



## DRAFT PROGRAMME

Time	Track:	Field:
1800	60m (Grades 7-13)	Discus (F - Grades 13+) Shot Put M - 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 (F - Grade 13+) Discus (M - Grades 13+)
1925	200m (Grades 14+)	
1935	300m (Grades 11-13)	SP & DT now split genders
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)

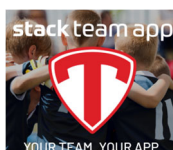
Additional events = \$2.00

**Entry Fee \$5.00 (Grades 14+)**  
(including 1st OPEN and 1st AGED  
DEFINED Event)

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.