

UK YOUTH DEVELOPMENT LEAGUE U17 & U20 MIDLAND SOUTH WEST PROMOTION  
MATCH - SWANSEA 28.07.19

Sunday 28th July 2019 is all about Youth Development League Upper Age Group Regional and Promotion Final matches at Yate and Swansea respectively.

**West Wales Regional Athletics' under 17 and under 20 athletes and another four clubs will be in action at the Upper Age Group Promotion Match at the Swansea University Athletics Track on Sunday 28th July.**

Please make yourselves available and join your fellow West Wales athletes in the composite team made up of athletes from Carmarthen Harriers, Pembrokeshire Harriers, Llanelli AAC and Neath Harriers. This is a very important fixture.

West Wales athletes can order region kit ready for the start of the season. Kit available to purchase include: Vest, Hooded Sweatshirts and Polo Shirts.



**West Wales Youth Development UAG South West Promotion Match Timetable**  
**2019 YOUTH DEVELOPMENT UAG SOUTH WEST**  
**PROMOTION MATCH TIMETABLE**

*Click the link below for the Midland South West Division - Promotion Final timetable on Sunday 28th July:*

[\*\*YOUTH DEVELOPMENT LEAGUE UPPER AGE GROUP PREMIER TIMETABLE\*\*](#)

## SWANSEA 28 JULY 2019

### Upper Age Group SW Promotion Match Timetable

| TRACK Timetable  |              |           |                 | Track Cont.   |              |            |
|--|--------------|-----------|-----------------|---|--------------|------------|
| Time   | Event        | M/F       | Competitors     | Time  | Event        | M/F        |
| 11.40  | 400m Hurdles | U20 Men   | A followed by B | 16.10   | 4 x 100m R   | U17 Women  |
|  | 400m Hurdles | U17 Men   | A followed by B |   | 4 x 100m R   | U17 Men    |
|  | 400m Hurdles | U20 Women | A followed by B |   | 4 x 100m R   | U20 Women  |
|  | 300m Hurdles | U17 Women | A followed by B |   | 4 x 100m R   | U20 Men    |
| 12.10  | 1500m        | U20 Men   | A & B String    | 16.30   | 2000m s/c    | U20 Men    |
|  | 1500m        | U17 Men   | A & B String    | 16.40   | 1500m s/c    | U17 Men    |
| 12.25  | 1500m        | U20 Women | A & B String    | 16.50   | 4 x 300m R   | U17 Women  |
|  | 1500m        | U17 Women | A & B String    |   | 4 x 400m R   | U17 Men    |
| 12.40  | 100m         | U20 Men   | A followed by B |   | 4 x 400m R   | U20 Women  |
|  | 100m         | U17 Men   | A followed by B |   | 4 x 400m R   | U20 Men    |
|  | 100m         | U20 Women | A followed by B | <b>In the above steeple chase event<br/>A &amp; B String athletes run together</b>  |              |            |
|  | 100m         | U17 Women | A followed by B |   |              |            |
| 13.20  | 400m         | U20 Men   | A followed by B | <b>FIELD Timetable</b>  |              |            |
|  | 400m         | U17 Men   | A followed by B | <b>Time</b>   | <b>Event</b> | <b>M/F</b> |
|  | 400m         | U20 Women | A followed by B | 11.15   | Hammer       | Men        |
|  | 300m         | U17 Women | A followed by B |   | Long Jump    | Men        |
|  | 300m         | U17 Women | A followed by B |   | Shot         | Women      |
| 13.55  | 80m Hurdles  | U17 Women | A followed by B | 11.30   | Pole Vault   | Women      |
| 14.05  | 3000m        | Men       | All             | 12.15   | Hammer       | Women      |
| 14.20  | 100m Hurdles | U20 Women | A followed by B | 12.30   | High Jump    | Men        |
| 14.30  | 100m Hurdles | U17 Men   | A followed by B | 13.00   | Long Jump    | Women      |
| 14.40  | 3000m        | Women     | All             | 13.15   | Discus       | Men        |
| 14.55  | 110m Hurdles | U20 Men   | A followed by B | 14.15   | Discus       | Women      |
| 15.05  | 200m         | U20 Men   | A followed by B | 14.30   | Shot         | Men        |
|  | 200m         | U17 Men   | A followed by B | 14.45   | Pole Vault   | Men        |
|  | 200m         | U20 Women | A followed by B |   | High Jump    | Women      |
|  | 200m         | U17 Women | A followed by B |   | Triple Jump  | Men        |
| 15.30  | 800m         | U20 Men   | A followed by B | 15.30   | Javelin      | Men        |
|  | 800m         | U17 Men   | A followed by B | 16.00   | Triple Jump  | Women      |
|  | 800m         | U20 Women | A followed by B | 16.30   | Javelin      | Women      |
|  | 800m         | U17 Women | A followed by B | <b>With the exception of vertical jump<br/>athletes will have 3 trials with top 3 U<br/>3 U17 a further 3 trials having first ach<br/>the required standard</b> |              |            |
| 16.00  | 1500m s/c    | Women     | All             |   |              |            |
| <b>One Race under 20 &amp; under 17 athletes A &amp; B Strings</b> |              |           |                 |   |              |            |

