



### PROGRAMME - NO LATE ENTRIES

Time	Track:	Field:
1350	Short Hurdles	Pole Vault
1400		Javelin (Mixed) High Jump (All grades)
1415	800m (All grades)	#Shot Put - Group 1 (Mixed)
1445	60m (F,M)	
1500	100m (F, M)	
1505		Discus (Mixed)
1510		#Shot Put - Group 2 (Mixed)
1520	3000m ( 2km & 3km walks)	*Long Jump (M, F 3 rounds)
1550	200m (F,M)	

- \* **Long jump** may be in two pits depending on entries.
- \* **# Shot put** group you compete in depends on if you select **Javelin** or **Discus** 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	