

WEST WALES INDOOR ATHLETICS CHAMPIONSHIPS

SWANSEA UNIVERSITY INDOOR ATHLETICS CENTRE

SUNDAY 15th JANUARY 2012

First event 10.00 Held under UKA Rules

AGE GROUP:

U11B & U11G
 U13B, U13G & U15G
 U15B, U17M, U17W, U20M, U20W, SM & SW
 (HJ = High Jump, PV = Pole Vault, LJ = Long Jump, TJ = Triple Jump & SP = Shot Put).

AVAILABLE EVENTS:

60m sprint, LJ & SP
 60m sprint, 60m hurdles, LJ, HJ, PV & SP
 60m sprint, 60m hurdles, LJ, HJ, TJ, PV & SP

DEFINITION OF AGE GROUPS:

Age Group:	Date of birth:	School Years:	Maximum No of events:
U11 Boys + U11 Girls	must be born on or between 01.09.01 to 15.01.03	4 + 5	3
U13 Boys + U13 Girls	must be born on or between 01.09.99 to 31.08.01	6 + 7	3
U15 Boys + U15 Girls	must be born on or between 01.09.97 to 31.08.99	8 + 9	3
U17 Men + U17 Women	must be born on or between 01.09.95 to 31.08.97	10 + 11	3
U20 Men + U20 Women	must be born on or between 01.01.93 to 31.08.95	12 + 13	5
Senior Men & Women	must be born on or before 31.12.92		5

THIS IS A CLOSED CHAMPIONSHIP FOR WEST WALES ATHLETES ONLY:

Athletes **must** have one of the following qualifications:

A: - Birth; the athlete having been born in West Wales (Dyfed or West Glamorgan).

B: - Residence; a minimum of 9 months continuous residence in West Wales immediately prior to this event.

AWARDS: Medals to the top 3 in each event and age group.

VESTS: Athletes must wear either their club, school, regional or National vest.

ENTRY FEES: £3 per event.

CLOSING DATE: Saturday 7th January 2012.

ENTRIES TO: Andrew Jenkins, 5 Highpool Close, Newton, Swansea, SA3 4TU. TEL: 078 9457 3555.

LATE ENTRIES WILL NOT BE ACCEPTED & STRICTLY NO ENTRIES ON THE DAY

NAME:
ADDRESS:
TEL NUMBER:
DATE OF BIRTH:
AGE GROUP:
CLUB:
Welsh Athletics Registration Number:

I WISH TO ENTER THE FOLLOWING EVENTS:

SIGNED:
I ENCLOSE CHEQUE/PO FOR £..... MADE PAYABLE TO WEST WALES RAC
ALL ATHLETES MUST BE REGISTERED WITH WELSH ATHLETICS

NB: Space for spectators is **extremely** limited with standing room only please try to limit yourselves to a maximum of 1 spectator or coach each.

West Wales Indoor Athletics Championships Timetable Sunday 15th January 2012

Morning Session			Afternoon Session				
Time	Event	Shot	Time	Pit 1 Triple Jump	Pit 2 Long Jump	Pole Vault	High Jump
10.00	U13G 60m hurdles heats	U13 Girls	1.15	U15B, U17M, U20M & SM. U17W, U20W & SW	Long Jump U11B		U17, U20 & SM
10.05	U13B 60m hurdles heats		1.20				
10.10	U15G 60m hurdles heats		1.25				
10.15	U17W 60m hurdles heats		1.30				
10.20	U15B 60m hurdles heats		1.35				
10.25	U20W 60m hurdles heats	Shot	1.40				
10.30	SW 60m hurdles heats	U13 Boys	1.45				
10.35	U17M 60m hurdles heats		1.50				
10.40	U20M 60m hurdles heats		1.55				
10.45	SM 60m hurdles heats		2.00			Pole Vault U13 to S M&F	
10.50	U13G 60m hurdles FINAL		2.05	Long Jump U13G	Long Jump U11G		
10.53	U13B 60m hurdles FINAL		2.10				High Jump
10.56	U15G 60m hurdles FINAL		2.15				U15B, U17W, U20W & SW
10.59	U17W 60m hurdles FINAL	Shot	2.20				
11.02	U15B 60m Hurdles FINAL	U17M, U17W, U20M, U20W, SM & SW	2.25				
11.05	U20W 60m hurdles FINAL		2.30				
11.08	SW 60m hurdles FINAL		2.35				
11.11	U17M 60m hurdles FINAL		2.40				
11.14	U20M 60m hurdles FINAL		2.45				
11.17	SM 60m hurdles FINAL		2.50				
11.20	U11G 60m heats		2.55	Long Jump U15G	Long Jump U13B		
11.25	U11B 60m heats		3.00				
11.30	U13G 60m heats	Shot	3.05				
11.35	U13B 60m heats	U15 Boys & Girls	3.10				High Jump
11.40	U15G 60m heats		3.15				U13G & U13B
11.45	U15B 60m heats		3.20				
11.50	U17W 60m heats		3.25				
11.55	U17M 60m heats		3.30				
12.00	U20W 60m heats		3.25				
12.05	SW 60m heats		3.30				
12.10	U20M 60m heats		3.35	Long Jump U15B	Long Jump U17, U20 & SM		
12.15	SM 60m heats	Shot	3.40				
12.20	U11G 60m FINAL	U11 Boys & Girls	3.45				
12.23	U11B 60m FINAL		3.50				
12.26	U13G 60m FINAL		3.55				
12.29	U13B 60m FINAL		4.00				High Jump
12.32	U15G 60m FINAL		4.05				U15G
12.35	U15B 60m FINAL		4.10				
12.38	U17W 60m FINAL		4.15				
12.41	U17M 60m FINAL		4.20	Long Jump U17, U20 & SW			
12.44	U20W 60m FINAL		4.25				
12.47	SW 60m FINAL		4.30				
12.50	U20M 60m FINAL		4.35				
12.53	SM 60m FINAL		4.40				
			5.00	Track Closes	Track Closes	Track Closes	Track Closes

Strictly no late entries allowed; entry's close on Saturday 7th January 2012.

Shot, Long Jump and Triple Jump have a maximum of three trials.

Medals to the top three in each age group and event.

Maximum 6 competitors in each 60m sprint race.

Maximum 4 competitors in each 60m hurdles race.

Finals will be run at heat times if there are not enough competitors for heats.

Qualification for track FINALS will be heat winners plus the appropriate number of "fastest losers".

Ensure you report to register and collect your numbers no later than 30 minutes before your first event.

Track event athletes must be in the warm up area no later than 10 minutes before their events are due to start.

Competitors will be escorted by an official from the warm up area to the start line for track events.