

London 2019 Regional Tournament Dates/Deadlines

| Sport | Discipline | Gender | Entry deadline | Event Date | Venue | Maximum entry per college |
|---------------|------------|----------------|----------------|------------|---------------------------------|---------------------------|
| Badminton | Singles | Men's | 18 Oct | 6 Dec | UEL | 3 |
| | Singles | Women's | | | | 3 |
| Basketball | Team | Men's | 18 Oct | TBC | UEL | 1 team |
| | Team | Women's | | | | 1 team |
| Cross Country | Individual | Men's | 18 Oct | n/a | Nominations | Unlimited |
| | Individual | Women's | | | | Unlimited |
| Cricket | Team | Mixed | 18 Oct | TBC | UEL | 1 team |
| Football | Team | Men's | 18 Oct | 1 Nov | Hackney Marshes | 1 team |
| | Team | Women's | | | | 1 team |
| | Team | Pan-disability | 18 Oct | 11 Nov | The University of Hertfordshire | 1 team |
| Hockey | Team | Mixed | 18 Oct | | | 1 team |
| Netball | Team | Women's | 18 Oct | 6 Dec | UEL | 1 team |
| Rugby | Team | Men's | 18 Oct | 1 Nov | Hackney Marshes | 1 team |
| | Team | Women's | | | | 1 team |
| Table Tennis | Singles | Men's | 18 Oct | 6 Dec | UEL | 4 |
| | Singles | Women's | | | | 4 |
| Tennis | Singles | Men's | 18 Oct | 1 Nov | Lea Valley Tennis Centre | 4 |
| | Singles | Women's | | | | 4 |
| Volleyball | Team | Men's | 18 Oct | 6 Dec | UEL | 1 team |
| | Team | Women's | | | | 1 team |