

Children's *2018-2019*



Track & Field *Handbook*

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ATHLETICS WAIKATO-BAY of PLENTY ~ CHILDREN'S TRACK & FIELD HANDBOOK for the 2018-19 SEASON

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ATHLETICS WAIKATO-BAY OF PLENTY INCORPORATED

PO Box 46 Hamilton 3240

Tel: 0 7 858 5392 ~ Fax: 0 7 858 5389

Email: administrator@athleticswbop.org.nz

Website: www.athleticswaikatobayofplenty.org.nz

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WAIKATO-BAY of PLENTY CHILDREN'S SECTION

PERSONNEL DIRECTORY

CHAIRMAN	Address / Email	Telephone
Sandra Murray	144 Old Farm Road, Hamilton 3216 sanben677@gmail.com	07 856 8281

SECRETARIES

Sandra Murray (Competition Secretary)	144 Old Farm Road, Hamilton 3216 sanben677@gmail.com	07 856 8281
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Minutes secretary position is vacant

DELEGATES TO WAIKATO MANAGEMENT COMMITTEE

Sandra Murray Andrew Langman (Reserve: Dave O'Keefe)	144 Old Farm Road, Hamilton 3216	07 856 8281
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SELECTORS - GRADE 12 & 13

Ruth Kaiwhata (Chief) Peter Blackwood Dave Taylor	15 Kenny Crescent, Hamilton	0221910887
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TEAM MANAGERS - GRADE 12 & 13 INTER-PROVINCIALS

Ruth Kaiwhata (Chief)	15 Kenny Crescent, Hamilton	0221910887
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Remaining managers to be elected and appointed during the Summer Season

SELECTORS - GRADE 14, UNDER 16 & UNDER 18 INTER-PROVINCIALS

Rene Otto
Peter Blackwood
Catherine Came

TEAM MANAGERS - GRADE 14, UNDER 16 & UNDER 18 INTERPROVINCIALS

Karen Baldey
Annette Blackwood
Mike Guest
Robin Knowles

CHILDREN'S COMMITTEE MEETINGS

Sun October 14	Cambridge	10 a.m.
Sat November 17	Porritt Stadium	After Fairfield Ribbon Day
Sun February 17	Cambridge	10 a.m.
Sun May 5	Cambridge	10 a.m. (MID-WINTER FORUM)
Sun June 9	Cambridge	10 a.m. (AGM)

Two Delegates from each Club should attend each meeting.

Please bring a plate to contribute to a shared lunch after the 10 a.m. meetings at Cambridge.

TRANS-TASMAN TRIAL DATES
(Trans Tasman Tour, Sydney, 7-15 January 2019)

Sun Oct 28 Trans-Tasman Trial 10.00 a.m. Palmerston North
(Lower North Island athletes encouraged to attend this trial)
Sat Nov 3 Trans-Tasman Trial 9.00 a.m. Mt Smart Stadium
(Upper North Island athletes encouraged to attend this trial)

Attendance at one or other of these trials is compulsory.

Trial application forms can be downloaded from the Athletics Auckland website

RIBBON DAY PROGRAMME for 2018-19

Ribbon Days commence on Saturday 3 November, providing open competition to all athletes in grades up to and including Grade 14. No entry fee is required. All events are run in divisions, with no finals. Please note that if a Ribbon Day is washed out on the Saturday, it may be run on the Sunday.

Please contact the person named at the host Club for that Ribbon day.

Start time is 10.00 am

U16 Athletes may also compete at Ribbon Days.

Date	Host Club	Venue	Contact Person	Telephone
2018				
Nov 3	Whakatane	Rex Morpeth Park	Peter Blackwood	0275504934
Nov 10	Te Awamutu	The Stadium	Karen Lucas	0276699099
Nov 17	Fairfield	Porritt Stadium	Sandra Murray	0211870563
Nov 24	Lake City	#2 Stadium Grounds	Joelene Elliott	0272498681
Nov 30-2 Dec	New Zealand Secondary Schools Track & Field Champs - Dunedin			
Dec 1	Cambridge Pentathlon	Athletics Ground	Andrew Langman	0212421939
	<u>Entry by pre-registration only for Gr 7-14</u>			
Dec 8	AWBoP Relay Champs Commencing at <u>9:30 am</u>	Tauranga including Race Walk Champs	Sandra Murray	0211870563
2019				
Jan 1	Tauranga Twilight Meeting Tauranga Domain			
Jan 4 - 6	North Island Colgate Games - Porritt Stadium			
Jan 11-13	South Island Colgate Games - Dunedin			
Jan 19	G14-15, 16-17 Inter-Provincials - Palmerston North			
Feb 9	Te Aroha	Herries Park	Catherine Came	0272559920
Feb 16	Tokoroa	Strathmore Park	Jill Lagas	0274816182
Feb 23	Bellevue/Greerton	Tauranga Domain	Donna Howitt	0276328379
Feb 23	AWBoP Track & Field Senior Champs: Day 1		Porritt Stadium commencing 1.00 p.m.	
Feb 24	AWBoP Track & Field Senior Champs: Day 2		Porritt Stadium commencing 10 a.m.	

Mar 2	Paeroa	Paeroa Domain	Kelvin Wickliffe	07 862 6154
Mar 8-10	<i>NZ National Track and Field Champs Christchurch</i>			
Mar 16	AWBoP Children's Champs	Porritt	Sandra Murray	0211870563
	Commencing at 9:30 am		Grades 7-14 years	
Mar 23	<i>WBoP Secondary School Track & Field Champs - Porritt Stadium</i>			
Apr 6 - 8	<i>North Island Secondary School Track & Field Champs - Porritt Stadium</i>			
Apr 20- 21	Gr 12/13 NZ Inter-Provincials - Christchurch			

RIBBON DAY EVENTS

Hurdles and walks will be optional events; host Clubs may offer some, but not necessarily all, of the events for each age group in their Ribbon Day programme.
All events are subject to the availability of officials and helpers.

Tiny Tots (Gr 3&4)	2 races, any distance
Grades 5 & 6	40m, 60m, Shuttle Relay
Grade 7 & 8	60m, 100m, 200m, Long Jump, Shot, Discus, 4x100m Relay
Grade 9	60m, 100m, 200m, 800m, Long Jump, Shot, Discus, 4x100m Relay
Grades 10 & 11	100m, 200m, 400m, 800m, 1500m, 1200m Race Walk, Long Jump, High Jump, Shot, Discus, 4x100m Relay; 70m Hurdles - Grade 11 girls and boys only
Grade 12 G & B	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, 1200m Walk, Long Jump, High Jump, Shot, Discus, 4x100m Relay
Grade 13 G & B	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, 1600m Walk, Long Jump, High Jump, Triple Jump, Shot, Discus, 4x100m Relay
Grade 14 Girls	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, 2000m Walk, Long Jump, High Jump, Triple Jump, Shot, Discus, 4x100m Relay
Grade 14 Boys	100m, 200m, 400m, 800m, 1500m, 100m Hurdles, 2000m Walk, Long Jump, High Jump, Triple Jump, Shot, Discus, 4x100m Relay
Grade U16	Same as Grade 14's

An athlete **cannot** compete in more than 2 longer events (i.e. 400m, 800m 1500m, Walk) on any 1 day

PENTATHLON

A variation to the Ribbon Day programme, where children aged 7, 8 and 9 will compete in the following four events in the morning: 100m, 200m, long jump and discus. Children aged 10 to 14 years will compete in the following five events (pentathlon) in the afternoon: 200m, 800m, long jump, shotput and discus.

Entry is by pre-registration only for athletes Gr 7-14.

Contact your club secretary for more information.

A small programme of events for athletes under 7 will be offered, this does not require pre-registration.

HURDLES SPECIFICATIONS

Grade 11 G/B 70m	Height 0.680m, 11m to first hurdle, 7m between each hurdle, 8 flights of hurdles, 10m from last hurdle to finish
Grade 12 G/B 80m	Height 0.762m, 12m to first hurdle, 8m between each hurdle, 8 flights of hurdles, 12m from last hurdle to finish
Grade 13 G/B, 14 G 80m	Height 0.762m, 12m to first hurdle, 8m between each hurdle, 8 flights of hurdles, 12m from last hurdle to finish

Grade 14 B 100m

Height 0.840m, 13m to first hurdle, 8.5m between each hurdle, 10 flights of hurdles, 10.5m from last hurdle to finish

IMPLEMENT WEIGHTS

	SHOT	DISCUS	
Grade 7 G & B	1.00kg	500gm	
Grade 8 G & B	1.50kg	500gm	
Grade 9 G & B	1.50kg	500gm	
Grade 10 G & B	2.00kg	750gm	
Grade 11 G	2.00kg	750gm	Note: 750gm Discus can be either rubber- or steel-banded
Grade 11 B	3.00kg	750gm	
Grade 12 G	3.00kg	750gm	
Grade 12 B	3.00kg	1.00kg	
Grade 13/14 G	3.00kg	1.00kg	
Grade 13 B	4.00kg	1.00kg	
Grade 14 B	5.00kg	1.25kg	

SPIKES

Porritt Stadium:	6mm cone, (can use 9mm for high jump), no needle
Tauranga Domain:	6mm Xmas tree or cone, (can use 9mm for high jump), no needle
Grass tracks:	9mm

AREAS

Waikato	Cambridge, Fairfield, Frankton, Hamilton City Hawks, Himemoa, Matamata, Morrinsville, Ngatea, Ohaupo, Orini, Otorohanga, Paeroa, Putaruru, Te Aroha, Te Awamutu, Thames, Te Kuiti, Waihi
Bay	Bellevue, Greerton, Kawerau, Katikati, Lake City, Omokoroa, Papamoa, Taupo, Athletics Tauranga, Te Puke, Te Teko, Tokoroa, Whakatane

WAIKATO-BAY of PLENTY CHILDREN'S CHAMPIONSHIP EVENTS (Grades 7 - 14 only)

The Waikato-Bay of Plenty Children's Championship is run as a 1-day meeting on **16 March 2019 commencing at 9.30 am at Porritt Stadium** with heats and finals for all track events, except the 400m, 800m and 1500m which are run as divisional finals or a final.

The top eight athletes Grade 12 years and over receive 6 trials in throws and jumps, except High Jump, where normal rules apply.

Individual events are as follows:

60m - Grade 7, 8, 9	100m - Grade 7 - 14	200m - Grade 7 - 14
400m - Grade 10 - 14	800m - Grade 9 - 14	1500m - Grade 10 - 14
Long Jump - Grade 7 - 14	Shot put - Grade 7 - 14	Discus - Grade 7 - 14
High Jump - Grade 10 - 14	Triple Jump - Grade 13, 14	
80m Hurdles - Grade 12G/B, 13G/B, 14G		100m Hurdles - Grade 14B
1200m Walk - Grade 10, 11, 12	1600m Walk - Grade 13	2000m Walk - Grade 14

Athletes can enter a maximum of four events - entry fee of \$5.00 per event (note Triple Jump and Walks are counted as part of the four events)

Walk Champs are to be held at the Relay Champs Day on Saturday 8 December 2018

Triple Jump Champs are to be held at the Relay Champs Day on Saturday 8 December 2018

WAIKATO-BAY of PLENTY RELAY CHAMPIONSHIPS

(Grades 7 - 14 only)

These will be held at Tauranga Domain, on Saturday 8 December 2018, commencing at 9:30 am
4x100m Relays, Medley Relays and Field Event Relays are held for Grades 7 to 14.
The Race Walk Champs and Triple Jump Champs are also included at this event.

NORTH ISLAND COLGATE GAMES

(Grades 7 - 14 only)

These are at Porritt Stadium on Friday 4, Saturday 5 and Sunday 6 January 2019
These are for Grade 7 to 14 athletes. No qualification standards are required.
Enter through your Club Secretary. Entries normally close end-November, with no late entries.

SOUTH ISLAND COLGATE GAMES

(Grades 7 - 14 only)

These are in Dunedin, on Friday 11, Saturday 12 and Sunday 13 January 2019
Many athletes may wish to compete in both Games - Contact your Club Secretary for South Island entry details. Entries close end-November, with no late entries.

TRANS-TASMAN CHALLENGE, 7 - 15 January 2019

(Grades 10 - 11 only)

This Competition is held each year with the venue alternating between Sydney and Auckland.
This season it will be hosted in Sydney and is for athletes aged 10 and 11 years old:
- 10 years (birthday between 1 October 2007 - 31 December 2008)
- 11 years (birthday between 1 October 2006 - 30 September 2007)
The Trans-Tasman Trial will be held on Saturday 3 November 2018 starting at 09.00 a.m at Mt Smart Stadium.
The team to compete against New South Wales will be named on Sunday 4th November, at Papakura Ribbon Day, Massey Park Papakura at 12.00pm (noon). Athletes are expected to attend the announcement.
Attendance at the trial on 3 November is compulsory.
Children wishing to be considered must be available between 6 and 16 January 2019 inclusive.
A Trial application form is available from your Club Secretary or can be downloaded from the Athletics Auckland website.
For further details, check Athletic Auckland Website: athleticsauckland.co.nz - go to Junior Track and Field for more information
Or contact your Club Secretary or Fiona Maisey (Tour Secretary from Auckland) phone 027 274 0719 or email: maifam@extra.co.nz

GRADE 14-15, 16-17 INTER-PROVINCIALS

This season's Inter-Provincial Meeting will be held in Palmerston North on Saturday 19 January 2019.
This is a 1-day meeting, based on the same format as the Grade 12 & 13 Inter-Provincials.
Athletes will be selected on performances throughout the season, and must be proficient in three events, with a 2/1 track and field combination plus a medley relay. Selection is basically automatic.
Team selection only involves event selection.
If you send in a nomination form, this indicates your willingness to compete. A non-refundable deposit of \$50.00 will be required to secure an athlete's place in the team.

GRADES 12 & 13 INTER-PROVINCIALS

This season's Inter-Provincial Meeting will be held in Christchurch on Saturday 20st April and Sunday 21st April 2019.

An expression of interest form is required to be completed as soon as possible from athletes wishing to be considered for selection for this team, together with Birth Certificate and a deposit of \$50. Nomination

forms can be downloaded from the AWBoP website under the heading Activities - (drop down menu - Children's). www.athleticswaikatobayofplenty.org.nz

Clubs also need to be aware of your expression of interest.

Clubs will have forms available for completion.

Selectors will monitor performances throughout the season at Ribbon Days, Colgate Games, Waikato-Bay of Plenty Children's Champs and open events.

Athletes selected must be proficient in four events, with a 3/1 or 2/2 track and field combination plus a relay. Competition is based on a decathlon-type scoring system, with athletes gaining points for their team.

The team will assemble for travel on Thursday 18 April and return on Monday 22 April; details after team selection.

NORTH ISLAND MULTI EVENTS CHAMPIONSHIPS - 10/11th November (Porritt Stadium)

There is an under 16 Women's Hexathlon (5 best events to count): 80m Hurdles, Javelin, 200m, Long Jump, Shot put, 600m and also a under 16 Men's Octathlon (7 best events to count): 100m, Javelin, Pole Vault, 300m, 80m Hurdles, Discus, Long Jump, 1000m

SUMMARY

Athletics is the only sport that the whole family can participate in - at the same venue at the same time.

The Children's Committee wishes all athletes a most enjoyable season of competition.

If you have friends who enjoy a social day out and some friendly competition, invite them to your Club Nights and then to Ribbon Days. Their athletic skills and comradeship will build up during the year.

Thanks to the following organisations for their ongoing support of Athletics Waikato-Bay of Plenty

