



LUCA INDOOR CHAMPIONSHIPS

Saturday 30th November 2024

FINAL TIMETABLE

FIELD EVENTS			
TIME	EVENT	Information	
12:15	Shot Put Women (11)	3 rounds	
12:45	Shot Put Men (17)	3 rounds	
13:30	Long Jump Women (12) Pool 1	3 rounds	
14:00	Long Jump Women (11) Pool 2	3 rounds	
14:30	Long Jump Men (12) Pool 1	3 rounds	
15:00	Long Jump Men (11) Pool 2	3 rounds	
15:45	High Jump Women (7)	1.25m starting height	
16:45	High Jump Men (7)	1.40m starting height	
17:30	Triple Jump Mixed (17)	3 rounds. min 7m Board for women; 9m for men	
18:30	Pole Vault Mixed (6)	Any height	
TRACK EVENTS			
TIME	EVENT	Heats or Final	Men or Women
12:15	60mH	Finals (2)	Women (9)
12:25	60mH	Final (1)	Men (7)
12:30	60m	Heats (8)	Women (56)
12:55	60m	Heats (12)	Men (93)
13:35	400m	Heats (4)	Women (23)
13:50	400m	Heats (6)	Men (36)
14:10	1500m	Heats (3)	Women (35)
14:35	1500m	Heats (4)	Men (50)
15:05	200m	Heats (9)	Women (52)
15:30	200m	Heats (13)	Men (76)
Break			
16:30	60m	Finals (2)	Women then Men
16:40	400m	Finals (2)	Women then Men
16:50	800m	Heats (4)	Women (25)
17:10	800m	Heats (4)	Men (28)
17:30	200m	Finals (2)	Women then Men
17:40	3000m	Heats (2)	Women (21)
18:05	3000m	Heats (4)	Men (45)
19:00	4X200	Heats (3)	Women (17 teams)

<https://www.london-athletics.com/competitions/indoor/>



19:20	4X200	Heats (3)	Men (18 teams)
19:40	Mascot Race	Final (no points awarded)	Mixed
19:45	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.