


**PROGRAMME - NO LATE ENTRIES**

Time	Track:	Field:
1330		Pole Vault (All grades)
1340	Short Hurdles (100m, 110m, 80m)	
1400		Triple Jump (M only) * Triple Jump (W, 3 jumps) Hammer (All grades)
1410		
1420	60m (WC,F, M)	
1435	100m (WC,F, M)	
1450	800m (WC,M,F)	
1510	2000m / 3000m Track Walk	Long Jump (F only) * Long Jump (M, 3 jumps) Javelin (All grades)
1515		High Jump (All grades)
1525	Long hurdles (300m/400m)	
1535	200m (WC,M, F)	
1550	2000m	

- **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
<b>\$11.00</b>	<b>\$9.00</b>	<b>\$6.00</b>	<b>\$9.00</b>
<b>Manager</b>	<b>Track Referee</b>	<b>Field Referee</b>	<b>Field Referee</b>