



LONDON INTER CLUB CHALLENGE – 2022
StoneX Stadium, Greenlands Lane, Hendon, London, NW4 1RL

UKA LICENCE – LEVEL 2
Match 4 - Sunday 28 August 2022 – Entries Close 21 August

PROVISIONAL TIMETABLE

09.30	Quadkids Registration: First Event @ 10.00am
11.00	Hammer – (All age groups - 4 Throws with top 8 having 2 more) – Outside Throws Area
12.00	5,000m Walk – incorporating 1,000m and 3,000m for Young Athletes
12.00	Long Jump 1 – (PB Over 5.50m – 4 Jumps with top 8 having 2 more)
12.30	Discus 1 – (PB Under 35.00m – 4 Throws Only)
12.45	400m Hurdles – All Age groups
13.15	800m – All Age Groups
13.15	Long Jump 2 – (PB Under 5.50m – 4 Jumps Only)
13.20	Pole Vault – All Age Groups
13.30	100m – Women "A" followed by All Age Groups
14.00	Discus 2 – (PB Over 35.00m – 4 Throws with top 8 having 2 more) – Outside Throws Area
14.35	300m – U15 Boys, U15 + U17 Girls
14.50	400m – All Age Groups
15.00	High Jump – All Age Groups
15.15	Javelin – (All Age Groups – 4 Throws with top 8 having 2 more) – Outside Throws Area
15.25	75m Hurdles – U15 Girls
15.35	80m Hurdles – U15 Boys & U17 Women
15.45	100m Hurdles – U17 & V50 Men Plus U20 & Senior Women
15.45	Triple Jump – (All Age Groups – 4 Jumps with top 8 having 2 more)
16.05	110m Hurdles – U20 & Senior Men
16.25	200m – Women "A" followed by All Age Groups
16.30	Shot – (All Age Groups – 4 Throws with top 8 having 2 more) – Outside Throws Area
17.05	1500m – All Age Groups

Other than when races are combined, or it is stated there will be a Women's A race, 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 then put **374** in the filter box. Entry fee is £8 per event. Members of SBH qualify for a 50% discount. **ENTRIES CLOSE 21st AUGUST**
Online entries only – No Entries on the day.

SUPPORTED BY ENGLAND ATHLETICS, UKA AND LONDON MARATHON