

**Llanelli V Neath V Swansea Inter Club U11 & U13 Triangular  
Competition  
@ Pemberton, Llanelli, SA14 9UZ  
Wednesday 22<sup>nd</sup> May 2019**

<b>Time</b>	<b>Track Event</b>	<b>Age Group</b>		<b>Time</b>	<b>Field Event</b>	<b>Age Group</b>
<b>6.30pm</b>	75m	U11 Girls		<b>6.30pm</b>	Javelin (300g)	U11 Girls
<b>6.40pm</b>	75m	U11 Boys		<b>6.30pm</b>	Shot (2.72kg)	U11 Boys
				<b>6.30pm</b>	High Jump	U13 Boys
<b>6.50pm</b>	100m	U13 Girls		<b>6.30pm</b>	High Jump	U13 Girls
<b>7.00pm</b>	100m	U13 Boys				
				<b>7.00pm</b>	Shot (2.00kg)	U11 Girls
<b>7.10pm</b>	800m	U11 Girls		<b>7.00pm</b>	Javelin (400g)	U13 Girls
<b>7.20pm</b>	800m	U11 Boys				
<b>7.30pm</b>	800m	U13 Girls		<b>7.30pm</b>	High Jump	U11 Girls
<b>7.40pm</b>	800m	U13 Boys		<b>7.30pm</b>	High Jump	U11 Boys
				<b>7.30pm</b>	Shot (2.72kg)	U13 Girls
<b>8.15pm</b>	4 x 100m relay	U11 Girls		<b>7.30pm</b>	Javelin (400g)	U13 Boys
<b>8.20pm</b>	4 x 100m relay	U11 Boys				
<b>8.25pm</b>	4 x 100m relay	U13 Girls		<b>8.00pm</b>	Shot (3.25kg)	U13 Boys
<b>8.30pm</b>	4 x 100m relay	U13 Boys		<b>8.00pm</b>	Javelin (300g)	U11 Boys

**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 9<sup>th</sup> 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 1<sup>st</sup> ranked down to one point for the 6<sup>th</sup> 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