



TIMETABLE FOR ALL EVENTS FOR 2017

Match 1 at Allianz Park, Greenlands Lane, NW4 1RL

Saturday 24 June 2017

Match 2 at Allianz Park, Greenlands Lane, NW4 1RL

Saturday 29 July 2017

Match 3 at Allianz Park, Greenlands Lane, NW4 1RL

Saturday 26 August 2017

MEMBER CLUBS FOR 2017: Achilles Club and Shaftesbury Barnet Harriers

09.30	Quadkids Registration: First event @ 10.00
12.00	Hammer (PB over 40m - Pool 1 – 6 throws) - outside
12.00	Long Jump (PB over 5.90m - Pool 1– 6 jumps)
12.30	Discus (PB over 40m - Pool 1- 6 throws) - inside
12.45	3000m (mixed) (Match 1 + 3) 5000m (mixed) (Match 2)
13.05	400m Hurdles - All age groups
13.20	Pole Vault – All age groups
13.20	300m Hurdles - U17 Women
13.30	1500m Steeplechase (M) / (W)
13.30	Long Jump (PB under 5.90m - Pool 2 – 4 jumps)
13.40	800m - All age groups including Young Athletes
13.55	100m - Women "A"
14.00	100m – All age groups
14.00	Hammer (PB under 40m - Pool 2 – 4 throws) - outside
15.00	Triple Jump (PB over 11.50m Pool 1 – 6 jumps)
15.00	High Jump – All age groups
15.20	400m - All age groups
15.30	Discus (PB under 40m - Pool 2- 4 throws) – inside
15.55	100m Hurdles (W) - All age groups including Young Athletes hurdles races
16.15	200m - Women "A"
16.15	Shot – All age groups – 6 throws - outside
16.20	200m – All age groups
16.30	Javelin – All age groups – 4 throws with overall top 4 having 2 more - outside
16.45	Triple Jump (PB under 11.50m - Pool 2 – 4 jumps)
17.15	110m Hurdles (SM and JM)
17.25	1500m – All age groups

All track events are subject to grading. Mixed races will be run where appropriate. Fastest races are run first. Photo finish and EDM are provided for all meetings. Entries from athletes from non-member clubs are welcome on the day and are charged at £4 for the first event and £3 for each subsequent event. Registration opens at 10.30 and closes 30 minutes before the published start time of each event as listed above. Visit the LICC page on the London Athletics website for further information: <http://www.londonathletics.org/licc>

SUPPORTED BY ENGLAND ATHLETICS, UKA AND LONDON MARATHON