**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.**