

**West Wales U11 Track & Field Championships**  
**Wednesday 18th August**  
**@ Carmarthen Leisure Centre, SA31 3NQ**

<b>West Wales U11 Championships Wednesday 18th August @ Carmarthen</b>									
<b>Time</b>	<b>Age Group</b>	<b>Event</b>			<b>Time</b>	<b>Javelin</b>	<b>Shot</b>	<b>Long Jump</b>	<b>High Jump</b>
<b>18.30</b>	U11G	75m			<b>18.30</b>	U11B 300g		U11G	U11B&G
<b>18.50</b>	U11B	75m							
<b>19.10</b>	U11G	800m							
					<b>19:20</b>	U11G 300g			
<b>19.30</b>	U11B	800m			<b>19.30</b>		U11B 2.72kg	U11B	
<b>19.50</b>	U11G	150m							
<b>20.10</b>	U11B	150m							