



DRAFT PROGRAMME

Time	Track:	Field:
1800	60m (Grades 7-13)	Discus (Grades 13+)
1815	100m Handicap Heats (Grades 14+)	
1835	100m (Grades 7-13)	
1850	800m (Grades 11+)	*Long Jump (Grades 7-14)
1910	3000m HANDICAP (Grade 14+)	
1915		Shot Put (Grade 13+)
1925	200m (Grades 14+)	
1935	300m (Grades 11-13)	
1945	300m (Grade 14+ & Senior)	
2000	One Mile Track Walk (inc 1200m)	
2010	100 Handicap Final (Grades 14+)	Two pits / circles in required. Number of rounds depends on entries

* **PLEASE** check the seeded programme posted on the website on Friday.

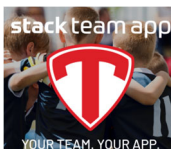
MAXIMUM spike length on the track is 6mm, CONE shape only.
For javelin & high jump only, 9mm CONE shaped spikes can be used.

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

	Entry FEE \$3.00 (Grades 7-13) (including 1st Event)	Entry Fee \$5.00 (Grades 14+) (including 1st OPEN and 1st AGED DEFINED Event)
	Additional events = \$2.00	Additional events = \$3.00

Ngā Puna Wai

is a **USER pays facility.**



Please download and use the **STACK TEAM APP** to pay a casual user fee or buy a training card.