**LUCA INDOOR CHAMPIONSHIPS**

**Sunday 20th November 2022**

**FINAL TIMETABLE**

| **FIELD EVENTS** |
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| **TIME** | **EVENT** | **Information** |
| **12:45** | **Long Jump Men Pool A** | **3 rounds** |
| **12:45** | **Shot Put Women** | **3 rounds** |
| **13:15** | **Shot Put Men** | **3 rounds** |
| **13:45** | **Long Jump Men Pool B** | **3 rounds** |
| **14:00** | **Long Jump Women** | **3 rounds** |
| **15:00** | **Triple Jump Men and Women** | **3 rounds. min 7m Board for women; 9m for men** |
| **16:00** | **High jump Women** | **1.25m starting height** |
| **17:00** | **High Jump Men** | **1.40m starting height** |
| **18:15** | **Pole Vault Mixed** | **Any height** |
| **TRACK EVENTS** |
| **TIME** | **EVENT** | **Heats or Final** | **Men or Women** |
| 12:30 | 60mH  | Finals (3) | Women then Men  |
| 12:45 | 400m  | Heats (5) | Men  |
| 13:10 | 400m  | Heats (3) | Women  |
| 13:25 | 800m  | Heats (3) | Men  |
| 13:45 | 800m  | Heats (3) | Women  |
| 14:05 | 60m  | Heats (5) | Women  |
| 14:30 | 60m  | Heats (7) | Men  |
| 15:05 | 200m  | Heats (6) | Women  |
| 15:35 | 200m  | Heats (8) | Men  |
| **Break** |
| 16:45 | 1500m  | Finals (5) | Women then Men  |
| 17:25 | 60m  | Final (X2)  | Women then Men  |
| 17:35 | 400m  | Final (X2)  | Women then Men  |
| 17:45 | 200m  | Final (X2)  | Women then Men  |
| 17:55 | 3000m  | Finals (4) | Women then Men  |
| 18:55 | 4X200 | Finals (7) | Women then Men |
| 19:30 | Mascot Race | Final (no points awarded) | Mixed |
| 19:35 | **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.**