



# LUCA INDOOR CHAMPIONSHIPS

## Saturday 1st December 2018

### FINAL TIMETABLE

FIELD EVENTS			
TIME	EVENT	Information	
13:30	Shot Put Women (14)	3 rounds	
13:30	Long Jump Men (26)	3 rounds	
14:30	Shot Put Men (14)	3 rounds	
15:00	Long Jump Women (20)	3 rounds	
16:30	Triple Jump Men (14) & Women (4)	3 rounds – minimum 7m board for women; 9m board for men	
17:30	High Jump Women (12)	1.25m starting height	
18:30	High Jump Men (14)	1.40m starting height	
TRACK EVENTS			
TIME	EVENT	Heats or Final	Men or Women
13:30	60mH	Finals (4)	Women then Men
13:50	400m	Heats (4)	Men
14:05	400m	Heats (2)	Women
14:15	800m	Finals (2)	Men
14:25	800m	Finals (2)	Women
14:45	60m	Heats (6)	Women
15:05	60m	Heats (9)	Men
15:45	200m	Heats (6)	Women
16:10	200m	Heats (7)	Men
Break			
17:00	60m	Finals (2)	Women then Men
17:20	1500m	Finals (4)	Women then Men
17:50	400m	Finals (2)	Women then Men
18:05	200m	Finals (2)	Women then Men
18:15	3000m	Finals (4)	Women then Men
19:15	4X200	Finals (7)	Women then Men
19:55	Mascot Race	Final (no points awarded)	Mixed
20:00	Team Presentations		

**Medal ceremonies will take place immediately after each final.**  
**Athletes to call room 20 minutes before race time, Field events to area of competition 15 minutes before start time.**