**Llanelli V Neath V Swansea Inter Club U11 & U13 Triangular Competition**

**@ Swansea University, SA2 8QB**

**Wednesday 13th July 2022**

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| **CLOSING DATE FOR INDIVIDUAL TRACK ENTRIES (ATHLETES TO ENTER THEMSELVES ON OPENTRACK)** | **Monday 11th July – 10:00pm**  [**https://data.opentrack.run/en-gb/x/2022/GBR/tri-sh/**](https://data.opentrack.run/en-gb/x/2022/GBR/tri-sh/) |
| **NAMES OF FIELD EVENT ATHLETES (UP TO 5 PER EVENT) TO BE SENT TO NJ** | **By Tuesday evening 12th July** |
| **RELAY EVENTS – ATHLETES FOR EACH AGE GROUP/GENDER** | **Can be confirmed on the evening** |

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| **ALL FIELD EVENTS & RELAY EVENTS WILL BE ADDED TO THE OPENTRACK PROGRAMME AFTER THE CLOSING DATE ON MONDAY 11TH JULY TO ENSURE THAT NO ENTRIES CAN BE MADE BY ATHLETES THEMSELVES.**  **ATHLETES IN TRACK EVENTS PAY THE £5 THROUGH OPENTRACK FOR ALL EVENTS. ANY ATHLETES ENTERING FIELD EVENTS ONLY TO PAY £5 ON THE EVENING AND WILL BE NOTED ON THE REGISTRATION PAPERWORK.** |

**LONG JUMP – U11 GIRLS**

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**LONG JUMP – U11 BOYS**

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**LONG JUMP – U13 GIRLS**

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**LONG JUMP – U13 BOYS**

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**HIGH JUMP – U11 GIRLS**

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**HIGH JUMP – U11 BOYS**

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**HIGH JUMP – U13 GIRLS**

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**HIGH JUMP – U13 BOYS**

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**JAVELIN – U11 GIRLS**

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**JAVELIN – U11 BOYS**

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**JAVELIN – U13 GIRLS**

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**JAVELIN – U13 BOYS**

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**SHOT – U11 GIRLS**

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**SHOT – U11 BOYS**

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**SHOT – U13 GIRLS**

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**SHOT – U13 BOYS**

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**4 x 100m Relay – U11 GIRLS**

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**4 x 100m Relay – U11 BOYS**

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**4 x 100m Relay – U13 GIRLS**

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**4 x 100m Relay – U13 BOYS**

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