



**CAN
RUN**

11 November 2021

Nga Puna Wai

Track Series

TIMED PROGRAMME -

Time	Track:
1830	60m (F,M)
1845	100m (F,M)
1900	800m
1915	3000m including 2000m Track Walk
1935	300m (F,M)
1955	2 x 100m Relay (or other relays by request)

Please REPORT at least 15 minutes before the scheduled start times.