



# LUCA INDOOR CHAMPIONSHIPS

## 27<sup>th</sup> November 2016

FIELD EVENTS			
TIME	EVENT	Information	
13:00	High Jump	1.25m for women. 1.40m for men	
14:00	Long Jump	3 rounds for al athletes	
15:15	Triple Jump	3 rounds. min 7m Board for women & 9m for men	
16:15	Shot Put	3 rounds	
TRACK EVENTS			
TIME	EVENT	Heats or Final	Men or Women
13.00	60mH	Final (X2)	Women then Men
13.15	400m	Heats	Men
13.30	400m	Heats	Women
13.45	800m	Heats	Men
14.00	800m	Heats	Women
14.15	60m	Heats	Women
14.30	60m	Heats	Men
15.00	200m	Heats	Women
15.15	200m	Heats	Men
Break			
16.00	1500m	Final (X2)	Women then Men
16.30	60m	Final (X2)	Women then Men
16.45	400m	Final (X2)	Women then Men
17.00	200m	Final (X2)	Women then Men
17.15	800m	Final (X2)	Women then Men
17.30	3000m	Final (X2)	Women then Men

[www.london-athletics.com/indoor](http://www.london-athletics.com/indoor)