

WEST WALES REGIONAL ATHLETICS CHAMPIONSHIPS @ Carmarthen

Sunday 14th May 2023

PENCAMPWRIAETH ATHLETAU RHANBARTH GORLLEWIN CYMRU 2023 @ Caerfyrddin

Dydd Sul 14eg Mai 2023

PROVISIONAL ORDER OF TRACK EVENTS

11:00	1000m Walk	U13, U15, U17, U20 & Senior
	400m hurdles finals	U17M, U20W, U20M, SW, SM
	300m hurdles final	U17W
	800m timetrials/finals	U13G, U13B, U15G, U15B
	800m finals	U17W, U20W & SW, U17M, U20M & SM
12:00	100m heats	U13G, U13B, U15G, U15B
	100m heats	U17W, U17M, U20W, U20M, SW, SM
	3000m final	U15G & U15B, U17W, U17M, U20W, U20M, SW & SM
13:30	110m hurdles heats	U20M & SM
	100m hurdles heats	U17M, U20W & SW
	80m hurdles heats	U15B, U17W
	75m hurdles heats	U13B, U15G
	70m hurdles heats	U13G
	100m finals	as required
	2000m Steeplechase	U20M & SM
14:15	400m heats	U17M, U20W, U20M, SW, SM
	300m heats	U15G, U15B, U17W
	Sprint Hurdles finals	as required
	200m heats	U13G, U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW, SM
	1500m Steeplechase	U17M
15:45	1500m finals	U13G & U13B, U15G & U15B, U17W, U17M, U20W, U20M, SW & SM
	400m finals	as required
	300m finals	as required
	1500m Steeplechase	U17W, U20W & SW
	200m finals	as required

Note that this is the provisional order/timetable.

After the closing date, the final timetable and event information will be published – either 9th/10th May

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PROVISIONAL ORDER OF FIELD EVENTS

11:00	Long Jump	U13G
	Pole Vault	U13 & U15
	Hammer	U15B, U17M, U20M & SM
	High Jump	U17, U20 & Senior
	Long Jump	U17M, U20M & SM
	Hammer	U15G, U17W, U20W & SW
	High Jump	U13G & U13B
13:00	Long Jump	U13B & U15B
	Discus	U17, U20 & Senior
	High Jump	U15G & U15B
	Long Jump	U15G
	Pole Vault	U17, U20 & Senior
	Discus	U13 & U15
	Shot Put	U17W, U20W & SW
15:00	Long Jump	U17W, U20W & SW
	Javelin	U13 & U15
	Shot Put	U13B, U15B, U17M, U20M & SM
	Triple Jump	U15, U17, U20 & Senior
	Javelin	U17, U20 & Senior
	Shot Put	U13G & U15G

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