



# Athletics Canterbury

## Track & Field

**10 November 2018**  
Nga Puna Wai

### Hurdle & Field Event Entry Procedures:

To assist & ensure the smooth running of all field events, can you please pre-enter by adding your name to the field event sheets at the control room, when you pay your competition fee.

**Health & Safety Reminder:** Please be aware that NO one is permitted to cross the centre of Nga Puna Wai when field events are in process. Please follow the instructions given by all officials, especially if you are competing in a throwing event. While every effort will be made by our officials to keep you safe, ultimately you are responsible for your own health and safety.

**Eftpos will be available this week. Make sure you get your hand stamped!!**

Prog A	Track:	Field:
13:00		Pole Vault (Start time TBC by coaches)
13:50		Javelin (F only)
14:00	60m (F,M)	High Jump (M only) Shot Put (M only)
14:10		Long Jump Mixed (3 jumps, for those not involved in 100m sprint races)
14:15	#100m (M,F, Wheelchair)	
14:40	1500m	Long Jump (F only)
15:05	Long Hurdles (Entries at the TIC Room by 14:30)	High Jump (F only)
<i>Shoe Clinic / Asics Athlete of the Week Awards</i>		
15:00		Javelin (M only) Shot Put (F only)
15:10	200m (F,M, Wheelchair)	Long Jump (M only, 3 jumps, seniors 6)
15:30	3000m including TW	
15:50	#100m (Seeded)	Discus (Mixed, 4 rounds except Seniors)
16:00	800m	*Triple Jump (Mixed)
16:20	Sprint Hurdles (Entries at the TIC Room by 15:50)	Triple Jump can start ASAP after the Long Jump for F has finished.
16:45	400m (M, F)	
16:50	Relays 2x 100m	

**MAXIMUM spike length on the track is 6mm (cone or pyramid / Christmas tree shape, but NO needle spikes).  
For javelin & high jump only, 9mm 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.			
Seniors & M30 - 65	U20 - U16 & M65+	Grade 14 / 13	Non-club Secondary School	Non-club Seniors
<b>\$10.00</b>	<b>\$8.00</b>	<b>\$5.00</b>	<b>\$8.00</b>	<b>\$20.00</b>
<b>Manager</b>	<b>Track Referee</b>	<b>Field Referee</b>	<b>Field Referee</b>	<b>Duty Club(s)</b>
				CHAV / SUMN

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