


DRAFT MODIFIED PROGRAMME A (V2)

Time	Track:	Field:
1000	2000m Steeplechase (SM)	Pole Vault (Mixed) * Long Jump (F, M 3 jumps)
1015	Long Hurdles (All grades) <i>(No late entries)</i>	
1030	3000m including Track Walk (Mixed all grades)	* Discus (Mixed)
1045	Short Hurdles (All grades) <i>(No late entries)</i>	
1115	60m (Grade 12-13, M, F)	
1130	100m (Grade 12-13, M, F)	* Shot Put (Mixed) High Jump (Mixed)
1200	800m (Mixed all grades)	* Triple Jump (M, F 3 jumps)

Shoe Clinic Athlete of the Week Awards

1230	200m (Grade 12-13, M, F)
1300	400m (Grade 12-13, M, F)

* Number of rounds depends on number of entries & available officials

\$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)