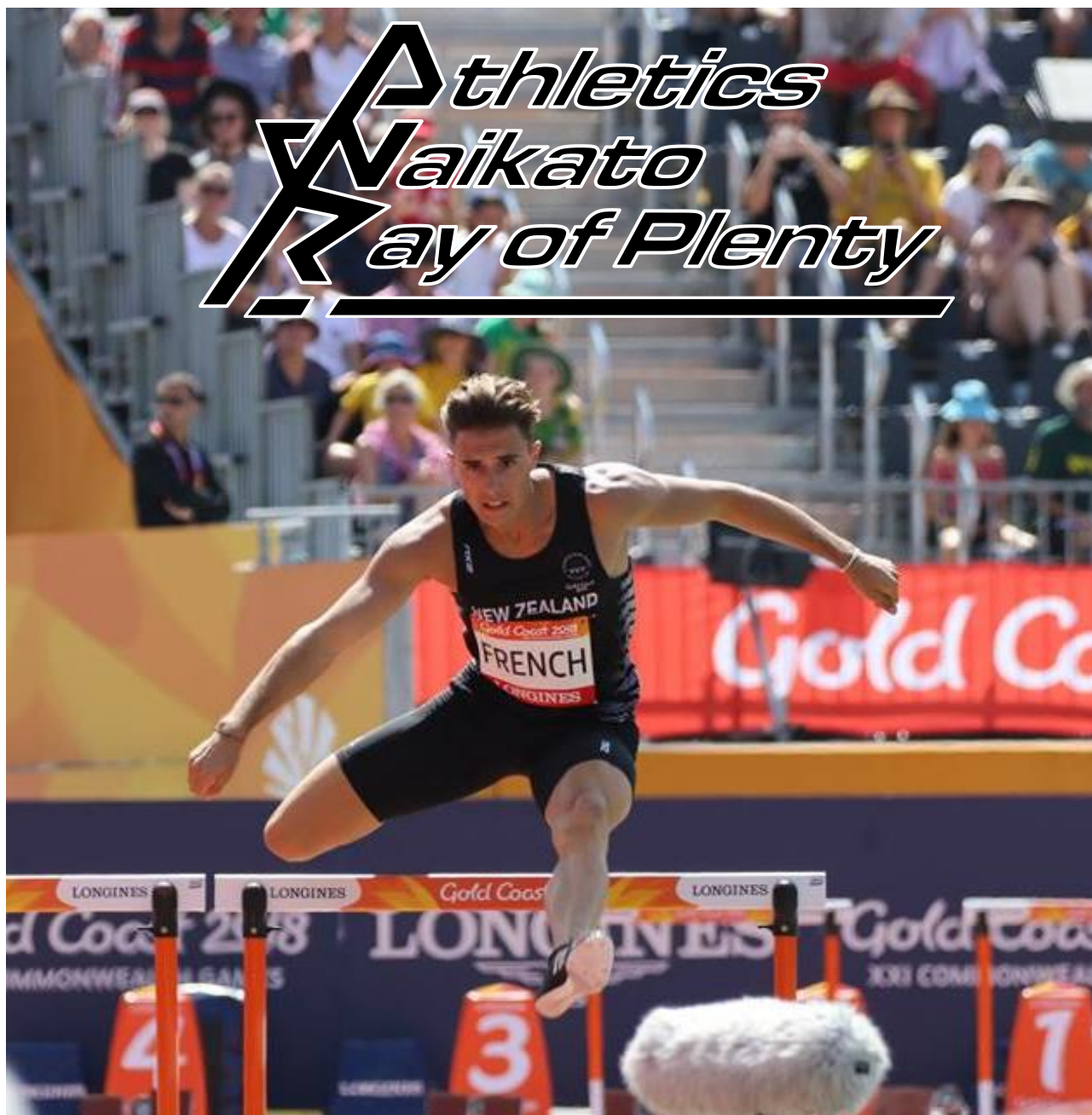


Athletics
Waikato
Ray of Plenty



SENIOR

SUMMER HANDBOOK
2018-2019

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ATHLETICS WAIKATO-BAY of PLENTY TRACK & FIELD HANDBOOK for the 2018-19 SEASON

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See our website: www.athleticswaikatobayofplenty.org.nz

Also stay up to date with our latest news and information by liking us on Facebook

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

PERSONNEL DIRECTORY

Life Members J Vedder-Price M Oman K Diprose D M Taylor E A Taylor B Addison
G Caddie J Rawnsley

President Dianne Rodger dianner@sportwaikato.org.nz

Chairman Murray Green Tel 027 621 6608
916 Bond Road RD1 Te Awamutu teawamutu@paperplus.co.nz

CoachForce Athletics Bay of Plenty

Kerry Hill Mob 021 0832 2407
PO Box 13355, Tauranga kerry@nzspeed.co.nz

Centre Administrator

Steve Rees-Jones Tel 07 858 5392/0212676997
PO Box 46 Hamilton 3240 Fax 07 858 5389
Athletics Waikato-Bay of Plenty administrator@athleticswbop.org.nz

Children's Committee

Chairman Sandra Murray sanben677@gmail.com

Waikato-Bay of Plenty Officials

Education Heather O'Hagan Tel 07 862 7163
Box 106 Paeroa ohagan@visique.co.nz

Co-ordinators
Porritt Stadium Heather O'Hagan Tel 07 862 7163
Box 106 Paeroa ohagan@visique.co.nz

Tauranga Domain Ray Young Tel 07 575 3159
31 Romana Crescent Papamoa raykathy@kinect.co.nz

Waikato-Bay of Plenty Secondary Schools Association

Contact Brad Smith Tel 027 368 7375
Tauranga Boys' College b.smith@taurangaboyscollege.school.nz

New Zealand Secondary Schools Association

Liaison John Tylden Tel 07 843 0353 / 027 264 5030
tylden@xtra.co.nz

Waikato Masters Athletics Inc

President Bruce Solomon
25 Ventura Key Papamoa Beach

Tel 07 542 2064
bruce@sports-time.co.nz

ATHLETICS WAIKATO-BAY of PLENTY ARBITRATION PANEL

J. Tylden (Convenor)
Marcia Petley

Loloma Foster
Heather O'Hagan

Andrew Langman
Murray Clarkson

Stewart Foster
Joan Rawnsley

Important Information for Open Meet competition

AGE GRADES & ELIGIBILITY TRACK & FIELD & COMBINED EVENTS COMPETITIONS

Age restrictions as follows, as per ANZ By-Laws C1.2 (Age Definitions) and C3-2 -Eligibility, paragraph 2

An athlete competing in either the U20 Men or U20 Women and U18 Men and U18 Women grades shall be aged 14, 15, 16, 17, 18, or 19 years on the **31st December in the year of competition.**

An athlete competing in either the Senior Men or Senior Women Grades shall be aged 16 years or over on the **31st December in the year of competition.**

Masters Athletes: An athlete competing in Masters Men grades shall be aged 35 years and over, or for Masters Women grades aged 30 years and over, on their birthdays as per Masters Age Definitions.

Each Age Group has a minimum age where athletes are eligible to compete.
Any athlete younger than the minimum age is required to compete in children's competitions.

The Management Committee of AWBOP on application in writing may at their sole discretion permit an athlete who is ineligible to compete in a specific event.

Entry to Open Meet Competition

\$5 entry fee per athlete applies to AWBOP Open Meets. This is to be paid on arrival, and entry slip completed. Entries for events will close 30 minutes prior to each event. The same fee and entry time conditions apply to children competing at senior meets. Unregistered athletes may compete at these open meets for a fee of \$10.

IAAF false start rules apply to all AWBOP meetings- i.e. an athlete, after assuming a full and final set position, shall not commence his start until after the report of the gun. If, in the judgment of the Starter or Recalls, he does so any earlier, it shall be deemed a false start. Except in combined events, any athlete responsible for a false start shall be disqualified- see IAAF rule 162.6,7,8

GRADE UNDER 16

AWBOP has a grade under 16 (age as of 31st December 2018). Athletes will stay in this age grade all season - the same as with children's grades. This grade fits between children's grade 14 and the Under 18 grade. Events for this age grade will be held at all open meeting and AWBOP championships for both boys and girls. This new age grade is not a New Zealand Championship Grade.

Events for this Grade are **Girls:** 100, 200, 400, 800, 1500, 3000, 80M Hurdles (762) Long Jump, High Jump, Triple Jump, Shot (3kg) Discus (1kg) Javelin (500g) Hammer (3kg). **Boys:** 100, 200, 400, 800, 1500, 3000, 100m Hurdles (840), Long Jump, High Jump, Triple Jump, Shot (5kg) Discus (1.25kg) Javelin (600g) Hammer (4kg).

Records

Must be the actual age at date of performance - not as per Age Grouping

Note: Athletics NZ now maintain record performances in yearly steps - but Athletics Waikato-Bay of Plenty does not.

Open Meeting Competition Fee for Registered Athletes -\$5 (can compete in as many events as wanted)

Open Meeting Competition Fee for Non-registered Athletes -\$10 (can compete in as many events as wanted)

ATHLETICS WAIKATO-BAY of PLENTY

Composite Calendar of Local, Area, National & International Events 2018-19

OCTOBER	2018			
Sun 7-Oct		Open Meeting/Masters Warm-up Meeting	Porritt	1:00pm
Sat 13-Oct		Open Meeting	Porritt	3:00pm
Sun 14-Oct		Masters Have a Go Meeting	Porritt	Midday
Sat 27-Oct		Open Meeting	Porritt	3:00pm
NOVEMBER	2018			
Sat 3-Nov		Open Meeting	Tauranga	3:00pm
Sat 3-Nov		Whakatane Ribbon Day	Whakatane	10:00am
Sat 10-Nov	Sun 11-Nov	North Island Combined Events/Putaruru Bell	Porritt	9:00am
Sat 10-Nov		Jennings Cup (BOP Children's Clubs only)	Tauranga	10:00am
Sat 10-Nov		Te Awamutu Ribbon Day	Te Awamutu	10:00am
Sat 17-Nov		Fairfield Ribbon Day	Porritt	10:00am
Sun 18-Nov		Sam Johnson Throws Meeting	Porritt	10:00pm
Sun 18-Nov		Open Meeting	Porritt	1:00pm
Sat 24-Nov		Lake City Ribbon Day	Rotorua	10:00am
Sat 24-Nov		Open Meeting	Tauranga	3:00pm
Fri 30-Dec	Sun 2-Dec	NZ Secondary Schools Championships	Dunedin	
DECEMBER	2018			
Sat 1-Dec		Cambridge Pentathlon	Cambridge	10:00am
Sat 8-Dec		Children's Relay Championships	Tauranga	10:00am
Sun 9-Dec		Open Meeting	Porritt	10:00am
Sat 15-Dec		North Island Championships	Porritt	
Fri 21-Dec		Night of Fives (5000m)	Auckland	
Wed 26-Dec		King/Queen of the Mountain Race	Mt. Maung	2:30pm
JANUARY	2019			
Tue 1-Jan		Tauranga Twilight (incl. WBOP 3km Champs)	Tauranga	
Fri 4-Jan	Sun 6-Jan	North Island Colgate Games	Porritt	
Sat 5-Jan		Lovelock Classic	Timaru	
Sat 12-Jan		Open Meeting	Porritt	3:00pm
Tue 15-Jan		Cooks Classic	Whanganui	
Fri-18-Jan		Capital Classic	Wellington	
Sat 19-Jan		Open Meeting	Porritt	3:00pm
Sat 19-Jan		Grade 14/16/U18 Inter-provincials	Palmerston N	10:00am
Sun 20-Jan		WBOP Masters Track and Field Championships	Tauranga	
Sat 26-Jan		Potts Classic	Hastings	
FEBRUARY	2019			
Sat 2-Feb		Open Meeting	Tauranga	3:00pm
Sat 2-Feb		Te Aroha Ribbon Day	Te Aroha	10:00am
Sat 9-Feb		Porritt Classic	Porritt	2:00pm
Sat 16-Feb		NZ Combined Events Championships	Christchurch	
Sat 16-Feb		Tokoroa Ribbon Day	Tokoroa	10:00am
Sat 16-Feb		NZ Distance Carnival and NZ 10,000m Champs	Mt. Smart	
Sun 17-Feb		Masters Trophy Day	Porritt	Midday
Sat 23-Feb	Sun 24-Feb	Waikato-Bay of Plenty Championships	Porritt	10:00am

MARCH 2019

Sat 1-Mar	Sun 3-Mar	NZ Masters Track and Field Championships	Timaru	
Sat 2-Mar		Paeroa Ribbon Day	Paeroa	10:00am
Sat 2-Mar		Open Meeting	Tauranga	3:00pm
Tue 5-Mar		Central Zones	Porritt	9:00am
Tue 5-Mar		Bay of Plenty Zones	Tauranga	9:00am
Wed 6-Mar		King Country Zones	Te Awamutu	9:00am
Fri 8-Mar		Mid Island Zones	Rotorua	9:00am
Fri 8-Mar	Sun 10-Mar	New Zealand Track and Field Championships	Christchurch	
TBC		Thames Valley Zones	TBC	9:00am
Sat 16-Mar		WBOP Children's Championships	Porritt	9:30am
Sat 23-Mar		WBOP Secondary Schools Championships	Porritt	9:30am

APRIL 2019

Fri 5-Apr	Sun 7-Apr	North Island Secondary Schools	Tauranga
Sat 20-Apr	Sun 21-Apr	Grade 12/13 Inter-provincials	Christchurch

Open Meeting 1:00 pm**Porritt Stadium****Sun 7 October**

	Track		Meeting Manager	Jeannette Vedder-Price
			Field	
1:00	150m	1:00	Shot	
1:20	1000m	1:30	Long Jump	
1:45	60m	2:00	Discus	
2:15	300m			

Requests for events can be made

Open Meeting 3:00 pm**Porritt Stadium****Saturday 13 October**

	Track		Meeting Manager	Jeannette Vedder-Price
			Field	
3:00	80/100/110m Hurdles	3:00	High Jump	
3:20	600m	3:00	Javelin	
3:30	80m	4:00	Long Jump/Triple Jump	
3:45	Practice Starts	4:00	Hammer	
4:10	150m			
4:30	2000m Steeples			
4:50	300m			

Open Meeting 3:00pm**Porritt Stadium****Saturday 27th October**

	Track		Meeting Manager	Jeannette Vedder-Price
			Field	
3:00	300/400m Hurdles	3:00	Long Jump	
3:20	100m	3:00	Discus	
3:50	3000m	4:00	Shot	
4:10	100m	4:00	High Jump	
4:30	1500m			
4:45	2 x 200m Relay			

Open Meeting 3:00pm**Tauranga****Saturday 3 November**

	Track		Meeting Manager	Malcolm Taylor
			Field	
3:00	80/100/110m Hurdles	3:00	High Jump	
3:20	800m	3:00	Javelin	
3:30	100m	4:00	Long Jump/Triple Jump	
4:20	200m			

4:40 3000m
5:00 4 x 100m Relay

4:00 Hammer

The Putaruru Bell events will be held at the same time as the 2018 North Island Multi Events Championships, a draft programme is as follows for the Multi Events Championships:

Saturday 10th November

Decathlon Sen M	Decathlon MU20	Decathlon MU18	Octathlon (Heptathlon) MU16	Heptathlon Sen W	Heptathlon U20W	Heptathlon U18W	Hexathlon (Pentathlon) U16 W
9.00 100m	9.05 100m	9.10 100m	9.20 100m	10.25 100H	10.15 100H	10.05 100H	10.45 80H
9.45 LJ	9.45 LJ	9.45 LJ	9.55 JT	11.05 HJ	11.05 HJ	11.05 HJ	11.40 JT
11.15 SP	11.15 SP	11.15 SP	12.25 PV	1.50 SP	1.50 SP	1.50 SP	1.30 200m
1.15 HJ	1.15 HJ	1.15 HJ	3.25 300m	3.10 200m	3.05 200m	3.00 200m	
4.00 400m	3.50 400m	3.40 400m					

Sunday 11th November

Sen M	MU20	MU18	MU16	Sen W	U20W	U18W	U16W
9.20 100m H	9.10 110m H	9.00 110m H	9.30 80m H	10.00 LJ	10.00 LJ	10.00 LJ	12.00 LJ
10.00 DT	10.00 DT	10.00 DT	11.30 DT	12.30 JT	12.30 JT	12.30 JT	1.30 SP
11.30 PV	11.30 PV	11.30 PV	1.15 LJ	3.25 800m	3.25 800m	3.15 800m	3.00 600m
2.30 JT	2.30 JT	2.30 JT	3.05 1000m				
4.15 1500m	4.15 1500m	4.05 1500m					

The Putaruru Bell will be held with the North Island Combined Event Championship for 2018 and will have a modified format, with individual events confirmed at a later date.

Putaruru Bell Team Competition Rules

- Teams** Up to 7 in a team. A Club may enter more than one team, but each team must have a distinctive name.
- Eligibility** Team members must all be Registered and with the same Club. Team members may be any age/gender. Each competitor must compete in the same grade throughout the day.
- Events** Each competitor may compete in a maximum of 4 events for their team. Individuals may compete on the day but are restricted to 4 events also.
- Points** Points will be allocated in every event for each age group (U18, U20, Senior, Masters) for both Men and Women. 1st = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1pt. i.e. Friday 9th November.
- Team entries to be in by midday Friday before competition

Entries to be sent to Mhyre Oman at mhyre.oman@gmail.com

THE WINNER WILL BE THE TEAM WITH THE HIGHEST POINTS

Entry form at back of Book

Putaruru Bell 9:00am

Porritt Stadium

Sat 10 to Sun 11 November
Meeting Manager Jeannette Vedder-Price

Sam Johnson Throws Meeting
(Throws only meeting for all
athletes Grade 16 to Masters)

Porritt Stadium

Sunday 18 November

10:00am

Open Meeting 1:00 pm

Porritt Stadium

Sunday 18 November
Meeting Manager Jeannette Vedder-Price

	Track		Field
1:30	60m	1:00	Pole Vault
1:40	1 Mile	2:00	Long Jump
2:20	200m	2:30	High Jump
2:30	2000m Steeplechase (SW, MW, MM60+)	3:00	Triple Jump
2:40	2000m Steeplechase (SM, U20M, U18M, MM35-59)		
3:00	4 x 100/2 x 200m Relay		
3:15	Requests		

Open Meeting 3:00 pm

Tauranga

Saturday 24 November
Meeting Manager Malcolm Taylor

	Track		Field
3:00	300/400m Hurdles	3:00	Shot Put
3:25	3000m	3:00	Long Jump
3:45	100m	4:00	Discus
4:10	400m	4:00	High Jump
4:40	200m		
5.00	800m		

NZSSAA Championships

Dunedin

Fri 30 Nov to Sun 2 Dec

WBOP Children's Championships
9:30am

Tauranga

Saturday 8 December

Open Meeting 10:00 am

Porritt Stadium

Sunday 9 December
Meeting Manager Jeannette Vedder-Price

	Track		Field
10:00	5000m	10:30	High Jump
10:45	60m open/wheelchair	10:30	Javelin
11:15	100m	11:30	Long Jump/Triple Jump
11:40	1500m	11:30	Shot

North Island Championships

Porritt Stadium

Saturday 15th December

Event # Children's Meeting Grade 10 to Grade 14 2:00 pm – 4.00 pm
 (Note: Children U10 may compete but will be accommodated in the Grade 10 events)

1.	100 m	10 - 2:00pm, 11 - 2:15pm, 12 - 2:25pm, 13 - 2:30pm, 14 - 2:35pm.
2.	High Jump	10 - 2:10pm, 11 - 2:45pm, 12 - 3:30pm, 13 - 3:30pm, 14 - 3:30pm.
3.	Shot Put	10 - 3:30pm, 11 - 2:20pm, 12 - 2:45pm, 13 - 2:45pm, 14 - 2:45pm.
4.	Long Jump	10 - 2:45pm, 11 - 3:30pm, 12 - 2:00pm, 13 - 2:00pm, 14 - 2:00pm.
5.	200 m	10 - 2:45pm, 11 - 3:00pm, 12 - 3:10pm, 13 - 3:20pm, 14 - 3:20pm.
6.	800m	Ages 14 Years & under 3:45pm.
7.	Walk	1200/1600/2000m Children. 3000m 15+ Open 4:00 pm.

Twilight Meeting 15 Years Plus 4:25 pm – 8.00 pm

7.	Walk	3000m 15+ Open	Hand Timed	4:00pm
8.	Hurdles 80m		Children	4:00pm
9.	Hurdles 100m		Open	4:20pm
10.	Hurdles 110m Men		Open Men	4:30pm
11.	400 M Women		Open Women	4:40pm
12.	400 M Men		Open Men	4:45pm
13.	3000 M Women	AWBOP*	MW SW W19 W16	4:50pm
14.	3000 M Men	AWBOP*	MM45+ M16	5:10pm
15.	100 M Women		Open Women	5:30pm
16.	100 M Men		Open Men	5:40pm
17.	800 M Women		Open Women	5:50pm
18.	800 M Men		Open Men	6:00pm
19.	200 M Women		Open Women	6:10pm
20.	200 M Men		Open Men	6:20pm
21.	3000 M Men	AWBOP*	SM M19 MM35 MM40	6:30pm
22.	Hammer Throw		Open Men & Women	3:00pm
24.	Shot Put		Open Men/Women	4:00pm
27.	High Jump Men		Open Men	4:30pm
23.	Long Jump Women		Open Women	4:30pm
25.	Javelin		Open Men/Women	5:00pm
28.	Long Jump Men		Open Men	5:30pm
29.	High Jump Women		Open Women	6:00pm
32.	Discus		Open Men/Women	6:00pm

AWBOP* Includes Athletics Waikato Bay of Plenty Championships for AWBOP ANZ Registered Athletes

Note: U18 & U20 Ages as at 31/12/19

Entry Fees

Children's Meeting Fee \$15 (includes any Event #1 thru #7) on line before 31/12/18
\$ 20 entered on the day

Twilight Entry Fees \$ 15 for first event entered on line before 31/12/18.
\$ 20 for first event entered on the day.
 Additional events \$5.00 each.

Entries from 12 Midday on the day.

Contact - Malcolm Taylor 07 576 0000 or 027 292 4411
 Email additional entries to athletics.tauranga@xtra.co.nz

North Island Colgate Games 9.00 am

Porritt Stadium

Fri 4th to Sun 6th Jan

Open Meeting 3:00 pm

Porritt Stadium

Saturday 12 January

Meeting Manager

Jeannette Vedder-Price

Track

Field

3:00 80/100/110m Hurdles
3:20 100m
3:45 1500m
4:00 200m
4:30 400m
4:45 3000m

3:00 Shot
3:00 Long Jump
4:00 High Jump
4:00 Discus

Open Meeting 3:00 pm

Porritt

Saturday 19 January

Meeting Manager

Jeannette Vedder-Price

Track

Field

3:00 300/400m Hurdles
3:20 800m
3:35 100m
4:05 80/100/110m Hurdles
4:30 1500m
4:50 200m

3:00 Javelin
3:00 Triple Jump
4:00 High Jump
4:00 Hammer

Grade 14/16/U18 Inter-Provincials

Palmerston North

Saturday 19 January

Open Meeting 3:00 pm

Tauranga

Saturday 2 February

Meeting Manager

Malcolm Taylor

Track

Field

3:00 1500m
3:20 100m
3:35 300/400m Hurdles
3:55 800m
4:10 2x100m Relay
4:25 5000m
4:50 400m

3:00 High Jump
3:00 Discus
4:00 Long Jump
4:00 Shot

Porritt Classic 2.00pm

Porritt Stadium

Saturday 9 February

Meeting Manager

Heather O'Hagan

New Zealand Combined Events
Championships

Christchurch

Sat 16 - Sun 17 Feb

WAIKATO BAY OF PLENTY TRACK AND FIELD CHAMPIONSHIPS - IMPORTANT INFORMATION
 Your age at the 31st December 2019 is the grade that you compete in at the AWBOP & ANZ Championships,
 except the under 16 grade where you must be under 16 on the 31st December 2018.

ATHLETES: please report in at least 30 minutes before your first event

Entry to the Centre Champs is open to those registered by their clubs as competitive athletes with Athletics Waikato-Bay of Plenty. Athletes must be registered before the closing date for Champs entries.

*Entries will **not** be accepted without full payment \$10 for first event/\$5 for subsequent events for all grades (U16, U18 M/U18W, U20M/U20W, seniors, masters).*

Entry details will be available on the Athletics Waikato-Bay of Plenty website and will be online only

No late Entries will be accepted - Club Uniform must be worn.

Athletes are to report to the officials' desk on arrival at the track each day, to confirm their intention to start in each of their events, at least 30 minutes before their first event.

Athletes can enter a maximum of two grades - their own and one above. The youngest age that can compete in the Championships is grade 13 (in Under 16 grade)

Waikato Bay of Plenty Track and Field Champs Day 1	Porritt Stadium	Saturday 23 February
Meet 1:30pm	Meeting Manager	Jeannette Vedder-Price
Track	Field	
1:30 400m All Grades Heats or Finals if insufficient entries	1:30	Triple Jump All Female
2:20 80m/100m Hurdles All Grades	1:30	Discus All Male
2:50 1500m Masters/U16	2:00	Pole Vault - All Grades
3:00 100m All Grades Heats or Finals if insufficient entries	2:30	Shot All Female
3:40 3000m Steeples 762 Height Women/U20 Women	3:00	Triple Jump All Male
2000m Steeples 762 Height	3:00	Shot All Male
U18 Women/U16 Men/U16 Women	3:00	High Jump All Female
Masters Men 60+/Masters Women	4:00	Discus All Female
4:00 3000m Steeples 914 Height Senior Men /U20 Men/MM35-59/U18 Men 2000m	4:00	High Jump All Male
4:15 100m final All Grades (if required)		
4:30 1500m U20 Men/U20 Women U18 Men/U18 Women/Senior M/W		
4:45 400m finals (if required)		
5:00 4 x 100m Relay		

N.B Straight finals will be run at heat time for both days 100m/200m

Waikato Bay of Plenty Track and Field Champs Day 2	Porritt Stadium	Sunday 24 February
Meet 10:30am	Meeting Manager	Jeannette Vedder-Price
Track	Field	
10:30 5000m Under 20 and above	10:30	Long Jump All Male
11:00 200m All Grades Heats or Finals if insufficient entries	10:30	Hammer All Grades
11:30 2000m/3000m/5000m Walks All Grades	12:00	Javelin All Grades
12:30 800m All Grades	12:00	Long Jump All Female
12:50 300m Hurdles U18 Women/U18 Men	12:00	Weight Throw
13:00 400m Hurdles Men/U20 Men Women/U20 Women		
13:40 200m Finals (if required)		
14.00 4 x 400m Relay		

Open Meeting

Tauranga

Meeting Manager
Saturday 2 March
Malcolm Taylor

Track
3:00 300/400m Hurdles
3:30 1500m
4:00 200m
4:30 80/100/110 Hurdles
4:50 100m
5:10 400m
5:30 3000m

Field
3:00 Javelin
3:30 Long Jump
3:45 Shot
4:30 High Jump
4:40 Hammer

New Zealand Track and Field
Championships

Christchurch

Friday 8 to Sunday 10 March

WBOP Children's Championships
9:30am

Porritt Stadium

Saturday 16 March

WBOP Secondary Schools
9:30am

Porritt Stadium

Meeting Manager

Saturday 23 March
Heather O'Hagan

North Island Secondary Schools
Track & Field Champs
Info available www.nzssaa.org.nz

Tauranga

Friday 5th to Sunday 7th April

Grade 12/13 Inter-Provincials

Christchurch

Saturday 20th to Sunday 21st April

VERY IMPORTANT INFORMATION

Your age as at the 31st December 2019 is the grade you compete in for the ANZ Championships.

ENTRIES FOR THE ANZ TRACK AND FIELD NATIONAL CHAMPS **MUST** be completed by the individual athletes, via the Athletics NZ website.

At the same time, those wishing to be part of the Centre team should refer to the Selection Standards in this handbook, to be sure that they meet the criteria.

Those athletes not selected in the Centre team compete for their club and do so in their club uniform.

Current Records

AT 1-Aug-18

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
GRADE M							
100 metres	Joseph	Millar	TGA	10.18	0.5	27/03/2017	<i>Porritt</i>
200 metres	Joseph	Millar	TGA	20.37	0.1	19/03/2017	<i>Porritt</i>
400 metres	Cameron	French	HAM	46.23		26/02/2015	<i>Waitakere</i>
800 metres	Chris	Rogers	UNI	1.47.56		20/03/1982	<i>Porritt</i>
1500 metres	Zane	Robertson	HAM	3.34.19		07/09/2014	<i>Rieti</i>
5000 metres	Zane	Robertson	HAM	13.13.83		13/07/2013	<i>Heusden</i>
10000 metres	Jake	Robertson	HAM	27.30.90		13/04/2018	<i>Gold Coast</i>
110 m HURDLES 1067mm	Michael	Cochrane	TGA	14.07	2	2/03/2013	<i>Mt Smart</i>
400 m HURDLES 914mm	Cameron	French	HAM	49.33		27/01/2018	<i>Canberra</i>
3000 m STEEPLE 914mm	Euan	Robertson	HAM HAR	8.39.2		30/03/1980	HT
400 m RELAY	Waikato BOP	x	WAIK	41.08		23/03/2013	<i>Mt Smart</i>
1600 m RELAY		Hamilton	HAM	3.13.51		7/03/1993	<i>Wellington</i>
3000 m WALK	Craig	Barrett	HAM	11.21.50		2/02/1997	<i>Wanganui</i>
5000 m WALK	Craig	Barrett	HAM	19.37.25		26/01/2002	<i>Hastings</i>
20000 m ROAD WALK	Craig	Barrett	HAM	1.22.20		26/01/1998	<i>Adelaide</i>
50000 m ROAD WALK	Craig	Barrett	HAM	3.48.05		16/06/2001	<i>New Plymouth</i>
HIGH JUMP	Regan	Standing	HAM	2.11		24/02/2013	<i>Porritt</i>
POLE VAULT	Olivier	Ball	HAM	4.90		11/03/1990	<i>Wellington</i>
LONG JUMP	Aaron	Langdon	HAM	7.78	-0.7	18/03/1995	<i>North Shore</i>
TRIPLE JUMP	Evan	Petersen	HAM	15.05	1	9/03/1985	<i>Dunedin</i>
SHOT 7.26 kg	Courtney	Ireland	LAKE C	18.14		9/01/1993	<i>Porritt</i>
DISCUS 2.00 kg	Mark	Robinson	HAM	55.16		21/12/1985	<i>Porritt</i>
HAMMER 7.26 kg	Phillip	Jensen	HAM	68.96		27/01/1990	<i>Auckland</i>
JAVELIN 800 gm	Stuart	Farquhar	HAM	86.31		29/04/2012	<i>Hiroshima</i>
DECATHLON	Paul	Wilson	HAM	7094		31/01/1983	<i>Mt Smart</i>

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
GRADE M-U20							
100 metres	Joseph	Millar	TGA	10.36	1.9	24/03/2012	Waitakere
200 metres	Dale	McClunie	HAM	20.94	1.2	30/01/1985	Melbourne
400 metres	Murray	Gutry	HAM	47.03		10/03/1984	Porritt
800 metres	Michael	Calver	HAM	1.49.10		1/01/1982	Wellington
1500 metres	Isaiah	Priddey	HAM	3.44.34		23/01/2018	Whanganui
3000 metres	Aaron	Pulford	HAM	8.11.36		9/12/2010	Melbourne
5000 metres	Mark	McKeown	TGA R	14.03.59		23/01/1993	Auckland
10000 metres	Aaron	Pulford	HAM	29.14.23		20/07/2010	Moncton
110 m HURDLES 1067mm	Liam	Whaley	HAM	14.73	-0.7	12/11/1994	North Shore
110 m HURDLES 990mm	Michael	Cochrane	TGA	14.06		28/01/2011	Wellington
400 m HURDLES 914mm	Michael	Cochrane	TGA	50.62		28/01/2011	Wellington
2000 m STEEPLE 914mm	Shafat	Salad	HAM	5.50.00		26/02/2005	Porritt
3000 m STEEPLE 914mm	Harry	Ewing	HAM	9.11.39		3/04/2015	Los Angeles
400 m RELAY	Waikato BOP	x	WAIK	41.11		25/03/2012	Waitakere
1600 m RELAY	Waikato BOP	x	WAIK	3.17.96		24/03/2013	Mt Smart
3000 m WALK	Matthew	Holcroft	HAM	12.38.03		25/01/2013	Wellington
10000 m WALK	Matthew	Holcroft	HAM	45.30.00		24/03/2012	Waitakere
HIGH JUMP	Dwaine	Geddes	FKT	2.10		22/01/1994	Auckland
POLE VAULT	Peter	Tracy	HAM	4.70		9/03/1974	Porritt
LONG JUMP	Ryan	Howe	LAKE C	7.37	1.9	26/02/2011	Tauranga
TRIPLE JUMP	Jackie	Aratema	ROT	15.00		7/12/1963	
SHOT 6.00 kg	Ryan	Ballantyne	HAM	19.12		19/03/2017	Porritt
DISCUS 1.75 kg	Ian	Winchester	HAM	55.88		6/03/1993	Wellington
HAMMER 6.00 kg	Phillip	Jensen	HAM	64.48		17/01/1987	Porritt
JAVELIN 800 gm	Gavin	Lovegrove	FKT	79.60		8/03/1987	Wellington
DECATHLON	Brent	Newdick	TGA R	7423		9/04/2003	Palm North

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
GRADE M-U18							
100 metres	Kodi	Harman	TGA	10.56	-1.8	23/03/2012	Waitakere
200 metres	Blake	Gordon	HAM	21.78	0.9	15/03/2012	Sydney
400 metres	Tom	Smith	HAM	48.33		9/03/2013	Mt Smart
800 metres	Derek	White	HAM	1.51.96		9/02/1985	Auckland
1500 metres	Isaiah	Priddey	HAM	3.44.34		23/01/2018	Whanganui
3000 metres	Garit	Read	HAM	8.12.17		3/12/2002	Palm North
110 m HURDLES 914mm	James	Hunt	HAM	14.56	1.1	24/03/2012	Waitakere
300 m HURDLES 840mm	Phil	Simms	TE AWA	38.00		28/03/2010	Christchurch
2000 m STEEPLE 914mm	Shafat	Salad	HAM	6.01.61		23/03/2003	Dunedin
400 m RELAY		Hamilton	HAM	42.99		7/03/1998	Wanganui
1600 m RELAY	Waikato BOP	x	WAIK	3.23.50		11/03/2018	Porritt
3000 m WALK	Matthew	Holcroft	HAM	13.11.25		4/01/2011	Tauranga
HIGH JUMP	Christopher	Goodwin	HAM	2.00		30/01/2016	Porritt
POLE VAULT		Standard	x	3.20		30/09/2003	
LONG JUMP	Dean	Wise	TGA R	6.90	1.8	5/03/1993	Wellington
TRIPLE JUMP	Alex	Colvin	TGA R	13.14	0.7	25/02/2011	Tauranga
TRIPLE JUMP	Charles	Annals	HAM	13.14	0.2	03/12/2017	Hastings
SHOT 5.00 kg	Ryan	Ballantyne	HAM	21.66		4/12/2016	Waitakere
DISCUS 1.50 kg	Courtney	Ireland	ROT	58.30		29/10/1988	Porritt
HAMMER 5.00 kg	Caleb	Moore	WHAKA	53.11		1/01/2016	Tauranga
JAVELIN 700 gm	Stuart	Farquhar	HAM	57.88		15/02/1997	Porritt
OCTATHLON	Luke	Davison	TGA	5410		13/02/2011	Tauranga

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
GRADE W							
100 metres	Morag	MacKechnie	ROT	11.4		29/10/1977	<i>Mt Smart HT</i>
200 metres	Morag	MacKechnie	ROT	23.87	0	9/03/1986	<i>Christchurch</i>
400 metres	Kristie	Baillie	TE ARO	53.19		31/03/2012	<i>Sydney</i>
800 metres	Katherine	Marshall	TE AWA	2.03.20		4/06/2016	<i>Ordegem-Belg</i>
1500 metres	Nikki	Hamblin	CAM	4.05.03		20/05/2015	<i>Beijing</i>
3000 metres	Camille	Buscomb	HAM	8.45.97		16/07/2018	<i>Cork</i>
5000 metres	Nikki	Hamblin	CAM	15.18.02		2/05/2015	<i>Stanford</i>
10000 metres	Camille	Buscomb	HAM	31.45.02		5/05/2017	<i>Stanford</i>
100 m HURDLES 840mm	Terry	Genge	HAM	13.86		7/10/1982	
400 m HURDLES 762mm	Lyn	Massey	HAM	57.35		31/03/1985	
2000 m STEEPLE 762mm	Chari	Miller	HAM	6.35.11		9/04/2017	<i>Inglewood</i>
3000 m STEEPLE 762mm	Sarah	McSweeney	HAM	10.22.98		9/02/2008	<i>Porritt</i>
400 m RELAY	Waikato BOP	x	WAIK	46.81		25/03/2012	<i>Waitakere</i>
1600 m RELAY	Waikato BOP	x	WAIK	3.47.41		19/03/2017	<i>Porritt</i>
3000 m WALK	Natasha	Murrihy	TAUM	14.59.16		26/03/2010	<i>Christchurch</i>
5000 m WALK	Natasha	Murrihy	TAUM	26.58.03		17/01/2009	<i>Sydney</i>
10000 m WALK	Natasha	Murrihy	TAUM	54.14.00		27/03/2011	<i>Dunedin</i>
HIGH JUMP	Tracy	Phillips	HAM	1.88		2/02/1990	<i>Auckland</i>
POLE VAULT	Melina	Hamilton	HAM	3.90		8/03/1997	<i>Sydney</i>
LONG JUMP	Jayne	Mitchell	TGA	6.39	0.3	10/03/1985	<i>Dunedin</i>
TRIPLE JUMP	Kayla	Goodwin	HAM	12.62	1.0	11/05/2018	<i>Vanuatu</i>
SHOT 4.00 kg	Linley	Russell	PUT	13.63		17/01/1981	
DISCUS 1.00 kg	Jennifer	Thompson	OTO	50.62		1/12/1959	
HAMMER 4.00 kg	Julia	Ratcliffe	HAM	70.75		9/07/2016	<i>London</i>
JAVELIN 600 gm	Keshia	Grant	HAM	49.42		28/03/2009	<i>Wellington</i>
HEPTATHLON	Terry	Genge	HAM	5709		4/04/1983	<i>New Table</i>

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
GRADE W-U20							
100 metres	Sarah	Phillips	LAKE C	11.84	1.8	13/03/1999	<i>Porritt</i>
200 metres	Monique	Williams	TOK	24.19		5/02/2005	<i>Hastings</i>
400 metres	Carleen	Dillimore	WAIHI	53.96		19/03/1983	<i>Melbourne</i>
800 metres	Lorraine	Moller	PUT	2.03.63		29/01/1974	<i>Christchurch</i>
1500 metres	Demelza	Murrihy	TAUM	4.23.01		16/07/1999	<i>Bydgoszcz</i>
3000 metres	Kay	Gooch	HAM	9.23.10		3/08/1990	<i>Plovdiv</i>
5000 metres	Demelza	Murrihy	TAUM	16.57.63		22/01/1998	<i>Papakura</i>
100 m HURDLES 840mm	Jayne	Mitchell	TGA	14.17		21/03/1982	
400 m HURDLES 762mm	Sonia	Scown	FKT	60.48		4/03/1990	
2000 m STEEPLE 762mm	Charli	Miller	HAM	6.35.11		9/04/2017	<i>Inglewood</i>
3000 m STEEPLE 762mm	Sarah	McSweeney	HAM	10.22.98		9/02/2008	<i>Porritt</i>
400 m RELAY	Waikato BOP	x	WAIK	47.71		23/03/2013	<i>Mt Smart</i>
1600 m RELAY	Waikato BOP	x	WAIK	3.51.43		30/03/2014	<i>Wellington</i>
3000 m WALK	Natasha	Murrihy	TAUM	14.59.16		26/03/2010	<i>Christchurch</i>
5000 m WALK	Natasha	Murrihy	TAUM	26.58.03		17/01/2009	<i>Sydney</i>
10000 m WALK	Natasha	Murrihy	TAUM	54.14.00		27/03/2011	<i>Dunedin</i>
HIGH JUMP	Tamsyn	McGarva	HAM	1.77		15/03/1997	<i>Porritt</i>
POLE VAULT	Hannah	Philpot	TGA	3.90		26/11/2016	<i>Mt Smart</i>
LONG JUMP	Jayne	Mitchell	TGA	6.02		6/03/1982	
TRIPLE JUMP	Kayla	Goodwin	HAM	12.62	1.0	11/05/2018	<i>Vanuatu</i>
SHOT 4.00 kg	Linley	Russell	PUT	13.63		17/01/1981	
DISCUS 1.00 kg	Tatiana	Kaumoana	TE ARO	47.90		09/03/2018	<i>Porritt</i>
HAMMER 4.00 kg	Julia	Ratcliffe	HAM	68.80		09/07/2016	<i>Princeton</i>
JAVELIN 600 gm	Keshia	Grant	HAM	45.16		26/02/2006	<i>Porritt</i>
HEPTATHLON	Brooke	Rangi	TGA R	4631		26/03/2000	<i>Wanganui</i>

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
GRADE W-U18							
100 metres	Sarah	Phillips	LAKE C	11.84	1.8	13/03/1999	Porritt
200 metres	Jade	Henley-Smith	HAM	24.79	0.7	6/03/2016	Dunedin
400 metres	Carleen	Dillimore	WAIHI	53.96		19/03/1983	Melbourne
800 metres	Tarryn	Davey	TE ARO	2.07.79		10/03/2013	Perth
1500 metres	Demelza	Murrihy	TAUM	4.23.01		16/07/1999	Bydgoszcz
3000 metres	Demelza	Murrihy	TAUM	9.32.59		21/02/1998	North Shore
5000 metres	Demelza	Murrihy	TAUM	16.57.63		22/01/1998	Papakura
100 m HURDLES 762mm	Kayla	Goodwin	HAM	14.23	1.7	25/02/2018	Whanganui
300 m HURDLES 762mm	Amy	Robinson	TGA	42.59		6/04/2013	Masterton
2000 m STEEPLE 762mm	Charli	Miller	HAM	6.35.11		9/04/2017	Inglewood
400 m RELAY	Waikato BOP	x	WAIK	47.71		23/03/2013	Mt Smart
1600 m RELAY	Waikato BOP	x	WAIK	3.51.58		24/03/2013	Mt Smart
3000 m WALK	Leanne	Chadderton	WHANGA	15.42.6		5/03/1987	Wellington HT
HIGH JUMP	Ashleigh	Sando	TPO	1.72		29/03/2009	Wellington
POLE VAULT	Melina	Hamilton	HAM	3.40		3/04/1993	Porritt
LONG JUMP	Amy	Robinson	TGA	5.78	-1.1	11/05/2018	Vanuatu
TRIPLE JUMP	Kayla	Goodwin	HAM	12.62	1.0	11/05/2018	Vanuatu
SHOT 3.00 kg	Amber	Brown	HAM	14.10		10/07/2016	Gold Coast
DISCUS 1.00 kg	Tatiana	Kaumoana	TE ARO	47.90		09/03/2018	Porritt
HAMMER 3.00 kg	Julia	Ratcliffe	HAM	62.28		19/02/2011	Porritt
JAVELIN 500 gm	Leah	Morgan	TGA R	43.86		13/02/1993	Porritt
HEPTATHLON	Kayla	Goodwin	HAM	5007		25/02/2018	Whanganui

ATHLETICS WAIKATO-BAY of PLENTY TROPHIES and 2017-18 RECIPIENTS

Gallichan Cup	Athlete gaining the most points (allocated 5-3-1 for 1 st , 2 nd & 3 rd) in Senior Men and Women and U20M/U20W grades	Conor McGiven
Colts Cup	Most points in U18M grade (allocated 5-3-1 for 1 st , 2 nd & 3 rd)	Aiden Wicks
Sue Drummond Shield	Most points in U18W grade (allocated 5-3-1 for 1 st , 2 nd & 3 rd)	Arden Mason
Keith Falla Memorial Trophy	Winner Senior Men's 800m Waikato-BoP Champs	Theunis Pieters
John L Davies Memorial Trophy	Winner Senior Men's 1500m Waikato-BoP Champs	Logan Rodger
Official of the Year		Rene Otto

Waikato-Bay of Plenty Selection Standards for the NZ Championships 2019

Athletes who reach these standards can expect to be selected in the Athletics Waikato-Bay of Plenty team.

Event	Senior	U20	U18	Senior	U20	U18
	Men	Men	Men	Women	Women	Women
100m	11.00	11.30	11.60	12.60	12.80	12.90
200m	22.30	22.90	23.50	25.80	26.50	26.50
400m	50.00	51.60	52.60	59.00	61.00	61.00
800m	1:56.00	1:58.00	2:02.00	2:17.00	2:20.00	2:20.00
1500m	3:58.00	4:04.00	4:14.00	4:45.00	4:55.00	4:55.00
3000m	8:40.00	9:00.00	9:15.00	10:00.00	10:50.00	10:50.00
5000m	14:55.00	15:50.00	-	18:00.00	19:00.00	-
10000m	31:30.00	34:00.00	-	37:30.00	-	-
3000 Steeples	9:45.00	10:00.00	-	11:40.00	-	-
2000 Steeples	-	-	6:45.00	-	7:50.00	7:50.00
100m Hurdles	-	-	-	16.00	16.30	16.30
110m Hurdles	16.00	17.00	16.60	-	-	-
300m Hurdles	-	-	42.70	-	-	49.00
400m Hurdles	57.00	59.00	-	66.50	68.20	-
3000m Track Walk	14:00.00	15:10.00	16:30.00	17:00.00	18:30.00	19:30.00
Road Walks	20k 1:42:00	10k 1:00:00	-	20k 2:00:00	10k 1:05:00	-
High Jump	1.90	1.80	1.75	1.60	1.55	1.50
Pole Vault	3.80	3.50	3.10	2.70	2.40	2.40
Long Jump	6.50	6.20	6.00	5.40	5.10	5.00
Triple Jump	13.00	12.50	12.20	10.80	10.40	10.00
Shot Put	12.75	12.30	12.30	11.00	10.30	9.50
Discus	40.00	37.00	37.00	35.00	32.00	30.00
Hammer	45.00	37.00	37.00	35.00	32.00	29.00
Javelin	53.00	44.00	44.00	34.00	32.00	30.00
Octathlon	-	-	3,700	-	-	-
Heptathlon	-	-	-	3,800	3,300	3,000
Decathlon	5,000	4,500	4,300	-	-	-

Selection Criteria

- Athletes must achieve these standards from 1 January 2019 to 1 March 2019 inclusive.
- Wind-assisted and hand-timed performances will **not** be considered.
- Athletes must compete regularly at Athletics Waikato-Bay of Plenty (AWBoP) meets during the season, unless prior approval has been received.
- In special circumstances, Selectors are able to include athletes who have not reached the standards.
- Selected athletes must make themselves available for AWBoP relay teams.
- Athletes not selected in the AWBoP team can still enter the NZ Champs as individuals, if they meet the Athletics New Zealand standards. These athletes will simply be representing their Club.

Athlete Transfers

Athlete transfers are now completed online using the registration system. Please contact your club registrar for further details.

Athlete Subsidies

For the 2018-2019 season, we are now offering athlete subsidies to the New Zealand Track and Field Championships of \$50 each. These will be paid to athletes selected for the Waikato-Bay of Plenty team for the event in Christchurch between 8th and 10th March 2019. The subsidy will only be paid to athletes who have also competed in the Waikato-Bay of Plenty Championships on 23rd and 24th February 2019 or those who give prior notice that they are unavailable to compete in the Waikato-Bay of Plenty Championships.

HURDLE SPECIFICATIONS & IMPLEMENT WEIGHTS

HURDLES at Championship and Open Meetings

Hurdles go on coloured track markings: 110 Blue; 100 Yellow; 80 Black; 70 White; 300 & 400 Green.

Age Grade	Distance In Metres	No. of Flights of Hurdles	Height Met Imp	Metres to first	Metres between	Metres from last to finish
SM	110	10	1067 3'6"	13.72	9.14	14.02
U20M	110	10	990 3'3"	13.72	9.14	14.02
U18M	110	10	914 3'0"	13.72	9.14	14.02
B/U16	100	10	840 2'9"	13.0	8.5	10.5
SW	100	10	840 2'9"	13.0	8.5	10.5
U20W	100	10	840 2'9"	13.0	8.5	10.5
U18W	100	10	762 2'6"	13.0	8.5	10.5
G/16	80	8	762 2'6"	12.0	8.0	12.0
SM	400	10	914 3'0"	45.0	35.0	40.0
U20M	400	10	914 3'0"	45.0	35.0	40.0
U18M	300	7	840 2'9"	50.0	35.0	40.0
SW	400	10	762 2'6"	45.0	35.0	40.0
U20W	400	10	762 2'6"	45.0	35.0	40.0
U18W	300	7	762 2'6"	50.0	35.0	40.0

IMPLEMENTS at Championship and Open Meetings

Grade	Shot - kg	Discus - kg	Javelin - gm	Hammer - kg
SM	7.26	2.00	800	7.26
U20M	6.00	1.75	800	6.00
U18M	5.00	1.50	700	5.00
B/U16	5.00	1.25	600	4.00
SW	4.00	1.00	600	4.00
U20W	4.00	1.00	600	4.00
U18W	3.00	1.00	500	3.00
G/U16	3.00	1.00	500	3.00

HURDLES at Masters Championships and other Masters meetings

Age Grade	Distance In Metres	No. of Flights of Hurdles/Barriers	Height Metric	Metres to first	Metres between	Metres from last to finish
W30-39	100	10	840	13.0	8.5	10.5
W40-49	80	8	762	12.0	8.0	12.0
W50-59	80	8	762	12.0	7.0	19.0
W60+	80	8	686	12.0	7.0	19.0
W30-49	400	10	762	45.0	35.0	40.0
W50-59	300	7	762	50.0	35.0	40.0
W60-69	300	7	686	50.0	35.0	40.0
W70+	200	5	686	20.0	35.0	40.0
W35+ Steeples	2000	18+5 water jumps	762			
M35-49	110	10	991	13.72	9.14	14.02
M50-59	100	10	914	13.0	8.5	10.5
M60-69	100	10	840	12.0	8.0	16.0
M70-79	80	8	762	12.0	7.0	19.0
M80+	80	8	686	12.0	7.0	19.0
M35-49	400	10	914	45.0	35.0	40.0
M50-59	400	10	840	45.0	35.0	40.0
M60-69	300	7	762	50.0	35.0	40.0
M70-79	300	7	686	50.0	35.0	40.0
M80+	200	5	686	20.0	35.0	40.0
M35-59 Steeples	3000	28+7 water jumps	914			
M60+ Steeples	2000	18+5 water jumps	762			

IMPLEMENTS at Masters Championships and other Masters meetings

Age Grade	Hammer- kg	Shot - kg	Discus - kg	Javelin - gm	Weight - kg
W35-49	4.00	4.00	1.00	600	9.08
W50-59	3.00	3.00	1.00	500	7.26
W60-74	3.00	3.00	1.00	400	5.45
W75+	2.00	2.00	0.75	400	4.00
M35-M49	7.26	7.26	2.00	800	15.88
M50-M59	6.00	6.00	1.50	700	11.34
M60-M69	5.00	5.00	1.00	600	9.08
M70-M79	4.00	4.00	1.00	500	7.26
M80+	3.00	3.00	1.00	400	5.45

HURDLES at Waikato Secondary Schools' meetings - Schools, Zones, W-BoP, North Island Champs

Gender and Grade	Distance In Metres	No. of Flights of Hurdles	Height Metric	Metres to first	Metres between	Metres from last to finish
Boys -						
Senior	110	10	914	13.72	9.14	14.02
Intermediate	100	10	840	13.0	8.5	10.5
Junior	80	8	762	12.0	8.0	12.0
Open	300	7	840	50.0	35.0	40.0
Girls -						
Senior	100	10	762	13.0	8.5	10.5
Intermediate	80	8	762	12.0	8.0	12.0
Junior	70	8	762	11.0	7.0	10.0
Open	300	7	762	50.0	35.0	40.0

IMPLEMENTS at Waikato Secondary Schools' meetings - Schools, Zones, W-BoP, North Island Champs

Gender	Grade	Shot - kg	Discus - kg	Javelin - gm	Hammer - kg
Boys -					
	Senior	5.00	1.50	700	5.00
	Intermediate	5.00	1.25	700	5.00
	Junior	4.00	1.00	600	4.00
Girls -					
	Senior	3.00	1.00	500	3.00
	Intermediate	3.00	1.00	500	3.00
	Junior	3.00	1.00	500	3.00

AWD IMPLEMENTS at Waikato Secondary Schools' meetings / New Zealand Secondary Schools Champs

Classification	Shot - kg		Discus - kg		Javelin - gm	
	Male	Female	Male	Female	Male	Female
Wheelchair	3.00	2.00	.750	.750	400	400
Cerebral Palsy	3.00	2.00	.750	.750	600	400
Amputee / others	4.00	3.00	1.00	1.00	700	500
Vision Impairment	4.00	3.00	1.00	1.00	700	500
Intellectual	4.00	3.00	1.00	1.00	700	500

HURDLES at New Zealand Secondary Schools Champs

Gender and Grades	Distance In Metres	No. of Flights of Hurdles	Height Metric	Metres to first	Metres between	Metres from last to finish
Boys -						
Senior	110	10	914	13.72	9.14	14.02
Junior	100	10	840	13.0	8.5	10.5
Open	300	7	840	50.0	35.0	40.0
Girls -						
Senior	100	10	762	13.0	8.5	10.5
Junior	80	8	762	12.0	8.0	12.0
Open	300	7	762	50.0	35.0	40.0

IMPLEMENTS at New Zealand Secondary Schools Champs

Gender	Grade	Shot - kg	Discus - kg	Javelin - gm	Hammer - kg
Boys -					
	Senior	5.00	1.50	700	5.00
	Junior	5.00	1.25	700	4.00
Girls -					
	Senior	3.00	1.00	500	3.00
	Junior	3.00	1.00	500	3.00

New Zealand Technical Officials Education and Qualification

Become an official - or improve or extend your qualifications if you are already a qualified official. You will serve your club better on club nights as well as the wider athletics community at ribbon days and interclub events. You can even be involved at national (e.g. Colgate Games and Porritt Classic), and international level if you want.

Athletics New Zealand has an officials' education and qualification scheme (ANZOES). The Centre has Heather O'Hagan to undertake the training of officials. The goal is to provide people with initial training regarding the rules and procedures for athletics officiating, and then to provide the opportunity to gain experience and advance their qualifications.

Courses can be arranged for a Sunday anywhere in the Centre, or on a series of week-nights. The Sunday courses usually take from about 9:30am to 2:30pm, including a written test. The week-night courses would require at least two 2-hour sessions.

Level C & B

Level C is the initial level for recognition by Athletics New Zealand. It is suitable for people who help at club nights, ribbon days and inter-club competitions. Level B is for people who have done the initial level and gained further practical experience (15 days above club-night activity) and can therefore accept more responsibility.

Level A

Level A courses are for people with comprehensive experience and likely to be asked to officiate in key positions at major meetings such as league and championships. In the 2 years after qualifying at Level B a further 15 days officiating experience is needed including duty at an Athletics New Zealand Championships.

Officiating Activities

ANZOES is divided up into specific areas so people may qualify in Jumps, Throws, Track, Walks and Non-Stadia. There is also provision for measuring road courses and for officiating for athletes with a disability.

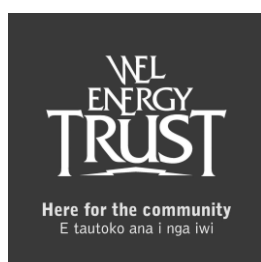
If you would like to arrange training for your club officials, contact Heather:

AWBoP Officials' Training Officer

Heather O'Hagan
9 Norward Rd
Paeroa
Tel: 07 862 7163

E-mail: ohagan@visique.co.nz

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



WE NEED YOU!

**Athletics' Officiating is Fun and Right Now
We Need Timekeepers, Measurers, Checkers,
Result Recorders *and More...***



- The 'Best Seat in the House' to watch and officiate runners, walkers, jumpers and throwers.
- Opportunities to Travel, Meet New Friends and Enjoy the Camaraderie of the Athletics Culture.
- Get to the top in Athletics. Go to National Champs, International meetings, World Champs, Commonwealth Games and the Olympics.
- Experience and Share the Pleasure of seeing Athletes compete and improve their personal best performances.
- Get full training in all aspects of Officiating Athletics.
- Help perform an interesting variety of tasks for athletes.
- Come join the team of Athletics Waikato-Bay of Plenty Volunteers.
- Come On! Give it a Go!
- Become a Track, Jumps, Throws, Road or Cross-Country Judge, and see it all from close up!
- You will be made **MOST WELCOME!**
- You will **ENJOY THE CHALLENGE!**

Come and Join Athletics Waikato-Bay of Plenty Officials

**Heather O'Hagan: 07 862 7163 - Porritt Stadium Meets
Ray Young: 07 575 3159 - Tauranga Domain Meets**

Or Contact your local Club Secretary

Coach Education & Development

Clubs in the AWBoP region are building an excellent base of coaches and this is reflected in the very good results achieved by school, club and centre teams last season at National Championships and at North Island and regional competitions. We are indebted to all those volunteer coaches who are sharing their time and knowledge with both young and old in our centre to make sure that progress continues to be made.

Athletics NZ Coach Education

The Athletics New Zealand Coaching Programme has a number of elements and options available for people who wish to start coaching and for those who wish to improve their skills and coaching qualifications.

For more information about coaching see: www.athletics.org.nz/Get-Involved/As-a-Coach

Run Jump Throw Athletics

These courses are the first step in the Athletics New Zealand Coach Education programme. They have become very popular for primary and intermediate schools and children's athletic clubs. The course emphasises teaching of basic athletic skills to children.

Run Jump Throw is all about developing athletics-specific skills in a fun, inclusive way that encourages Kiwi kids' to participate in athletics. Designed for 6-11 year olds, Run Jump Throw allows athletics clubs and schools to easily teach the foundation skills of athletics in a positive, supportive environment, where participants learn and are challenged at their own pace. The programme uses modified equipment and games to help maximise participation and enjoyment. For more information see: <http://kidsathletics.nz/run-jump-throw>

Get Set Go

Get Set Go is designed to help Kiwi kids (aged 3-8 years) enjoy being more active through play and sport. The programme provides educational, developmentally- appropriate, fun activities that build and develop children's basic fundamental movement skills.

Get Set Go helps increase teachers, athletics clubs, coaches and parents understanding of the importance of movement, play and positive experiences for children. It provides professional development tools and quality resources around the assessment, planning and development of fundamental skills within a broad child-centred framework. For more information see: <http://kidsathletics.nz/get-set-go/>

CLUB COACHING VISITS

Coachforce Bay of Plenty can visit your club and take a coaching session however we would like a minimum of 10 taking part. This may mean working in with another club.

Bay of Plenty Contact:

Coachforce Co-ordinator
Kerry Hill
Mob 021 0832 2407
Email: kerry@nzspeed.co.nz

PUTARURU BELL ENTRY FORM

Club Name : _____

Team Name : _____

	Name	DOB	Grade	Events
1				1_____ 2_____ 3_____ 4_____
2				1_____ 2_____ 3_____ 4_____
3				1_____ 2_____ 3_____ 4_____
4				1_____ 2_____ 3_____ 4_____
5				1_____ 2_____ 3_____ 4_____
6				1_____ 2_____ 3_____ 4_____
7				1_____ 2_____ 3_____ 4_____

WAIKATO-BAY of PLENTY T&F CHAMPS

23/24 February 2019

Entry details will be made available on our
website

www.athleticswaikatobayofplenty.org.nz

Note: Grade 13 is the youngest age group that can compete in the
Championships (as an Under 16)

No late Entries will be accepted - Club Uniform must be worn.

**Entries close at 5.00pm on Saturday 16th February for
Both Days**