

**The Welsh Athletics Senior Track & Field Championships for 2019 takes place on the weekend of Saturday 13th and Sunday 14th of July at the Cardiff International Sports Stadium in the Welsh Capital Leckwith.**

The championship is open to those in the senior age groups age groups along with selected under 15 disciplines. All events on the track and field are available at some stage this June and July. Please refer to the provisional event schedule when entering.

Vinco Sport will be providing live online streaming on both days from Cardiff, which means that you won't miss any of the action. Go to [runjumpthrow.com](http://runjumpthrow.com) on the 13th and 14th.



**AGE GROUP EVENTS / DIGWYDDIADAU POB GRWP**  
**OEDRAN: Cardiff 13/07/19 & 14/07/19**

**SENIOR MEN - 100m, 200m, 300/400m, 800m, 1500m, 5000m, Sprint Hurdles, Distance Hurdles, Steeplechase, 5K Walk, High Jump, Pole Vault, Long Jump, Triple Jump, Shot, Discus, Hammer, Javelin**

**SENIOR WOMEN- 100m, 200m, 300/400m, 800m, 1500m, 5000m, Sprint Hurdles, Distance Hurdles, Steeplechase, 5K Walk, High Jump, Pole Vault, Long Jump, Triple Jump, Shot, Discus, Hammer, Javelin**

**UNDER 15 BOYS - 100m, 300m, 1500m, Shot, Hammer, Javelin**

## Welsh Athletics Senior Athletics Championships Closing Date Fast Approaching

Written by Nathan Jones  
Monday, 10 June 2019 08:01

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### **UNDER 15 GIRLS - 100m, 200m, 300m, 1500m, Shot, Hammer, Javelin**

It is the responsibility of the individual athletes to enter directly themselves, and to make their own travel arrangements.

**CLOSING DATE FOR ENTRIES: THURSDAY 20TH JUNE AT 12PM. Strictly NO Late Entries Accepted.**

[ENTER HERE / COFRESTRWCH YMA](#)

[LIST OF COMPETITORS / RHESTR O'R CYSTADLEUWYR](#)

[CHAMPIONSHIP EVENT GUIDE DATES](#)

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Event Guide	SENM	SENW	U15B	U15
100	14/7	14/7	14/7	14/7
200	13/7 & 14/7	13/7 & 14/7	X	14/7
300/400	13/7 & 14/7	13/7 & 14/7	14/7	14/7
800	13/7 & 14/7	13/7 & 14/7	X	X
1500	14/7	14/7	14/7	14/7
5000	14/7	13/7	X	X
Sp Hdl	14/7	14/7	X	X
Dist Hdl	14/7	14/7	X	X
S/C	14/7	14/7	X	X

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5k Walk	14/7	14/7	X	X
HJ	14/7	13/7	X	X
PV	13/7	14/7	X	X
LJ	14/7	14/7	X	X
TJ	13/7	13/7	X	X
SP	14/7	14/7	14/7	14/7
DT	14/7	13/7	X	X
HT	14/7	14/7	14/7	14/7
JT	14/7	13/7	14/7	14/7