

TIME TABLE FOR NORTH WALES CHAMPIONSHIPS

TIME	EVENTS	AGE GROUP	ROUND	Total races
11.00	110 hdl/100hdl	SM/MM	Final	1
11.10	80mhdl	U15b/u17l	final	1
11.20	75hdl	U15G	Final	1
11.30	70hdl	U13G	final	1
11.40	100m	U13B	Heats	2
	100m	U13G	heats	2
	100m	U15G	heats	2
	75m	U11G	heats	2
	75m	U11B	heats	3
12.35	300m	U17L	Final	1
	400m	SL/U20L/MM	Final	1
12.45	100m	SM/MM/U20M	Final	1
	100m	U17L	Final	1
	100m	U17M	Final	1
	100m	U15B	Final	1
	100m	U15G	Final	1
	100m	U13B	Final	1
	100m	U13G	Final	1
	75m	U11G	Final	1
	75m	U11B	Final	1
1.35	Steeplechase	U17M	Final	1
	Steeplechase	SM	Final	1
1.50	300hds	U17L	Final	1
	400hds	U20M/SM/MM	Final	1
2.00	600m	U11G	Final	1
	600m	U11B	Time trial	2
2.15	800m	U17M/U20M/MM	Final	1
	800m	U17L	Final	1
	800m	U15G	Final	1
	800m	U15B	Final	1
	800m	U13G	Final	1
	800m	U13B	Final	1
2.45	150m	U11G	heats	2
	150m	U11B	heats	3
2.55	200m	U13G	heats	2
	200m	U13B	heats	2
	200m	U15G	heats	2
3.20	1500	U13G/U15G	Final	1
	1500m	U13B/U15B	Final	1
	1500m	U17L/U20L	Final	1
	1500m	U17M/U20M/SM/MM	Final	1
3.45	200m	SM/U20M/MM	Final	1
	200m	U20L	Final	1
	200m	U17L	Final	1
	200m	U17M	Final	1
	200m	U15G	Final	1
	200m	U15B	Final	1
	200m	U13G	Final	1
	200m	U13B	Final	1
4.25	3000m	U17L/SL/U17M/SM/MM	Final	1

Field events u11s will have 3 trials, U13/U15 will have 4 trials and u17 up will have 6 trials.

TIME	EVENTS	AGE GROUP
11.00	Discus	U13B/U20M/U17M/MM
11.00	Shot	SL/U20L/U17L/U15
11.00	Long Jump	U11G/U11B
12.00	Long Jump	SM/U20M/MM/U17L
12.45	Discus	SL/U20L/U17L/U15G/U13G
1.00	Triple Jump	U17L/U17M/MM
1.00	Pole Vault	U15G/U15B/SM/MM
1.15	Shot	U17M/U20M/SM/MM
2.00	High Jump	U17L/U17M/MM
2.00	Shot	U13B/U13G/U11B/U11G
2.00	Long Jump	U15B/U15G
2.15	Hammer	U13G/U15G/U17L/U20L/SL U17M/SM/MM
3.00	Javelin	U13G/U15G/U17L/U20L
3.30	High Jump	U13G/U15G/U15B
4.00	Long Jump	U13G/U13B
4.20	Javelin	U13B/U15B/U17M/ U20M/MM

Finals will be held at final time if no heats are required.