



Senior Interclub 30th November 2024

Time	Track:	Field:
1330	2000m / 3000m Track Walk	Pole Vault (All grades)
1340	Short Hurdles (80m, 100m, 110m)	
1400		Triple Jump (W, M 4 jumps) 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, W 4 jumps) Discus (W only)
1500		High Jump (All grades)
1505	800m (WC,F,M)	
1515	2000m / 3000m Track Walk	# Shot Put - Group 2
1530	300m Hurdles	Javelin (M only)
1535	400m (M,WC,F) including 400mH	
1550	200m (M,WC,F)	
1610	3000m (U20 & Seniors)	
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.

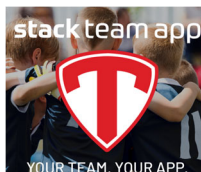
Competition Fees:	Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.
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	ALL Grades (including 1st Event)	Additional Events
	\$8.00	\$1.00 per event

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