**LUCA INDOOR CHAMPIONSHIPS**

**Sunday 24th November 2019**

**PROVISIONAL TIMETABLE**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **FIELD EVENTS** | | | | |
| **TIME** | | **EVENT** | **Information** | |
| **11:00** | | **Shot Put Women** | **3 rounds** | |
| **11:00** | | **Long Jump Men** | **3 rounds** | |
| **12:00** | | **Shot Put Men** | **3 rounds** | |
| **12:00** | | **Long Jump Women** | **3 rounds** | |
| **14:00** | | **Triple Jump Men & Women** | **3 rounds – minimum 7m board for women; 9m board for men** | |
| **14:00** | | **High Jump Women** | **1m starting height** | |
| **15:30** | | **High Jump Men** | **1.15m starting height** | |
| **TRACK EVENTS** | | | | |
| **TIME** | | **EVENT** | **Heats or Final** | **Men or Women** |
| 11:00 | | 60mH | Finals (4) | Women then Men |
| 11:20 | | 60m | Heats (6) | Men |
| 11:50 | | 60m | Heats (8) | Women |
| 12:40 | | 400m | Heats (4) | Men |
| 13:00 | | 400m | Heats (3) | Women |
| **13:20** | |  | **LUNCH** |  |
| 14:00 | | 800m | Finals (2) | Women |
| 14:20 | | 800m | Finals (2) | Men |
| 14:35 | | 200m | Heats (6) | Women |
| 15:00 | | 200m | Heats (7) | Men |
| 15:30 | | 1500m | Finals (3) | Women then Men |
| **15:55 Break** | | | | |
| 16:15 | | 60m | Finals (2) | Women then Men |
| 16:30 | | 400m | Finals (2) | Women then Men |
| 16:45 | | 200m | Finals (2) | Women then Men |
| 17:00 | | 3000m | Finals (3) | Women then Men |
| 17:40 | 4X200 | | Finals (6) | Women then Men |
| 17:55 | Mascot Race | | Final (no points awarded) | Mixed |
| 18:00 | **Team Presentations** | |  |  |
|  |  | | | |

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

**Athletes to call room 20 minutes before race time, Field events to area of competition 15 minutes before start time.**