



Time	Track:	Field:
1330		Pole Vault (All grades)
1340	Short Hurdles (80m, 100m, 110m)	
1400		Triple Jump (M only) Hammer (All Grades)
1420	60m (M,WC,F)	
1435	100m (M,WC,F)	
1450	1500m (WC,F,M)	
1455		Long Jump (F only)
1500		High Jump (All grades)
1510	2000m / 3000m Track Walk	Javelin (All grades)
1530	400m (M,WC,F)	
1550	3000m (all grades) / 5000m (20+ only)	

\* **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**

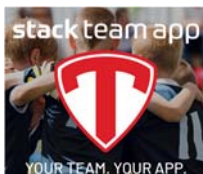
Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.

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