

# LUCA Outdoor Athletics Series 2019

TIMETABLE as of 18<sup>th</sup> February 2019–  
subject to change.

The Competition Director reserves the right to amend the programme provided that sufficient advance warning is given to competitors. Please go to [www.london-athletics.com](http://www.london-athletics.com) for more information.

There are no heats. Where entry numbers require multiple races to be run, races will be seeded on predicted times provided on the entry forms. The overall rankings will be based on the fastest times across all races.

Athletes should report to their start area **15 minutes** before the scheduled start of their event to check-in with the starter. For events with multiple races, you should be present at the **start of the first race**, even if you have been seeded in a later race, in case of drop outs.

Please note that medal presentations for the 10,000m will take place during the lunch break.

Match 1 – Parliament Hill Timetable – Saturday 23rd March 2019						
TRACK				FIELD		
Time	Event	Entries	Races	Time	Event	Event
10:00	10,000m M & W		1	10:00	Long Jump M	Shot Put W
10:55	100mH WOMEN		1			
11:05	1500m WOMEN		2	10:50	Shot Put M	Long Jump W
11:20	1500m MEN		3			
11:40	110mH MEN		1	11:40	High Jump M&W	Javelin W
11:45	100m WOMEN		3			
11:55	100m MEN		4			
12:10	400m WOMEN		2			
12:20	400m MEN		2			
<b>12:30</b>	<b>Lunch (inc. Medals for the 10,000m)</b>					
13:00	400mH WOMEN		1	13:00	Discus W	Triple Jump M
13:10	5000m WOMEN		1			
13:40	5000m MEN		1			
14:10	400mH MEN		1	14:00	Triple Jump W	Discus M
14:20	200m WOMEN		3			
14:30	200m MEN		3			
14:40	800m WOMEN		2			
14:50	800m MEN		2			
<b>15:00</b>	<b>Break</b>					
15:20	2000m SC WOMEN		1	15:20	Javelin M (60 mins)	
15:40	4X100m WOMEN					
15:50	4X100m MEN					
16:00	3000m SC MEN		1			
16:20	4X400m WOMEN					
16:40	4X400m MEN					
17:00	<b>EVENT FINISH</b>					

