**LUCA INDOOR CHAMPIONSHIPS**

**Sunday 20th November 2022**

**FINAL TIMETABLE**

| **FIELD EVENTS** | | | | |
| --- | --- | --- | --- | --- |
| **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.**