

Cardiff Met GP 2 Non Thomas New Year Open 19th Jan 2020

OPEN & integrated South West & Welsh Masters Championship

Timetable V3 (SUBJECT TO CHANGES) Numbers

Heats fastest to slowest incorporating SW Champs. Masters heats at end of predicted heat numbers

TRACK

Start	Event Male/Female Entries numbers/Location Status
11:05	3000m Mens Race 1 & Welsh Champs (12) 1 Race
11:20	60m Hurdles Men OPEN & integrated SW Championship * 3 Seniors & 5 U20s* 2 race
11:30	BMC 3000m Womens Invite & Welsh Champs (6) 1 Race
11:40	60m Hurdles Women OPEN & integrated SW Championship *Entries: 8* 2 race
11:50	60m Heats Men OPEN & integrated SW/WM Championship(fastest 8 into A Final) *Entries: 90* 10 races (7 & 3 masters)
12:30	60m Heats Women OPEN & integrated SW/WM Championship (fastest 8 f into A Final) *Entries: 59* 8 races (6 & 2 masters)
13:00	800m Men BMC & OPEN & integrated SW/WM Championship *Entries: 45* 9 races (6 & 3 masters)
13:35	800m Women BMC & OPEN & integrated SW/WM Championship *Entries 29* 4 races *(3 & 1 masters)
13:55	60m Final Men OPEN (8) 1 race
14:00	60m Final Women OPEN (8) 1 race
14:05	BMC 3000m Mens race 2 & Welsh Champs (15)
14:20	1500m Men BMC & OPEN & integrated SW/WM Championship *Entries: 52* 5 race (3 & 2 masters)
14:50	1500m Women BMC & OPEN & integrated SW/WM Championship *Entries: 31* 3 race (2 & 1 masters)
15:10	200m Men OPEN & integrated SW/WM Championship *Entries: 57* 14 races (8 & 6 masters)
15:55	200m Women OPEN & integrated SW/WM Championship *Entries: 56* 14 races (10 & 4 masters)
16:40	400m Men OPEN & integrated SW/WM Championship *Entries: 38* 8 races (3 & 5 masters)
17:10	400m Women OPEN & integrated SW/WM Championship *Entries: 34* 7 Open (4 & 3 masters)

FIELD

Start	Event Male/Female Entries numbers/Location Status
12:00	Pole Vault Men OPEN & integrated SW Championship *Entries: 13 *
12:00	Long Jump Men OPEN & integrated SW Championship *Entries: 15* INFIELD
12:00	Shot Put Men & Women OPEN & integrated SW Championship *Entries: 6 & 13 *
14:00	Long Jump Women OPEN & integrated SW Championship *Entries: 22* INFIELD
14:30	Pole Vault Women OPEN & integrated SW Championship *Entries: 15 *
15:30	High Jump Men OPEN & integrated SW Championship *Entries 11 * BED 1
15:30	High Jump Women OPEN & integrated SW Championship *Entries 10 * BED 2
15:30	Triple Jump Men OPEN & integrated SW Championship *Entries 4 OUTFIELD
15:30	Triple Jump Women OPEN & integrated SW Championship *Entries 8 INFIELD