

**WELSH ATHLETICS JUNIOR OPEN MEETING – WEST DIVISION (U11, U13 & U15) –  
CWRT HERBERT SPORTS CENTRE, NEATH – SUNDAY 21ST AUGUST**

**TRACK / TRAC**

|     |       |             |      |
|-----|-------|-------------|------|
| T01 | 11:15 | 70m Hurdles | U13G |
| T02 | 11:25 | 75m Hurdles | U13B |
| T03 | 11:35 | 75m Hurdles | U15G |
| T04 | 11:45 | 80m Hurdles | U15B |
| T05 | 12:00 | 150m        | U11G |
| T06 | 12:10 | 150m        | U11B |
| T07 | 12:20 | 200m        | U13G |
| T08 | 12:30 | 200m        | U13B |
| T09 | 12:40 | 200m        | U15G |
| T10 | 12:50 | 200m        | U15B |
| T11 | 13:00 | 800m        | U11G |
| T12 | 13:10 | 800m        | U11B |
| T13 | 13:20 | 800m        | U13G |
| T14 | 13:30 | 800m        | U13B |
| T15 | 13:40 | 800m        | U15G |
| T16 | 13:50 | 800m        | U15B |
| T17 | 14:15 | 75m         | U11G |
| T18 | 14:30 | 75m         | U11B |
| T19 | 14:45 | 100m        | U13G |
| T20 | 15:00 | 100m        | U13B |
| T21 | 15:15 | 100m        | U15G |
| T22 | 15:30 | 100m        | U15B |
| T23 | 15:40 | 1500m       | U13G |
| T24 | 15:50 | 1500m       | U13B |
| T25 | 16:00 | 1500m       | U15G |
| T26 | 16:10 | 1500m       | U15B |
| T27 | 16:20 | 4 x 100m    | U11G |
| T28 | 16:25 | 4 x 100m    | U11B |
| T29 | 16:30 | 4 x 100m    | U13G |
| T30 | 16:35 | 4 x 100m    | U13B |
| T31 | 16:40 | 4 x 100m    | U15G |
| T32 | 16:45 | 4 x 100m    | U15B |

**FIELD / CAE**

|     |       |           |             |
|-----|-------|-----------|-------------|
| F01 | 11:00 | Hammer    | U15B & U15G |
| F02 | 11:00 | Long Jump | U13B & U15B |
| F03 | 11:00 | Shot      | U11B & U11G |
| F04 | 12:10 | Shot      | U13B & U15B |
| F05 | 12:10 | Javelin   | U13G        |
| F06 | 12:10 | Long Jump | U11B        |
| F07 | 13:10 | Discus    | U13G & U15G |
| F08 | 13:10 | Javelin   | U11B & U11G |
| F09 | 13:30 | Long Jump | U13G        |
| F10 | 14:15 | High Jump | U13B & U15B |
| F11 | 14:15 | Javelin   | U15G        |
| F12 | 14:45 | Long Jump | U15G        |
| F13 | 15:15 | High Jump | U13G & U15G |
| F14 | 15:15 | Javelin   | U13B & U15B |
| F15 | 16:00 | Long Jump | U11G        |
| F16 | 16:15 | Shot      | U13G & U15G |
| F17 | 16:15 | Discus    | U13B & U15B |

**3 trials per athlete in field events except  
vertical jumps**

**REPORT TO TRACK EVENTS:  
10 minutes before start time**

**REPORT TO FIELD EVENTS:  
10 minutes before start time**

**LIVE RESULTS / CANLYNIADAU BYW – SCAN QR CODE**

