

## BWFAC Winter Warm Up

21st March 2026

### Field Timetable

| Event No. | Event       | Group | Warm up Start time |
|-----------|-------------|-------|--------------------|
| F01       | Hammer      | U18M  | 10.45              |
| F02       | Hammer      | U16B  | 10.45              |
| F03       | Hammer      | SM    | 10.45              |
| F04       | Shot        | U18W  | 10.45              |
| F05       | Shot        | SW    | 10.45              |
| F06       | Long Jump 1 | U10B  | 10.45              |
| F07       | Long Jump 2 | U12B  | 10.45              |
| F08       | Hammer      | U18W  | 11.30              |
| F09       | Hammer      | SW    | 11.30              |
| F10       | Hammer      | U16G  | 11.30              |
| F11       | Shot        | U16G  | 11.30              |
| F12       | Shot        | U14G  | 11.30              |
| F13       | Shot        | U18M  | 12.00              |
| F14       | Shot        | SM    | 12.00              |
| F15       | Long Jump 2 | SM    | 12.15              |
| F16       | Long Jump 2 | U14B  | 12.15              |
| F17       | Long Jump 1 | U10G  | 12.15              |
| F18       | Shot        | U14B  | 12.45              |
| F19       | Shot        | U16B  | 12.45              |
| F20       | Long Jump 1 | U12G  | 13.15              |
| F21       | Discus      | U18M  | 13.15              |
| F22       | Discus      | SM    | 13.15              |
| F23       | Long Jump 2 | U14G  | 13.15              |
| F24       | Javelin     | SW    | 13.45              |
| F25       | Javelin     | U18W  | 13.45              |
| F26       | Long Jump 1 | SW    | 14.45              |
| F27       | Long Jump 1 | U18W  | 14.45              |
| F28       | Long Jump 1 | U16B  | 14.45              |
| F29       | Discus      | U18W  | 15.00              |
| F30       | Discus      | U16G  | 15.00              |
| F31       | Discus      | SW    | 15.00              |
| F32       | Javelin     | U18M  | 15.00              |
| F33       | Javelin     | SM    | 15.00              |
| F34       | Long Jump 2 | U16G  | 15.00              |

### Track Timetable

| Event No.          | Event | Group             | Start time |
|--------------------|-------|-------------------|------------|
| T01                | 3000m | SW/U18W/U16G/U16B | 12.00      |
| T02                | 75mH  | U14G              | 12.15      |
| T03                | 80mH  | U14B/U16G         | 12.20      |
| T04                | 100mH | U16B/SW           | 12.25      |
| T05                | 110mH | SM                | 12.25      |
| T06                | 600m  | U12B 2 heats      | 12.30      |
| T07                | 600m  | U12G 2 heats      | 12.40      |
| T08                | 800m  | SM/U18M           | 12.50      |
| T09                | 800m  | SW/U18W           | 12.50      |
| T10                | 800m  | U16G              | 12.55      |
| T11                | 800m  | U14G 2 heats      | 13.00      |
| T12                | 800m  | U16B/U14B         | 13.10      |
| T13                | 100m  | SM/U18M           | 13.20      |
| T14                | 100m  | SW                | 13.25      |
| T15                | 100m  | U18W              | 13.30      |
| T16                | 100m  | U16B              | 13.35      |
| T17                | 100m  | U16G 2 heats      | 13.40      |
| T18                | 100m  | U14B 2 heats      | 13.48      |
| T19                | 100m  | U14G 3 heats      | 13.55      |
| <b>Track Break</b> |       |                   |            |
| T20                | 75m   | U12B 4 heats      | 14.20      |
| T21                | 75m   | U12G 4 heats      | 14.33      |
| T22                | 75m   | U10B 2 heats      | 14.47      |
| T23                | 75m   | U10G 2 heats      | 14.55      |
| T24                | 400m  | SM                | 15.05      |
| T25                | 400m  | U18M/SW/U18W      | 15.10      |
| T26                | 400m  | U10B              | 15.15      |
| T27                | 400m  | U10G              | 15.20      |
| T28                | 300m  | U16B              | 15.26      |
| T29                | 300m  | U16G              | 15.30      |
| T30                | 1500m | U14B/SM           | 15.35      |
| T31                | 1500m | U16G/U14G         | 15.42      |
| T32                | 200m  | U16G 2 heats      | 15.50      |
| T33                | 200m  | U16B              | 15.58      |
| T34                | 200m  | U14G 3 heats      | 16.02      |
| T35                | 200m  | U14B 2 heats      | 16.15      |
| T36                | 200m  | SM/U18M           | 16.23      |
| T37                | 200m  | SW/U18W           | 16.27      |

Please note that this timetable is subject to change on the day.  
 Events may be brought forward or delayed.  
 Please listen out for announcements and ask officials for advice if in doubt.

Please report 10 minutes before the start of your Track Race