



# WELSH ATHLETICS INDOOR T & F CHAMPIONSHIPS

Saturday 21st & Sunday 22nd January

## Final Timetable



WELSH ATHLETICS  
ATHLETAU CYMRU

	Cut off Reg	Start Time	TRACK SATURDAY		
T1	9:30 AM	11:00 AM	SM	800m	Heats
T2	9:50 AM	11:20 AM	U13G	800m	Heats
T3	10:10 AM	11:40 AM	U13B	800m	Heats
T4	10:25 AM	11:55 AM	U15G	800m	Heats
T5	10:40 AM	12:10 PM	U15B	800m	Heats
T6	10:50 AM	12:20 PM	U17W	800m	Heats
T7	11:00 AM	12:30 PM	U17M	800m	Heats
T8	11:10 AM	12:40 PM	SW	800m	Heats
T9	11:25 AM	12:55 PM	U13G	60m	Heats
T10	11:45 AM	1:15 PM	SM	60m	Heats
T11	12:05 PM	1:35 PM	U15G	300m	Heats
T12	12:21 PM	1:51 PM	SM	400m	Heats
T13	12:38 PM	2:08 PM	SW	400m	Heats
T14	12:50 PM	2:20 PM	U15B	400m	Heats
T15	12:58 PM	2:28 PM	U15G	60m	Heats
T16	1:15 PM	2:45 PM	SW	60m	Heats
T17	1:27 PM	2:57 PM	U13B	60m	Heats
T18	1:39 PM	3:09 PM	U15B	60m	Heats
T19		3:17 PM	SM	60m	Semi-Finals
T20		3:29 PM	U13G	60m	Semi-Finals
T21		3:41 PM	U13B	800m	Final
T22		3:51 PM	U15G	800m	Final
T23		3:56 PM	U15B	800m	Final
T24		4:01 PM	U17W	800m	Final
T25		4:06 PM	U17M	800m	Final
T26	2:41 PM	4:11 PM	<b>U20W</b>	<b>800m</b>	<b>Straight Final</b>
T27	2:46 PM	4:16 PM	<b>U20M</b>	<b>800m</b>	<b>Straight Final</b>
T28		4:26 PM	U13G	800m	Final
T29		4:31 PM	U15G	60m	Final
T30		4:40 PM	SW	60m	Final
T31		4:44 PM	U13B	60m	Final
T32		4:48 PM	U15B	60m	Final
T33		4:52 PM	SM	60m	Final
T34		4:56 PM	U13G	60m	Final
T35		5:00 PM	SM	1500m	Heats
T36		5:21 PM	U15G	300m	Semi-Finals
T37		5:25 PM	SM	400m	Final
T38		5:29 PM	SW	400m	Final
T39		5:33 PM	U15B	400m	Final
T40		5:37 PM	SW	800m	Final

FIELD SATURDAY					
TRIALS U13 & U15 =3, SEN 3+3					
F1	9:30 AM	11:00 AM	U13G	High Jump	Final
F2	10:30 AM	12:00 PM	SW	Pole Vault	Final
F3	10:30 AM	12:00 PM	U15G	Long Jump	Final
F4	11:00 AM	12:30 PM	U13B	High Jump	Final
F5	11:45 AM	1:15 PM	U15B	High Jump	Final
F6	12:00 PM	1:30 PM	U15G	Shot	Final
F7	12:15 PM	1:45 PM	U13G	Long Jump	Final
F8	12:45 PM	2:15 PM	SW	Long Jump	Final
F9	1:00 PM	2:30 PM	U15G	Pole Vault	Final
F10	1:30 PM	3:00 PM	SM	Shot	Final
F11	2:00 PM	3:30 PM	SM	Triple Jump	Final
F12	2:30 PM	4:00 PM	SW	Shot	Final

	Cut off Reg	Start Time	TRACK SUNDAY		
T41	9:30 AM	11:00 AM	SM	200m	Heats
T42	10:00 AM	11:30 AM	U13G	200m	Heats
T43	10:30 AM	12:00 PM	U15G	200m	Heats
T44	10:55 AM	12:25 PM	U13B	200m	Heats
T45	11:15 AM	12:45 PM	U15B	200m	Heats
T46	11:30 AM	1:00 PM	SW	200m	Heats
T47	11:45 AM	1:15 PM	SM	800m	Final
T48	11:55 AM	1:25 PM	U13G	60m Hurdles	Heats
T49	<b>12:05 PM</b>	<b>1:35 PM</b>	<b>U13B</b>	<b>1500m</b>	<b>Straight Final</b>
T50	<b>12:13 PM</b>	<b>1:43 PM</b>	<b>U15G</b>	<b>1500m</b>	<b>Straight Final</b>
T51	<b>12:21 PM</b>	<b>1:51 PM</b>	<b>U15B</b>	<b>1500m</b>	<b>Straight Final</b>
T52	<b>12:29 PM</b>	<b>1:59 PM</b>	<b>U13G</b>	<b>1500m</b>	<b>Straight Final</b>
T53		2:12 PM	SM	200m	Semi-Finals
T54		2:24 PM	U13G	200m	Semi-Finals
T55		2:36 PM	U15G	200m	Semi-Finals
T56		2:44 PM	U13B	200m	Semi-Finals
T57	<b>1:22 PM</b>	<b>2:52 PM</b>	<b>SM</b>	<b>60m Hurdles</b>	<b>Straight Final</b>
T58	<b>1:31 PM</b>	<b>3:01 PM</b>	<b>U15B</b>	<b>60m Hurdles</b>	<b>Straight Final</b>
T59	<b>1:40 PM</b>	<b>3:10 PM</b>	<b>SW</b>	<b>60m Hurdles</b>	<b>Straight Final</b>
T60	<b>1:49 PM</b>	<b>3:19 PM</b>	<b>U13B</b>	<b>60m Hurdles</b>	<b>Straight Final</b>
T61	<b>1:58 PM</b>	<b>3:28 PM</b>	<b>U15G</b>	<b>60m Hurdles</b>	<b>Straight Final</b>
T62		3:37 PM	U13G	60m Hurdles	Final
T63	<b>2:16 PM</b>	<b>3:46 PM</b>	<b>SW</b>	<b>1500m</b>	<b>Straight Final</b>
T64		3:59 PM	SM	1500m	Final
T65		4:07 PM	SW	200m	Final
T66		4:11 PM	U15B	200m	Final
T67		4:15 PM	SM	200m	Final
T68		4:19 PM	U13G	200m	Final
T69		4:23 PM	U13B	200m	Final
T70		4:27 PM	U15G	200m	Final
T71		4:31 PM	U15G	300m	Final

PLEASE NOTE THE CUT OFF TIME FOR REGISTRATION FOR YOUR FIRST EVENT (90 MINUTES)

PLEASE NOTE THE TIME OF YOUR EVENT. (TRACK ATHLETES WILL HAVE FINAL CALL/ASSEMBLY TIMES POSTED AT THE EVENT ON THE DAY)

IF YOU ARE TAKING PART ON BOTH DAYS, YOU MUST REPORT TO REGISTRATION ON BOTH DAYS OF COMPETITION AND KEEP YOUR SATURDAY NUMBERS

FIELD SUNDAY					
TRIALS U13 & U15 =3, SEN 3+3					
F13	9:30 AM	11:00 AM	SW	High Jump	Final
F14	9:30 AM	11:00 AM	U15B	Long Jump	Final
F15	10:00 AM	11:30 AM	U15G	High Jump	Final
F16	10:30 AM	12:00 PM	SW	Triple Jump	Final
F17	11:00 AM	12:00 PM	SM	Pole Vault	Final
F18	12:00 PM	1:00 PM	U13B	Shot	Final
F19	12:30 PM	1:30 PM	U13B	Long Jump	Final
F20	12:30 PM	2:00 PM	SM	High Jump	Final
F21	1:00 PM	2:30 PM	U15B	Shot	Final
F22	1:00 PM	2:30 PM	SM	Long Jump	Final
F23	1:30 PM	3:30 PM	U13G	Shot	Final