

**NASUWT  
CUP & PLATE**



**Final Timetable 2022 - ABERDARE Wed 6th July**

Ev No	REPORT TO EVENT	Start Time	Track Events	Age Group
T01	12:50 PM	1:00 PM	80m Hurdles	U16B Cup
T02	12:55 PM	1:05 PM	80m Hurdles	U16B Plate
T03	1:05 PM	1:15 PM	75m Hurdles	U16G Cup
T04	1:10 PM	1:20 PM	75m Hurdles	U16G Plate
T05	1:20 PM	1:30 PM	75m Hurdles	U14B Cup
T06	1:25 PM	1:35 PM	75m Hurdles	U14B Plate
T07	1:35 PM	1:45 PM	70m Hurdles	U14G Cup
T08	1:40 PM	1:50 PM	70m Hurdles	U14G Plate
T09	1:50 PM	2:00 PM	1500m	U14G Cup & Plate
T10	1:57 PM	2:07 PM	1500m	U14B Cup & Plate
T11	2:05 PM	2:15 PM	1500m	U16G Cup & Plate
T12	2:12 PM	2:22 PM	1500m	U16B Cup & Plate
T13	2:20 PM	2:30 PM	200m	U14G Cup
T14	2:23 PM	2:33 PM	200m	U14G Plate
T15	2:26 PM	2:36 PM	200m	U14B Cup
T16	2:29 PM	2:39 PM	200m	U14B Plate
T17	2:32 PM	2:42 PM	200m	U16G Cup
T18	2:35 PM	2:45 PM	200m	U16G Plate
T19	2:38 PM	2:48 PM	200m	U16B Cup
T20	2:41 PM	2:51 PM	200m	U16B Plate
T21	2:50 PM	3:00 PM	300m	U14G Cup
T22	2:53 PM	3:03 PM	300m	U14G Plate
T23	2:56 PM	3:06 PM	300m	U14B Cup
T24	2:59 PM	3:09 PM	300m	U14B Plate
T25	3:02 PM	3:12 PM	300m	U16G Cup
T26	3:05 PM	3:15 PM	300m	U16G Plate
T27	3:08 PM	3:18 PM	300m	U16B Cup
T28	3:11 PM	3:21 PM	300m	U16B Plate
T29	3:20 PM	3:30 PM	100m	U14G Cup
T30	3:23 PM	3:33 PM	100m	U14G Plate
T31	3:26 PM	3:36 PM	100m	U14B Cup
T32	3:29 PM	3:39 PM	100m	U14B Plate
T33	3:32 PM	3:42 PM	100m	U16G Cup
T34	3:35 PM	3:45 PM	100m	U16G Plate
T35	3:38 PM	3:48 PM	100m	U16B Cup
T36	3:41 PM	3:51 PM	100m	U16B Plate
T37	3:50 PM	4:00 PM	800m	U14G Cup
T38	3:55 PM	4:05 PM	800m	U14G Plate
T39	4:06 PM	4:16 PM	800m	U14B Cup
T40	4:10 PM	4:20 PM	800m	U14B Plate
T41	4:15 PM	4:25 PM	800m	U16G Cup
T42	4:20 PM	4:30 PM	800m	U16G Plate
T43	4:25 PM	4:35 PM	800m	U16B Cup
T44	4:30 PM	4:40 PM	800m	U16B Plate
T45	4:40 PM	4:50 PM	4x100 Relay	U14G Cup
T46	4:45 PM	4:55 PM	4x100 Relay	U14G Plate
T47	4:50 PM	5:00 PM	4x100 Relay	U16G Cup
T48	4:55 PM	5:05 PM	4x100 Relay	U16G Plate
T49	5:00 PM	5:10 PM	4x100 Relay	U16B Cup
T50	5:05 PM	5:15 PM	4x100 Relay	U16B Plate
T51	5:10 PM	5:20 PM	4x100 Relay	U14B Cup
T52	5:15 PM	5:25 PM	4x100 Relay	U14B Plate

Ev No	REPORT TO EVENT	Start Time	Track Events	Age Group
F01	12:28 PM	1:00 PM	Long Jump	U14B Cup
F02	12:28 PM	1:00 PM	Long Jump	U14B Plate
F03	12:28 PM	1:00 PM	High Jump	U16B Cup
F04	12:28 PM	1:00 PM	High Jump	U16B Plate
F05	12:28 PM	1:00 PM	Shot Put (3.00kg)	U16G Cup
F06	12:28 PM	1:00 PM	Shot Put (3.00kg)	U16G Plate
F07	12:28 PM	1:00 PM	Discus (1.25kg)	U16B Cup
F08	12:28 PM	1:00 PM	Discus (1.25kg)	U16B Plate
F09	12:28 PM	1:00 PM	Javelin (400g)	U14G Cup
F10	12:28 PM	1:00 PM	Javelin (400g)	U14G Plate
F11	1:28 PM	2:00 PM	Long Jump	U16G Cup
F12	1:28 PM	2:00 PM	Long Jump	U16G Plate
F13	1:28 PM	2:00 PM	Triple Jump	U16B Cup
F14	1:28 PM	2:00 PM	Triple Jump	U16B Plate
F15	1:28 PM	2:00 PM	High Jump	U14G Cup
F16	1:28 PM	2:00 PM	High Jump	U14G Plate
F17	1:28 PM	2:00 PM	Shot Put (2.72kg)	U14G Cup
F18	1:28 PM	2:00 PM	Shot Put (2.72kg)	U14G Plate
F19	1:28 PM	2:00 PM	Discus (1.00kg)	U16G Cup
F20	1:28 PM	2:00 PM	Discus (1.00kg)	U16G Plate
F21	1:28 PM	2:00 PM	Javelin (400g)	U14B Cup
F22	1:28 PM	2:00 PM	Javelin (400g)	U14B Plate
F23	2:28 PM	3:00 PM	Long Jump	U14G Cup
F24	2:28 PM	3:00 PM	Long Jump	U14G Plate
F25	2:28 PM	3:00 PM	Triple Jump	U16G Cup
F26	2:28 PM	3:00 PM	Triple Jump	U16G Plate
F27	2:28 PM	3:00 PM	High Jump	U16G Cup
F28	2:28 PM	3:00 PM	High Jump	U16G Plate
F29	2:28 PM	3:00 PM	Shot Put (3.00kg)	U14B Cup
F30	2:28 PM	3:00 PM	Shot Put (3.00kg)	U14B Plate
F31	2:28 PM	3:00 PM	Discus (0.75kg)	U14G Cup
F32	2:28 PM	3:00 PM	Discus (0.75kg)	U14G Plate
F33	2:28 PM	3:00 PM	Javelin (600g)	U16B Cup
F34	2:28 PM	3:00 PM	Javelin (600g)	U16B Plate
F35	3:28 PM	4:00 PM	Long Jump	U16B Cup
F36	3:28 PM	4:00 PM	Long Jump	U16B Plate
F37	3:28 PM	4:00 PM	High Jump	U14B Cup
F38	3:28 PM	4:00 PM	High Jump	U14B Plate
F39	3:28 PM	4:00 PM	Shot Put (4.00kg)	U16B Cup
F40	3:28 PM	4:00 PM	Shot Put (4.00kg)	U16B Plate
F41	3:28 PM	4:00 PM	Discus (1.00kg)	U14B Cup
F42	3:28 PM	4:00 PM	Discus (1.00kg)	U14B Plate
F43	3:28 PM	4:00 PM	Javelin (500g)	U16G Cup
F44	3:28 PM	4:00 PM	Javelin (500g)	U16G Plate

Leg Numbers to be issued for events  
T09, T10, T11, T12,  
T37, T38, T39, T40, T41, T42, T43, T44