

# LUCA Outdoor Championships 2023

@Battersea Park

3rd June 2023

TIMETABLE as of 31st May 2023 – FINAL.

The Competition Director reserves the right to amend the programme provided that sufficient advance warning is given to competitors. Please go to [www.london-athletics.com](http://www.london-athletics.com) for more information.

Where entry numbers require multiple races to be run, races will be seeded on predicted times provided on the entry forms on [OpenTrack](#).

Athletes have 3 jumps for Long and Triple Jump, 3 throws for Shot Put, Javelin and Discus and 3 attempts to clear each height for High Jump and Pole Vault.

Athletes should report to their start area **10 minutes** before the scheduled start of track events and **15 minutes** before the scheduled start of field events. For events with multiple races, you should be present at the **start of the first race**, even if you have been seeded in a later race, in case of drop outs.

For those competing in multiple events, it is the athlete's responsibility to be present at each event at the appropriate times. For example, it is the athlete's responsibility to ensure they do not miss a throw/jump if competing in a field and track event at the same time.

***Points are awarded to the top 6 athletes on a 7,5,4,3,2,1 points structure. In the team competition, only the top 2 athletes per university will score in each event.***

Medals will be presented during breaks and after the final event.



## LUCA OUTDOOR CHAMPS - BATTERSEA PARK JUNE 3RD

TRACK		FIELD		
Time	Event	Time	Event	Pools
10:00	5000m M(21)	10:00	LJ	M(5)+W(8)
10:45	5000m W(11)			
11:15	110mH M(3)			
11:20	100mH W(2)	11:00	SP	M(3)+W(3)
11:30	100m M(30)			
11:55	100m W(14)	12:00	HJ	M(4)+W(1)
12:10	400m M(10)			
12:20	400m W(2)			
12:30	800m M(9)			
12:40	800m W(5)			
12:55	400mH M(1)+W(2)			
13:00	Break			
13:45	200m M(33)	13:30	Discus	M(4)
14:10	200m W(13)			
14:30	1500m M(11)			
14:40	1500m W(9)			
14:55	2000m SC(1)	14:30	Javelin	M(4)+W(2)
15:15	3000m SC(2)			
15:30	Break			
16:00	4x100m M(7)			
16:10	4x100m W(2)			
16:30	4x400m M(2)+W(2)	15:30	TJ	M(3)+W(4)
16:45	Medley Relay (2)			
17:00	Mascot Race			

