

Children's *2020-2021*



Track & Field *Handbook*

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ATHLETICS WAIKATO-BAY of PLENTY ~ CHILDREN'S TRACK & FIELD HANDBOOK for the 2020-21 SEASON

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ATHLETICS WAIKATO-BAY OF PLENTY INCORPORATED

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WAIKATO-BAY of PLENTY CHILDREN'S SECTION

PERSONNEL DIRECTORY

CHAIRMAN

Sandra Murray

Address / Email

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Telephone

0211870563

SECRETARIES

Sandra Murray
(Competition Secretary)

166a Nixon Street, Hamilton East
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0211870563

Louise Young

PO Box 46, Hamilton 3240
louisey@athleticswbop.org.nz

0211254228

DELEGATES TO WAIKATO MANAGEMENT COMMITTEE

Sandra Murray
Andrew Langman
(Reserve: Berny Koppens)

166a Nixon Street, Hamilton East

0211870563

TEAM MANAGERS - GRADE 12 & 13 INTER-PROVINCIALS

Ruth Kaiwhata
Katrina Anderson

15 Kenny Crescent, Hamilton

0221910887

SELECTORS - GRADE 12 & 13 INTER-PROVINCIALS

Ruth Kaiwhata
Katrina Anderson
Berny Koppens

TEAM MANAGERS - Grade 14, U16, U18 INTER-PROVINCIALS

Robin Knowles
Peter Blackwood
Hinewai Knowles
Sarah Watson
Ashleigh Sando
Charles Annals

SELECTORS - Grade 14, U16 U18 INTER-PROVINCIALS

Peter Blackwood
Robin Knowles
Kylie Hala
Ashleigh Sando

CHILDREN'S COMMITTEE MEETINGS

Sun October 11	Cambridge	10am
Sat November 21	Te Awamutu	After Ribbon Day
Sat February 27	Cambridge	After Cambridge Pentathlon
Sun May 5	Online Meeting	7.30pm (Mid-Winter Forum)
Sun June 13	Cambridge	10am (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.

RIBBON DAY PROGRAMME for 2020-21

Ribbon Days commence on Saturday 7 November, providing open competition to all athletes in grades up to and including Grade 14. No entry fee is required. All events are run in divisions, with no finals. Please note that if a Ribbon Day is washed out on the Saturday, it may be run on the Sunday. Please contact the person named at the host Club for that Ribbon day.

Start time is 10.00 am

U16 Athletes may also compete at Ribbon Days.

Date	Host Club	Venue
2020		
Nov 7	Whakatane	Rex Morpeth Park
Nov 14	Fairfield	Porritt Stadium
Nov 21	Te Awamutu	The Stadium
Nov 28	Lake City	#2 Stadium Grounds, Rotorua
Dec 5	AWBoP Relay Champs Commencing at <u>9:30 am</u>	Porritt Stadium including Race Walk Champs
Dec 11-13	New Zealand Secondary Schools Track & Field Champs - Tauranga	
Dec 19	Combined Ribbon Day (Papamoa/Greerton/Te Puke)	Papamoa
2021		
Jan 1	Tauranga Twilight Meeting	Tauranga Domain
Jan 8 - 10	North Island Colgate Games - Inglewood	
Jan 15 - 17	South Island Colgate Games - Nelson	
Jan 30	Grade 14, U16, U18 Inter-Provincials - Auckland	
Feb 6	Taupo	Owen Delaney Park
Feb 13	Tokoroa	Tokoroa
Feb 20	AWBoP Track & Field Senior Champs: Day 1	Porritt commencing 1pm
Feb 21	AWBoP Track & Field Senior Champs: Day 2	Porritt commencing 10am
Feb 21 (Sun)	Te Aroha	Herries Park
Feb 27	Cambridge Pentathlon	Vogel Street Stadium
Mar 6	Paeroa	Paeroa Domain
Mar 5-7	<i>NZ National Track and Field Champs - Hastings</i>	
Mar 13	AWBoP Children's Champs Commencing at 9:30 am	Tauranga Grades 7-14 years
Apr 2-4	Gr 12/13 NZ Inter-Provincials - Whanganui/Manawatu	

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	
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	

Note: 750gm Discus can be either rubber- or steel-banded

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

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 **13 March 2021 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 5 December 2020

Triple Jump Champs are to be held at the Cambridge Pentathlon on Saturday 27 February 2021

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

These will be held at **Porritt Stadium**, on **Saturday 5 December 2020**, 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 8, Saturday 9 and Sunday 10 January 2021

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 Nelson, on Friday 15, Saturday 16 and Sunday 17 January 2021

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.

GRADE 14, U16, U18 INTER-PROVINCIALS

This season's Inter-Provincial Meeting will be held in Auckland on Saturday 30 January 2021.

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

Athletes will be selected on performances throughout the season, and must be proficient in three events, with a 2/1 track and field combination plus a medley relay. Selection is basically automatic.

Team selection only involves event selection.

If you send in a nomination form, this indicates your willingness to compete. A **non-refundable deposit of \$50.00** will be required to secure an athlete's place in the team.

GRADES 12 & 13 INTER-PROVINCIALS

This season's Inter-Provincial Meeting will be held on Friday 2nd April and Sunday 4th April 2021 in the Whanganui/Manawatu region

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 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 1 April and 5 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.
