**LUCA INDOOR CHAMPIONSHIPS**

**Saturday 1st December 2018**

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| **FIELD EVENTS** |
| **TIME** | **EVENT** | **Information** |
| **13:00** | **Shot Put Women** | **3 rounds**  |
| **13:00** | **Long Jump Men** | **3 rounds**  |
| **14:30** | **Long Jump Women** | **3 rounds**  |
| **14:30** | **Shot Put Men**  | **3 rounds** |
| **16:00** | **High Jump Women** | **1.25m starting height** |
| **16:00** | **Triple Jump Men** | **3 rounds - minimum 9m board** |
| **17:30** | **High Jump Men** | **1.40m starting height** |
| **17:30** | **Triple Jump Women** | **3 rounds - minimum 7m Board** |
| **TRACK EVENTS** |
| **TIME** | **EVENT** | **Heats or Final** | **Men or Women** |
| 13:00 | 60mH  | Final (X3) | Women then Men  |
| 13:20 | 400m  | Heats  | Men  |
| 13:40 | 400m  | Heats  | Women  |
| 14:00 | 800m  | Finals | Men  |
| 14:30 | 800m  | Finals | Women  |
| 15:00 | 60m  | Heats  | Women  |
| 15:30 | 60m  | Heats  | Men  |
| 16:20 | 200m  | Heats | Women  |
| 16:45 | 200m  | Heats | Men  |
| **Break** |
| 17:40 | 1500m  | Finals (X4)  | Women then Men  |
| 18:20 | 60m  | Finals (X2)  | Women then Men  |
| 18:30 | 400m  | Finals (X2)  | Women then Men  |
| 18:40 | 200m  | Finals (X2)  | Women then Men  |
| 18:50 | 3000m  | Finals (X3)  | Women then Men  |
| 19:35 | 4X200 | Finals | Women then Men |
| 19:50 | Mascot Race | Final (no points awarded) | Mixed |
| 19:55 | **Team Presentations** |

**Medal ceremonies will take place immediately after each final.**

**Provisional Timetable: Most likely to change after entries received.**