



LONDON INTER CLUB CHALLENGE – 2018
Allianz Park, Greenlands Lane, Hendon, London, NW4 1RL

UKA LICENCE – LEVEL 2
Match 1 - Saturday 30 June 2018
Match 2 - Saturday 28 July 2018
Match 3 - Saturday 25 August 2018

MEMBER CLUBS FOR 2018: Achilles Club and Shaftesbury Barnet Harriers

09.30	Quadkids Registration: First event @ 10.00
12.00	Hammer (All age groups - 4 throws with top 8 having 2 more) - outside
12.00	Long Jump (PB over 5.90m - Pool 1– 4 jumps with top 8 having 2 more)
12.00	5000m Walk (Matches 1+2 only) – incorporating 1000m and 3000m for Young Athletes
12.45	3000m (Matches 1+3) 5000m (Match 2)
13.00	400m Hurdles - All age groups
13.20	Pole Vault – All age groups
13.15	300m Hurdles - U17 Women
13.30	Long Jump (PB under 5.90m - Pool 2 – 4 jumps)
13.20	1500m Steeplechase (M) / (W)
13.40	800m - All age groups including Young Athletes
13.55	100m - Women "A"
14.00	100m – All age groups
14.00	Discus (All age groups - 4 throws with top 8 having 2 more) - outside
15.00	High Jump – All age groups
15.20	400m - All age groups
15.45	Triple Jump (All age groups - 4 jumps with top 8 having 2 more)
15.55	100m Hurdles (W) - All age groups including Young Athletes hurdles races
16.15	200m - Women "A"
16.00	Shot – (All age groups - 4 throws with top 8 having 2 more) - outside
16.20	200m – All age groups
16.15	Javelin (All age groups - 4 throws with top 8 having 2 more) - outside
17.15	110m Hurdles (SM and JM)
17.25	1500m – All age groups

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. Entries from athletes from non-member clubs are welcome on the day and are charged at £4 for the first event and £3 for each subsequent event. Registration opens at 10.30 and closes 30 minutes before the published start time of each event as listed above. Visit the LICC page on the London Athletics website for further information: <http://www.londonathletics.org/licc>

SUPPORTED BY ENGLAND ATHLETICS, UKA AND LONDON MARATHON