



Athletics Canterbury Track & Field

24 October 2020
Nga Puna Wai



PROGRAMME A

Time	Track:	Field:
12:30		Pole Vault
1345	Short Hurdles	
1400		Hammer (Mixed)
		Long Jump (F, M three only)
1405	3000m & Track Walks	
1440	Long Hurdles	Shot Put (Mixed) (TWO groups depending on entries numbers)
<i>Shoe Clinic Athlete of the Week Awards</i>		
1450	60m (M,F)	
1500		
1505	100m (M,F)	High Jump (Mixed)
1535	800m	Javelin (Mixed) (Number of rounds depends on entries)
1545		
1550		
1600	200m (M,F)	
1620	2 x 100m Relay (or other relays by request)	

\$5.00 LATE ENTRY FEE will be charged, so PLEASE enter online as requested.

MAXIMUM spike length on the track is 6mm, CONE shape only.
For javelin & high jump only, 9mm CONE shaped spikes can be used.

Competition Fees: plus \$2 admin fee

Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.

Seniors & M30 - 64	U20 - U16 & M65+	Grades 12 to 14	Non-club Secondary School	Non-club Seniors
\$10.00	\$8.00	\$5.00	\$8.00	\$10.00
Manager	Track Referee	Field Referee	Field Referee	Duty Club(s)
TBA	TBA	TBA	TBA	TBA