

Registration / Admin Fee: \$35.00

Event Fee: \$10.00 per event

Combined Event Fee \$15.00



Note: Field events may be mixed gender or single gender depending on entry numbers.

Friday 19th January 2024

Sprint Hurdles Long Hurdles 3000m Track Walk 3000m

> Long Jump Hammer Shot Put Pole Vault

Saturday 20th January 2024

1500m Track Walk 1500m 100m Steeplechase 400m

> High Jump Triple Jump Discus Javelin Weight

Sunday 21st January 2024

5000m TW 5000m 60m 200m 800m

Throws Pentathlon
Track Pentathlon

Note: Field events may be mixed gender or single gender depending on entry numbers.



A final timed programme will be available soon

Entries CLOSE 12th January 2024