



LONDON INTER CLUB CHALLENGE/LUCA ATHLETICS SERIES

Lee Valley, 61 Meridian Way, Edmonton, N9 0AR

Saturday 20 April 2019

- 10.45 **Hammer** – All age groups (M&W) 4 throws - overall top 4 have 2 more
- 10.45 **Long Jump 1** - LUCA and all age groups (M&W) – PB – 6m+ (M), 5m+ (W) – 4 jumps – LUCA 3
- 10.45 **400m Hurdles** - LUCA and all age groups (M&W)
- 11.00 **Shot 1** – LUCA and all age groups (M&W) – PB – 10m+ (M), 9m+ (W) – 4 throws – LUCA 3
- 11.15 **5000m** – LUCA and juniors and seniors (M&W) – one / two races depending on entry number
- 12.00 **5000m Walk** - incorporating 1000m and 3000m for Young Athletes
- 12.30 **Shot 2** – LUCA and all age groups (M&W) – PB – U10m (M), U9m (W) – 4 throws – LUCA 3
- 12.30 **Discus 1** – LUCA (M&W) 3 throws
- 12.45 **Long Jump 2** - LUCA and all age groups (M) only – PB – U6m – 3 jumps
- 12.45 **110m Hurdles** - LUCA and LICC (SM & JM)
- 13.00 **100m Hurdles** – LUCA and all age groups (W & Young Athletes – U17 + U15)
- 13.00 **Pole Vault** - All age groups (M&W)
- 13.20 **800m** - LUCA and all age groups (M&W)
- 13.45 **100m** - LUCA (M&W)
- 13.45 **Discus 2** – All age groups (M&W) – PB 35m+ 4 throws - overall top 4 have 2 more
- 14.15 **100m** – LICC Women "A"
- 14.20 **100m** – LICC all age groups (M&W)
- 14.45 **Long Jump 3** - LUCA and all age groups (W) only – PB – U5m – 3 jumps
- 15.00 **High Jump** – LUCA and all age groups (M&W)
- 15.15 **Discus 3** – All age groups (M&W) – PB U35m - 3 throws
- 15.15 **Javelin 1** – LUCA and all age groups (M&W) – PB U33m – 3 throws
- 15.20 **2000m Steeplechase** - LUCA and all age groups (W) only – one race
- 15.30 **400m** –LUCA and all age groups (M&W)
- 16.00 **200m** – LUCA and all age groups (M&W)
- 16.15 **Triple Jump** - LUCA and all age groups (M&W) – 4 jumps – LUCA 3 jumps
- 16.30 **Javelin 2** – LUCA and all age groups (M&W) – PB 33m+ – 4 throws
- 17.00 **3000m Steeplechase** - LUCA and all age groups (M) – one race
- 17.20 **1500m** - LUCA and all age groups (M&W)
- 17.45 **4 x 100m** - LUCA (M&W) – team declaration closes at 16:00
- 17.55 **4 x 400m** - LUCA (M&W) – team declaration closes at 16:30

Other than when races are combined, the LUCA race is first, men followed by women. All subsequent races are graded with fastest first. Mixed races will be run where possible. Photo finish and EDM are provided. **LICC** meetings are Licenced by UKA at Level 2.

For further information see **LICC** section on the London Athletics website: <http://www.londonathletics.org/licc>

LICC – 2, 3 and 4 are @ Allianz Park on Sunday 16 June, Saturday 27 July and Saturday 31 August.

SUPPORTED BY ENGLAND ATHLETICS, UKA AND LONDON MARATHON