



- Please check your number. If not listed, please check in for an allocated number.
- Athletes must be registered or pay the \$8 one-night fee. Term 1 Fees due
- Write the number on the back of your hand and ensure it is recorded at the start
- Report to event 5 minutes prior to the start

***Happy New Year.***

***Welcome to the second half of the season on the resurfaced track.***

- ***PAK' n SAVE Cooks Classic this Saturday - Volunteers still required***
- ***NZ Masters Games Sunday 2<sup>nd</sup> February – Volunteers urgently required***

***Both events are significant and are important fund raising for the Club***

## **Tuesday 21<sup>st</sup> January 2025      A Programme**

<b>7-00 pm</b>	<b>100 metres</b>	<b>Shot</b>
<b>7-10 pm</b>	<b>1500 metres</b>	<b>Long Jump</b>
<b>7-20 pm</b>	<b>400 metres*</b>	
<b>7-35 pm</b>	<b>Shuttle Relay - make up Teams of 3#</b>	

**\*Athletes may choose to run just 300 metres (starting with 400m runners but would be self-timed (markers placed at 300m)**

**# Prizes for Mixed Team (at least 1 Female) Female Team, Male Team**

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**Note MWA Champs Tuesday 11<sup>th</sup> February at Whanganui and Tuesday 18<sup>th</sup> February in Palmerston North. Athletics Whanganui will provide a free bus to the Palmerston North event and urge athletes to attend,**

