**LUCA INDOOR CHAMPIONSHIPS**

**Sunday 24th November 2019**

**FINAL TIMETABLE**

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| **FIELD EVENTS** |
| **TIME** | **EVENT** | **Information** |
| **11:00** | **Shot Put Women (15)** | **3 rounds**  |
| **11:00** | **Long Jump >4.50m PB (20)** | **3 rounds**  |
| **12:30** | **Shot Put Men (16)** | **3 rounds**  |
| **12:30** | **Long Jump <4.50m (20)** | **3 rounds** |
| **14:00** |  | **LUNCH** |
| **14:40** | **Triple Jump Men & Women (24)** | **3 rounds** |
| **14:40** | **High Jump Women (8)** | **1m starting height** |
| **15:45** | **High Jump Men (14)** | **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 (10)  | Men  |
| 12:00 | 60m  | Heats (7)  | Women  |
| 12:40 | 400m  | Heats (5)  | Men  |
| 13:05 | 400m  | Heats (2)  | Women  |
| **13:20** |  | **LUNCH** |  |
| 14:00 | 800m  | Finals (1) | Women  |
| 14:10 | 800m  | Finals (3) | Men  |
| 14:30 | 200m  | Heats (5) | Women  |
| 14:55 | 200m  | Heats (8) | Men  |
| 15:30 | 1500m | Finals (3) | Women then Men |
|  **16:00 Break** |
| 16:15 | 60m  | Finals (2)  | Women then Men  |
| 16:30 | 400m  | Finals (2)  | Women then Men  |
| 16:40 | 200m  | Finals (2)  | Women then Men  |
| 16:50 | 3000m  | Finals (3)  | Women then Men  |
| 17:40 | 4X200 | Finals (6) | Women then Men |
| 18:15 | **Team Presentations** |  |  |
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**Track athletes to call room 15 minutes before race time.**

**Field events to area of competition 15 minutes before start time.**