



Senior Interclub 8th February 2025

**3000m start TIMES will be confirmed once entries close
See ATHLETICLIVE on Friday**

Time	Track:	Field:
1315	AC 2000m / 3000m Track Walk (Combined with Canterbury Childrens)	
1330		Pole Vault (All grades)
1345	Short Hurdles (100m, 110m, 80m)	
1400		Triple Jump (M, F 3x) Discus (F) Shot Put (M)
1420	60m (F,WC,M)	
1430	100m (F,WC,M)	
1450	800m (F,WC,M)	Long Jump (F, M 3x)
1455	AC 3000m Championships Races Start times TBC Race Order: Masters, Under Age & Senior Races will be created once entries close	High Jump (All grades) Discus (M) Shot Put (F)
1540	300m Hurdles	# Hammer (All grades)
1545	200m (F,WC,M)	
1600	400m (F,WC,M)	# Number of rounds depends on the number of throwers

* **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.**

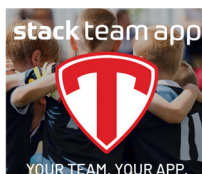
Competition Fees:	Scheduled event start times are subject to variation depending on numbers reporting to the events. No event start times will be advanced.
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	ALL Grades (including 1st Event)	Additional Events
	\$8.00	\$1.00 per event

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