



PROGRAMME - NO LATE ENTRIES

Time	Track:	Field:
1330		Pole Vault (All grades)
1340	Short Hurdles (100m, 110m, 80m)	
1400		Triple Jump (F only) Hammer (All grades)
1420	800m (WC,F,M)	
1435	60m (WC,M,F)	
1450	100m (WC,M,F)	
1510	CMA 3000m & OPEN AC 3000m Track Walk Championships	Long Jump (M only) Javelin (All grades)
1515		High Jump (All grades)
1525	Long hurdles (300m/400m)	
1535	200m (WC,M,F)	
1550	AC 3000m Championships - SW, WU20, WU18 & WU16	
1615	AC 3000m Championships - SM, MU20	
1630	AC 3000m Championships - MU18 & MU16	

* **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

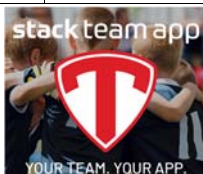
Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.

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

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