


DRAFT PROGRAMME A

Time	Track:	Field:
1000		Pole Vault (Mixed) (TWO start times TBC)
1345	Short Hurdles (All grades) <i>(No late entries)</i>	
1400		* Long Jump (F, M 3 jumps)
1410	3000m including Track Walk (Mixed all grades)	* Discus (F) * Shot Put (M)
1435	300m Hurdles (M/WU-18)	
1445	60m (Wheelchair, M, F)	High Jump (Mixed)
1455	100m (Wheelchair, M, F)	
1510		* Shot Put (F) * Discus (M)
1515		* Triple Jump (M, F 3 jumps)
1520	800m (Wheelchair, Mixed all grades)	

Shoe Clinic Athlete of the Week Awards

1540	200m (Wheelchair, M, F)	
1600	400m (Wheelchair, M, F) including 400m Hurdles	
1620	Steeplechase events if requested	* 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)