**LUCA INDOOR CHAMPIONSHIPS**

**Sunday 24th November 2019**

**PROVISIONAL TIMETABLE**

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| **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** |  |  |
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**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.**