



# Athletics Canterbury Track & Field

18 February 2023  
Nga Puna Wai



## Modified PROGRAMME

Time	Track:	Field:
1345		Pole Vault (All grades)
1400	100m (F,M)	
1420	1500m (F,M)	Long Jump (F) Javelin (M)
1445	3000m / 2000m Track Walk	
1505	800m (F,M)	
1515	400m (F,M) including 400mH	Long Jump (M) Javelin (F)
1530	200m (F,M)	

- **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>