Thursday 1st December 2022 - Nga Puna Wai



PROGRAMME				
Time	Track:	Field:		
1830	2000m Steeplechase (762mm)	Discus		
1840	60m			
1850	100m			
1900	1500m	Shot Put		
1920	400m	Number of attempts will depend		
1930	3000m	on entry numbers		

PLEASE check the seeded programme posted on the website on 4:00 Thursday.						
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: 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		