



# Senior Interclub 19th October 2024

Time	Track:	Field:
1350	200m Hurdles	Pole Vault (All grades)
1400	80m (WC,F,M)	Discus (F)
1410		Shot Put (M)
1420	145m (WC,F,M)	
1430		Long Jump (F only)
1450	2000m (inc walks)	
1505		High Jump (All grades) Discus (M) Shot Put (F)
1515	600m	
1540	1200m (inc walks)	
1545		Men Jump (M only) # Javelin (All grades)
1600	300m (WC, F,M)	
		# Number of rounds depends on the number of throwers

\* **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.**

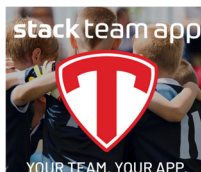
<b>Competition Fees:</b>	Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.
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	<b>ALL Grades</b> (including 1st Event)	Additional Events
	<b>\$8.00</b>	<b>\$1.00 per event</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