



Athletics Auckland Senior Meet

Saturday 17th November

Mt Smart Stadium

Programme A

2.00pm	Pole Vault – Start heights above 3.30m
2.00pm	Hammer Men
2.00pm	Shot Put Women
2.10pm	300m Hurdles / 400m Hurdles
2.40pm	2000m Walk / 3000m Walk
3.25pm	1500m
3.45pm	Shot Put Men
3.45pm	Hammer Women
3.55pm	200m
4.00pm	Triple Jump Men and Women
4.20pm	3000m
4.50pm	4x100m Relay – no pre-entry required

**Entries close midnight Thursday 15th November.
No entries on the day under any circumstances.**

Notes

- All field events – 4 attempts per athlete only
- All track events will be seeded regardless of age groups
- Athletes must be registered. No athlete will be competing unregistered in 2018/2019. This is not fair on all the other athletes who have registered with a club.

Entry Fees

- Auckland Registered athlete - \$10
- School athletes - \$15
- Athletes from out of Auckland - \$15

Confirmation of entries must be done by every athlete no later than 60 minutes before your first event (90 minutes for Pole Vault).

Scratchings – If you are going to scratch from an event you must inform the officials in the check in area so lane draws can be re-seeded. This will make sure we don't have races of 3 or 4 athletes.