



LONDON INTER CLUB CHALLENGE/LONDON COLLEGES ATHLETICS SERIES **Lee Valley, Edmonton, N9 0AR** **Sunday 17 April 2016**

- 11.30 400m Hurdles - all age groups (M&W)
- 11.30 Shot – London Colleges and all age groups (M&W)
- 11.30 Long Jump - London Colleges and all age groups (M)
- 11.55 300m Hurdles - U17 (W)
- 12.05 5000m - London Colleges and juniors and seniors (M&W)
- 12.45 110m Hurdles - London Colleges and LICC (SM & JM)
- 12.45 Hammer – All age groups (M&W) 4 throws with overall top 4 having 2 more
- 13.00 100m Hurdles - London Colleges and all age groups (W & Young Athletes)
- 13.00 Long Jump - London Colleges and all age groups (W)
- 13.20 800m - London Colleges and all age groups (M&W)
- 13.20 Pole Vault – all age groups (M&W)
- 13.40 100m - London Colleges (M&W)
- 13.55 100m – Women "A"
- 14.00 100m – All age groups (M&W)
- 14.45 Discus – London Colleges and all age groups (M&W) 4 throws with overall top 4 having 2 more
- 15.00 Triple Jump - London Colleges and all age groups (M&W) – PB over 11.50m
- 15.00 400m – London Colleges and all age groups (M&W)
- 15.35 200m – London Colleges and all age groups (M&W)
- 16.00 High Jump – London Colleges and all age groups (M&W)
- 16.10 1500m - London Colleges and all age groups (M&W)
- 16.30 Javelin – London Colleges and all age groups (M&W) 4 throws with overall top 4 having 2 more
- 16.30 3000m Steeplechase - London Colleges and all age groups (M)
- 16.45 4 x 100m - London Colleges and all age groups (M&W) – team declaration closes at 15:00
- 16.45 Triple Jump - London Colleges and all age groups (M&W) – PB under 11.50m
- 17.00 2000m Steeplechase - London Colleges and all age groups (W)
- 17.15 4 x 400m - London Colleges and all age groups (M&W) – team declaration closes at 15:30

Other than when races are combined, the London Colleges race is first, men followed by women. All subsequent heats are subject to grading. Fastest races are run first. Mixed races will be run where possible. Photo finish and EDM are provided. There are no walking events at this meeting. **LONDON INTER CLUB CHALLENGE** member clubs for 2016: **Achilles Club** and **Shaftesbury Barnet Harriers**. London University students should enter by visiting www.london-athletics.com/lcas. London University students entering on the day will not score for the London Colleges Series. Registration opens at 10.30 and closes 30 minutes before the published start time.

For more on the London Colleges Series see <http://www.london-athletics.com/>

Visit the LICC section on the London Athletics website for further information: <http://www.londonathletics.org/licc>

SUPPORTED BY ENGLAND ATHLETICS, UKA AND LONDON MARATHON