

LUCA Pre-BUCS Open 2025

@London Marathon Community Track, Olympic Park

23rd March 2025

TIMETABLE as of 9th Feb 2025 – **subject to change.**

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 for more information.

Where entry numbers require multiple races to be run, races will be seeded on predicted times provided on the entry forms. These can be found here: <https://data.opentrack.run/en-gb/x/2024/GBR/luca-open/>

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.

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.



LUCA PRE-BUCS OPEN - London Marathon Community Track MARCH 23RD 2025

Pre-BUCS Open Timetable - Sunday 23rd March 2025						
Track			Field			
Call Time	Race Time	Event (number of heats)	Call Time	Event Time	Event	Event
10:20	10:30	100mH Women (2)	10:15	10:30	LJ Men	LJ Women
10:30	10:40	110mH Men (2)				
10:40	10:50	1500m Women (3)				
11:05	11:15	1500m Men (3)	11:30	11:45	SP Men	SP Women
11:30	11:40	400mH M+W (1 each)				
11:45	11:55	400m Women (4)				
12:00	12:10	400m Men (4)	13:00	13:00	Javelin Men	Javelin Women
12:20	12:30	100m Women (6)				
12:40	12:50	100m Men (6)				
13:05	13:15	5K Mixed (3)				
	14:15	Break				
14:35	14:45	200m Women (6)	14:15	14:30	HJ Men	HJ Women
14:55	15:05	200m Men (6)				
15:20	15:30	800m Women (3)				
15:35	15:45	800m Men (3)	15:30	15:45	TJ Men	TJ Women
15:50	16:00	2000m SC Women (1)				
16:05	16:15	3000m SC Men (1)				
16:35	16:45	4X100m Women (3)	16:45	17:00	Discus Men	Discus Women
16:50	17:00	4X100m Men (3)				
17:05	17:15	4X400m Women (3)				
17:20	17:30	4X400m Men (3)				
	18:00	EVENT FINISH				

Please note LMCT has an 8 lane home straight but only 6 lanes for circular races - this has been taken into account when deciding entry caps.