

Fixture 3 @ Swansea Sunday 10th June										Season Schedule										
Ev No	Close	Time	Event	Age Groups	Est Races	Ev No	Close	Time	Event	Age Groups	CLUBS FIELD DUTIES	SEN	U20	U17	FIX 1	FIX 2	FIX 3	FIX 4		
T01	11:00	12:00	400m Hurdles	Men (91.4)	1	F01	11:30	12:30	High Jump	Women	Neath Harriers									
T02	11:08	12:08	400m Hurdles	U17M (84.0)	1	F02	11:30	12:30	Hammer	Women	Swansea Harriers	4.00kg	4.00kg	3.00kg	100m	100m		100m		
T03	11:16	12:16	3000m	Men	1 or 2	F03	11:30	12:30	Javelin	Men	Brecon Athletic Club	800g	800g	700g	200m		200m	200m		
T04	11:46	12:46	400m Hurdles	Women (76.2)	1	F04	11:30	12:30	Long Jump	Women	Cardiff AAC	Parc Bryn Bach			400m	300m & 400m	300m & 400m	300m & 400m		
T05	11:58	12:58	300m Hurdles	U17W (76.2)	1	F05	12:00	13:00	Triple Jump	Men	Run4All Neath				800m	800m		800m		
T06	12:06	13:06	3000m	Women	1	F06	12:40	13:40	Hammer	Men	Barry & Vale Harriers	7.26kg	6.00kg	5.00kg		1500m	1500m	1500m		
T07	12:21	13:21	200m	Women	4 or 5	F07	12:45	13:45	Javelin	Women	Pembrokeshire Harriers	600g	600g	500g	3000m		3000m	3000m		
T08	12:37	13:37	200m	Men	4 or 5	F08	13:00	14:00	High Jump	Men	Newport Harriers				2K Walk	2K Walk	2K Walk	2K Walk		
T09	12:53	13:53	1500m	Women	1 or 2	F09	13:40	14:40	Long Jump	Men	Carmarthen Harriers					sp hdl	sp hdl	sp hdl		
T10	13:03	14:03	110m hurdles	SENM (106.7)	1 or 2	F10	14:00	15:00	Triple Jump	Women	Cardiff Archers				dist hdl		dist hdl	dist hdl		
T11	13:11	14:11	110m hurdles	U20M (99.0)	1 or 2	<b>1. Entry Fee £5 per athlete</b> <b>2. Registration closes 1 hour before each start time</b> <b>3. Track events are seeded based on athletes pb's</b> <b>4. Athletes of similar ability (pb's) are seeded equally</b> <b>5. Relay declarations submitted 1 hour prior to event time</b> <b>6. Field events: Athletes throw their age group weights</b> <b>7. Age Groups Score individually</b> <b>8. All age group points are combined for 'Overall Team Score'</b> <b>9. Clubs to supply officials to help on field events</b>										Pit 1	1.5km S/C		1.5km S/C	1.5km S/C
T12	13:19	14:19	1500m	Men	1 or 2											Pit 2	HJ		HJ	HJ
T13	13:39	14:39	100m hurdles	U17M (91.4)	1											Pit 1	PV	PV		PV
T14	13:47	14:47	100m hurdles	Women (84.0)	1											Pit 2	LJ		LJ	LJ
T15	13:59	14:59	80m Hurdles	U17W (76.2)	1											Pit 1	TJ		TJ	TJ
T16	14:11	15:11	400m	Women	1 or 2											Pit 2	SP	SP		SP
T17	14:15	15:15	400m	Men	2 to 4											Pit 1	DT	DT		DT
T18	14:31	15:31	300m	U17W	1 or 2											Pit 2	JT		JT	JT
T19	14:39	15:39	1.5km S/C	Men	1											Pit 1	HT		HT	HT
T20	14:49	15:49	2k Walk	All	1											Pit 2				
T21	14:59	15:59	1.5km S/C	Women	1															
T22	15:09	16:09	4 x 200 Relay	Women	1 or 2	<b>Medley Relay Leg 1 800m, Leg 2 400m, Leg 3 200m, Leg 4 200m</b> <b>Medley Relay Leg 1 800m, Leg 2 400m, Leg 3 200m, Leg 4 200m</b>														
T23	15:17	16:17	4 x 200 Relay	Men	1 or 2															
T24	15:25	16:25	Medley Relay	Women	1 or 2															
T25	15:33	16:33	Medley Relay	Men	1 or 2															