

WEST WALES REGIONAL ATHLETICS CHAMPIONSHIPS 2026 @ Carmarthen

Sunday 10th May 2026

PENCAMPWRIAETH ATHLETAU RHANBARTH GORLLEWIN CYMRU 2026 @ Caerfyrddin

Dydd Sul 10fed Mai 2026

PROVISIONAL ORDER OF TRACK EVENTS (not the final timetable)

10:30	1000m Walk	ALL
	400m hurdles finals	U18W, U18M, U20W, U20M, SW, SM
	300m hurdles final	U16G, U16B
	800m timetrials/finals	U14G, U14B, U16G, U16B
	800m finals	U18W, U18M, U20W & SW, U20M & SM
11:30	100m heats	U14G, U14B, U16G, U16B
	100m heats	U18W, U18M, U20W, U20M, SW, SM
	75m	U12G, U12B
	3000m final	U16G & U16B, U18W, U18M, U20W, U20M, SW & SM
13:15	110m hurdles heats	U18M, U20M & SM
	100m hurdles heats	U16B, U20W & SW
	80m hurdles heats	U14B, U16G
	75m hurdles heats	U14G
	100m finals	as required
	800m open	U12G, U12B
	3000m Steeplechase	U20M & SM
	2000m Steeplechase	U18M
	1500m Steeplechase	U16B
14:30	400m heats	U18W, U18M, U20W, U20M, SW, SM
	300m heats	U16G, U16B
	Sprint Hurdles finals	as required
	200m heats	ALL
15:45	1500m finals	ALL
	400m finals	as required
	300m finals	as required
	3000m Steeplechase	U20W & SW
	2000m Steeplechase	U18W
	1500m Steeplechase	U16G
	200m finals	as required

Note that this is a provisional order/timetable.

After the closing date, the final timetable and event information will be published.

WEST WALES REGIONAL ATHLETICS CHAMPIONSHIPS 2026 @ Carmarthen

Sunday 10th May 2026

PENCAMPWRIAETH ATHLETAU RHANBARTH GORLLEWIN CYMRU 2026 @ Caerfyrddin

Dydd Sul 10fed Mai 2026

PROVISIONAL ORDER OF FIELD EVENTS (not the final timetable)

10:30	Hammer	ALL
	Long Jump	U14G & U14B
	Pole Vault	U14 & U16
	High Jump	U16G & U16B
	Long Jump	U18, U20 & Senior
	High Jump	U14G & U14B
	Discus	U18, U20 & Senior
13:00	Long Jump	U16G & U16B
	High Jump	U18, U20 & Senior
	Discus	U14 & U16
	Pole Vault	U18, U20 & Senior
	Javelin	U14 & U16
	Shot Put	U18, U20 & Senior
16:00	Triple Jump	ALL
	Javelin	U18, U20 & Senior
	Shot Put	U14 & U16

Note that this is a provisional order/timetable.

After the closing date, the final timetable and event information will be published.