


PROGRAMME - NO LATE ENTRIES

Time	Track:	Field:
1340	Short Hurdles (100m, 110m, 80m)	Pole Vault (All grades)
1400		Triple Jump (M only) Discus (M)
1410		Shot Put (F)
1420	60m (WC,F, M)	
1435	100m (WC,F, M)	High Jump (All grades)
1450	800m (WC,M,F)	
1510	2000m / 3000m Track Walk	Long Jump (F only) Discus (F) Shot Put (M)
1525	Long hurdles (300m/400m)	
1535	200m (WC,M, F)	
1550	3000m	

- **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
\$11.00	\$9.00	\$6.00	\$9.00
Manager	Track Referee	Field Referee	Field Referee