

WALES REGIONAL ATHLETICS CHAMPIONSHIPS 13.05.2018 @ Neath, SA10 7BR

PROVISIONAL TIMETABLE OF TRACK EVENTS

11.00	1000m Walk	All ages U13 to seniors.
11.20	400m hurdles finals	SM, U20M, U17M, SW & U20W
11.45	300m hurdles finals	U17W
11.50	800m heats	U13G, U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW & SM
12.20	100m heats	U13G, U13B, U15G & U15B
12.45	100m heats	U17W, U17M, U20W, U20M, SW & SM
13.05	3000m final	U17W, U20W & SW
13.20	110m hurdles heats	SM & U20M
13.30	100m hurdles heats	U17M, U20W & SW
13.40	3000m final	U17M, U20M & SM
13.55	80m hurdles heats	U15B & U17W
14.10	75m hurdles heats	U15G & U13B
14.25	70m hurdles heats	U13G
14.30	800m finals	U13G, U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW & SM
14.50	1500m finals	U13G, U13B, U15G & U15B
15.05	100 metres finals	U13G, U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW & SM
15.25	400 metres heats	U17M, U20W, U20M, SW & SM
15.50	300 metres heats	U17W, U15G & U15B
16.10	1500 metres finals	U17W, U17M, U20W & SW
16.20	Sprint Hurdles finals	SM, U20M, U17M, U20W, SW, U15B, U17W, U15G, U13B & U13G
16.30	200 metres heats	U13G, U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW & SM
16.55	1500 metres finals	U20M & SM
17.15	300 metres final	U17W, U15G & U15B
17.20	400 metres finals	U17M, U20W, U20M, SW & SM
17.35	200 metres finals	U13G, U13B, U15G, U15B, U17W, U17M, U20W, U20M, SW & SM

IF THERE ARE INSUFFICIENT ENTRIES TO WARRANT HEATS, FINALS WILL BE HELD AT THE TIME ALLOCATED FOR THE HEATS.

PROVISIONAL TIMETABLE OF FIELD EVENTS

11.00	Long Jump	U13G	15.00	Long Jump	U13B
11.00	Pole Vault	U13 & U15 B&G	15.10	Javelin	U17M, U20M & SM
11.00	Hammer	U15B, U17M, U20M & SM	15.30	High Jump	U17M, U20M & SM
11.00	High Jump	U17W, U20W & SW	15.30	Shot Put	U13B & U15B
11.50	Hammer	U15G, U17W, U20W & SW	16.00	Discus	U17W, U20W & SW
12.00	Long Jump	U17M, U20M & SM	16.00	Long Jump	U15B
12.30	High Jump	U13B & U15B	16.30	Shot Put	U13G & U15G
12.40	Javelin	U13G & U15G	16.50	Discus	U17M, U20M & SM
13.00	Long Jump	U15G	17.00	Triple Jump	U15G, U17W, U20W & SW
13.30	Shot Put	U20M & SM	17.30	Shot Put	U17W, U20W & SW
13.30	Javelin	U17W, U20W & SW	17.40	Javelin	U13B & U15B
14.00	Long Jump	U17W, U20W & SW	18.00	Triple Jump	U15B, U17M, U20M & SM
14.00	High Jump	U13G & U15G	18.30	Discus	U13G & U15G
14.00	Pole Vault	U17, U20 & S M&F			
14.20	Discus	U13B & U15B			
14.30	Shot Put	U17M			