

Fixture 1 @ Cardiff International Sports Campus Sunday 22nd April

Ev No	Close	Time	Track Event	Age Groups	Est Races
T01	11:30	12:30	400m Hurdles	Men (91.4)	1
T02	11:38	12:38	2K Walk	All	1
T03	11:58	12:58	400m Hurdles	U17M (84.0)	1
T04	12:06	13:06	3000m	Men	2
T05	12:36	13:36	400m Hurdles	Women (76.2)	1
T06	12:44	13:44	300m Hurdles	U17W (76.2)	1
T07	12:52	13:52	3000m	Women	1
T08	13:07	14:07	100m	Women	5 to 6
T09	13:31	14:31	100m	Men	6 to 7
T10	13:59	14:59	1.5km S/C	Men	1
T11	14:19	15:19	400m	Men	2 to 3
T12	14:35	15:35	400m	Women	2 to 3
T13	14:47	15:47	800m	Women	2 to 3
T14	14:59	15:59	800m	Men	3 or 4
T15	15:15	16:15	200m	Women	4 or 5
T16	15:35	16:35	200m	Men	6 or 7
T17	16:03	17:03	1.5km S/C	Women	1
T18	16:28	17:28	4 x 100 Relay	Women	1
T19	16:36	17:36	4 x 100 Relay	Men	1

Ev No	Close	Time	Field Event	Gender	SEN	U20	U17
F01	10:30	11:30	Hammer	Men	7.26kg	6.00kg	5.00kg
F02	11:30	12:30	Hammer	Women	4.00kg	4.00kg	3.00kg
F03	11:30	12:30	Pole Vault	Women			
F04	11:45	12:45	Shot Put	Men	7.26kg	6.00kg	5.00kg
F05	11:45	12:45	Long Jump	Men			
F06	12:00	13:00	High Jump	Women			
F07	13:24	14:24	Discus	Men	2.00kg	1.75kg	1.50kg
F08	13:30	14:30	Pole Vault	Men			
F09	13:45	14:45	Shot Put	Women	4.00kg	4.00kg	3.00kg
F10	14:00	15:00	High Jump	Men			
F11	14:25	15:25	Long Jump	Women			
F12	15:14	16:14	Discus	Women	1.00kg	1.00kg	1.00kg

1. Entry Fee £5 per athlete
2. Registration closes 1 hour before each start time
3. Track events are seeded based on athletes pb's
4. Athletes of similar ability (pb's) are seeded equally
5. Relay declarations submitted 1 hour prior to event time
6. Field events: Athletes throw their age group weights
7. Age Groups Score individually
8. All age group points are combined for 'Overall Team Score'
9. Clubs to supply officials to help on field events

Season Schedule			
FIX 1	FIX 2	FIX 3	FIX 4
100m	100m		100m
200m		200m	200m
400m	300m & 400m	300m & 400m	300m & 400m
800m	800m		800m
	1500m	1500m	1500m
3000m		3000m	3000m
2K Walk	2K Walk	2K Walk	2K Walk
	sp hdl	sp hdl	sp hdl
dist hdl		dist hdl	dist hdl
1.5km S/C		1.5km S/C	1.5km S/C
HJ		HJ	HJ
PV	PV		PV
LJ		LJ	LJ
	TJ	TJ	TJ
SP	SP		SP
DT	DT		DT
	JT	JT	JT
HT		HT	HT