



**LONDON INTER CLUB CHALLENGE – 2021**  
**StoneX Stadium, Greenlands Lane, Hendon, London, NW4 1RL**

**UKA LICENCE – LEVEL 2**  
**Match 2 - Saturday 10th July 2021**

**MEMBER CLUBS FOR 2021: Achilles Club and Shaftesbury Barnet Harriers**

11.00	<b>Hammer</b> (All age groups - 4 throws with top 8 having 2 more) - outside
11.00	<b>Long Jump</b> (PB over 5.90m - Pool 1– 4 jumps with top 8 having 2 more)
11.00	<b>400m Hurdles</b> - All age groups
11.30	<b>300m Hurdles</b> - U17 Women
11.50	<b>3000m</b> – All age groups
12.00	<b>Pole Vault</b> – All age groups (PBs over 3.50)
12.30	<b>Long Jump</b> (PB under 5.90m - Pool 2 – 4 jumps)
12.15	<b>2000m Steeplechase</b> - All age groups – Barriers 91.4cm
12.30	<b>800m</b> - All age groups
12.45	<b>100m</b> - Women "A" followed by all age groups
13.00	<b>Discus</b> (All age groups - 4 throws with top 8 having 2 more) – outside. If numbers require it, two Pools, with Pool 1 outside, Pool 2 inside with 4 throws only.
14.00	<b>High Jump</b> – All age groups
13.55	<b>300m</b> – U15 boys, U15 + U17 girls
13.45	<b>400m</b> – Women "A" followed by all age groups
13.45	<b>Triple Jump</b> (All age groups - 4 jumps with top 8 having 2 more)
14.55	<b>100m Hurdles</b> - (Women and all age groups including Young Athletes and Masters hurdles races)
15.10	<b>200m</b> - Women "A" followed by all age groups
15.00	<b>Shot</b> – (All age groups - 4 throws with top 8 having 2 more) - outside
15.15	<b>Javelin</b> (All age groups - 4 throws with top 8 having 2 more) - outside
15.55	<b>110m Hurdles</b> (SM and JM)
16.05	<b>1500m</b> - All age groups
16.25	<b>4x100m Relay</b> – All age groups
16.40	<b>4x400m Relay</b> – All age groups
16.55	<b>Distance Medley Relay</b> (1200m x 400m x 800m x 1600m) – All age groups

Above LICC events preceded by SBH Quadkids (first event 10.00, registration from 09.30)

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. Online entries only – no entries on the day. Details at <https://entry4sports.co.uk/#/> and updates also at <https://www.facebook.com/groups/906800019816611/about>.

**SUPPORTED BY ENGLAND ATHLETICS, UKA AND LONDON MARATHON**