



# Athletics Canterbury Track & Field

**14 November 2020**  
Nga Puna Wai



## PROGRAMME B

Time	Track:	Field:
Start time TBC		Pole Vault (3m+ vaulters)
1230		Pole Vault
1340	Short Hurdles <b>NO Late entries</b>	
1400		* Hammer (Mixed) (Number of rounds depends on entries) * Long Jump (M, F three only)
1405	3000m / 5000m & Track Walks	
1440	100m (F)	
<b>Shoe Clinic Athlete of the Week Awards</b>		
1450	100m (M)	* Discus (M only)
1500		* Shot Put (F only)
1510	1500m	
1520		High Jump (Mixed) <b>(Only if we have enough officials!)</b>
1530	200m (F)	* Triple Jump (F, M three jumps)
1540	200m (M)	* Discus (F only)
1550		* Shot Put (M only)
1600	2000m Steeplechase (762mm only for NZSS -junior boys / senior girls)	
1615	400m (F,M)	
1630	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
<b>\$10.00</b>	<b>\$8.00</b>	<b>\$5.00</b>	<b>\$8.00</b>	<b>\$10.00</b>
<b>Manager</b>	<b>Track Referee</b>	<b>Field Referee</b>	<b>Field Referee</b>	<b>Duty Club(s)</b>