


PROGRAMME - NO LATE ENTRIES

Time	Track:	Field:
1330	2000m / 3000m / 5000m Track Walk	
1340	Short Hurdles	Pole Vault (All grades)
1400		Triple Jump (M only)
1410		Hammer (All grades)
1420	60m (WC, M, F)	
1440	100m (WC, M, F)	
1510		Long Jump (F only) High Jump (All grades)
1515	1500m	Javelin (All grades)
1530	2000m Steeplechase	
1545	400m (WC, F, M)	
1600	3000m / 5000m (aged 17+ only)	

- **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