

# WEST WALES REGIONAL ATHLETICS CHAMPIONSHIPS 2024 – SWANSEA

## Sunday 12th May / Dydd Sul 12fed Mai

### TRACK / TRAC

| REPORT TO EVENT | EVENT TIME | EVENT                        | ROUND  |
|-----------------|------------|------------------------------|--------|
| 10:50           | 11:00      | Male & Female 1000m Walk     | FINALS |
| 11:00           | 11:10      | U17M, U20M & SM 400m Hurdles | FINALS |
| 11:05           | 11:15      | U20W & SW 400m Hurdles       | FINALS |
| 11:15           | 11:25      | U17W 300m Hurdles            | FINAL  |
| 11:25           | 11:35      | U13G 800m                    | FINAL  |
| 11:30           | 11:40      | U13B 800m                    | FINAL  |
| 11:35           | 11:45      | U15G 800m                    | FINAL  |
| 11:40           | 11:50      | U15B 800m                    | FINAL  |
| 11:45           | 11:55      | U17W, U20W & SW 800m         | FINALS |
| 11:50           | 12:00      | U17M, U20M & SM 800m         | FINALS |
| 12:00           | 12:10      | U13G 100m                    | Heats  |
| 12:10           | 12:20      | U13B 100m                    | FINAL  |
| 12:15           | 12:25      | U15G 100m                    | FINAL  |
| 12:20           | 12:30      | U15B 100m                    | FINAL  |
| 12:25           | 12:35      | U17W 100m                    | FINAL  |
| 12:30           | 12:40      | U17M 100m                    | FINAL  |
| 12:35           | 12:45      | U20W & SW 100m               | FINALS |
| 12:40           | 12:50      | U20M 100m                    | FINAL  |
| 12:45           | 12:55      | SM 100m                      | FINAL  |
| 13:00           | 13:10      | Male & Female 3000m          | FINALS |
| 13:20           | 13:30      | SM 110m Hurdles              | FINAL  |
| 13:25           | 13:35      | U17M, U20W & SW 100m Hurdles | FINALS |
| 13:30           | 13:40      | U15B 80m Hurdles             | FINAL  |
| 13:35           | 13:45      | U17W 80m Hurdles             | FINAL  |
| 13:45           | 13:55      | U13B 75m Hurdles             | FINAL  |
| 13:50           | 14:00      | U15G 75m Hurdles             | FINAL  |
| 14:00           | 14:10      | U13G 70m Hurdles             | FINAL  |
| 14:30           | 14:40      | U13G 100m                    | FINAL  |
| 14:35           | 14:45      | U17M, U20M & SM 400m         | FINALS |
| 14:40           | 14:50      | U20W & SW 400m               | FINALS |
| 14:50           | 15:00      | U20M 2000m Steeplechase      | FINAL  |
| 15:05           | 15:15      | U15G 300m                    | FINAL  |
| 15:10           | 15:20      | U15B 300m                    | FINAL  |

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**Sunday 12th May / Dydd Sul 12fed Mai**

| <b>TRACK / TRAC - continued</b> |                   |                                       |              |
|---------------------------------|-------------------|---------------------------------------|--------------|
| <b>REPORT TO EVENT</b>          | <b>EVENT TIME</b> | <b>EVENT</b>                          | <b>ROUND</b> |
| 15:15                           | 15:25             | U17W 300m                             | FINAL        |
| 15:25                           | 15:35             | U13G 200m                             | FINAL        |
| 15:30                           | 15:40             | U13B 200m                             | FINAL        |
| 15:35                           | 15:45             | U15G 200m                             | FINAL        |
| 15:40                           | 15:50             | U15B 200m                             | FINAL        |
| 15:45                           | 15:55             | U17W 200m                             | FINAL        |
| 15:50                           | 16:00             | U17M 200m                             | FINAL        |
| 15:55                           | 16:05             | U20W & SW 200m                        | FINAL        |
| 16:10                           | 16:10             | U20M 200m                             | FINAL        |
| 16:05                           | 16:15             | SM 200m                               | FINAL        |
| 16:15                           | 16:25             | U17M 1500m Steeplechase               | FINAL        |
| 16:25                           | 16:35             | U13G & U13B 1500m                     | FINAL        |
| 16:32                           | 16:42             | U15G & U15B 1500m                     | FINAL        |
| 16:39                           | 16:49             | U17W, U17M, U20W, U20M, SW & SM 1500m | FINAL        |
| 16:50                           | 17:00             | Female 1500m Steeplechase             | FINAL        |

**Register no later than 1 hour before your first event. Report to track event 10 minutes before start time.**

**100m: Qualification from heats to finals**  
**2 heats: First 3 plus the next 2 fastest to final = 3Q & 2q**

**WEST WALES REGIONAL ATHLETICS CHAMPIONSHIPS 2024 – SWANSEA**  
**Sunday 12th May / Dydd Sul 12fed Mai**

| <b>FIELD / CAE</b>     |                   |             |                              |
|------------------------|-------------------|-------------|------------------------------|
| <b>REPORT TO EVENT</b> | <b>EVENT TIME</b> |             | <b>AGE GROUP/S</b>           |
| 10:00                  | 10:30             | Hammer      | U15, U17, U20 & Senior (M&F) |
| 10:40                  | 11:00             | Long Jump   | U13G                         |
| 10:40                  | 11:00             | High Jump   | U17, U20 & Senior (M&F)      |
| 10:15                  | 11:00             | Pole Vault  | U13 & U15 (M&F)              |
| 11:45                  | 12:15             | Discus      | U17, U20 & Senior (M&F)      |
| 12:00                  | 12:30             | Long Jump   | U17, U20 & Senior (M&F)      |
| 12:10                  | 12:30             | High Jump   | U13 & U15 (M&F)              |
| 13:25                  | 13:45             | Discus      | U13 & U15 (M&F)              |
| 13:15                  | 14:00             | Pole Vault  | U17, U20 & Senior (M&F)      |
| 13:45                  | 14:15             | Long Jump   | U13B, U15G & U15B            |
| 14:10                  | 14:30             | Shot Put    | U17, U20 & Senior (M&F)      |
| 14:40                  | 15:00             | Javelin     | U13 & U15 (M&F)              |
| 15:25                  | 15:45             | Triple Jump | U15, U17, U20 & Senior (M&F) |
| 15:55                  | 16:15             | Javelin     | U17, U20 & Senior (M&F)      |
| 15:55                  | 16:15             | Shot Put    | U13 & U15 (M&F)              |

**Register no later than 1 hour before your first event. Report to field event at the time shown for warm up.**

***START LISTS & ON THE DAY RESULTS:***

***Scan the QR Code***

