



Time	Track:	Field:
1330		Pole Vault (All grades)
1340	Short Hurdles (80m, 100m, 110m)	
1400		Triple Jump (M only) Hammer (All Grades) # Shot Put - Group 1
1420	60m (F,WC,M)	
1435	100m (F,WC,M)	
1455	1500m (M, WC,F)	Long Jump (W only)
1500		High Jump (All grades)
1515	2000m / 3000m Track Walk	Javelin (All grades) # Shot Put - Group 2
1535	300m Hurdles	
1545	400m (F,WC,M) including 400mH	# SP Groups will be organised based on your HT or JT selection
1555	200m (F,WC,M)	
1610	3000m (all grades) / 5000m (20+ only)	
1625	Relays on request - see TIC	

* **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