**LUCA INDOOR CHAMPIONSHIPS**

**Saturday 2nd December 2023**

**FINAL TIMETABLE**

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| **FIELD EVENTS** | | | |
| **TIME** | **EVENT** | **Information** | |
| **11:15** | **Long Jump Men Pool A (9)** | **3 rounds** | |
| **11:15** | **Long Jump Men Pool B (9)** | **3 rounds** | |
| **12:00** | **Shot Put Women (10)** | **3 rounds** | |
| **12:30** | **Shot Put Men (11)** | **3 rounds** | |
| **13:15** | **Long Jump Women Pool A (11)** | **3 rounds** | |
| **13:15** | **Long Jump Women Pool B (10)** | **3 rounds** | |
| **14:00** | **High Jump Women (5)** | **1.25m starting height** | |
| **15:15** | **Triple Jump Women (10)** | **3 rounds. min 7m Board for women; 9m for men** | |
| **16:00** | **Triple Jump Men (13)** | **3 rounds. min 7m Board for women; 9m for men** | |
| **17:00** | **High Jump Men (9)** | **1.40m starting height** | |
| **18:00** | **Pole Vault Mixed (4)** | **Any height** | |
| **TRACK EVENTS** | | | |
| **TIME** | **EVENT** | **Heats or Final** | **Men or Women** |
| 11:15 | 60mH | Final (1) | Women (8) |
| 11:20 | 60mH | Final (1) | Men (7) |
| 11:30 | 60m | Heats (6) | Women (43) |
| 11:50 | 60m | Heats (8) | Men (62) |
| 12:20 | 400m | Heats (3) | Women (17) |
| 12:35 | 400m | Heats (6) | Men (31) |
| 13:05 | 1500m | Heats (3) | Women (24) |
| 13:30 | 1500m | Heats (4) | Men (41) |
| 14:00 | 200m | Heats (5) | Women (28) |
| 14:20 | 200m | Heats (9) | Men (52) |
| **Break** | | | |
| 15:30 | 60m | Finals (2) | Women then Men |
| 15:40 | 400m | Finals (2) | Women then Men |
| 15:50 | 800m | Heats (3) | Women (20) |
| 16:05 | 800m | Heats (4) | Men (27) |
| 16:25 | 200m | Finals (2) | Women then Men |
| 16:35 | 3000m | Heats (3) | Women (29) |
| 17:15 | 3000m | Heats (4) | Men (38) |
| 18:05 | 4X200 | Heats (3) | Women (14) |
| 18:20 | 4X200 | Heats (3) | Men (18) |
| 18:40 | Mascot Race | Final (no points awarded) | Mixed |
| 18:45 | **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.**