



LONDON INTER CLUB CHALLENGE – 2022

StoneX Stadium, Greenlands Lane, Hendon, London, NW4 1RL

UKA LICENCE – LEVEL 2

Match 2 - Saturday 25 June 2022 – Entries Close 19 June

Match 3 - Sunday 24 July 2022 – Entries Close 17 July

Match 4 - Sunday 28 August 2022 – Entries Close 21 August

- 09.30 **Quadkids Registration:** First Event @ 10.00am
- 12.00 **Hammer** – (All age groups - 4 Throws with top 8 having 2 more) – Outside Throws Area
- 12.00 **Long Jump 1** – (PB over 5.50m – 4 Jumps with top 8 having 2 more)
- 12.00 **5000m Walk** – incorporating 1000m and 3000m for Young Athletes
- 12.45 **3000m** (Matches 2 & 4) **5000m** (Match 3) - All Age Groups
- 13.00 **400m Hurdles** – All Age groups
- 13.15 **300m Hurdles** – U17 Women
- 13.20 **Pole Vault** – All Age Groups
- 13.20 **1500m Steeplechase** – All Age Groups – Barriers 76.2cm **matches 2 & 4**
- 2000m Steeplechase** – All Age Groups – Barriers 91.4cm **match 3**
- 13.30 **Long Jump 2** – (PB under 5.50m – 4 Jumps only)
- 13.40 **800m** – All Age Groups
- 13.45 **Discus** – (All Age Groups - 4 Throws with top 8 having 2 more) – Outside Throws Area
(or, if numbers require 2 pools, then Pool 1 will be followed by Pool 2, where Pool 2 will get 4 Throws only)
- 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** – 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 Throws Area
- 15.55 **100m Hurdles** – All Age Groups including Young Athletes Hurdles Races
- 16.00 **Shot** – (All Age Groups – 4 Throws with top 8 having 2 more) – Outside Throws Area
- 16.15 **200m** – Women "A" followed by All Age Groups
- 17.15 **110m Hurdles** – SM and JM
- 17.25 **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 **355** in the filter box. Entry fee is £8 per event. Members of SBH qualify for a 50% discount. **ENTRIES CLOSE 19th JUNE**
Online entries only – No Entries on the day.

SUPPORTED BY ENGLAND ATHLETICS, UKA AND LONDON MARATHON