



LONDON INTER CLUB CHALLENGE/LUCA ATHLETICS SERIES

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

Saturday 28 April 2018

- 11.00 **Hammer** – All age groups (M&W) 4 throws - overall top 4 have 2 more – LUCA 3 throws only
11.00 **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
11.00 **Long Jump 1** - LUCA and all age groups (M&W) – PB – 6m+ (M), 5m+ (W) – 4 jumps – LUCA 3
11.30 **5000m Walk** – incorporating 1000m and 3000m for Young Athletes
12.15 **5000m** - LUCA and juniors and seniors (M&W) – one race
12.30 **Shot 2** – LUCA and all age groups (M&W) – PB – U10m (M), U9m (W) – 4 throws – LUCA 3
12.45 **110m Hurdles** - LUCA and LICC (SM & JM)
12.45 **Discus 1** – LUCA (M&W) 3 throws
13.00 **100m Hurdles** – LUCA and all age groups (W & Young Athletes – U17 + U15)
13.00 **Long Jump 2** - LUCA and all age groups (M) only – PB – U6m – 3 jumps
13.00 **Pole Vault** – LUCA and all age groups (M&W)
13.20 **800m** - LUCA and all age groups (M&W)
13.45 **100m** - LUCA (M&W)
14.00 **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)
15.00 **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)
15.20 **2000m Steeplechase** - LUCA and all age groups (W) only – one race
15.30 **400m** –LUCA and all age groups (M&W)
15.30 **Discus 3** – All age groups (M&W) – PB U35m - 3 throws
15.30 **Javelin 1** – LUCA and all age groups (M&W) – PB U33m – 3 throws
16.00 **200m** – LUCA and all age groups (M&W)
16.45 **Javelin 2** – LUCA and all age groups (M&W) – PB 33m+ – 4 throws
16.45 **Triple Jump** - LUCA and all age groups (M&W) – 4 jumps – LUCA 3 jumps
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 subsequent races are graded with fastest first. Mixed races will be run where possible. Photo finish and EDM are provided. **LICC** member clubs, **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 10.00 and closes 30 minutes before the published start time. **LICC** meetings are Licenced by UKA at Level 2.

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 Saturdays - 30 June, 28 July and 25 August

SUPPORTED BY ENGLAND ATHLETICS, UKA AND LONDON MARATHON