

**WEST WALES INDOOR ATHLETICS CHAMPIONSHIPS
SWANSEA UNIVERSITY INDOOR ATHLETICS CENTRE
SATURDAY 20th & SUNDAY 21st JANUARY 2018**

First event 12.30 Held under UKA Rules

AGE GROUP:

U11B & U11G
U13B, U13G
U15B, U15G, 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 Year: | max events in 1 day: |
|----------------------|---|--------------|----------------------|
| U11 Boys + U11 Girls | must be born on or between 01.09.07 to 20.01.09 | 4 + 5 | 3 |
| U13 Boys + U13 Girls | must be born on or between 01.09.05 to 31.08.07 | 6 + 7 | 3 |
| U15 Boys + U15 Girls | must be born on or between 01.09.03 to 31.08.05 | 8 + 9 | 3 |
| U17 Men + U17 Women | must be born on or between 01.09.01 to 31.08.03 | 10 + 11 | 3 |
| U20 Men + U20 Women | must be born on or between 01.01.99 to 31.08.01 | 12 + 13 | 5 |
| Senior Men & Women | must be born on or before 31.12.98 | | 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: Wednesday 10th January 2018.

ENTRIES TO: Andrew Jenkins, 38, Brynhyfryd, Tircoed Forest Village, Swansea, SA4 9JJ. TEL: 078 9457 3555.

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

NAME:
EMAIL ADDRESS:
MOBILE 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 PROVISIONAL Timetable

| DAY 1 SATURDAY 20 TH JANUARY 2018 | | | | | DAY 2 SUNDAY 21 ST JANUARY 2018 | |
|--|-------------|-----------|-----------|------------|--|------------------------------|
| Time | Pit 1 | Pit 2 | High Jump | Pole Vault | | |
| 12.00 | Triple Jump | Long Jump | U17M | U13G | | 12.00 U13G 60m Hurdles Heats |
| | U15B | U11G | U20M | U13B | | 12.10 U13B 60m Hurdles Heats |
| | U17M | | SM | U15G | | 12.20 U15G 60m Hurdles Heats |
| | U20M | | | U15B | | 12.30 U17W 60m Hurdles Heats |
| | SM | | | | | 12.40 U15B 60m Hurdles Heats |
| | U17W | | | | | 12.40 U17M, U20W & SM SHOT |
| | U20W | | | | | 12.50 U20W Hurdles Heats |
| | SW | | | | | 1.00 SW Hurdles Heats |
| | | | | | | 1.10 U17M Hurdles Heats |
| | | | | | | 1.20 U20M Hurdles Heats |
| | | | | | | 1.20 SM Hurdles Heats |
| 1.10 | Long Jump | Long Jump | High Jump | | | 1.25 U13G 60m Hurdles FINAL |
| | U15B | U11B | U13G | | | 1.30 U13B 60m Hurdles FINAL |
| | | | | | | 1.35 U15G 60m Hurdles FINAL |
| 2.20 | Long Jump | Long Jump | High Jump | Pole Vault | | 1.40 U17W 60m Hurdles FINAL |
| | U15G | U13B | U13B | U17M | | 1.45 U15B 60m Hurdles FINAL |
| | | | | U17W | | 1.50 U20W 60m Hurdles FINAL |
| | | | | U20M | | 1.55 SW 60m Hurdles FINAL |
| | | | | U20W | | 2.00 U17M 60m Hurdles FINAL |
| | | | | SM | | 2.00 U11B SHOT |
| | | | | SW | | 2.05 U20M 60m Hurdles FINAL |
| | | | | | | 2.10 SM 60m Hurdles FINAL |
| | | | | | | 2.15 U11G 60m Heats |
| 3.30 | Long Jump | Long Jump | High Jump | | | 2.25 U11B 60 Heats |
| | U17M | U17W | U15G | | | 2.35 U13G 60m Heats |
| | U20M | U20W | | | | 2.40 U13G SHOT |
| | SM | SW | | | | 2.45 U13B 60m Heats |
| | | | | | | 2.55 U15G 60m Heats |
| | | | | | | 3.05 U15B 60m Heats |
| 4.40 | Long Jump | | High Jump | | | 3.15 U17W 60m Heats |
| | U13G | | U15B | | | 3.20 U13B SHOT |
| | | | U17W | | | 3.25 U17M 60m Heats |
| | | | U20W | | | 3.35 U20W 60m Heats |
| | | | SW | | | 3.45 SW 60m Heats |
| | | | | | | 3.55 U20M 60m Heats |
| | | | | | | 4.00 U15G SHOT |
| | | | | | | 4.10 SM 60m Heats |
| | | | | | | 4.15 U11G 60m FINAL |
| | | | | | | 4.20 U11G 60m FINAL |
| | | | | | | 4.25 U13G 60m FINAL |
| | | | | | | 4.30 U13B 60m FINAL |
| | | | | | | 4.35 U15G 60m FINAL |
| | | | | | | 4.40 U15B 60m FINAL |
| | | | | | | 4.40 U15B SHOT |
| | | | | | | 4.45 U17W 60m FINAL |
| | | | | | | 4.50 U17M 60m FINAL |
| | | | | | | 4.55 U20W 60m FINAL |
| | | | | | | 5.00 SW 60m FINAL |
| | | | | | | 5.05 U20M 60m FINAL |
| | | | | | | 5.10 SM 60m FINAL |

- Strictly no late entries allowed; entry's closed on Wednesday 10th January 2018.
- Ensure you report to register and collect your numbers no later than 30 minutes before your first event.
- 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.
- Track Finals will be run at heat times if there are not enough competitors for heats.
- In the U17, U20 & Senior age groups qualification for track FINALS will be heat winners plus the appropriate number of "fastest losers".
- In the U11, U13 & U15 age groups qualification for track FINALS will be the fastest 6 times in 60m and the fastest 4 times in 60m hurdles.
- In all track events numbers must be worn front and back securely fastened by safety pins.
- Shot, Long Jump and Triple Jump have a maximum of three trials.
- 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.