



### 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 1345) Session 1 athletes can use the second track warmup area from 1330 - 1500		
1400	<b>AC 3000m Championships MU16/MU18</b>	Shot Put - (Mixed - 6 rounds)
1415	800m (All grades)	
1435	<b>AC 3000m Championships WU16+/CMA</b>	
1445		Discus - (Mixed - 6 rounds)
1455	<b>AC 3000m Championships MU20/SM</b>	<i>NOTE: SIX rounds may not be possible.</i>
<b>SESSION 2</b> (All Session 2 attendees cannot enter the main NPW arena until 1520) Session 2 athletes can use the second track warmup area from 1515 onwards		
1540	300m Hurdles / 400m Hurdles	
1545	60m (M,F)	
1555	100m (M,F)	Long Jump (M-6, F-3)
1610	<b>AC 2000m / 3000m TW Championships</b>	<i>LJ is on every week. You may not get 6 jumps</i>
1620	#Short Hurdles (No late entries)	Triple Jump (F-6, M-3)
1640	200m (M,F)	

\* # **Short hurdles** will be run at the same time as the TRACK WALK.  
**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>