



Athletics Canterbury

Track & Field

21 November 2020
Nga Puna Wai



PROGRAMME A

Time	Track:	Field:
1100 & 1230		Pole Vault
1340	Short Hurdles - NO Late entries	
1400		* Javelin (Mixed) Long Jump (F, M three only) <i>(THREE groups, 1x female & 2x male)</i>
1410	3000m & Track Walks inc CMA 5000m Championships	
1435	300m / 400m Hurdles - NO Late entries	
<i>Shoe Clinic Athlete of the Week Awards</i>		
1455	60m (M)	* Shot Put (M only)
1500	60m (F)	* Discus (F only)
1505		High Jump (Mixed)
1510	100m (M)	
1525	100m (F)	
1535		Triple Jump (M, F three jumps)
1540	800m	
1545		* Shot Put (F only)
1550	200m (M,F)	* Discus (M only)
1600		* Number of rounds depends on number of entries & available officials
1620		

\$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: Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.
plus \$2 admin fee

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)