

WEST WALES REGIONAL ATHLETICS CHAMPIONSHIPS 2023 – CARMARTHEN
Sunday 14th May / Dydd Sul 14eg Mai

TRACK / TRAC			
REPORT TO EVENT	EVENT TIME	EVENT	ROUND
10:50	11:00	Male & Female 1000m Walk	FINALS
11:00	11:10	U17M, U20M, SW & SM 400m Hurdles	FINALS
11:10	11:20	U17W 300m Hurdles	FINAL
11:20	11:30	U13G 800m	FINAL
11:25	11:35	U13B 800m	FINAL
11:30	11:40	U15G 800m	FINAL
11:35	11:45	U15B 800m	FINAL
11:40	11:50	U17W, U20W & SW 800m	FINALS
11:45	11:55	U17M, U20M & SM 800m	FINALS
11:50	12:00	U13G 100m	Heats
12:05	12:15	U13B 100m	Heats
12:15	12:25	U15G 100m	Heats
12:30	12:40	U15B 100m	FINAL
12:35	12:45	U17W 100m	FINAL
12:40	12:50	U17M 100m	FINAL
12:45	12:55	U20W & SW 100m	FINALS
12:50	13:00	U20M 100m	FINAL
12:55	13:05	SM 100m	FINAL
13:00	13:10	Male & Female 3000m	FINALS
13:20	13:30	U17M, U20W & SW 100m Hurdles	FINALS
13:30	13:40	U15B 80m Hurdles	FINAL
13:35	13:45	U17W 80m Hurdles	FINAL
13:45	13:55	U15G 75m Hurdles	FINAL
13:50	14:00	U13B 75m Hurdles	FINAL
14:00	14:10	U13G 70m Hurdles	FINAL
14:30	14:40	U15G 100m	FINAL
14:35	14:45	U13B 100m	FINAL
14:40	14:50	U13G 100m	FINAL
14:45	14:55	U17M, U20M & SM 400m	FINALS
14:50	15:00	SW 400m	FINAL
15:00	15:10	U20M 2000m Steeplechase	FINAL
15:10	15:20	U15G & U15B 300m	FINALS

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TRACK / TRAC - continued			
REPORT TO EVENT	EVENT TIME	EVENT	ROUND
15:15	15:25	U15B 200m	FINAL
15:20	15:30	U17W 200m	FINAL
15:25	15:35	U15G 200m	Heats
15:35	15:45	U13B 200m	FINAL
15:40	15:50	U13G 200m	Heats
15:45	15:55	U17M 200m	FINAL
15:50	16:00	U20W & SW 200m	FINAL
15:55	16:05	U20M & SM 200m	FINAL
16:10	16:20	U17M 1500m Steeplechase	FINAL
16:20	16:30	U13G & U13B 1500m	FINAL
16:30	16:40	U15G & U15B 1500m	FINAL
16:40	16:50	U17W, U17M, SW & SM 1500m	FINAL
16:50	17:00	U17W, U20W & SW 1500m Steeplechase	FINAL
17:00	17:10	U15G 200m	FINAL
17:05	17:15	U13G 200m	FINAL

Register no later than 1 hour before your first event. Report to track event 10 minutes before start time.

100m / 200m: Qualification from heats to finals

2 heats: First 3 plus the next 2 fastest to final = 3Q & 2q

3 heats: First 2 plus the next 2 fastest to final = 2Q & 2q

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FIELD / CAE			
REPORT TO EVENT	EVENT TIME		AGE GROUP/S
10:15	10:45	Hammer	U15, U17, U20 & Senior (M&F)
10:30	11:00	Long Jump	U13G
10:40	11:00	High Jump	U17, U20 & Senior (M&F)
10:15	11:15	Pole Vault	U13 & U15 (M&F)
11:45	12:15	Discus	U17, U20 & Senior (M&F)
12:00	12:30	Long Jump	U17, U20 & Senior (M&F)
12:10	12:30	High Jump	U13 & U15 (M&F)
13:30	14:00	Long Jump	U15G
13:30	14:00	Discus	U13 & U15 (M&F)
13:30	14:30	Pole Vault	U17, U20 & Senior (M&F)
14:10	14:40	Shot Put	U17, U20 & Senior (M&F)
14:55	15:15	Long Jump	U13B & U15B
15:00	15:30	Javelin	U13 & U15 (M&F)
16:10	16:30	Triple Jump	U15, U17 & Senior (M&F)
16:15	16:45	Shot Put	U13 & U15 (M&F)
16:25	16:45	Javelin	U17, U20 & Senior (M&F)

Register no later than 1 hour before your first event. Report to field event at the time shown for warm up.

***START LISTS & ON THE DAY
RESULTS:***

Scan the QR Code

