



# Senior Interclub 2nd November 2024



**ALL Entries carried over from 26th October meeting ...  
800m and 200m added to the schedule. You can change events**



Time	Track:	Field:
1330		Pole Vault (All grades)
1340	Short Hurdles (80m, 100m, 110m)	
1400		Triple Jump (W only) Hammer (All Grades) # Shot Put - Group 1
1420	60m (M,WC,F)	
1435	100m (M,WC,F)	
1450	1500m (WC,F,M)	Long Jump (M only)
1500		High Jump (All grades)
1505	800m (WC,F,M)	
1515	2000m / 3000m Track Walk	Javelin (All grades) # Shot Put - Group 2
1530	300m Hurdles	
1535	400m (M,WC,F) including 400mH	
1550	200m (M,WC,F)	
1610	3000m (all grades) / 5000m (20+ only)	
1625	Relays on request - see TIC	

**# SP Groups will be organised based on your HT or JT selection**

\* **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.**

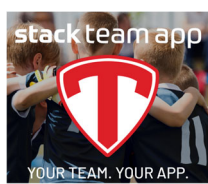
**Competition Fees:** Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.

	<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