

**WEST WALES REGIONAL ATHLETICS CHAMPIONSHIPS 2025 –
SWANSEA UNIVERSITY | PRIFYSGOL ABERTAWE
Saturday 10th May | Dydd Sadwrn 10fed Mai**



| TRACK / TRAC | | | | |
|---------------------|------------------------|-------------------------|------------------------------|--------------|
| REGISTER BY | REPORT TO EVENT | EVENT START TIME | EVENT | ROUND |
| 09:30 | 10:20 | 10:30 | Male & Female 1000m Walk | FINALS |
| 09:40 | 10:30 | 10:40 | Male & Female 400m Hurdles | FINALS |
| 09:50 | 10:40 | 10:50 | U17W 300m Hurdles | FINAL |
| 10:00 | 10:50 | 11:00 | U13G 800m | FINAL |
| 10:05 | 10:55 | 11:05 | U13B 800m | FINAL |
| 10:10 | 11:00 | 11:10 | U15G 800m | FINAL |
| 10:15 | 11:05 | 11:15 | U15B 800m | FINAL |
| 10:20 | 11:10 | 11:20 | U17W, U20W & SW 800m | FINALS |
| 10:25 | 11:15 | 11:25 | U17M, U20M & SM 800m | FINALS |
| 10:35 | 11:25 | 11:35 | U13G 100m | Heats |
| 10:55 | 11:45 | 11:55 | U13B 100m | Heats |
| 11:04 | 11:54 | 12:04 | U15G 100m | Heats |
| 11:10 | 12:00 | 12:10 | U15B 100m | Heats |
| 11:16 | 12:06 | 12:16 | SM 100m | Heats |
| 11:22 | 12:12 | 12:22 | U17W 100m | FINAL |
| 11:25 | 12:15 | 12:25 | U17M 100m | FINAL |
| 11:28 | 12:18 | 12:28 | U20W & SW 100m | FINALS |
| 11:31 | 12:21 | 12:31 | U20M 100m | FINAL |
| 11:40 | 12:30 | 12:40 | U11G 75m | - |
| 11:46 | 12:36 | 12:46 | U11B 75m | - |
| 12:00 | 12:50 | 13:00 | Male & Female 3000m | FINALS |
| 12:15 | 13:05 | 13:15 | SM 110m Hurdles | FINAL |
| 12:20 | 13:10 | 13:20 | U17M, U20W & SW 100m Hurdles | FINALS |
| 12:30 | 13:20 | 13:30 | U15B & U17W 80m Hurdles | FINALS |
| 12:40 | 13:30 | 13:40 | U13B & U15G 75m Hurdles | FINALS |
| 12:50 | 13:40 | 13:50 | U13G 70m Hurdles | Heats |
| | | | | |
| | 14:05 | 14:15 | U13G 100m | FINAL |
| | 14:08 | 14:18 | U13B 100m | FINAL |
| | 14:11 | 14:21 | U15G 100m | FINAL |
| | 14:14 | 14:24 | U15B 100m | FINAL |
| | 14:17 | 14:27 | SM 100m | FINAL |
| 13:35 | 14:25 | 14:35 | U11G 800m | - |

| | | | | |
|-------|-------|-------|---------------------------------------|-------|
| 13:40 | 14:30 | 14:40 | U11B 800m | - |
| 13:45 | 14:35 | 14:45 | U17M & U20M 400m | FINAL |
| 13:50 | 14:40 | 14:50 | SW & SM 400m | FINAL |
| 13:55 | 14:45 | 14:55 | U20M 2000m Steeplechase | FINAL |
| 14:10 | 15:00 | 15:10 | U15G 300m | Heats |
| 14:16 | 15:06 | 15:16 | U15B & U17W 300m | FINAL |
| | 15:15 | 15:25 | U13G 70m Hurdles | FINAL |
| 14:35 | 15:25 | 15:35 | U13G 200m | Heats |
| 14:47 | 15:37 | 15:47 | U13B 200m | Heats |
| 14:53 | 15:43 | 15:53 | U15G 200m | Heats |
| 14:59 | 15:49 | 15:59 | U15B 200m | FINAL |
| 15:02 | 15:52 | 16:02 | U17W 200m | FINAL |
| 15:05 | 15:55 | 16:05 | U17M 200m | FINAL |
| 15:08 | 15:58 | 16:08 | U20W & SW 200m | FINAL |
| 15:11 | 16:01 | 16:11 | U20M 200m | FINAL |
| 15:14 | 16:04 | 16:14 | SM 200m | FINAL |
| 15:20 | 16:10 | 16:20 | U17M 1500m Steeplechase | FINAL |
| 15:30 | 16:20 | 16:30 | U13G & U13B 1500m | FINAL |
| 15:40 | 16:30 | 16:40 | U15G & U15B 1500m | FINAL |
| 15:50 | 16:40 | 16:50 | U17W, U17M, U20W, U20M, SW & SM 1500m | FINAL |
| | 16:50 | 17:00 | U15G 300m | FINAL |
| | 16:55 | 17:05 | U13G 200m | FINAL |
| | 16:58 | 17:08 | U13B 200m | FINAL |
| | 17:01 | 17:11 | U15G 200m | FINAL |

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

Qualification from heats to finals will be the fastest 8 times from heats.

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SWANSEA UNIVERSITY | PRIFYSGOL ABERTAWE
Saturday 10th May | Dydd Sadwrn 10fed Mai**



| FIELD / CAE | | | | |
|-------------|-----------------|------------|---------------|------------------------------|
| REGISTER BY | REPORT TO EVENT | EVENT TIME | | AGE GROUP/S |
| | | 10:15 | Seated Shot | U20M |
| 09:30 | 10:00 | 10:30 | Hammer | U15, U17, U20 & Senior (M&F) |
| 10:00 | 10:30 | 11:00 | Long Jump | U13G |
| 10:00 | 10:15 | 11:00 | Pole Vault | U13 & U15 (M&F) |
| 10:30 | 11:10 | 11:30 | High Jump | U17, U20 & Senior (M&F) |
| | | 11:45 | Seated Discus | U20M |
| 11:10 | 11:50 | 12:10 | Discus | U17, U20 & Senior (M&F) |
| 11:30 | 12:10 | 12:30 | High Jump | U13 & U15 (M&F) |
| 11:40 | 12:20 | 12:40 | Long Jump | U17, U20 & Senior (M&F) |
| 12:40 | 13:20 | 13:40 | Discus | U13 & U15 (M&F) |
| 13:00 | 13:15 | 14:00 | Pole Vault | U17, U20 & Senior (M&F) |
| 13:00 | 13:30 | 14:00 | Long Jump | U13B, U15G & U15B |
| 13:30 | 14:10 | 14:30 | Shot Put | U17, U20 & Senior (M&F) |
| 13:45 | 14:25 | 14:45 | Javelin | U13 & U15 (M&F) |
| 14:45 | 15:25 | 15:45 | Triple Jump | U15, U17, U20 & Senior (M&F) |
| 15:00 | 15:40 | 16:00 | Shot Put | U13 & U15 (M&F) |
| 15:15 | 15:55 | 16:15 | Javelin | U17, U20 & Senior (M&F) |

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

***START LISTS & ON THE DAY
RESULTS:
Scan the QR Code***

