


**PROGRAMME - NO LATE ENTRIES**

Time	Track:	Field:
1350	Short Hurdles	Triple Jump (Mixed)
1400		Javelin (Mixed)
1405		
1415	1500m	#Shot Put - Group 1 (Mixed)
1445	100m (M,F)	

***Presentation of Athletics Canterbury Merit Award***

1500		High Jump (Mixed)
1505		Hammer (Mixed)
1510	400m / Long Hurdles	#Shot Put - Group 2 (Mixed)
1515		*Long Jump (Mixed - 3 rounds)
1530	200m (F,M)	
1600	3000m / 5000m (incl 2km, 3km, 5km walks)	

- \* **Long jump** may be in two divisions depending on entries.
- \* **# Shot put** group you compete in depends on if you select **hammer** or **javelin** as well.
- \* The number of field event rounds depends on the number of entries.
- \* **PLEASE** check the seeded programme to posted on the website on Friday.

**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 - M64	U20 - U18 & M65+	U16 & Grades 13 / 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>
TBA	TBA	TBA	TBA	CHAV / NBOL