



### 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		Hammer (F, M 3 rounds) *Long Jump (F, M 3 rounds)
1415	1500m (All grades)	#Shot Put 1 - (Mixed 3 rounds)
1445	100m (M,F)	
1500		High Jump (All grades)
1505	300m Hurdles	Discus (M, F 3 rounds)
1510	400m (M,F) / Long Hurdles	#Shot Put 2 - (Mixed 3 rounds)
1520		
1530	200m (M,F)	Triple Jump (M, F 3 rounds)
1550	3000m (2km & 3km walks)	Javelin (Mixed 3 rounds)

- \* **Long jump** may be in two pits depending on entries.
- \* **# Shot put** group you compete in depends on if you select **HT/DT**, **SP/DT** or **SP/DT**.
- \* **# Additional SP** rounds may be added depending on the number of entries.
- \* **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
<b>\$12.00</b>	<b>\$10.00</b>	<b>\$7.00</b>	<b>\$15.00</b>	<b>\$20.00</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	