

Welsh Schools National Track & Field Championships

Cardiff International Sport Stadium
Event Timetable

Saturday, July 4th, 2009

TRACK TIMETABLE

11.30	T1	400 metres Hurdles	Senior Boys	FINAL
	T2	400 metres Hurdles	Middle Boys	FINAL
	T3	400 metres Hurdles	Senior Girls	FINAL
11.55	T4	300 metres Hurdles	Middle Girls	FINAL
12.10	T5	2 km Walk	SB/SG/MB/MG	FINAL
	T6	1km Walk	JB/JG	FINAL
12.30	T7	400 metres Hurdles	Middle Boys	FINAL
12.40	T8	100 metres	Senior Boys	2 Heats
	T9	100 metres	Middle Boys	2 Heats
	T10	100 metres	Middle Girls	2 Heats
12:55	T11	400 metres	Middle Boys	2 heats
13.05	T12	3000 metres	Senior Boys	FINAL
13.20	T13	100 metres	Junior Girls	FINAL
	T14	100 metres	Junior Boys	FINAL
	T15	100 metres	Senior Girls	FINAL
	T16	100 metres	Senior Boys	FINAL
	T17	100 metres	Middle Girls	FINAL
	T18	100 metres	Middle Boys	FINAL
13.45	T19	1500 metres	Junior Girls	FINAL
	T20	1500 metres	Junior Boys	FINAL
14.00	T21	400 metres	Junior Boys	FINAL
	T22	400 metres	Senior Boys	FINAL
	T23	400 metres	Middle Boys	FINAL
	T24	400 metres	Senior Girls	FINAL
14.15	T25	300 metres	Middle Girls	FINAL
14.20	T26	1,500 metres Steeplechase	Senior/Middle Girls	FINAL
14.35	T27	1,500 metres Steeplechase	Middle Boys	FINAL
14.45	T28	2,000 metres Steeplechase	Senior Boys	FINAL
14.55	T29	3000 metres	Middle Boys	FINAL
15.10	T30	110 metres Hurdles	Senior Boys	FINAL
	T31	100 metres Hurdles	Senior Girls	FINAL
	T32	100 metres Hurdles	Middle Boys	FINAL
	T33	80 metres Hurdles	Middle Girls	2 Heats
	T34	80 metres Hurdles	Junior Boys	FINAL
	T35	75 metres Hurdles	Junior Girls	FINAL
15.40	T36	1,500 metres	Middle Girls	FINAL
	T37	1,500 metres	Senior Girls	FINAL
15.55	T38	200 metres	Middle Girls	2 Heats
	T39	200 metres	Middle Boys	2 Heats
	T40	200 metres	Senior Boys	2 Heats
16.15	T41	800 metres	Senior Girls	FINAL

Welsh Schools National Track & Field Championships

Cardiff International Sport Stadium

Saturday, July 4th, 2009

Event Timetable

	T42	800 metres	Senior Boys	FINAL
	T43	800 metres	Middle Boys	FINAL
	T44	800 metres	Middle Girls	FINAL
	T45	800 metres	Junior Boys	FINAL
	T46	800 metres	Junior Girls	FINAL
16.55	T47	80 metres Hurdles	Middle Girls	FINAL
17.05	T48	3000 metres	Senior/Middle Girls	FINAL
17.20	T49	200 metres	Junior Girls	FINAL
	T50	200 metres	Junior Boys	FINAL
	T51	200 metres	Middle Girls	FINAL
	T52	200 metres	Middle Boys	FINAL
	T53	200 metres	Senior Girls	FINAL
	T54	200 metres	Senior Boys	FINAL
17.40	T55	1,500 metres	Middle Boys	FINAL
	T56	1,500 metres	Senior Boys	FINAL
18.00	T57	4x100 metres Relay	Junior Girls	FINAL
	T58	4x100 metres Relay	Junior Boys	FINAL
	T59	4x100 metres Relay	Middle Girls	FINAL
	T60	4x100 metres Relay	Middle Boys	FINAL
	T61	4x100 metres Relay	Senior Girls	FINAL
	T62	4x100 metres Relay	Senior Boys	FINAL

FIELD TIMETABLE

	Hammer	Discus	Javelin	Shot
12.00	Senior Boys	Senior Girls	Junior Boys	Middle Girls
13.00	Middle Boys	Middle Girls	Senior Boys	Senior Girls
14.00	Junior Boys	Junior Girls	Middle Boys	Senior Boys
15.00	Junior Girls	Middle Boys	Senior/Middle Girls	Junior Boys
16.00	Senior/Middle Girls	Senior Boys	Junior Girls	Middle Boys
17.00		Junior Boys		Junior Girls
	Long Jump	Triple Jump	High Jump	Pole Vault
12.00	Middle Boys	Junior Boys	Junior Boys	Senior/Middle/Junior Girls
13.00	Senior Boys	Senior/Middle Girls	Middle Boys	
14.00	Junior Girls		Senior Boys	
15.00	Junior Boys	Senior Boys	Senior Girls	Senior/Middle/Junior Boys
16.00	Middle Girls	Middle Boys	Junior Girls	
17.00	Senior Girls		Middle Girls	