




Senior Interclub 14th December 2024

| Time | Track: | Field: |
|------|----------------------------------|---|
| 1330 | 2000m / 3000m / 5000m Track Walk | Pole Vault (All grades) |
| 1400 | Short Hurdles (80m, 100m, 110m) | Hammer (All grades) Triple Jump (M, W 3 jumps) |
| 1430 | 60m (F,WC,M) | |
| 1450 | 100m (F,WC,M) | High Jump (All grades) Discus (All grades) |
| 1510 | 800m (F,WC,M) | Long Jump (F, M 3 jumps) |
| 1520 | 3000m (HANDICAP RACE) | |
| 1530 | | Javelin (All grades) |
| 1535 | 200m (F,WC,M) | |
| 1550 | 400m (F,WC,M) | |

* **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.**

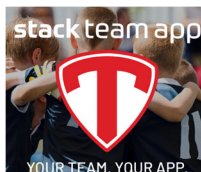
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|--------------------------|---|
| Competition Fees: | Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced. |
|--------------------------|---|

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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