



Athletics Canterbury

Track & Field

25 February 2023
Nga Puna Wai



PROGRAMME - NO LATE ENTRIES

Time	Track:	Field:
1345	Short Hurdles (80m, 100m, 110m)	Pole Vault (All grades)
1400		Long Jump (M) Discus (M) Shot Put (F)
1415	1500m (All grades)	
1435	60m (WC,F,M)	
1445	100m (WC,F,M)	
1500	800m (All grades)	
1510	2000m Track Walk	Long Jump (F) Discus (F) Shot Put (M)
1515		High Jump (All grades)
1530	400m(WC,F,M)	
1550	200m (WC,F,M)	
1620	3000m (All grades)	

- **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