



## **LONDON INTER CLUB CHALLENGE/LUCA ATHLETICS SERIES – PROVISIONAL TT Lee Valley, 61 Meridian Way, Edmonton, N9 0AR      Saturday 16 April 2022**

- 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 **5000m Walk** - incorporating 1000m and 3000m for Young Athletes  
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)  
12.55 **100m Hurdles** – LUCA and all age groups (W & Young Athletes – U17 + U15)  
13.00 **Pole Vault** - All age groups (M&W) 13.05  
13.05 **80m Hurdles** – (U17W & U15B)  
13.15 **75m Hurdles** – (U15G)  
13.20 **800m** - LUCA and 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" followed by 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  
16.55 **3000m Steeplechase** - LUCA and all age groups (M) – one race  
17.10 **300m** – All age groups (M&W)  
17.30 **1500m** - LUCA and all age groups (M&W)  
17.50 **4 x 100m** - LUCA (M&W) – team declaration closes at 16:00  
18.00 **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 subsequent races are graded with fastest first. Mixed races will be run where possible. Photo finish and EDM are provided. Entries are online at [www.entry4sports.co.uk](http://www.entry4sports.co.uk) then put 326 in the filter box. Entry fee is £8 per event. Members of SBH and LUCA qualify for a 50% discount. Online entries only – **ENTRIES CLOSE 12 APRIL** - no entries on the day. **LICC** is Licenced by UKA at Level 2. **LICC** – 2, 3 and 4 are @ StoneX Stadium, Greenlands Lane, Hendon, London, NW4 1RL on Saturday 25 June, Sunday 24 July and Sunday 28 August 2022

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