



LONDON INTER CLUB CHALLENGE – 2019

Allianz Park, Greenlands Lane, Hendon, London, NW4 1RL

UKA LICENCE – LEVEL 2

Match 2 - Sunday 16 June 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 5.90m - Pool 1– 4 jumps with top 8 having 2 more) |
| 12.00 | 5000m Walk – incorporating 1000m and 3000m for Young Athletes |
| 12.45 | 3000m - 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 5.90m - Pool 2 – 4 jumps) |
| 13.20 | 1500m Steeplechase – All age groups – Barriers 76.2cm |
| 13.40 | 800m - All age groups |
| 13.55 | 100m - Women "A" followed by 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 |
| 15.00 | 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) |
| 15.55 | 100m Hurdles (W) - 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 |
| 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