



DRAFT 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:
1000	Short Hurdles (No late entries)	Pole Vault
1010		*Long Jump (M-6, F-3)
1015		Shot Put (Mixed - 6 rounds)
1020	800m (All grades)	
1040	60m (F,M)	
1050	100m (F,M)	
1110		
1120	AC 2000m Steeplechase WU18	Discus (Mixed - 6 rounds)
1135	AC 3000m Steeplechase WU20/SW	Triple Jump (Mixed - 6 rounds)
1150	300m Hurdles	
1200	200m (F,M)	
1220	AC 2000m Steeplechase MU18	
1230	AC 3000m Steeplechase MU20/SM	

- * **Long jump.** Females may get more jumps, depending on the numbers of entrants.
- * **PLEASE** check the seeded programme posted on the website on Friday.
- * **A 3000m flat race may be added to the programme, if steeplechase entries are low.**

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
\$10.00	\$8.00	\$5.00	\$15.00	\$20.00
Manager	Track Referee	Field Referee	Field Referee	Duty Club(s)