

***Athletics***  
***Waikato***  
***Ray of Plenty***



**SENIOR**  
**SUMMER HANDBOOK**  
**2019-2020**

# Contents

## ***ATHLETICS WAIKATO-BAY of PLENTY TRACK & FIELD HANDBOOK for the 2019-20 SEASON***

Personnel Directory	3 & 4
Composite Calendar of Events	5 & 6
Detailed Track & Field Programme	7 to 12
Current Waikato-Bay of Plenty Records	13 to 18
Trophies & 2018-19 Recipients	18
Waikato-Bay of Plenty Selection Standards for National Champs	19
Hurdles Specifications & Implement Weights	
- Championships & Open Meetings	20
- Masters Meetings	20 & 21
- Secondary School Meetings	21 & 22
Officials Education & Qualifications	23
Our Supporters	24
Athletics Officiating	24
Coach Education & Development	25
CoachForce Athletics Information	26
Putaruru Bell Entry Form	27
Waikato-Bay of Plenty Track & Field Championships 2020: Sat 8th/Sun 9 <sup>th</sup> February (Tauranga)	28

***See our website: [www.athleticswaikatobayofplenty.org.nz](http://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](mailto:administrator@athleticswbop.org.nz) ~

Website: [www.athleticswaikatobayofplenty.org.nz](http://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](mailto:dianner@sportwaikato.org.nz)

**Chairman** Murray Green Tel 027 621 6608  
916 Bond Road RD1 Te Awamutu [teawamutu@paperplus.co.nz](mailto:teawamutu@paperplus.co.nz)

### CoachForce Athletics Bay of Plenty

Kerry Hill Mob 021 588 174  
PO Box 13355, Tauranga [khill92@hotmail.com](mailto:khill92@hotmail.com)

### Waikato Athletics Development Advisor

Louise Young Mob 021 1254 228  
PO Box 46, Hamilton 3240 [louisey@athleticswbop.org.nz](mailto:louisey@athleticswbop.org.nz)

### Centre Administrator

Steve Rees-Jones Tel 07 858 5392/0212676997  
PO Box 46 Hamilton 3240  
Athletics Waikato-Bay of Plenty  
[administrator@athleticswbop.org.nz](mailto:administrator@athleticswbop.org.nz)

### Children's Committee

**Chairman** Sandra Murray [sanben677@gmail.com](mailto:sanben677@gmail.com)

### Waikato-Bay of Plenty Officials

**Education** Heather O'Hagan Tel 07 862 7163  
Box 106 Paeroa [ohagan@visique.co.nz](mailto:ohagan@visique.co.nz)

### Co-ordinator

**Tauranga Domain** Ray Young Tel 07 575 3159  
31 Romana Crescent Papamoa [raykathy@kinect.co.nz](mailto: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](mailto:b.smith@taurangaboyscollege.school.nz)

### New Zealand Secondary Schools Association

**Liaison** John Tylden Tel 07 843 0353 / 027 264 5030  
[tylden@xtra.co.nz](mailto:tylden@xtra.co.nz)

## ATHLETICS WAIKATO-BAY of PLENTY ARBITRATION PANEL

J. Tylden (Convenor)  
Marcia Petley

Loloma Foster  
Brett Addison

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 **31<sup>st</sup> 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 **31<sup>st</sup> December in the year of competition.**

Masters Athletes: An athlete competing in Master Men grades shall be aged 35 years and over, or for Master 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. 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 Recaller, 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 31<sup>st</sup> December 2019). 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 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)

## 2019-2020 Calendar of National and Regional Events

<b>Oct-2019</b>				
Sat 12-Oct		Open Meeting	Porritt	3:00pm
Sun 13-Oct		Masters Meeting	Porritt	Midday
Sat 19-Oct		Open Meeting	Porritt	3:00pm
<b>Nov-2019</b>				
Sat 2-Nov		Open Meeting	Porritt	3:00pm
Sat 2-Nov		Bellevue Ribbon Day	Tauranga	10:00am
Sat 9-Nov		Whakatane Ribbon day	Whakatane	10:00am
Sat 9-Nov		Agency Group 10,000m	Wellington	
Sun 10-Nov		Putaruru Bell	Tauranga	2:00pm
Sat 16-Nov		Fairfield Ribbon Day	Porritt	10:00am
Sun 17-Nov		Sam Johnson Throws Meeting	Porritt	10:00pm
Sun 17-Nov		Open Meeting/Masters Meeting	Porritt	1:00pm
Sat 23-Nov		Open Meeting	Tauranga	3:00pm
Fri 29-Nov	Sun 1-Dec	North Island Masters Championships	Whakatane	
Sat 30-Nov		Open Meeting	Porritt	3:00pm
Sat 30-Nov		Te Awamutu Ribbon Day	Te Awamutu	10:00am
Sat 30-Nov		Jennings Cup	Tauranga	10:00am
<b>Dec-2019</b>				
Fri 6-Dec	Sun 8-Dec	NZ Secondary Schools Championships	Wellington	
Sat 14-Dec		Children's Relay Championships	Porritt	10:00am
Fri 20-Dec		Night of Fives (5000m)	Auckland	
Thu 26-Dec		King/Queen of the Mountain Race	Mt. Maunganui	2:30pm
<b>Jan-2020</b>				
Wed 1-Jan		Tauranga Twilight (incl. WBOP 3km Champs)	Tauranga	
Fri 10-Jan	Sun 12-Jan	North Island Colgate Games	Inglewood	
Sat 11-Jan		Lovelock Classic	Timaru	
Sat 11-Jan		Open Meeting	Porritt	3:00pm
Sat 18-Jan		Open Meeting	Tauranga	3:00pm
Sat 18-Jan		Cooks Classic + NZ U20 3000m Champs	Whanganui	
Sun 19-Jan		WBOP Masters Track and Field Championships	Tauranga	
Sat 25-Jan		Grade 14/16/U18 Inter-provincials	Porritt	10:00am
Sat 25-Jan		Potts Classic + NZ 3000m Champs	Hastings	
<b>Feb-2020</b>				
Sat 1-Feb		Open Meeting	Porritt	3:00pm
Thu 6-Feb		Melbourne Track Classic	Melbourne	
Sat 8-Feb		Te Aroha Ribbon Day	Te Aroha	10:00am
Sat 8-Feb	Sun 9-Feb	Waikato-Bay of Plenty Championships	Tauranga	
Thu 13-Feb		Canberra Track Classic	Canberra	
Sat 15-Feb		Porritt Classic	Porritt	2:00pm
Sat 15-Feb		Tokoroa Ribbon Day	Tokoroa	10:00am
Sun 16-Feb		Masters Trophy Day	Porritt	Midday

Sat 22-Feb		Lake City Ribbon Day	Rotorua	
Sat 22-Feb		Sydney Track Classic	Sydney	
Sun 23-Feb		Sir Graeme Douglas International/Permit Meeting	Auckland	
Tue 25-Feb		Thames Valley Zones	Waihi	
Fri- 28-Feb	Mon 1-Mar	NZ Masters Track and Field Championships	Hastings	
Fri 28-Feb		Capital Classic	Wellington	
Sat 29-Feb		Cambridge Pentathlon	Cambridge	
Sat 29-Feb		Open Meeting	Porritt	
<b>Mar-2020</b>				
Tue 3-Mar		Central Zones	Porritt	
Wed 4-Mar		Bay of Plenty Zones	Tauranga	
Tue 10-Mar		King Country Zones	Te Awamutu	
Wed 11-Mar		Mid Island Zones	TBC	
Fri 6-Mar	Sun 8-Mar	New Zealand Track and Field Championships	Christchurch	
Sat 7-Mar		Paeroa Ribbon Day	Paeroa	10:00am
Sat 14-Mar		Sir Peter Snell International	Whanganui	
Sat 14-Mar		WBOP Children's Championships	Tauranga	9:30am
Wed 18-Mar		WBOP Secondary Schools Championships	Tauranga	9:30am
Fri 20-Mar		Queensland Track Classic	Brisbane	
Sat 21-Mar	Sun 29-Mar	Australian Track and Field Championships	Sydney	
<b>Apr-2020</b>				
Sat 4-Apr	Sun 5-Apr	North Island Secondary Schools	Porritt	
Sat 11-Apr	Sun 12-Apr	Grade 12/13 Inter-provincials	Auckland	

## Event Timetables

Open Meeting 3:00 pm	Porritt Stadium	Saturday 12 October
	<b>Track</b>	<b>Field</b>
3:00	80/100/110m Hurdles	3:00 High Jump
3:20	600m	3:00 Shot
3:30	80m	4:00 Long Jump
4:10	150m	4:00 Hammer
4:30	2000m Steeples	
4:50	300m	

Open Meeting 3:00pm	Porritt Stadium	Saturday 19th October
	<b>Track</b>	<b>Field</b>
3.00	300/400m Hurdles	3:00 Triple Jump
3:20	100m	3:00 Discus
3:50	3000m	4:00 Javelin
4:10	400m	4:00 High Jump
4:30	1500m	
4:45	2 x 200m Relay	

Open Meeting 3:00pm	Porritt Stadium	Saturday 2 November
	<b>Track</b>	<b>Field</b>
3:00	80/100/110m Hurdles	
3:20	800m	3:00 High Jump
3:30	100m	3:00 Shot
4:20	200m	4:00 Long Jump/Triple Jump
4:40	3000m	4:00 Hammer
5:00	4 x 100m Relay	

### **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	<b>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.</b>
Points	Points will be allocated in every event for each age group (U18, U20, Senior, Masters) for both Men and Women. 1 <sup>st</sup> = 6pts, 2 <sup>nd</sup> = 5pts, 3 <sup>rd</sup> = 4pts, 4 <sup>th</sup> = 3pts, 5 <sup>th</sup> = 2pts, 6 <sup>th</sup> = 1pt.
Team entries to be in by midday Friday before competition	i.e. Friday 8th November.

Entries to be sent to Mhyre Oman at [mhyre.oman@gmail.com](mailto:mhyre.oman@gmail.com)

THE WINNER WILL BE THE TEAM WITH THE HIGHEST POINTS

**Entry form at back of Book**

**Putaruru Bell 2:00pm****Tauranga****Sun 10 November**

	Track
2:00	80/100/110m Hurdles
2:20	1500m
2:50	100m
3:15	3000m
3:45	400m
4:00	2000m Walk
4:30	200m
5.00	800m

	Field
2:00	Shot
2:00	Triple Jump
3:00	Discus
3:00	High Jump
4:00	Javelin
4:00	Long Jump
4:30	Hammer

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

**Porritt Stadium****Sunday 17 November****Open Meeting 1:00 pm****Porritt Stadium****Sunday 17 November**

	Track
1:30	60m
1:40	1500m
2:20	200m
2:30	2000m Steeplechase (SW, MW, MM60+)
2:40	2000m Steeplechase (SM, U20M, U18M, MM35-59)
3:00	4 x 100/2 x 200m Relay

	Field
1:00	Long Jump
1:45	Triple Jump
2:30	Pole Vault

**Open Meeting 3:00 pm****Tauranga****Saturday 23 November**

	Track
3:00	300/400m Hurdles
3:25	3000m
3:45	100m
4:10	400m
4:40	200m
5.00	800m

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

**Open Meeting 3:00 pm****Porritt Stadium****Saturday 30 November**

	Track
3:00	80/100/110m Hurdles
3:25	1500m
3:45	100m
4:10	400m
4:40	200m
5.00	800m

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

**NZSSAA Championships****Wellington****Fri 6 Dec to Sun 8 Dec**

**WBOP Children's Relay  
 Championships**  
 9:30am

**Porritt Stadium****Saturday 14 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 <b>15+</b> Open 4:00 pm.

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

7.	Walk	3000m <b>15+</b> Open	<b>Hand Timed</b>	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 31/12/20**

**Entry Fees**

Children's Meeting Fee \$15 (includes any Event #1 thru #7) on line before 31/12/19  
**\$ 20 entered on the day**

Twilight Entry Fees \$ 15 for first event entered on line before 31/12/19.  
**\$ 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@extra.co.nz](mailto:athletics.tauranga@extra.co.nz)

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North Island Colgate Games 9.00 am

Inglewood

Fri 10<sup>th</sup> to Sun 12<sup>th</sup> Jan

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Open Meeting 3:00 pm

Porritt Stadium

Saturday 11 January

	Track
3:00	300/400m Hurdles
3:20	100m
3:45	800m
4:00	200m
4:30	400m
4:45	3000m

	Field
3:00	Shot
3:00	Long Jump
4:00	High Jump
4:00	Hammer

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Open Meeting 3:00 pm

Tauranga

Saturday 18 January

	Track
3:00	80/100/110m Hurdles
3:20	1500m
3:35	100m
4:10	800m
4:30	200m

	Field
3:00	Javelin
3:00	Triple Jump
4:00	High Jump
4:00	Discus

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Grade 14/16/U18 Inter-Provincials

Porritt Stadium

Saturday 25 January

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Open Meeting 3:00 pm

Porritt Stadium

Saturday 1 February

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

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

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**WAIKATO BAY OF PLENTY TRACK AND FIELD CHAMPIONSHIPS - IMPORTANT INFORMATION**  
Your age at the 31<sup>st</sup> December 2020 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 31<sup>st</sup> December 2019.

**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)

\*Pole vault competitors please email [administratrator@athleticswbop.org.nz](mailto:administratrator@athleticswbop.org.nz) before making an entry

**Waikato Bay of Plenty Track and  
Field Champs Day 1**

**Tauranga**

**Saturday 8 February**

**Meet 1:30pm**

<b>Track</b>		<b>Field</b>	
<b>1:30</b>	400m All Grades Heats or Finals if insufficient entries	<b>1:30</b>	Triple Jump All Female
<b>2:20</b>	80m/100m Hurdles All Grades	<b>1:30</b>	Discus All Male
<b>2:50</b>	1500m Masters/U16	<b>2:00</b>	Pole Vault - All Grades*
<b>3:00</b>	100m All Grades Heats or Finals if insufficient entries	<b>2:30</b>	Shot All Female
<b>3:40</b>	3000m Steeples 762 Height Women/U20 Women 2000m Steeples 762 Height U18 Women/U16 Men/U16 Women Masters Men 60+/Masters Women	<b>3:00</b>	Triple Jump All Male
<b>4:00</b>	3000m Steeples 914 Height Senior Men /U20 Men/MM35-59/U18 Men 2000m	<b>3:00</b>	Shot All Male
<b>4:15</b>	100m final All Grades (if required)	<b>3:00</b>	High Jump All Female
<b>4:30</b>	1500m U20 Men/U20 Women U18 Men/U18 Women/Senior M/W	<b>4:00</b>	Discus All Female
<b>4:45</b>	400m finals (if required)	<b>4:00</b>	High Jump All Male
<b>5:00</b>	4 x 100m Relay		

**N.B Straight finals will be run at heat time for both days 100m/200m/400m**

**Waikato Bay of Plenty Track and  
Field Champs Day 2**

**Tauranga**

**Sunday 9 February**

**Meet 10:30am**

<b>Track</b>		<b>Field</b>	
<b>10:30</b>	5000m Under 20 and above	<b>10:30</b>	Long Jump All Male
<b>11:00</b>	200m All Grades Heats or Finals if insufficient entries	<b>10:30</b>	Hammer All Grades
<b>11:30</b>	2000m/3000m/5000m Walks All Grades	<b>12:00</b>	Javelin All Grades
<b>12:30</b>	800m All Grades	<b>12:00</b>	Long Jump All Female
<b>12:50</b>	300m Hurdles U18 Women/U18 Men	<b>12:00</b>	Weight Throw
<b>13:00</b>	400m Hurdles Men/U20 Men Women/U20 Women		
<b>13:40</b>	200m Finals (if required)		
<b>14:00</b>	4 x 400m Relay		

**Porritt Classic 2.00pm**

**Porritt Stadium**

**Saturday 15 February**

**Open Meeting**

**Porritt**

**Saturday 29 February**

<b>Track</b>		<b>Field</b>	
<b>3:00</b>	80/100/110m Hurdles	<b>3:00</b>	Javelin
<b>3:30</b>	200m	<b>3:00</b>	Triple Jump
<b>3:50</b>	800m	<b>4:00</b>	High Jump
<b>4:15</b>	100m	<b>4:00</b>	Hammer
<b>4:35</b>	400m		
<b>5:00</b>	1500m		

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New Zealand Track and Field Championships	Christchurch	Friday 6 to Sunday 8 March
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WBOP Children's Championships 9:30am	Tauranga	Saturday 14 March
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WBOP Secondary Schools 9:30am	Tauranga	Wednesday 18 March
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North Island Secondary Schools Track & Field Champs <i>Info available <a href="http://www.nzssaa.org.nz">www.nzssaa.org.nz</a></i>	Porritt Stadium	Friday 4 to Sunday 5 April
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Grade 12/13 Inter-Provincials	Auckland	Saturday 11 to Sunday 12 April
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## **VERY IMPORTANT INFORMATION**

**Your age as at the 31<sup>st</sup> December 2020 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.

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# Current Records

AT 16-Jun-19

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
<b>GRADE M</b>							
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
<b>GRADE M-U20</b>							
100 metres	Joseph	Millar	TGA	10.36	1.9	24/03/2012	<i>Waitakere</i>
200 metres	Dale	McClunie	HAM	20.94	1.2	30/01/1985	<i>Melbourne</i>
400 metres	Murray	Gutry	HAM	47.03		10/03/1984	<i>Porritt</i>
800 metres	Michael	Calver	HAM	1.49.10		1/01/1982	<i>Wellington</i>
1500 metres	Sam	Tanner	TGA	3.38.74		15/06/2019	<i>Seattle</i>
3000 metres	Aaron	Pulford	HAM	8.11.36		9/12/2010	<i>Melbourne</i>
5000 metres	Mark	McKeown	TGA R	14.03.59		23/01/1993	<i>Auckland</i>
10000 metres	Aaron	Pulford	HAM	29.14.23		20/07/2010	<i>Moncton</i>
110 m HURDLES 1067mm	Liam	Whaley	HAM	14.73	-0.7	12/11/1994	<i>North Shore</i>
110 m HURDLES 990mm	Michael	Cochrane	TGA	14.06		28/01/2011	<i>Wellington</i>
400 m HURDLES 914mm	Michael	Cochrane	TGA	50.62		28/01/2011	<i>Wellington</i>
2000 m STEEPLE 914mm	Shafat	Salad	HAM	5.50.00		26/02/2005	<i>Porritt</i>
3000 m STEEPLE 914mm	Harry	Ewing	HAM	9.11.39		3/04/2015	<i>Los Angeles</i>
400 m RELAY	Waikato BOP	x	WAIK	41.11		25/03/2012	<i>Waitakere</i>
1600 m RELAY	Waikato BOP	x	WAIK	3.17.96		24/03/2013	<i>Mt Smart</i>
3000 m WALK	Matthew	Holcroft	HAM	12.38.03		25/01/2013	<i>Wellington</i>
10000 m WALK	Matthew	Holcroft	HAM	45.30.00		24/03/2012	<i>Waitakere</i>
HIGH JUMP	Dwaine	Geddes	FKT	2.10		22/01/1994	<i>Auckland</i>
POLE VAULT	Peter	Tracy	HAM	4.70		9/03/1974	<i>Porritt</i>
LONG JUMP	Ryan	Howe	LAKE C	7.37	1.9	26/02/2011	<i>Tauranga</i>
TRIPLE JUMP	Jackie	Aratema	ROT	15.00		7/12/1963	
SHOT 6.00 kg	Ryan	Ballantyne	HAM	19.12		19/03/2017	<i>Porritt</i>
DISCUS 1.75 kg	Ian	Winchester	HAM	55.88		6/03/1993	<i>Wellington</i>
HAMMER 6.00 kg	Phillip	Jensen	HAM	64.48		17/01/1987	<i>Porritt</i>
JAVELIN 800 gm	Gavin	Lovegrove	FKT	79.60		8/03/1987	<i>Wellington</i>
DECATHLON	Brent	Newdick	TGA R	7423		9/04/2003	<i>Palm North</i>

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
<b>GRADE M-U18</b>							
100 metres	Kodi	Harman	TGA	10.56	-1.8	23/03/2012	<i>Waitakere</i>
200 metres	Blake	Gordon	HAM	21.78	0.9	15/03/2012	<i>Sydney</i>
400 metres	Tom	Smith	HAM	48.33		9/03/2013	<i>Mt Smart</i>
800 metres	Derek	White	HAM	1.51.96		9/02/1985	<i>Auckland</i>
1500 metres	Isaiah	Priddey	HAM	3.44.34		23/01/2018	<i>Whanganui</i>
3000 metres	Garit	Read	HAM	8.12.17		3/12/2002	<i>Palm North</i>
110 m HURDLES 914mm	James	Hunt	HAM	14.56	1.1	24/03/2012	<i>Waitakere</i>
300 m HURDLES 840mm	Mattteus	Pio	FAIR	37.35		02/12/2018	<i>Dunedin</i>
2000 m STEEPLE 914mm	Shafat	Salad	HAM	6.01.61		23/03/2003	<i>Dunedin</i>
400 m RELAY		Hamilton	HAM	42.99		7/03/1998	<i>Wanganui</i>
1600 m RELAY	Waikato BOP	x	WAIK	3.23.50		11/03/2018	<i>Porritt</i>
3000 m WALK	Matthew	Holcroft	HAM	13.11.25		4/01/2011	<i>Tauranga</i>
HIGH JUMP	Christopher	Goodwin	HAM	2.00		30/01/2016	<i>Porritt</i>
POLE VAULT		Standard	x	3.20		30/09/2003	
LONG JUMP	Charles	Annals	HAM	7.05	1.6	2/12/2018	<i>Dunedin</i>
TRIPLE JUMP	Charles	Annals	HAM	13.32	1.1	09/03/2019	<i>Christchurch</i>
SHOT 5.00 kg	Ryan	Ballantyne	HAM	21.66		4/12/2016	<i>Waitakere</i>
DISCUS 1.50 kg	Courtney	Ireland	ROT	58.30		29/10/1988	<i>Porritt</i>
HAMMER 5.00 kg	Caleb	Moore	WHAKA	53.11		1/01/2016	<i>Tauranga</i>
JAVELIN 700 gm	Stuart	Farquhar	HAM	57.88		15/02/1997	<i>Porritt</i>
OCTATHLON	Luke	Davison	TGA	5410		13/02/2011	<i>Tauranga</i>

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
<b>GRADE W</b>							
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	31.33.04		2/05/2019	<i>Pablo Alto</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	12.74	1.5	08/03/2019	<i>Christchurch</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
<b>GRADE W-U20</b>							
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	12.74	1.5	08/03/2019	<i>Christchurch</i>
SHOT 4.00 kg	Linley	Russell	PUT	13.63		17/01/1981	
DISCUS 1.00 kg	Tatiana	Kaumoana	TE ARO	49.99		26/01/2019	<i>Hastings</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	Kayla	Goodwin	HAM	4745		17/02/2019	<i>Christchurch</i>

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
<b>GRADE W-U18</b>							
100 metres	Sarah	Phillips	LAKE C	11.84	1.8	13/03/1999	<i>Porritt</i>
200 metres	Jade	Henley-Smith	HAM	24.79	0.7	6/03/2016	<i>Dunedin</i>
400 metres	Carleen	Dillimore	WAIHI	53.96		19/03/1983	<i>Melbourne</i>
800 metres	Tarryn	Davey	TE ARO	2.07.79		10/03/2013	<i>Perth</i>
1500 metres	Demelza	Murrihy	TAUM	4.23.01		16/07/1999	<i>Bydgoszcz</i>
3000 metres	Demelza	Murrihy	TAUM	9.32.59		21/02/1998	<i>North Shore</i>
5000 metres	Demelza	Murrihy	TAUM	16.57.63		22/01/1998	<i>Papakura</i>
100 m HURDLES 762mm	Hinewai	Knowles	CAM	14.16	1.9	09/03/2019	<i>Christchurch</i>
300 m HURDLES 762mm	Amy	Robinson	TGA	42.59		6/04/2013	<i>Masterton</i>
2000 m STEEPLE 762mm	Charli	Miller	HAM	6.35.11		9/04/2017	<i>Inglewood</i>
400 m RELAY	Waikato BOP	x	WAIK	47.71		23/03/2013	<i>Mt Smart</i>
1600 m RELAY	Waikato BOP	x	WAIK	3.51.58		24/03/2013	<i>Mt Smart</i>
3000 m WALK	Leanne	Chadderton	WHANGA	15.42.6		5/03/1987	<i>Wellington HT</i>
HIGH JUMP	Josie	Taylor	HAM	1.76		10/03/2019	<i>Christchurch</i>
POLE VAULT	Melina	Hamilton	HAM	3.40		3/04/1993	<i>Porritt</i>
LONG JUMP	Kayla	Goodwin	HAM	5.86	1.4	08/03/2019	<i>Christchurch</i>
TRIPLE JUMP	Kayla	Goodwin	HAM	12.74	1.5	08/03/2019	<i>Christchurch</i>
SHOT 3.00 kg	Amber	Brown	HAM	14.10		10/07/2016	<i>Gold Coast</i>
DISCUS 1.00 kg	Tatiana	Kaumoana	TE ARO	47.90		09/03/2018	<i>Porritt</i>
HAMMER 3.00 kg	Julia	Ratcliffe	HAM	62.28		19/02/2011	<i>Porritt</i>
JAVELIN 500 gm	Leah	Morgan	TGA R	43.86		13/02/1993	<i>Porritt</i>
HEPTATHLON	Kayla	Goodwin	HAM	5007		25/02/2018	<i>Whanganui</i>

## ATHLETICS WAIKATO-BAY of PLENTY TROPHIES and 2018-2019 RECIPIENTS

<b>Gallichan Cup</b>	Athlete gaining the most points (allocated 5-3-1 for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> ) in Senior Men and Women and U20M/U20W grades	<b>Kayla Goodwin</b>
<b>AWBOP Colts Shield</b>	Most points in U18M grade (allocated 5-3-1 for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> )	<b>Charles Annals</b>
<b>Sue Drummond Shield</b>	Most points in U18W grade (allocated 5-3-1 for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> )	<b>Maria Sartin</b>
<b>Keith Falla Memorial Trophy</b>	Winner Senior Men's 800m Waikato-BoP Champs	<b>Logan Rodger</b>
<b>John L Davies Memorial Trophy</b>	Winner Senior Men's 1500m Waikato-BoP Champs	<b>Logan Rodger</b>
<b>Official of the Year</b>		<b>Sandra Murray</b>

# Waikato-Bay of Plenty Selection Standards for the NZ Championships 2020

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

Event	Senior Men	U20 Men	U18 Men	Senior Women	U20 Women	U18 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 Steeple	9:45.00	10:00.00	-	11:40.00	-	-
2000 Steeple	-	-	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 2020 to 1 March 2020 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 2019-2020 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 6<sup>th</sup> and 8<sup>th</sup> March 2020. The subsidy will only be paid to athletes who have also competed in the Waikato-Bay of Plenty Championships on 8<sup>th</sup> and 9<sup>th</sup> February 2020 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	10.50
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
<b>Boys -</b>						
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
<b>Girls -</b>						
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
<b>Boys -</b>	Senior	5.00	1.50	700	5.00
	Intermediate	5.00	1.25	700	5.00
	Junior	4.00	1.00	600	4.00
<b>Girls -</b>	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**

<b>Gender and Grades</b>	<b>Distance In Metres</b>	<b>No. of Flights of Hurdles</b>	<b>Height Metric</b>	<b>Metres to first</b>	<b>Metres between</b>	<b>Metres from last to finish</b>
<b>Boys -</b>						
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
<b>Girls -</b>						
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**

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

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## 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](mailto: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**

**Steve Rees-Jones: 07 858 5392 - 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](http://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@nzsport.co.nz](mailto:kerry@nzsport.co.nz)

### **Waikato Contact:**

Louise Young -Waikato Athletics Development Advisor  
[louisey@athleticswbop.org.nz](mailto:louisey@athleticswbop.org.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**

**8/9 February 2020 Tauranga**

**Entry details will be made available on our  
website**

**[www.athleticswaikatobayofplenty.org.nz](http://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 1st February for  
Both Days**