



REVISED SUNDAY PROGRAMME

Time	Track:	Field:
1000	60m (F, M)	**Shot
1015	100m (F, M)	
1025		Triple Jump (F only)
1035	3000m, inc track walk	
1050	Short Hurdles (80m 100m, 110m)	**Discus
		High Jump (All grades)
1115	800m (M, F)	Long Jump (M only)
1135	Long hurdles (300m/400m)	** Only held if in-field is not too wet.
1150	200m (M, F)	

- **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