

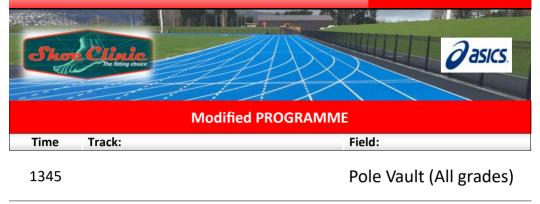
1400

1505

## Athletics Canterbury Track & Field

18 February 2023 Nga Puna Wai

(F)



1420	1500m (5 M)	Long Jump

1420	1500m (F,M)	Javelin (M)

1445	3000m /	2000m	irack	vvaik

100m (F,M)

800m (F,M)

1515	400m (F,M) including 400mH	Long Jump (M)
		lavelin (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)
\$10.00	\$8.00	\$5.00	\$15.00
Manager	Track Referee	Field Referee	Field Referee