

Written by Nathan Jones
Friday, 19 July 2019 07:26

**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.

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West Wales Youth Development League Upper Age Group Promotion Final Match - Swansea University 28th July
**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**](#)

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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	In the above steeple chase event A & B String athletes run together		
	100m	U17 Women	A followed by B			
13.20	400m	U20 Men	A followed by B	FIELD Timetable		
	400m	U17 Men	A followed by B	Time	Event	M/F
	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	With the exception of vertical jump athletes will have 3 trials with top 3 U 3 U17 a further 3 trials having first ach the required standard		
16.00	1500m s/c	Women	All			
One Race under 20 & under 17 athletes A & B Strings						

Youth Development League Upper Age Group Promotion Final Match - Swansea University 28th July

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