



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 are welcome to compete this weekend.

Time	Track:	Field:
1100		Pole Vault
1345	Short Hurdles (No late entries)	
1400		*Long Jump (F-6, M-3)
1410		Hammer (Mixed - 6 rounds)
1415	1500m (All grades)	
1435	100m (M,F)	
1500	3000m (All grades, including walks)	High Jump (All grades)
1530	300m Hurdles	Javelin (Mixed - 6 rounds)
1540	400m (M,F)	
1600	200m (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
\$10.00	\$8.00	\$5.00	\$15.00	\$20.00
Manager	Track Referee	Field Referee	Field Referee	Duty Club(s)