



LUCA INDOOR CHAMPIONSHIPS

@Lee Valley Athletics Centre

Sunday 29th November 2026

PROVISIONAL TIMETABLE - subject to change

FIELD EVENTS			
TIME	EVENT	Information	
10:30	Shot Put Women	3 rounds (including ambulant)	
10:30	Long Jump Men	3 rounds, 2 pools	
11:15	Shot Put Men	3 rounds	
11:15	Long Jump Women	3 rounds (including ambulant), 2 pools	
13:00	High Jump Women	1.25m starting height	
13:45	High Jump Men	1.40m starting height	
15:00	Triple Jump Women	3 rounds. min 7m Board for women; 9m for men	
16:00	Triple Jump Men		
17:00	Pole Vault Mixed	Any height	
TRACK EVENTS			
TIME	EVENT	Heats or Final	Men or Women
10:30	60mH	Finals	Women then Men
10:45	60m	Heats	Women
11:20	60m	Heats	Men
12:15	400m	Heats	Women
12:35	400m	Heats	Men
13:05	1500m	Heats	Women
13:30	1500m	Heats	Men
14:00	200m	Heats	Women
14:35	200m	Heats	Men
Break			
16:00	60m	Finals	Women then Men
16:10	800m	Heats	Women
16:25	800m	Heats	Men

16:50	200m	Finals	Women then Men
17:00	3000m	Heats	Women
17:24	3000m	Heats	Men
18:00	4X200	Heats	Women
18:15	4X200	Heats	Men
18:30	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.

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