**LUCA INDOOR CHAMPIONSHIPS**

**Saturday 25th November 2017**

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| **FIELD EVENTS** | | | | |
| **TIME** | | **EVENT** | **Information** | |
| **13:00** | | **High Jump** | **1.25m for women. 1.40m for men** | |
| **14:00** | | **Long Jump Women** | **3 rounds for all athletes** | |
| **14:45** | | **Long Jump Men** | **3 rounds for all athletes** | |
| **15:00** | | **Shot Put** | **3 rounds** | |
| **16:15** | | **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 | 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 |
| 15.05 | | 200m | Heats | Women |
| 15.20 | | 200m | Heats | Men |
| **Break** | | | | |
| 16.10 | | 1500m | Final (X2) | Women then Men |
| 16.40 | | 60m | Final (X2) | Women then Men |
| 16.55 | | 400m | Final (X2) | Women then Men |
| 17.10 | | 200m | Final (X2) | Women then Men |
| 17.25 | | 800m | Final (X2) | Women then Men |
| 17.40 | 3000m | | Final (X2) | Women then Men |
| 18:25 | 4X200 | | Finals | Women then Men |
| 18:40 | Mascot Race | | Final (no points awarded) | Mixed |
| 18:45 | **Team Presentations** | | | |

Medal ceremonies will take place immediately after each final.