

# S.I.A.B. - -CARMATHEN 2024

Saturday 20th July

Carmarthen Leisure Centre Track



## Track

| Event Id | Name                      | Call Room In | Call Room Out | Event Time |
|----------|---------------------------|--------------|---------------|------------|
| T01      | 3K Walk, Boys & Girls     | 11:47        | 11:57         | 12:00      |
| T02      | 300m Hurdles, Girls       | 12:02        | 12:12         | 12:15      |
| T03      | 400m Hurdles, Boys        | 12:17        | 12:27         | 12:30      |
| T04      | 800m, Girls               | 12:32        | 12:42         | 12:45      |
| T05      | 800m, Boys                | 12:37        | 12:47         | 12:50      |
| T06      | 100m, non scoring, Girls  | 12:47        | 12:57         | 13:00      |
| T07      | 100m, non scoring, Boys   | 12:52        | 13:02         | 13:05      |
| T08      | 100m, Girls               | 12:57        | 13:07         | 13:10      |
| T09      | 100m, Boys                | 13:02        | 13:12         | 13:15      |
| T10      | 3000m, Girls              | 13:12        | 13:22         | 13:25      |
| T11      | 3000m, Boys               | 13:27        | 13:37         | 13:40      |
| T12      | 400m, Boys                | 13:42        | 13:52         | 13:55      |
| T13      | 300m, Girls               | 13:52        | 14:02         | 14:05      |
| T14      | 200m, Girls               | 14:02        | 14:12         | 14:15      |
| T15      | 200m, Boys                | 14:07        | 14:17         | 14:20      |
| T16      | 100m Hurdles, Boys        | 14:27        | 14:37         | 14:40      |
| T17      | 80m Hurdles, Girls        | 14:42        | 14:52         | 14:55      |
| T18      | 1500m, Girls              | 14:57        | 15:07         | 15:10      |
| T19      | 1500m, Boys               | 15:07        | 15:17         | 15:20      |
| T20      | 1500m Steeplechase, Boys  | 15:17        | 15:27         | 15:30      |
| T21      | 1500m Steeplechase, Girls | 15:32        | 15:42         | 15:45      |
| T22      | 4 x 100m, Girls           | 15:47        | 15:57         | 16:00      |
| T23      | 4 x 100m, Boys            | 15:57        | 16:07         | 16:10      |
| T24      | 4 x 300m, Girls           | 16:07        | 16:17         | 16:20      |
| T25      | 4 x 400m, Boys            | 16:17        | 16:27         | 16:30      |

## Field

| Event Id | Name                     | Call Room In | Call Room Out | Event Time |
|----------|--------------------------|--------------|---------------|------------|
| F01      | Hammer (3.00kg), Girls   | 10:01        | 10:11         | 10:30      |
| F02      | High Jump, Girls         | 10:37        | 10:47         | 11:15      |
| F03      | Hammer (5.00kg), Boys    | 11:01        | 11:11         | 11:30      |
| F04      | Pole Vault, Boys         | 10:42        | 10:52         | 11:35      |
| F05      | High Jump, Boys          | 12:07        | 12:17         | 12:45      |
| F06      | Long Jump, Boys          | 12:26        | 12:36         | 12:55      |
| F07      | Javelin (500g), Girls    | 12:26        | 12:36         | 12:55      |
| F08      | Discus (1.50kg), Boys    | 13:31        | 13:41         | 14:00      |
| F09      | Long Jump, Girls         | 13:31        | 13:41         | 14:00      |
| F10      | Shot Put (3.00kg), Girls | 13:31        | 13:41         | 14:00      |
| F11      | Javelin (700g), Boys     | 14:31        | 14:41         | 15:00      |
| F12      | Triple Jump, Girls       | 14:31        | 14:41         | 15:00      |
| F13      | Pole Vault, Girls        | 14:07        | 14:17         | 15:00      |
| F14      | Discus (1.00kg), Girls   | 15:31        | 15:41         | 16:00      |
| F15      | Triple Jump, Boys        | 15:31        | 15:41         | 16:00      |
| F16      | Shot (5.00kg), Boys      | 15:31        | 15:41         | 16:00      |



Sacn the QR code for start list,  
results and updates