



LONDON INTER CLUB CHALLENGE 1/LUCA ATHLETICS SERIES 2

Lee Valley, 61 Meridian Way, Edmonton, N9 0AR

Saturday 18th April 2020

- 10.45 **Hammer** – All age groups (M&W) 4 throws - overall top 4 have 2 more
- 10.45 **Long Jump 1** - LUCA and all age groups (M&W) – PB – 6m+ (M), 5m+ (W) – 4 jumps (LUCA 3)
- 10.45 **400m Hurdles** - LUCA and all age groups (M&W)
- 11.00 **Shot 1** – LUCA and all age groups (M&W) – PB – 10m+ (M), 9m+ (W) – 4 throws (LUCA 3)
- 11.15 **5000m** – LUCA and juniors and seniors (M&W) – one / two races depending on entry number
- 12.00 **800m** - LUCA and all age groups (M&W)
- 12.30 **Shot 2** – LUCA and all age groups (M&W) – PB – U10m (M), U9m (W) – 4 throws (LUCA 3)
- 12.30 **Discus 1** – LUCA (M&W) 3 throws
- 12.45 **Long Jump 2** - LUCA and all age groups (M) only – PB – U6m – 3 jumps
- 12.45 **110m Hurdles** - LUCA and LICC (SM & JM)
- 13.00 **100m Hurdles** – LUCA and all age groups (W, Masters & Young Athletes incl distances > 100m)
- 13.00 **Pole Vault** - All age groups (M&W)
- 13.45 **100m** - LUCA (M&W)
- 13.45 **Discus 2** – All age groups (M&W) – PB 35m+ 4 throws - overall top 4 have 2 more
- 14.15 **100m** – LICC Women "A"
- 14.20 **100m** – LICC all age groups (M&W)
- 14.45 **Long Jump 3** - LUCA and all age groups (W) only – PB – U5m – 3 jumps
- 15.00 **High Jump** – LUCA and all age groups (M&W)
- 15.15 **Discus 3** – All age groups (M&W) – PB U35m - 3 throws
- 15.15 **Javelin 1** – LUCA and all age groups (M&W) – PB U33m – 3 throws
- 15.20 **2000m Steeplechase** - LUCA and all age groups (W) only – one race
- 15.30 **400m** –LUCA and all age groups (M&W)
- 16.00 **200m** – LUCA and all age groups (M&W)
- 16.15 **Triple Jump** - LUCA and all age groups (M&W) – 4 jumps (LUCA 3 jumps)
- 16.30 **Javelin 2** – LUCA and all age groups (M&W) – PB 33m+ – 4 throws
- 17.00 **3000m Steeplechase** - LUCA and all age groups (M) – one race
- 17.20 **1500m** - LUCA and all age groups (M&W)
- 17.45 **4 x 100m** - LUCA (M&W) – team declaration closes at 16:00
- 17.55 **4 x 400m** - LUCA (M&W) – team declaration closes at 16:30

Other than when races are combined, the LUCA race is first, men followed by women. All other track events are subject to grading. Mixed races will be run where appropriate. Fastest races are run first. Photo finish and EDM are provided. **LICC** member clubs for 2020 are **Achilles Club** and **SBH**. Entries from athletes from non-member clubs are welcome on the day and are charged £4 for the first event and £3 for subsequent events. Registration opens at 09.30 and closes 30 minutes before the published start time of each event as listed above. **LICC** meetings are Licenced by UKA at Level 2 (OUT 20/065).

For further information see **LICC** section on the London Athletics website: <http://www.londonathletics.org/licc> **LICC** – 2, 3 and 4 are @ Allianz Park on Saturday 27th June, Saturday 25th July and Saturday 22th August.

SUPPORTED BY ENGLAND ATHLETICS, UKA AND LONDON MARATHON