



REVISED TIMETABLE - MEETINGS 2, 3 AND 4 OF 2009

**Meeting 1 at Barnet Copthall, NW4 1RL,
Meeting 2 at Lee Valley, N9 0AS,
Meeting 3 at Parliament Hill, NW5 1QR,
Meeting 4 at Barnet Copthall, NW4 1RL,**

**Saturday 25 April 2009
Saturday 23 May 2009
Saturday 25 July 2009
Saturday 29 August 2009**

MEMBER CLUBS FOR 2009

**Enfield & Haringey AC, Highgate Harriers, London Heathside AC, Shaftesbury
Barnet Harriers, Woodford Green AC with Essex Ladies**

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| 12.00 | Hammer |
| 12.00 | 3000m Walk (5000m on 25/07/09 when start will be 11:45am) |
| 12.30 | 3000m (mixed) (meetings 1 and 3) 5000m (mixed) (meetings 2 and 4) |
| 12.00 | Long Jump |
| 13.00 | Pole Vault |
| 12.50 | 400m Hurdles |
| 13.10 | BMC 800m |
| 13.20 | 800m - All age groups including Young Athletes |
| 13.45 | 100m - Ladies "A" |
| 13.50 | 100m - All age groups including Young Athletes |
| 14.00 | Discus |
| 14.15 | Triple Jump |
| 14.30 | High Jump |
| 14.45 | 400m |
| 15.30 | 100m Hurdles (W) |
| 15.40 | 200m - Ladies "A" |
| 15.45 | 200m - All age groups including Young Athletes |
| 16.00 | Javelin |
| 16.00 | Shot |
| 16.50 | 110m Hurdles (M) |
| 17.05 | BMC 1500m |
| 17.15 | 1500m (meetings 2 and 4) - All age groups including Young Athletes 1 mile (meetings 1 and 3) - All age groups including Young Athletes |
| 17.30 | 2000m Steeplechase (M) / (W) |

The order for all track events other than the 100m and 200m is subject to grading with Senior Men followed by Senior Women, Masters and Young Athletes. Mixed races will be run where appropriate. Photofinish and EDM is scheduled for all meetings. Walking events are outside the LICC competition. Guests from non-member clubs are welcome on the day and are charged at £1 per event. 6 trials for all throws and horizontal jumps. Registration opens at opens at 11.00 and closes 20 minutes before the published start time. Visit the LICC website for further information :-

www.londonathletics.org.uk

London Inter Club Challenge

Founder clubs: Enfield & Haringey AC, Shaftesbury Barnet Harriers, Woodford Green AC with Essex Ladies