

**WEST WALES REGIONAL ATHLETICS CHAMPIONSHIPS 2026 –
CARMARTHEN LEISURE CENTRE | CANOLFAN HAMDDEN CAERFYRDDIN
Sunday 10th May | Dydd Sul 10fed Mai**



TRACK / TRAC

REGISTER BY	REPORT TO EVENT	EVENT START TIME	EVENT	ROUND
10:00	10:20	10:30	Male & Female 1000m Walk	FINALS
10:00	10:30	10:40	Male & Female 400m Hurdles	FINALS
10:15	10:40	10:50	U16G & U16B 300m Hurdles	FINALS
10:15	10:50	11:00	U12G 800m	TIMETRIALS
10:15	11:00	11:10	U12B 800m	TIMETRIALS
10:20	11:10	11:20	U14G 800m	FINAL
10:25	11:15	11:25	U14B 800m	FINAL
10:30	11:20	11:30	U16G 800m	FINAL
10:35	11:25	11:35	U16B 800m	FINAL
10:40	11:30	11:40	U18W, U18M, U20W, U20M, SW & SM 800m	FINALS
10:50	11:40	11:50	U14G 100m	Heats
11:02	11:52	12:02	U14B 100m	Heats
11:10	12:00	12:10	U16G 100m	Heats
11:18	12:08	12:18	U16B 100m	Heats
11:26	12:16	12:26	U18W, U20W & SW 100m	FINALS
11:30	12:20	12:30	U18M & U20M 100m	FINALS
11:34	12:24	12:34	SM 100m	FINAL
11:40	12:30	12:40	Male & Female 3000m	FINALS
12:00	12:50	13:00	U16B, U18W & SW 100m Hurdles	FINALS
12:10	13:00	13:10	U14B & U16G 80m Hurdles	FINALS
12:20	13:10	13:20	U14G 75m Hurdles	Heats
			Volunteers Track Break	
	13:40	13:50	U16G 100m	FINAL
	13:44	13:54	U16B 100m	FINAL
	13:48	13:58	U14G 100m	FINAL
	13:52	14:02	U14B 100m	FINAL
13:07	13:57	14:07	U12G 75m	TIMETRIALS
13:23	14:13	14:23	U12B 75m	TIMETRIALS
13:35	14:25	14:35	U20M & SM 3000m Steeplechase	FINALS
13:55	14:45	14:55	U18W, U18M, U20M & SM 400m	FINALS
14:00	14:50	15:00	U16G 300m	Heats
14:10	15:00	15:10	U16B 300m	FINAL

	15:10	15:20	U14G 75m Hurdles	FINAL
14:25	15:15	15:25	U12G 150m	TIMETRIALS
14:33	15:23	15:33	U12B 150m	FINAL
14:37	15:27	15:37	U14G 200m	Heats
14:45	15:35	15:45	U16G 200m	Heats
14:53	15:43	15:53	U16B 200m	Heats
15:01	15:51	16:01	U14B 200m	FINAL
15:05	15:55	16:05	U18W, U20W & SW 200m	FINALS
15:09	15:59	16:09	U18M, U20M & SM 200m	FINALS
15:15	16:05	16:15	U16B 1500m Steeplechase	FINAL
15:25	16:16	16:25	U14G & U14B 1500m	FINALS
15:35	16:25	16:35	U16G, U16B, U18W, U18M, U20W, U20M, SW & SM 1500m	FINALS
	16:35	16:45	U16G 300m	FINAL
15:50	16:40	16:50	U16G 1500m Steeplechase	FINAL
16:00	16:50	17:00	U18W & SW 2000m Steeplechase	FINAL
	17:00	17:10	U14G 200m	FINAL
	17:03	17:13	U16G 200m	FINAL
	17:06	17:16	U16B 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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FIELD / CAE				
REGISTER BY	REPORT TO EVENT	EVENT TIME		AGE GROUP/S
09:45	10:00	10:30	Hammer	U14, U16, U18, U20 & Senior (M&F)
10:00	10:25	10:45	Long Jump	U14G & U14B
10:00	10:25	10:45	High Jump	U16G & U16B
10:00	10:25	10:45	High Jump	U18, U20 & Senior (M&F)
10:00	10:30	11:00	Pole Vault	U14 & U16 (M&F)
11:15	11:55	12:15	Discus	U18, U20 & Senior (M&F)
11:15	11:55	12:15	High Jump	U14G & U14B
11:15	11:55	12:15	Long Jump	U12G & U12B
12:15	12:55	13:15	Discus	U14 & U16 (M&F)
12:15	12:55	13:15	High Jump	U12G & U12B
12:40	13:40	14:00	Long Jump	U16G & U16B
12:40	13:40	14:00	Long Jump	U18, U20 & Senior (M&F)
13:15	13:45	14:15	Pole Vault	U18, U20 & Senior (M&F)
13:15	13:55	14:15	Shot Put	U18, U20 & Senior (M&F)
13:30	14:10	14:30	Javelin	U12, U14 & U16 (M&F)
14:00	14:45	15:00	Shot Put	U12G & U12B
14:45	15:25	15:45	Triple Jump	U16, U18, U20 & Senior (M&F)
15:00	15:40	16:00	Javelin	U18, U20 & Senior (M&F)
15:00	15:40	16:00	Shot Put	U14 & U16 (M&F)

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

START LISTS & RESULTS:

Scan the QR Code

