



**CAN  
RUN**

**4 November 2021**  
**Nga Puna Wai**

**Track Series**

**TIMED PROGRAMME -**

<b>Time</b>	<b>Track:</b>	
1830	60m (M,F)	
1845	100m (M,F)	Javelin (Mixed)
1905	1 MILE	
1910		Triple Jump (Mixed)
1920	3000m	
1940	300m (M,F)	
1955	2 x 100m Relay (or other relays by request)	

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