



## DRAFT MODIFIED PROGRAMME B

Time	Track:	Field:
1100		Pole Vault
1345	Short Hurdles	
1400		* Javelin (Mixed)
		Long Jump (M, F three jumps)
1410	CMA 3000m Championships including TRACK WALK	
1430	60m (M,F)	
Shoe Clinic Athlete of the Week Awards		
1440	100m (Wheelchair, M,F)	
1500	800m (Wheelchair, M,F)	* Hammer (Mixed)
1520	200m (Wheelchair, F,M)	High Jump (Mixed)
1535		Triple Jump (F, M three jumps)
1540	400m / 400mH (Wheelchair, M, F)	
1610	AC 3000m Championships - SW, WU20, WU18 & WU16	
	AC 3000m Championships - MU18 & MU16	
1625	AC 3000m Championships - SM & MU20	
* 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.

<b>Competition Fees:</b> <b>plus \$2 admin fee</b>				
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>