



Athletics Canterbury

Track & Field

2 November 2019
Nga Puna Wai



PROGRAMME A

Time	Track:	Field:
1030		Pole Vault
1345	Short Hurdles	Discus (F only)
1400		Shot Put (M only)
		Long Jump (F, M three only)
1405	3000m & Track Walks	
1440	60m (M,F)	

Shoe Clinic Athlete of the Week Awards

1450		Shot Put (F only)
1500	100m (M,F)	Discus (M only)
1505		High Jump (Mixed)
1530	800m	
1545		Hammer (Mixed) <small>(Number of rounds depends on entries)</small>
1550	Long Hurdles	Triple Jump (M, F three jumps)
1610	200m (M,F)	
1620	2 x 100m Relay (or other relays by request)	