



**PROGRAMME - NO LATE ENTRIES**

Time	Track:	Field:
1330		Pole Vault (All grades)
1340	Short Hurdles (100m, 110m, 80m)	
1400		Triple Jump (F only) * Triple Jump (M, 3 jumps) Hammer (All grades)
1420	800m (WC,F,M)	
1435	60m (WC,M,F)	
1450	100m (WC,M,F)	
1510	<b>CMA 3000m &amp; OPEN 3000m Track Walk Championships</b>	Long Jump (M only) * Long Jump (F, 3 jumps) Javelin (All grades)
1515		High Jump (All grades)
1525	Long hurdles (300m/400m)	
1535	200m (WC,M,F)	
1550	<b>AC 3000m Championships - SW, WU20, WU18 &amp; WU16</b>	
1605	<b>AC 3000m Championships - MU18 &amp; MU16</b>	
1620	<b>AC 3000m Championships - SM &amp; MU20</b>	

- **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:**  
**\$1.00 per Event**

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	Community (non-club)
<b>\$10.00</b>	<b>\$8.00</b>	<b>\$5.00</b>	<b>\$15.00</b>
<b>Manager</b>	<b>Track Referee</b>	<b>Field Referee</b>	<b>Field Referee</b>