

Children's *2019-2020*



Track & Field *Handbook*

Contents

ATHLETICS WAIKATO-BAY of PLENTY ~ CHILDREN'S TRACK & FIELD HANDBOOK for the 2019-20 SEASON

Personnel Directory	1
Children's Committee Meetings	1
Trans-Tasman Trial Date	2
Ribbon Day Programme for 2019-20	2 & 3
Ribbon Day Events	3
Pentathlon	3
Hurdles Specifications & Implement Weights, Spikes	3
Areas	4
Waikato-Bay of Plenty Children's Champs 14 March 2020: Tauranga	4
Waikato-Bay of Plenty Relay Champs 14 December 2019: Hamilton	4
North Island Colgate Games 10-12 January 2020: Taranaki	5
South Island Colgate Games 17-19 January 2020: Christchurch	5
Trans-Tasman Challenge January 2020: Auckland	5
Grade 14, U16 & U18 Inter-Provincials 25 January 2020: Hamilton	5
Grade 12 & 13 Inter-Provincials 11-12 April 2020: Auckland	5 & 6
Summary	6

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

Also like us on Facebook to keep up to date with our latest news and information

WAIKATO-BAY of PLENTY CHILDREN'S SECTION

PERSONNEL DIRECTORY

CHAIRMAN	Address / Email	Telephone
Sandra Murray	166a Nixon Street, Hamilton East sanben677@gmail.com	0211870563

SECRETARIES

Sandra Murray (Competition Secretary)	166a Nixon Street, Hamilton East sanben677@gmail.com	0211870563
--	--	------------

Louise Young	PO Box 46, Hamilton 3240 louisey@athleticswbop.org.nz	0211254228
--------------	--	------------

DELEGATES TO WAIKATO MANAGEMENT COMMITTEE

Sandra Murray Andrew Langman (Reserve: Dave O'Keefe)	166a Nixon Street, Hamilton East	0211870563
--	----------------------------------	------------

SELECTORS - GRADE 12 & 13

Ruth Kaiwhata (Chief) Tevita Finau Katrina Anderson	15 Kenny Crescent, Hamilton	0221910887
---	-----------------------------	------------

TEAM MANAGERS - GRADE 12 & 13 INTER-PROVINCIALS

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

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

Rene Otto
Peter Blackwood
Robin Knowles

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

Rene Otto
Peter Blackwood
Annette Blackwood
Samantha Burr
Robin Knowles

CHILDREN'S COMMITTEE MEETINGS

Sun October 13	Cambridge	10 a.m.
Sun November 24	Rotorua	10 a.m.
Sat February 29	Cambridge	After Cambridge Pentathlon
Sun May 3	Cambridge	10 a.m. (MID-WINTER FORUM)
Sun June 14	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.

Mar 14	AWBoP Children's Champs Tauranga Commencing at 9:30 am Grades 7-14 years
Mar 18	<i>WBoP Secondary School Track & Field Champs - Tauranga</i>
Apr 4 - 5	<i>North Island Secondary School Track & Field Champs - Porritt Stadium</i>
Apr 11- 12	Gr 12/13 NZ Inter-Provincials - Auckland

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
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 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 **14 March 2020 commencing at 9.30 am at Tauranga** 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 14 December 2019

Triple Jump Champs are to be held at the Cambridge Pentathlon on Saturday 29 February 2020

WAIKATO-BAY of PLENTY RELAY CHAMPIONSHIPS (Grades 7 - 14 only)

These will be held at **Porritt Stadium**, on **Saturday 14 December 2019**, commencing at **9:30 am** 4x100m Relays, Medley Relays and Field Event Relays are held for Grades 7 to 14. The **Race Walk Champs** are also included at this event.

NORTH ISLAND COLGATE GAMES

(Grades 7 - 14 only)

These are at Inglewood on Friday 10, Saturday 11 and Sunday 12 January 2020
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 Christchurch, on Friday 17, Saturday 18 and Sunday 19 January 2020
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, January 2020

(Grades 10 - 11 only)

This is the final year of the Trans-Tasman Challenge

For the final season it will be hosted in Auckland and is for athletes aged 10 and 11 years old:

- 10 years (birthday between 1 January 2009 - 31 December 2009)
- 11 years (birthday between 1 October 2007 - 31 December 2008)

The Trans-Tasman Trial will be held on Saturday 16 November 2019 starting at 09.00 am at Mt Smart Stadium.

www.athleticsauckland.co.nz

Attendance at the trial on 16 November is compulsory.

Children wishing to be considered must be available in early/mid January, details of exact dates are still to come.

A Trial application form is available from your Club Secretary or can be downloaded from the Athletics Auckland website.

For all event details, check the Athletic Auckland Website: <http://www.athleticsauckland.co.nz/Get-Involved/Junior-Track-and-Field>

GRADE 14-15, 16-17 INTER-PROVINCIALS

This season's Inter-Provincial Meeting will be held at Porritt Stadium on Saturday 25 January 2020.

This is a 1-day meeting, based on the same format as the Grade 12 & 13 Inter-Regionals.

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 Auckland on Saturday 11st April and Sunday 12st April 2020.

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 will be able to 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.

Travel dates are to be confirmed, but athletes should be prepared to be available anytime between 9 April and 13 April; details after team selection.

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

