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

**@ Swansea University, SA2 8QB**

**Wednesday 13th July 2022**

|  |  |  |  |  |  |  |
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| **Time** | **Track Event** | **Age Group** |  | **Time** | **Field Event** | **Age Group** |
| **6.30pm** | 70m Hurdles | U13 Girls |  | **6.00pm** | Javelin (300g) | U11 Girls |
| **6.40pm** | 75m Hurdles | U13 Boys |  | **6.00pm** | Shot (2.72kg) | U11 Boys |
|  |  |  |  | **6.00pm** | High Jump | U13 Girls |
|  |  |  |  | **6.00pm** | Long Jump | U13 Boys |
| **6.50pm** | 75m | U11 Girls |  |  |  |  |
| **7.05pm** | 75m | U11 Boys |  | **6.40pm** | Javelin (300g) | U11 Boys |
|  |  |  |  | **6.40pm** | Shot (2.00kg) | U11 Girls |
|  |  |  |  | **6.40pm** | High Jump | U13 Boys |
| **7.20pm** | 100m | U13 Girls |  | **6.40pm** | Long Jump | U13 Girls |
| **7.35pm** | 100m | U13 Boys |  |  |  |  |
|  |  |  |  | **7.20pm** | Long Jump | U11 Boys |
|  |  |  |  | **7.20pm** | Javelin (400g) | U13 Girls |
| **7.50pm** | 800m | U11 Girls |  | **7.20pm** | Shot (3.00kg) | U13 Boys |
| **8.00pm** | 800m | U11 Boys |  | **7.20pm** | High Jump | U11 Girls |
| **8.10pm** | 800m | U13 Girls |  |  |  |  |
| **8.20pm** | 800m | U13 Boys |  | **8.00pm** | Long Jump | U11 Girls |
|  |  |  |  | **8.00pm** | Javelin (400g) | U13 Boys |
|  |  |  |  | **8.00pm** | Shot (2.72kg) | U13 Girls |
| **8.30pm** | 4 x 100m relay | U11 Girls |  | **8.00pm** | High Jump | U11 Boys |
| **8.35pm** | 4 x 100m relay | U11 Boys |  |  |  |  |
| **8.40pm** | 4 x 100m relay | U13 Girls |  |  |  |  |
| **8.45pm** | 4 x 100m relay | U13 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 9th 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 1st ranked down to one point for the 6th ranked).
* There will be an entry fee of £5 per athlete to cover all their events.
* There is no restriction on numbers of competitors in individual track events, however only club team managers may select and enter 5 athletes per club, per field event. Team managers may also select and enter two relay teams in each race.
* Athletes can compete in a maximum of 3 individual events plus a relay.