

## South West Champs and Inter Counties 28/7/24

### Track Events

| Event Code | Time  | Event | Age Group |
|------------|-------|-------|-----------|
| T1         | 10:30 | 300mH | U17W      |
| T2         | 10:40 | 400mH | U20M/SM   |
| T3         | 10:45 | 400mH | U17M      |
| T4         | 10:50 | 400mH | U20W/SW   |
| T5         | 11:00 | 800m  | U13G      |
| T6         | 11:08 | 800m  | U13B      |
| T7         | 11:16 | 800m  | U15G      |
| T8         | 11:24 | 800m  | U15B      |
| T9         | 11:30 | 100m  | U13G      |
| T10        | 11:36 | 100m  | U13B      |
| T11        | 11:42 | 100m  | U15G      |
| T12        | 11:45 | 100m  | U15B      |
| T13        | 11:55 | 3000m | Females   |
| T14        | 12:10 | 3000m | Males     |
| T15        | 12:35 | 300m  | U15G      |
| T16        | 12:40 | 300m  | U15B      |
| T17        | 12:45 | 1500m | U13G/U13B |
| T18        | 12:59 | 1500m | U15G/U15B |
| T19        | 13:05 | 70mH  | U13G      |
| T20        | 13:20 | 75mH  | U13B      |
| T21        | 13:25 | 75mH  | U15G      |
| T22        | 13:35 | 80mH  | U17W      |
| T23        | 13:40 | 80mH  | U15B      |

### Break on Track

|     |       |          |              |
|-----|-------|----------|--------------|
| T24 | 14:00 | 100mH    | U20W/SW      |
| T25 | 14:10 | 100mH    | U17M         |
| T26 | 14:20 | 110mH    | U20M/SM      |
| T27 | 14:30 | 200m     | U13G         |
| T28 | 14:36 | 200m     | U13B         |
| T29 | 14:42 | 200m     | U15G         |
| T30 | 14:48 | 200m     | U15B         |
| T31 | 14:51 | 200m     | U17W         |
| T32 | 14:54 | 200m     | U20W         |
| T33 | 14:57 | 200m     | SW           |
| T34 | 15:00 | 200m     | U17M         |
| T35 | 15:03 | 200m     | U20M         |
| T36 | 15:06 | 200m     | SM           |
| T37 | 15:10 | 800m     | U17W         |
| T38 | 15:14 | 800m     | U20W/SW      |
| T39 | 15:18 | 800m     | U17M         |
| T40 | 15:24 | 800m     | U20M/SM      |
| T41 | 15:30 | 100m     | U17W         |
| T42 | 15:34 | 100m     | U20W         |
| T43 | 15:38 | 100m     | SW           |
| T44 | 15:42 | 100m     | U17M         |
| T45 | 15:50 | 100m     | U20M         |
| T46 | 15:54 | 100m     | SM           |
| T47 | 16:10 | 1500m SC | U17W/20W/SW  |
| T48 | 16:20 | 1500m    | U17W/U17M    |
| T49 | 16:30 | 1500mSC  | U17M         |
| T50 | 16:40 | 1500m    | U20M/W/SM/SW |
| T51 | 16:50 | 2000mSC  | U20M/SM      |
| T52 | 17:15 | 300m     | U17W         |
| T53 | 17:20 | 400m     | U20W         |
| T54 | 17:24 | 400m     | SW           |
| T55 | 17:28 | 400m     | U17M         |
| T56 | 17:32 | 400m     | U20M         |
| T57 | 17:36 | 400m     | SM           |

### Field Events

| Event Code | Time  | Event  | Age Group           |
|------------|-------|--------|---------------------|
| F1         | 10:30 | HJ     | U13G/U13B           |
| F2         | 10:30 | HAMMER | U15G/U15B/U17W/U17M |
| F3         | 10:30 | LJ     | U15G/U15B           |
| F4         | 11:30 | HJ     | U15G/U15B           |
| F5         | 11:30 | TJ     | U15G/U15B           |
| F6         | 11:30 | SP     | U13G/U13B           |
| F7         | 11:30 | DT     | U13G/B & U15G/U15B  |
| F8         | 12:30 | SP     | U15G/U15B           |
| F9         | 12:30 | JT     | U13G/U13B           |
| F10        | 12:30 | LJ     | U13G/U13B           |
| F11        | 12:30 | HAMMER | U20W/U20M/SW/SM     |
| F12        | 12:30 | PV     | All                 |
| F13        | 13:30 | JT     | U15G/U15B           |
| F14        | 13:30 | HJ     | U17W/M/U20W/M/SW/SM |
| F15        | 13:30 | SP     | U17W/U20W/SW        |
| F16        | 14:00 | JT     | U17M/U20M/SM        |
| F17        | 14:00 | LJ     | U20W/U20M/SW/SM     |
| F18        | 14:35 | DT     | U17W/U20W/SW        |
| F19        | 15:15 | LJ     | U17W/U17M           |
| F20        | 15:15 | SP     | U17M/U20M/SM        |
| F21        | 15:30 | JT     | U17W/U20W/SW        |
| F22        | 16:15 | DT     | U17M/U20M/SM        |
| F23        | 16:15 | TJ     | U17W/M/U20W/M/SW/SM |

### Notes

All Track Events graded - no Finals.

Some events may be run as combined age groups.

4 Attempts for Junior Field events.

3 Attempts(+3 for top 6) for Senior Field events.

Athletes must report 15 minutes before event time  
(45 minutes for Pole Vault).

## South West Track & Field Championships 2024 Entry Standards

| <b>U13B</b>          |        | <b>U15B</b> |         | <b>U17M</b>    |         | <b>U20M</b>    |        | <b>SM</b>      |        |
|----------------------|--------|-------------|---------|----------------|---------|----------------|--------|----------------|--------|
| <b>100</b>           | 14.2   | <b>100</b>  | 12.5    | <b>100</b>     | 11.9    | <b>100</b>     | 11.7   | <b>100</b>     | 11.5   |
| <b>200</b>           | 29.7   | <b>200</b>  | 25.8    | <b>200</b>     | 24.0    | <b>200</b>     | 23.5   | <b>200</b>     | 23.4   |
| <b>800</b>           | 2:40.0 | <b>300</b>  | 43.0    | <b>400</b>     | 55.0    | <b>400</b>     | 52.0   | <b>400</b>     | 52.0   |
| <b>1500</b>          | 5:20.0 | <b>800</b>  | 2:25.0  | <b>800</b>     | 2:08.0  | <b>800</b>     | 2:06.0 | <b>800</b>     | 2:04.0 |
| <b>75mH</b>          | 16.0   | <b>1500</b> | 4:45.0  | <b>1500</b>    | 4:35.0  | <b>1500</b>    | 4:25.0 | <b>1500</b>    | 4:20.0 |
| <b>HJ</b>            | 1.30   | <b>3000</b> | 11:00.0 | <b>3000</b>    | 10:00.0 | <b>3000</b>    | 9:30.0 | <b>3000</b>    | 9:00.0 |
| <b>LJ</b>            | 4.35   | <b>80mH</b> | 15.0    | <b>1500mSC</b> | *       | <b>2000mSC</b> | *      | <b>2000mSC</b> | *      |
| <b>DT</b>            | 15.00  |             |         | <b>100mH</b>   | 16.0    | <b>110mH</b>   | 18.5   | <b>110mH</b>   | 18.0   |
| <b>JT</b>            | 25.00  |             |         | <b>400mH</b>   | *       | <b>400mH</b>   | *      | <b>400mH</b>   | *      |
| <b>SP</b>            | 6.50   | <b>HJ</b>   | 1.45    | <b>HJ</b>      | 1.65    | <b>HJ</b>      | 1.80   | <b>HJ</b>      | 1.80   |
| Equivalent Standards |        | <b>LJ</b>   | 5.20    | <b>LJ</b>      | 5.90    | <b>LJ</b>      | 6.40   | <b>LJ</b>      | 6.50   |
|                      |        | <b>PV</b>   | 2.20    | <b>PV</b>      | 2.20    | <b>PV</b>      | 2.20   | <b>PV</b>      | 2.20   |
|                      |        | <b>TJ</b>   | 9.80    | <b>TJ</b>      | 11.50   | <b>TJ</b>      | 12.50  | <b>TJ</b>      | 12.50  |
| 75                   | 10.9   | <b>DT</b>   | 25.00   | <b>DT</b>      | 33.00   | <b>DT</b>      | 36.00  | <b>DT</b>      | 36.00  |
| 150                  | 21.2   | <b>JT</b>   | 33.00   | <b>JT</b>      | 41.00   | <b>JT</b>      | 47.00  | <b>JT</b>      | 48.00  |
| 1200                 | 4:09.0 | <b>SP</b>   | 10.00   | <b>SP</b>      | 10.50   | <b>SP</b>      | 11.50  | <b>SP</b>      | 11.50  |
|                      |        | <b>HT</b>   | 27.00   | <b>HT</b>      | 39.00   | <b>HT</b>      | 31.00  | <b>HT</b>      | 35.00  |

| <b>U13G</b>          |        | <b>U15G</b> |         | <b>U17W</b>    |         | <b>U20W</b>    |         | <b>SW</b>      |         |
|----------------------|--------|-------------|---------|----------------|---------|----------------|---------|----------------|---------|
| <b>100</b>           | 14.6   | <b>100</b>  | 13.5    | <b>100</b>     | 13.3    | <b>100</b>     | 13.3    | <b>100</b>     | 13.2    |
| <b>200</b>           | 30.0   | <b>200</b>  | 28.0    | <b>200</b>     | 27.0    | <b>200</b>     | 27.0    | <b>200</b>     | 27.0    |
| <b>800</b>           | 2:40.0 | <b>300</b>  | 45.0    | <b>300</b>     | 43.0    | <b>400</b>     | 65.0    | <b>400</b>     | 64.0    |
| <b>1500</b>          | 5:35.0 | <b>800</b>  | 2:27.0  | <b>800</b>     | 2:28.0  | <b>800</b>     | 2:30.0  | <b>800</b>     | 2:27.0  |
| <b>70mH</b>          | 14.5   | <b>1500</b> | 5:10.0  | <b>1500</b>    | 5:10.0  | <b>1500</b>    | 5:10.0  | <b>1500</b>    | 5:05.0  |
| <b>HJ</b>            | 1.25   | <b>3000</b> | 12:00.0 | <b>3000</b>    | 11:20.0 | <b>3000</b>    | 11:00.0 | <b>3000</b>    | 11:00.0 |
| <b>LJ</b>            | 4.00   | <b>75mH</b> | 13.0    | <b>1500mSC</b> | *       | <b>1500mSC</b> | *       | <b>1500mSC</b> | *       |
| <b>DT</b>            | 15.00  |             |         | <b>80mH</b>    | 12.6    | <b>100mH</b>   | 18.0    | <b>100mH</b>   | 18.0    |
| <b>JT</b>            | 17.00  |             |         | <b>300mH</b>   | *       | <b>400mH</b>   | *       | <b>400mH</b>   | *       |
| <b>SP</b>            | 7.00   | <b>HJ</b>   | 1.30    | <b>HJ</b>      | 1.45    | <b>HJ</b>      | 1.45    | <b>HJ</b>      | 1.45    |
| Equivalent Standards |        | <b>LJ</b>   | 4.70    | <b>LJ</b>      | 4.95    | <b>LJ</b>      | 5.20    | <b>LJ</b>      | 5.00    |
|                      |        | <b>PV</b>   | 2.20    | <b>PV</b>      | 2.20    | <b>PV</b>      | 2.20    | <b>PV</b>      | 2.20    |
|                      |        | <b>TJ</b>   | 9.00    | <b>TJ</b>      | 9.50    | <b>TJ</b>      | 10.00   | <b>TJ</b>      | 10.00   |
| 75                   | 11.3   | <b>DT</b>   | 21.00   | <b>DT</b>      | 22.00   | <b>DT</b>      | 26.00   | <b>DT</b>      | 26.00   |
| 150                  | 21.5   | <b>JT</b>   | 24.00   | <b>JT</b>      | 30.00   | <b>JT</b>      | 30.00   | <b>JT</b>      | 27.00   |
| 1200                 | 4:16.1 | <b>SP</b>   | 9.00    | <b>SP</b>      | 10.00   | <b>SP</b>      | 9.00    | <b>SP</b>      | 10.00   |
|                      |        | <b>HT</b>   | 30.00   | <b>HT</b>      | 34.00   | <b>HT</b>      | 34.00   | <b>HT</b>      | 34.00   |

\* No actual standards for long hurdles or steeplechase races, however, only entries from athletes with proven Power of 10 performances will be accepted.