

**Welsh Junior U11-U13-U15 League - West Wales 1**  
**Swansea University Athletics Track – Saturday 13th April**

**TRACK / TRAC**

**FIELD / CAE**

To event	Event Time	Event	Age Group
11:20	11:30	1000m Walk	U13/U15
11:30	11:40	80m Hurdles	U15B
11:40	11:50	75m Hurdles	U15G
11:50	12:00	75m Hurdles	U13B
12:00	12:10	70m Hurdles	U13G
12:10	12:20	800m	U15G
12:20	12:30	800m	U15B
12:25	12:35	800m	U13G
12:35	12:45	800m	U13B
12:40	12:50	800m	U11G
12:50	13:00	800m	U11B
13:00	13:10	100m	U15G
13:10	13:20	100m	U15B
13:15	13:25	100m	U13G
13:35	13:45	100m	U13B
13:45	13:55	75m	U11G
13:55	14:05	75m	U11B
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14:30	14:40	300m	U15G
14:40	14:50	300m	U15B
14:45	14:55	1500m	U13G/B
14:55	15:05	1500m	U15G/B
15:05	15:15	200m	U15G
15:15	15:25	200m	U15B
15:20	15:30	200m	U13G
15:30	15:40	200m	U13B
15:40	15:50	150m	U11G
15:50	16:00	150m	U11B
	16:20	4 x 100m Relay	U15B U13B U11B U11G U13G U15G

To event	Event Time	Event	Age Group/s
10:00	10:15	Triple Jump	U15G & U15B
10:30	11:00	Long Jump	U11G & U11B
11:05	11:15	Hammer	U15G & U15B
11:10	11:30	High Jump	U13G, U13B, U15G & U15B
11:15	12:00	Pole Vault	U13G, U13B, U15G & U15B
11:40	12:00	Discus	U13G, U13B, U15G & U15B
12:10	12:40	Long Jump	U13G
13:00	13:20	Javelin	U11G & U11B
13:10	13:30	Shot Put	U15G & U15B
13:45	14:10	Long Jump	U13B & U15B
14:10	14:30	Shot Put	U11G & U11B
14:10	14:30	Javelin	U13G & U13B
15:10	15:30	Long Jump	U15G
15:25	15:45	Shot Put	U13G & U13B
15:25	15:45	Javelin	U15G & U15B

**3 trials each in all field events except vertical jumps. Register at least 1 hour before first event**

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

**REPORT TO FIELD EVENTS:  
At the 'To Event' time**

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

