



### PROGRAMME - NO LATE ENTRIES

Time	Track:	Field:
0745	<b>AC 5000m Championships - SM &amp; MU20</b>	
0805	<b>AC 5000m Championships - SW &amp; WU20</b> <b>*CMA 5000m (Under 25 minutes)</b> *Can run with men, depending on entries	
1330	<b>OPEN 5000m Track Walk &amp; CMA 5000m (Over 25 minutes) Championships</b>	
1345		Pole Vault (All grades)
1410	Short Hurdles (80m, 100m, 110m)	Triple Jump (M, F3) Discus (All grades)
1430	1500m (WC,M,F)	
1445	60m (WC,F,M)	
1455	100m (WC,F,M)	
1500		High Jump (All grades)
1515		Long Jump (F, M3) Shot Put (All grades)
1520	400m(WC,F,M) including 400mH	
1545	200m (WC,M,F)	

**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**

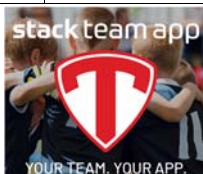
Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.

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