



Time	Track:	Field:
0830	<b>AC Steeplechase Championships - All Grades</b> (Start times confirmed once entries close)	
0915		Pole Vault (All grades) Triple Jump (M & W3)
0930	Short Hurdles (80m, 100m, 110m)	Discus (All Grades)
1000	60m (F,WC,M)	High Jump (All grades)
1015	100m (F,WC,M)	
1030		Long Jump (F & M3)
1040	1500m (F,WC,M)	Shot Put (All grades)
1100	2000m / 3000m Track Walk	
1130	400m (M,WC,F)	

\* **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**

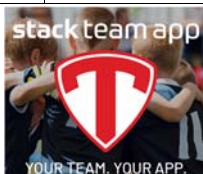
Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.

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