



Time	Track:	Field:
0845	3000m (all grades) / 5000m (20+ only)	
0900		Triple Jump (F only) Hammer (All Grades)
0915	60m (M,WC,F)	
0930	100m (M,WC,F)	Pole Vault (All grades)
1015		Long Jump (M only)
1030	1500m	Javelin (F) Shot Put (M)
1050	800m	High Jump (All grades)
1100	2000m / 3000m Track Walk	
1130	Short Hurdles (80m, 100m, 110m)	Javelin (M) Shot Put (F)
1200	400m (M,WC,F)	
1220	200m (M,WC,F)	
1235	Relays on request - see TIC	

* **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**

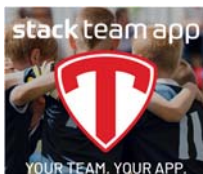
Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.

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