**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.