



### 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.*

Time	Track:	Field:
<b>SESSION 1</b> (All Session 1 attendees cannot enter the main NPW arena until 1400) Session 1 athletes can use the second track warmup area from 1330 - 1500		
1415	60m (F,M)	Pole Vault (Starting 2.0m)
1425	100m (F,M)	
1440		*Long Jump (F-6, M-3)
1500	300m Hurdles / 400m Hurdles	
1515	200m (M,F)	
<b>SESSION 2</b> (All Session 2 attendees cannot enter the main NPW arena until 1530) Session 2 athletes can use the second track warmup area from 1515 onwards		
1545	Short Hurdles (No late entries)	Pole Vault (Starting 3.0m+) Hammer (Mixed - 6 rounds)
1550		High Jump (All grades)
1615	1500m (All grades)	
1630	3000m / 5000m (All grades, including walks)	Javelin (Mixed - 6 rounds)
1655	400m (M,F)	

\* **Long jump.** Men may get more jumps, depending on the numbers of entrants.

\* **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>\$10.00</b>	<b>\$8.00</b>	<b>\$5.00</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>