

LUCA INDOOR CHAMPIONSHIPS

Saturday 25th November 2017

Final Timetable

FIELD EVENTS			
TIME	EVENT	Information	
13:00	Pole Vault		
13:00	High Jump	1.25m for women. 1.40m for men	
14:15	Long Jump Women	3 rounds for all athletes	
15:15	Long Jump Men	3 rounds for all athletes	
15:30	Shot Put	3 rounds	
17:00	Triple Jump	3 rounds. min 7m Board for women & 9m for men	
TRACK EVENTS			
TIME	EVENT	Heats or Final	Men or Women
13:00	60mH	Finals (4)	Women then Men
13:20	400m	Heats (5)	Men
13:45	400m	Heats (4)	Women
14:05	800m	Heats (5)	Men
14:40	800m	Heats (2)	Women
14:55	60m	Heats (6)	Women
15:25	60m	Heats (11)	Men
16:20	200m	Heats (5)	Women
16:45	200m	Heats (11)	Men
BREAK			
17:40	1500m	Finals (5)	Women then Men
18:20	60m	Final (X2)	Women then Men
18:30	400m	Final (X2)	Women then Men
18:40	200m	Final (X2)	Women then Men
18:50	800m	Final (X2)	Women then Men
19:10	3000m	Finals (4)	Women then Men
20:10	4X200	Finals (5)	Women then Men
20:30	Mascot Race	Final (no points awarded)	Mixed
20:35	Team Presentations		