



LONDON INTER CLUB CHALLENGE – 2019
Allianz Park, Greenlands Lane, Hendon, London, NW4 1RL

UKA LICENCE – LEVEL 2
Match 3 - Saturday 27 July 2019
Match 4 - Saturday 31 August 2019

MEMBER CLUBS FOR 2019: 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 5.50m - Pool 1– 4 jumps with top 8 having 2 more)
12.00	5000m Walk – incorporating 1000m and 3000m for Young Athletes
12.45	3000m (Match 4) 5000m (Match 3) - All age groups
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 5.50m - Pool 2 – 4 jumps)
13.20	2000m Steeplechase – All age groups – Barriers 91.4 match 3, 1500m Steeplechase - All age groups –Barriers 76.2cm match 4
13.40	800m - All age groups
13.45	Discus (All age groups - 4 throws with top 8 having 2 more) – inside (or, if numbers require it two Pools, with Pool 1 outside and 4 throws only for Pool 2)
13.55	100m - Women "A" followed by all age groups
15.00	High Jump – All age groups
15.00	300m – U15 boys, U15 + U17 girls
15.20	400m – Women "A" followed by all age groups
15.45	Triple Jump (All age groups - 4 jumps with top 8 having 2 more)
15.45	Javelin (All age groups - 4 throws with top 8 having 2 more) - outside
15.55	100m Hurdles - All age groups including Young Athletes hurdles races
16.15	200m - Women "A" followed by all age groups
16.00	Shot – (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