sunday-06-Dec-26

	Register By	At Event Site	Field Time	Event	Age Groups
F01	09:30	10:35	11:00	Seated Shot	SEATED
F02	09:30	10:35	11:00	Triple Jump	U18M
F03	10:00	11:05	11:30	High Jump	U16B
F04	10:00	11:05	11:30	High Jump	U14B
F05	11:00	12:05	12:30	Long Jump	U14B
F06	12:00	13:05	13:30	High Jump	U18W
F07	11:15	12:20	12:45	Triple Jump	U16G
F08	11:30	12:35	13:00	Shot Put	U18M
F09	11:30	12:35	13:00	Shot Put - Male & Female	AMB_SP
F10	12:30	13:35	14:00	Long Jump	U14G
F11	13:30	14:35	15:00	Triple Jump	U18W
F12	12:00	13:05	13:30	High Jump	U16G
F13	12:45	13:50	14:15	Shot Put	U16B
F14	14:00	15:05	15:30	High Jump	U14G
F15	14:00	15:05	15:30	High Jump	U18M
F16	14:15	15:20	15:45	Triple Jump	U16B