



Time	Track:	Field:
1330		Pole Vault
1340	Short Hurdles (100m, 110m, 80m)	
1400		Triple Jump Hammer
1410		
1420	60m (M,F)	
1435	100m (M,F)	
1450	800m (F,M)	Long Jump Javelin
1510	1500m (F,M)	High Jump
1525	3000m, including Track Walk	
1545	200m (F,M)	
1600	400m (F,M), including long hurdles	
1615	4 x 100m & 4 x 400m relays if requested	

* **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

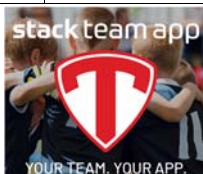
Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.

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