



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