



Athletics Canterbury Track & Field

7 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) (THREE groups, 1x female & 2x male)
1410	3000m & Track Walks	
1440	Long Hurdles NO Late entries	
Shoe Clinic Athlete of the Week Awards		
1455	60m (M,F)	* Shot Put (M only)
1500		* Discus (F only)
1505	100m (M,F)	High Jump (Mixed)
1535	800m	Triple Jump (M, F three jumps)
1545		* Shot Put (F only)
1550		* Discus (M only)
1600	200m (M,F)	* Number of rounds depends on number of entries & available officials
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)