

LUCA Outdoor Championships 2026

@Tooting Bec Athletics Track

30th May 2026

TIMETABLE as of 25th of April 2026 – **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 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/Pole Vault. There will be a final 3 cut, with the final 3 allowed one further attempt in order (1st, 2nd, 3rd).

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. Please note we have our 10 year celebration and awards evening immediately after at 7.30pm at Macadam Building, King's College London, Strand, please ensure you have your tickets.



LUCA OUTDOOR CHAMPS - TOOTING BEC

TRACK			FIELD		
Time	Event	Heats	Time	Event	Pools
9:30	Men's 5K	2	9:30	Men's LJ	Men
10:15	Women's 5K	1			
10:45	Men's 110mH	2	10:30	Women's LJ	Women
10:55	Women's 100mH	2			
11:05	Men's 100m	8	11:30	Men's Shot	Men
11:40	Women's 100m	4			
12:00	Men's 400m	3	12:00	Women's Shot	Women
12:15	Women's 400m	3			
12:30	Men's 800m	2	12:30	Men's HJ	Men
12:40	Women's 800m	2			
13:00	Men's 400mH	1	13:00	Women's HJ	Women
13:10	Women's 400mH	1			
13:15	Break		13:30	Break	
14:00	Men's 200m	6	14:00	Men's Discus	Mixed
14:30	Women's 200m	4	14:00	Women's Discus	
14:50	Men's 1500m	3	14:45	Men's Javelin	Mixed
15:15	Women's 1500m	2	14:45	Women's Javelin	
15:30	Women's 2KSC	1	15:30	Men's TJ	Mixed
15:45	Men's 3KSC	1	15:30	Women's TJ	
16:00	Men's 4x100m	3	16:30	Men's PV	Mixed
16:15	Women's 4x100m	3			
16:30	Men's 4x400m	3			
16:45	Women's 4x400m	3	16:30	Women's PV	
17:00	Medley Relay	2			
17:15	Mascot Race	1			
MEDAL AND TROPHY PRESENTATIONS					

