



Time	Track:	Field:
1330		Pole Vault (All grades)
1340	Short Hurdles (100m, 110m, 80m)	
1400		*Triple Jump (M only) Discus (M)
1410		Shot Put (F)
1420	60m (M,WC,F)	
1435	100m (M,WC,F)	
1450	800m (WC,F,M)	*Long Jump (F only)
1505	1500m (WC,F,M)	High Jump (All grades)
1520	2000m including Track Walk (3000m for Seniors may be added ...TBC)	Discus (F) Shot Put (M)
1535	Long hurdles (300m/400m)	
1545	200m (WC,F,M)	
1600	400m (WC,F,M)	
1615	4 x 100m & 4 x 400m relays.	

* **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

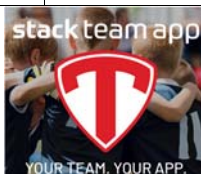
Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.

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

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