



PROGRAMME

If you have are NOT registered with a club / CMA can still compete.

However, you WILL be e-mailed and charged an additional fee.

Grade 13 athletes who enter MUST be at Secondary School this year to compete

Time	Track:	Field:
1350	Short Hurdles (No late entries)	Pole Vault
1400		Discus (M, F 3 rounds) *Long Jump (M, F 3 rounds)
1415	800m (All grades)	#Shot Put 1 - (Mixed -3 rounds)
1445	60m (F,M)	
1500	100m (F,M)	High Jump (All grades)
1505		Javelin (F, M 3 rounds)
1510		#Shot Put 2 - (Mixed 3 rounds)
1520	3000m (2km & 3km walks)	
1530		Triple Jump (F, M 3 rounds)
1550	200m (F,M)	
1615	1500m (Tri-Club TT)	

Your registration number MUST be worn.

- * **Long jump** may be in two pits depending on entries.
- * **# Shot put** group you compete in depends on if you select **DT / SP** or **SP / JT**.
- * **PLEASE** check the seeded programme 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:
includes \$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
\$12.00	\$10.00	\$7.00	\$15.00	\$20.00
Manager	Track Referee	Field Referee	Field Referee	Duty Club(s)
Ruth Liong	Paul Nicholls	Colin Freeman	Craig Brown	