



**PROGRAMME - NO LATE ENTRIES**

Time	FRIDAY Track:	Field:
1630	Pole Vault	
1810	Long Hurdles	
1830	3000m Track Walk - All Grades	
1930	3000m - All Grades	
<b>SATURDAY Track:</b>		
0900	Short Hurdles (80m, 100m 110m)	
1000	1500m Track Walk - All Grades	
1100	1500m - All Grades	
1200	100m - All Grades	
1310	3000m Steeplechase	
1330	2000m Steeplechase (762mm only)	
1430	400m - All Grades	
<b>SUNDAY Track:</b>		
0830	5000m (U20+ only)	
0940	5000m Track Walk - All Grades	
1135	800m - All Grades	
1220	200m - All Grades	

MAXIMUM spike length on the track is 6mm, CONE shape only.  
For javelin & high jump only, 9mm CONE shaped spikes can be used.

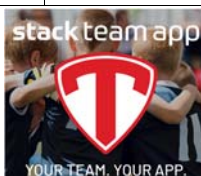
<b>Competition Fees:</b> <i>\$1.00 per Event</i> <i>\$5.00 Champ Event</i>	Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.
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Seniors & M30 - M64	U20 - U18 & M65+	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