



LUCA INDOOR CHAMPIONSHIPS

Saturday 20th November 2021

PROVISIONAL TIMETABLE

FIELD EVENTS			
TIME	EVENT	Information	
13:00	Shot Put Women	3 rounds	
13:00	Long Jump Men	3 rounds	
14:00	Shot Put Men	3 rounds	
14:00	Long Jump Women	3 rounds	
15:00	Triple Jump Men & Women	3 rounds – minimum 7m board for women; 9m board for men	
16:30	High Jump Women	1.25m starting height	
17:00	High Jump Men	1.40m starting height	
TRACK EVENTS			
TIME	EVENT	Heats or Final	Men or Women
13:00	60mH	Finals	Women then Men
13:20	400m	Heats	Men
13:40	400m	Heats	Women
14:00	800m	Finals	Men
14:20	800m	Finals	Women
14:30	60m	Heats	Women
15:00	60m	Heats	Men
15:45	200m	Heats	Women
16:05	200m	Heats	Men
Break			
17:00	60m	Finals	Women then Men
17:10	1500m	Finals	Women then Men
17:30	400m	Finals	Women then Men
17:45	200m	Finals	Women then Men
17:55	3000m	Finals	Women then Men
18:30	4X200	Finals	Women then Men
18:45	Mascot Race	Final (no points awarded)	Mixed
19:00	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.