



Time	Track:	Field:
0830	<b>Open 10000m Championships</b>	
0900		Triple Jump (F, M3)
0910		Hammer (Mixed)
0920	3000m	
0940	Short Hurdles (80m, 100m, 110m)	
1000	60m (M,WC,F,)	High Jump (All grades)
1015	100m (M,WC,F,)	Javelin (Mixed)
1030		Long Jump (M, F3)
1040	800m	
1050	2000m / 3000m Track Walk	
1115	200m (M,WC,F,)	
1130	1500m	

\* **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**  
**\$5.00 Champ Event**

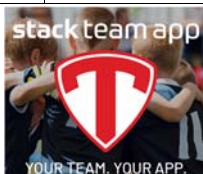
Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.

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