

Amserlen Trac Dros Dro | Provisional Track Timetable

11:00	400m Clwydi/Hurdles	SB	Rhagras/ Heats
	400m Clwydi/Hurdles	MB	Rhagras/ Heats
	400m Clwydi/Hurdles	SG	Rhagras/ Heats
11:20	300m Clwydi/Hurdles	MG	Rhagras/ Heats
11:30	3000m Cerdded/Walk	MG, SG, SB	TERFYNOL/ FINAL
11:45	200m	MG	Rhagras/ Heats
	200m	MB	Rhagras/ Heats
	200m	SG	Rhagras/ Heats
	200m	SB	Rhagras/ Heats
12:10	1000m Cerdded/Walk	JG, JB	TERFYNOL/ FINAL
12:20	400m Clwydi/Hurdles	SB	TERFYNOL/ FINAL
	400m Clwydi/Hurdles	MB	TERFYNOL/ FINAL
	400m Clwydi/Hurdles	SG	TERFYNOL/ FINAL
12:45	300m Clwydi/Hurdles	MG	TERFYNOL/ FINAL
13:00	3000m	SB	TERFYNOL/ FINAL
13:15	200m	JG	TERFYNOL/ FINAL
	200m	JB	TERFYNOL/ FINAL
	200m	MG	TERFYNOL/ FINAL
	200m	MB	TERFYNOL/ FINAL
	200m	SG	TERFYNOL/ FINAL
	200m	SB	TERFYNOL/ FINAL
13:40	1,500m	JG	TERFYNOL/ FINAL
	1,500m	JB	TERFYNOL/ FINAL
14:00	300m	MG	Rhagras/ Heats
	300m	JB	TERFYNOL/ FINAL
	300m	JG	TERFYNOL/ FINAL
14:10	1,500m Ffos a Pherth/ Steeplechase	SG, MG	TERFYNOL/ FINAL
14:20	1,500m Ffos a Pherth/ Steeplechase	MB	TERFYNOL/ FINAL
14:30	2,000m Ffos a Pherth/ Steeplechase	SB	TERFYNOL/ FINAL
14:40	400m	MB	Rhagras/ Heats
	400m	SG	Rhagras/ Heats
	400m	SB	Rhagras/ Heats
14:55	1,500m	MG	TERFYNOL/ FINAL
	1,500m	MB	TERFYNOL/ FINAL
15:10	110m Clwydi/ Hurdles	SB	Rhagras/ Heats
	100m Clwydi/ Hurdles	MB	Rhagras/ Heats
	100m Clwydi/ Hurdles	SG	Rhagras/ Heats
	80m Clwydi/ Hurdles	JB	TERFYNOL/ FINAL
	80m Clwydi/ Hurdles	MG	Rhagras/ Heats
	75m Clwydi/ Hurdles	JG	TERFYNOL/ FINAL
15:35	3000m	SG, MG	TERFYNOL/ FINAL
15:50	400m	MB	TERFYNOL/ FINAL
	400m	SG	TERFYNOL/ FINAL
	400m	SB	TERFYNOL/ FINAL
16:05	300m	MG	TERFYNOL/ FINAL
16:10	100m	MG	Rhagras/ Heats
	100m	MB	Rhagras/ Heats
	100m	SG	Rhagras/ Heats

	100m	SB	Rhagras/ Heats
16:30	800m	JG	TERFYNOL/ FINAL
	800m	JB	TERFYNOL/ FINAL
	800m	SG	TERFYNOL/ FINAL
	800m	SB	TERFYNOL/ FINAL
16:45	110m Clwydi/ Hurdles	SB	TERFYNOL/ FINAL
	100m Clwydi/ Hurdles	MB	TERFYNOL/ FINAL
	100m Clwydi/ Hurdles	SG	TERFYNOL/ FINAL
	80m Clwydi/ Hurdles	MG	TERFYNOL/ FINAL
17:05	3000m	MB	TERFYNOL/ FINAL
17:20	100m	JG	TERFYNOL/ FINAL
	100m	JB	TERFYNOL/ FINAL
	100m	MG	TERFYNOL/ FINAL
	100m	MB	TERFYNOL/ FINAL
	100m	SG	TERFYNOL/ FINAL
	100m	SB	TERFYNOL/ FINAL
17:30	1,500m	SG	TERFYNOL/ FINAL
	1,500m	SB	TERFYNOL/ FINAL
17:40	800m	MG	TERFYNOL/ FINAL
	800m	MB	TERFYNOL/ FINAL
17:50	4x100 metres Relay	JG	TERFYNOL/ FINAL
	4x100 metres Relay	JB	TERFYNOL/ FINAL
	4x100 metres Relay	MG	TERFYNOL/ FINAL
	4x100 metres Relay	MB	TERFYNOL/ FINAL
	4x100 metres Relay	SG	TERFYNOL/ FINAL
	4x100 metres Relay	SB	TERFYNOL/ FINAL