**LUCA INDOOR CHAMPIONSHIPS**

**28th November 2015**

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| **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** |
| **16:15** | **Triple Jump** | **3 rounds. min 7m Board for women& 9m for men** |
| **17:15** | **Shot Put** | **3 rounds** |
| **TRACK EVENTS** |
| **TIME** | **EVENT** | **Heats or Final** | **Men or Women** |
| **14.00** | **400m**  | **Heats (X3)** | **Men** |
| **14.15** | **400m** | **Heats (X2)** | **Women** |
| **14.30** | **800m** | **Heats (X2)** | **Men** |
| **14.45** | **60m** | **Heats (X4)** | **Women** |
| **15.00** | **60m** | **Heats (X4)** | **Men** |
| **15.15** | **60mH** | **Final** | **Women then Men** |
| **15.30** | **200m** | **Heats (X4)** | **Women** |
| **15.45** | **200m** | **Heats (X4)** | **Men** |
| **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** |
| **18.10** | **Mascot 200m** | **Final** | **No points awarded** |
| **18.00** | **4x200m** | **Final (X2)** | **Women then Men** |

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