

Welsh Junior U11-U13-U15 League - West Wales 3
Carmarthen Leisure Centre Athletics Track – Sunday 14th July

TRACK / TRAC

FIELD / CAE

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

To event	Event Time	Event	Age Group/s
9:40	10:00	Triple Jump	U15G & U15B
10:30	11:00	Long Jump	U11G & U11B
10:30	11:00	Pole Vault	U13G, U13B, U15G & U15B
11:00	11:15	Hammer	U15G & U15B
10:55	11:15	High Jump	U13G & U13B
11:40	12:00	Discus	U13G, U13B, U15G & U15B
12:10	12:30	High Jump	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	14:15	Long Jump	U13B & U15B
14:10	14:30	Shot Put	U11G & U11B
14:10	14:30	Javelin	U13G & U13B
15:25	15:45	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**

