



# Senior Interclub 21st October 2023

If you entered last week, you **DO NOT** need to re-enter. All entries will be carried over to this weekend.

Time	Track:	Field:
1345		Pole Vault (All grades)
1400	80m (WC,F,M)	Discus (F)
1410		Shot Put (M)
1420	145m (WC,F,M)	
1430		Long Jump (F only)
1450	2000m (inc walks)	
1505	600m (WC, M,F)	High Jump (All grades)
1515	200m Hurdles	Discus (M) Shot Put (F)
1540	1200m (inc walks)	
1545		Triple Jump (M only)
1600	300m (WC, M,F)	

\* **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**

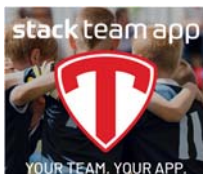
Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.

Seniors & M30 - M64	U20 - U18 & M65+	U16 / U17 Para & Grades 13 / 14	Non-club Secondary School
<b>\$10.00</b>	<b>\$8.00</b>	<b>\$6.00</b>	<b>\$8.00</b>

## Ngā Puna Wai

is a **USER pays facility**.

Athletics Canterbury pays CCC \$10k per year so you can train there.



Please download and use the **STACK TEAM APP** to pay a casual user fee or buy a training card. More info on our website