



Athletics Canterbury Track & Field

31 October 2020
Nga Puna Wai



PROGRAMME B

Time	Track:	Field:
1100		Pole Vault (3m+ vaulters)
1230		Pole Vault
1345	Short Hurdles	
1400		Hammer (Mixed) (Number of rounds depends on entries)
		Long Jump (M, F three only) (THREE groups, 2x male & 1x female)
1405	3000m / 5000m & Track Walks	
1440	100m (F,M)	
<i>Shoe Clinic Athlete of the Week Awards</i>		
1450		Discus (M only)
1500	1500m	Shot Put (F only)
1520		High Jump (Mixed) (Only if we have enough officials!)
1535	200m (F,M)	Triple Jump (F, M three jumps)
1545		Discus (F only)
1550		Shot Put (M only)
1610	400m (F,M)	
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)
Avril Davies	Paul Nicholls	Colin Freeman	Ruth Liong	