

**Llanelli V Neath V Swansea Inter Club U11 & U13 Triangular Competition
@ Neath, SA10 7BR
Wednesday 17th April 2019**

Time	Track Event	Age Group		Time	Field Event	Age Group
6.30pm	75m	U11 Girls		6.30pm	High Jump	U11 Boys
6.40pm	75m	U11 Boys		6.30pm	High Jump	U13 Boys
				6.30pm	Javelin (300g)	U11 Girls
6.50pm	100m	U13 Girls		6.30pm	Long Jump	U13 Girls
7.00pm	100m	U13 Boys				
				7.10pm	Javelin (400g)	U13 Boys
7.10pm	800m	U11 Girls		7.10pm	Long Jump	U11 Boys
7.20pm	800m	U11 Boys				
7.30pm	800m	U13 Girls		7.50pm	High Jump	U11 Girls
7.40pm	800m	U13 Boys		7.50pm	High Jump	U13 Girls
				7.50pm	Javelin (300g)	U11 Boys
8.15pm	4 x 100m relay	U11 Girls		7.50pm	Long Jump	U13 Boys
8.20pm	4 x 100m relay	U11 Boys				
8.25pm	4 x 100m relay	U13 Girls		8.30pm	Javelin (400g)	U13 Girls
8.30pm	4 x 100m relay	U13 Boys		8.30pm	Long Jump	U11 Girls

Rules/Information:

- It is the responsibility of each individual athlete to enter by turning up on the day at least 30 minutes before your first chosen event(s).
- U11 = School years 4 & 5 but athletes must have had their 9th birthday.
- U13 = School years 6 & 7.
- The two fastest/furthest/highest from each club in each event will be ranked and awarded points (six points for the 1st ranked down to one point for the 6th ranked).
- There will be an entry fee of £3 per athlete.
- There is no restriction on numbers of competitors.
- Athletes can compete in a maximum of 3 individual events plus a relay.