



LUCA INDOOR CHAMPIONSHIPS

28th November 2015

FIELD EVENTS			
TIME	EVENT	Information	
14:00	High Jump	1.25m for women. 1.40m for men	
15:00	Long Jump	3 rounds for al athletes	
16:30	Triple Jump	3 rounds. min 7m Board for women & 9m for men	
17:30	Shot Put	3 rounds	
TRACK EVENTS			
TIME	EVENT	Heats or Final	Men or Women
14.00	400m	Heats (X4)	Men
14.15	400m	Heats (X2)	Women
14.30	800m	Heats (X3)	Men
14.45	800m	Heats (X2)	Women
15.00	60m	Heats (X6)	Women
15.15	60m	Heats (X9)	Men
15.30	60mH	Final	Women then Men
15.45	200m	Heats (X4)	Women
16.00	200m	Heats (X9)	Men
16.15	1500m	Final (X2)	Women then Men
16.45	60m	Final (X2)	Women then Men
17.00	400m	Final (X2)	Women then Men
17.15	200m	Final (X2)	Women then Men
17.30	800m	Final (X2)	Women then Men
17.45	3000m	Final (X2)	Women then Men
18.25	Mascot 200m	Final	No points awarded
18.30	4x200m	Final (X5)	Women then Men