

BAL / UKWAL JOINT fixture timetable
2nd June 2018
Cardiff International Sports Campus

10.00	External events start	
11.00	Fixture Opening Military Parachute Display PWRR	Cardiff AAC Celebrating 136 years of history and the Clubs 50 th Anniversary
11.10	Pole Vault	Men
	Long Jump	Women
	Discus	Men (Outside)
	Hammer *	Women
11.30	100m	Men n/s
11.50	100m	Women n/s
12.00	400m Hurdles	Men A&B
12.15	400m Hurdles	Women A&B
12.30	800m	Men A&B
12.40	800m	Women A&B
	Long Jump	Men
	High Jump	Women
12.50	Hammer	Men
	Discus	Women (Outside)
12.55	100m	Men A&B
13.10	100m	Women A&B
13.25	3000m Steeplechase	Men
13.55	110m Hurdles	Men A&B
14.10	Triple Jump	Women
14.15	3000m	Women A&B
14.25	Pole Vault	Women
	Javelin	Women
	Shot	Men
14.35	100m Hurdles	Women A&B
14.55	High Jump	Men
	400m	Men A&B (including n/s)
15.10	400m	Women A&B
15.20	1500m	Men A&B
15.30	1500m	Women A&B

15.40	Triple Jump	Men
	200m	Men A&B (including n/s)
15.55	Shot	Women
	Javelin	Men
16.00	200m	Women A&B
16.15	5000m	Men A&B
16.35	4 x 100m	U11 4 Boys and 4 Girls (teams)*
16.40	4 x 100m	U13 4 Boys and 4 Girls (teams)*
16.50	4 x 100m Relay	Men
16.55	4 x 100m Relay	Women
17.00	2000m Steeplechase	Women
17.20	4 x 400m Relay	Women
	Result Women	
17.30	4 x 400m Relay	Men
	Result Men	

- Hammer women warm up finishes at 10.55 due to Parachute Display
- Relays will be run in 8 lanes, age group, mixed gender.

BAL Lane Draws

Event	Time	Lane Draw (A)	Lane Draw (B)
Discus	11:10	4-7-2-5-6-8-1-3	88-11-33-44-77-22-55-66
Pole Vault	11:10	6-8-1-3-4-7-2-5	77-22-55-66-88-11-33-44
400m Hurdle	12:00	4-7-2-5-6-8-1-3	88-11-33-44-77-22-55-66
800 Metre	12:30	1-3-4-7-2-5-6-8	55-66-88-11-33-44-77-22
Long Jump	12:40	4-7-2-5-6-8-1-3	88-11-33-44-77-22-55-66
Hammer	12:50	2-5-6-8-1-3-4-7	33-44-77-22-55-66-88-11
100 Metre	12:55	4-7-2-5-6-8-1-3	88-11-33-44-77-22-55-66
3k S/Chase	13:25	6-8-1-3-4-7-2-5	77-22-55-66-88-11-33-44
110m Hurdle	13:55	2-5-6-8-1-3-4-7	33-44-77-22-55-66-88-11
Shot Put	14:25	6-8-1-3-4-7-2-5	77-22-55-66-88-11-33-44
High Jump	14:55	1-3-4-7-2-5-6-8	55-66-88-11-33-44-77-22
400 Metre	14:55	6-8-1-3-4-7-2-5	77-22-55-66-88-11-33-44
1500 Metre	15:20	4-7-2-5-6-8-1-3	88-11-33-44-77-22-55-66
Triple Jump	15:40	2-5-6-8-1-3-4-7	33-44-77-22-55-66-88-11
200 Metre	15:40	2-5-6-8-1-3-4-7	33-44-77-22-55-66-88-11
Javelin	15:55	1-3-4-7-2-5-6-8	55-66-88-11-33-44-77-22
5k-3k	16:15	1-3-4-7-2-5-6-8	55-66-88-11-33-44-77-22
4x100m Relay	16:50	1-3-4-7-2-5-6-8	
4x400m Relay	17:30	5-6-8-1-3-4-7-2	