

PENCAMPWRIAETHAU T M CAYC / WSAA NATIONAL T F CHAMPIONSHIPS

Gemau Cymru

AMSERLEN TRAC DROS DRO 2016 (*amodol) / PROVISIONAL TRACK TIMETABLE 2016 (*subject to change)

11:00	400m clwydi/hurdles	Bechgyn Hyn/Senior Boys	Rhagras/Heats
	400m clwydi/hurdles	Bechgyn Canol/Middle Boys	Rhagras/Heats
	400m clwydi/hurdles	Merched Hyn/Senior Girls	Rhagras/Heats
11:20	300m clwydi/hurdles	Merched Canol/Middle Girls	Rhagras/Heats
11:30	2000m cerdded/walks	Bechgyn a Merched Canol & Hyn/Middle & Senior Girls and Boys	TERFYNOL/FINAL
11:45	200m	Merched Canol/Middle Girls	Rhagras/Heats
	200m	Bechgyn Canol/Middle Boys	Rhagras/Heats
	200m	Merched Hyn/Senior Girls	Rhagras/Heats
	200m	Bechgyn Hyn/Senior Boys	Rhagras/Heats
12:10	1000m cerdded/walks	Bechgyn a Merched Iau/Junior Girls and Boys	TERFYNOL/FINAL
12:20	400m clwydi/hurdles	Bechgyn Hyn/Senior Boys	TERFYNOL/FINAL
	400m clwydi/hurdles	Bechgyn Canol/Middle Boys	TERFYNOL/FINAL
	400m clwydi/hurdles	Merched Hyn/Senior Girls	TERFYNOL/FINAL
12:45	300m clwydi/hurdles	Merched Canol/Middle Girls	TERFYNOL/FINAL
13:00	3000m	Bechgyn Hyn/Senior Boys	TERFYNOL/FINAL
13:15	200m	Merched Iau/Junior Girls	TERFYNOL/FINAL
	200m	Bechgyn Iau/Junior Boys	TERFYNOL/FINAL
	200m	Merched Canol/Middle Girls	TERFYNOL/FINAL
	200m	Bechgyn Canol/Middle Boys	TERFYNOL/FINAL
	200m	Merched Hyn/Senior Girls	TERFYNOL/FINAL
	200m	Bechgyn Hyn/Senior Boys	TERFYNOL/FINAL
13:40	1,500m	Merched Iau/Junior Girls	TERFYNOL/FINAL
	1,500m	Bechgyn Iau/Junior Boys	TERFYNOL/FINAL
14:00	300m	Merched Canol/Middle Girls	Rhagras/Heats
	300m	Bechgyn Iau/Junior Boys	TERFYNOL/FINAL
	300m	Merched Iau/Junior Girls	TERFYNOL/FINAL
14:10	1500m ffos a pherth/steeplechase	Merched Hyn a Chanol/Senior and Middle Girls	TERFYNOL/FINAL
14:20	1500m ffos a pherth/steeplechase	Bechgyn Canol/Middle Boys	TERFYNOL/FINAL
14:30	2000m ffos a pherth/steeplechase	Bechgyn Hyn/Senior Boys	TERFYNOL/FINAL
14:40	400m	Bechgyn Canol/Middle Boys	Rhagras/Heats
	400m	Merched Hyn/Senior Girls	Rhagras/Heats
	400m	Bechgyn Hyn/Senior Boys	Rhagras/Heats
14:55	1500m	Merched Canol/Middle Girls	TERFYNOL/FINAL
	1500m	Bechgyn Canol/Middle Boys	TERFYNOL/FINAL
15:10	110m clwydi/hurdles	Bechgyn Hyn/Senior Boys	Rhagras/Heats
	100m clwydi/hurdles	Bechgyn Canol/Middle Boys	Rhagras/Heats
	100m clwydi/hurdles	Merched Hyn/Senior Girls	Rhagras/Heats
	80m clwydi/hurdles	Bechgyn Iau/Junior Boys	TERFYNOL/FINAL
	80m clwydi/hurdles	Merched Canol/Middle Girls	Rhagras/Heats
	75m clwydi/hurdles	Merched Iau/Junior Girls	TERFYNOL/FINAL
15:35	3000m	Merched Canol a Hyn/Middle and Senior Girls	TERFYNOL/FINAL
15:50	400m	Bechgyn Canol/Middle Boys	TERFYNOL/FINAL
	400m	Merched Hyn/Senior Girls	TERFYNOL/FINAL

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	400m	Bechgyn Hyn/Senior Boys	TERFYNOL/FINAL
16:05	300m	Merched Canol/Middle Girls	TERFYNOL/FINAL
16:10	100m	Merched Canol/Middle Girls	Rhagras/Heats
	100m	Bechgyn Canol/Middle Boys	Rhagras/Heats
	100m	Merched Hyn/Senior Girls	Rhagras/Heats
	100m	Bechgyn Hyn/Senior Boys	Rhagras/Heats
16:30	800m	Merched Iau/Junior Girls	TERFYNOL/FINAL
	800m	Bechgyn Iau/Junior Boys	TERFYNOL/FINAL
	800m	Merched Hyn/Senior Girls	TERFYNOL/FINAL
	800m	Bechgyn Hyn/Senior Boys	TERFYNOL/FINAL
16:45	110m clwydi/hurdles	Bechgyn Hyn/Senior Boys	TERFYNOL/FINAL
	100m clwydi/hurdles	Bechgyn Canol/Middle Boys	TERFYNOL/FINAL
	100m clwydi/hurdles	Merched Hyn/Senior Girls	TERFYNOL/FINAL
	80m clwydi/hurdles	Merched Canol/Middle Girls	TERFYNOL/FINAL
17:05	3000m	Bechgyn Canol/Middle Boys	TERFYNOL/FINAL
17:20	100m	Merched Iau/Junior Girls	TERFYNOL/FINAL
	100m	Bechgyn Iau/Junior Boys	TERFYNOL/FINAL
	100m	Merched Canol/Middle Girls	TERFYNOL/FINAL
	100m	Bechgyn Canol/Middle Boys	TERFYNOL/FINAL
	100m	Merched Hyn/Senior Girls	TERFYNOL/FINAL
	100m	Bechgyn Hyn/Senior Boys	TERFYNOL/FINAL
17:30	1500m	Merched Hyn/Senior Girls	TERFYNOL/FINAL
	1500m	Bechgyn Hyn/Senior Boys	TERFYNOL/FINAL
17:40	800m	Merched Canol/Middle Girls	TERFYNOL/FINAL
	800m	Bechgyn Canol/Middle Boys	TERFYNOL/FINAL
17:50	4x100m cyfnewid/relay	Merched Iau/Junior Girls	TERFYNOL/FINAL
	4x100m cyfnewid/relay	Bechgyn Iau/Junior Boys	TERFYNOL/FINAL
	4x100m cyfnewid/relay	Merched Canol/Middle Girls	TERFYNOL/FINAL
	4x100m cyfnewid/relay	Bechgyn Canol/Middle Boys	TERFYNOL/FINAL
	4x100m cyfnewid/relay	Merched Hyn/Senior Girls	TERFYNOL/FINAL
	4x100m cyfnewid/relay	Bechgyn Hyn/Senior Boys	TERFYNOL/FINAL