



Time	Track:	Field:
1330		Pole Vault (All grades)
1340	Short Hurdles (100m, 110m, 80m)	
1400		Triple Jump (*F only) Javelin (M)
1410		Shot Put (F)
1420	60m (M, WC,F )	
1435	100m (M, WC,F)	
1450	800m (WC,F,M)	
1500		High Jump (All grades) Long Jump (*M only) Javelin (F) Shot Put (M)
1510	2000m / 3000m Track Walk	
1525	Long hurdles (300m/400m)	(*Gender reversed due to cancelation on 14th. LJ & TJ added to twilight meets)
1535	200m (WC,F,M)	
1550	3000m	

\* **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