

Athletics
Waikato
Ray of Plenty



SUMMER HANDBOOK
2021-2022

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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

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G Caddie J Rawnsley

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Sally Kerr

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Waikato-Bay of Plenty Secondary Schools Association

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New Zealand Secondary Schools Association

Liaison John Tylden Tel 07 843 0353 / 027 264 5030
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WAIBOP Masters Association

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Arbitration Panel

John Tylden, Murray Green, Brett Addison, Andrew Langman, Joan Rawnsley, Murray Clarkson, Dianne Rodger

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 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 Master 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

Note that for 2021/22 all open meetings will be online entry only. \$7 entry fee per athlete applies to AWBOP Open Meets. Entries for events will close on the Thursday 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 \$15.

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 31st December 2021). 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 -\$7 (can compete in as many events as wanted)

Open Meeting Competition Fee for Non-registered Athletes -\$15 (can compete in as many events as wanted)

Open Meetings will be Online entry only, entries closing the Thursday before the event.

2021-2022 Calendar of Regional Events

OCT 2021

Sun 10 Oct	Masters Have a Go Day	Porritt	Midday
Sat 16 Oct	Open Meeting	Porritt	3.00pm
Sat 30 Oct	Open Meeting	Porritt	3.00pm

NOV 2021

Sat 6 Nov	Whakatane Ribbon Day	Whakatane	10.00am
Sat 6 Nov	Open Meeting	Tauranga	3.00pm
Sun 7 Nov	Sam Johnson Throws Meeting	Porritt	10.00am
Sat 13 Nov	Fairfield Ribbon Day	Porritt	10.00am
Sun 14 Nov	Masters Have a Go Day	Porritt	Midday
Sat 20 Nov	Lake City Ribbon Day	Lake City	10.00am
Sat 20 Nov	Open Meeting	Tauranga	3.00pm
Sat 27 Nov	Te Awamutu Ribbon Day	Te Awamutu	10.00am
Sat 27 Nov	Open Meeting	Tauranga	3.00pm
Sat 27 Nov/Sun 28 Nov	North Island Masters	Auckland	

DEC 2021

Sat 4 Dec	Children's Relay Champs	Porritt	10.00am
Sun 12 Dec	Masters Xmas Meeting	Tauranga	Midday
Thu 16-Sat 18 Dec	NZ Sec Schools/ANZ U16/U18 Champs	Inglewood	
Sun 26 Dec	King/Queen of Mountain	Mt Maunganui	10.30am

Jan 2022

Sat 1 Jan	Tauranga Twilight	Tauranga	2.00pm
Fri 7- Sun 9 Jan	North Island Colgate Games	Wellington	
Fri 14-Sun 16 Jan	South Island Colgate Games	Invercargill	
Sat 15 Jan	Open Meeting (with Steeple champs)	Tauranga	3.00pm
Sat 22 Jan	Potts Classic	Hastings	
Sun 23 Jan	WBOP Masters Champs	Tauranga	9.00am
Sat 29 Jan	U14, U16, U18 Inter-provincials	Auckland	
Sat 29 Jan	Open Meeting	Porritt	3.00pm
Sat 29 Jan	Cooks Classic	Whanganui	

FEB 2022

Sat 5 Feb	Capital Classic	Wellington	
Sat 12 Feb	Tokoroa Ribbon Day	Tokoroa	10.00am
Sat 12 Feb	WBOP Senior Champs + Putaruru Bell	Tauranga	1.30pm
Sun 13 Feb	WBOP Senior Champs + Putaruru Bell	Tauranga	9.00am
Thu 17 Feb	International Track Meeting	Christchurch	
Sat 19 Feb	Open Meeting	Tauranga	3.00pm
Sun 20 Feb	Masters Trophy Day	Porritt	Midday
Sun 20 Feb	Sir Graham Douglas Meeting	Waitakere	
Sun 20 Feb	Te Aroha Ribbon Day	Te Aroha	10.00am
Sat 26 Feb	Cambridge Pentathlon	Cambridge	9.00am
Sat 26 Feb	Open Meeting	Porritt	3.00pm

MAR 2022

Fri 4- Sun 6 Mar	NZ Track and Field Champs	Hastings	
Sat 5 Mar	Bellevue Ribbon Day	Tauranga	10.00am
Tues 8 Mar	WBOP Sec Schools Central Zones	Porritt	9.00am
Wed 9 Mar	WBOP Sec Schools BOP Zones	Tauranga	9.00am
Thu 10 Mar	WBOP Sec Schools King Country Zone	Te Awamutu	9.00am
Fri 11-Sun 13 Mar	NZ Masters Track and Field Champs	Wellington	
Sat 12 Mar	Paeroa Ribbon Day	Paeroa	10.00am

Tues 15 Mar	WBOP Sec Schools Thames Valley Zone	Paeroa	9.00am
Sat 19 Mar	WBOP Children's Champs	Porritt	9.30am
Sun 20 Mar	Masters Pentathlon	Tauranga	9.00am
Tues 22 Mar	WBOP Sec Schools Champs	Porritt	9.00am

April 2022

Sat 2- Sun 3 April	North Island Sec Schools Champs	Palmerston North
Fri 15-Sun 17 April	Grade 12/13 Inter-provincials	Dunedin

Event Timetables for Regional Senior Meetings

OPEN MEETING Porritt Stadium Saturday 16th October

	TRACK		FIELD
3.00	300/400 Hurdles	3.00	High Jump
3.20	600m	3.00	Shot Put
3.30	60m sprint	4.00	Long Jump
4.10	400m	4.00	Discus
4.30	1,000m		
4.50	200m		
5.10	5000m		

OPEN MEETING Porritt Stadium Saturday 30th October

	TRACK		FIELD
3.00	80/100/110 Hurdles	3.00	Hammer
3.30	400m	3.00	Long Jump
3.40	1500m	4.00	Javelin
3.55	100m		
4.15	3,000m		

OPEN MEETING Tauranga Domain Saturday 6th November

	TRACK		FIELD
3.00	80/100/110 Hurdles	3.00	High Jump
3.20	800m	3.00	Shot put
3.40	100m	4.00	Triple Jump
4.10	300m	4.00	Discus
4.30	1500m		
4.50	200m		

SAM JOHNSON THROWS MEETING Porritt Stadium Sunday 7th November

10.00 am START Throws only meeting for all athletes

Grade 16 to Masters

OPEN MEETING

Tauranga Domain

Saturday 20th November

TRACK

FIELD

3.00 300/400 hurdles

3.00 Long Jump

3.30 1500

3.00 Discus

3.45 60m sprint

4.00 High Jump

4.00 200m

4.00 Hammer

4.20 2000m Steeplechase (SW, MM, MM60+) height 762mm

4.35 2000m Steeplechase (SM, U20M, MM 35-59) height 914mm

4.45 2000m Steeplechase (U18M) height 838mm

5.00 400m

OPEN MEETING

Tauranga Domain

Saturday 27th November

TRACK

FIELD

3.00 80/100/110 hurdles

3.00 Shot put

3.25 3000m

3.00 Triple Jump

3.45 100m

4.00 Javelin

4.10 400m

4.00 High Jump

4.40 150m

5.00 800m

WBOP Children's RELAY Champs

Porritt Stadium

Saturday 4th December 9.30am

NZSS Track and Field and Road Race Champs/ ANZ U18, U16 Champs

Thursday 16th to Saturday 18th December

TAURANGA TWILIGHT

Tauranga Domain

Saturday January 1st

WaiBOP 3,000m CHAMPIONSHIPS – all grades

North Island Colgate Games

Wellington

Friday 7th – Sunday 9th January

OPEN MEETING

Tauranga Domain

Saturday 15th January

TRACK

FIELD

3.00 300/400m hurdles

3.00 Shot put

3.20 200m

3.00 Long Jump

3.45 800m

4.00 High Jump

4.00 100m

4.00 Discus

4.30 400m

4.45 1500m

5.00pm WaiBOP 2,000 and 3,000m steeplechase championships (all grades)

(762mm*) = SW + W U20 3,000m/ W U18 + M&W U16 + Masters M 60 + Masters W 2,000m

(838mm*) = MU18 2000m

(914mm*) = SM + Masters M (35-59) + M U20 3,000m

OPEN MEETING

Porritt Stadium

Saturday 22nd January

TRACK

FIELD

3.00 80/100/110m Hurdles

3.00 Javelin

3.20 2,000m flat race

3.00 Triple Jump

3.40 100m

4.00 800m

4.00 High Jump

4.30 200m

4.00 Hammer

Masters WBOP Champs

Tauranga Domain

Sunday 23rd January

Grade 14 to 18 Inter-Provincials **Auckland**

Saturday 29th January

OPEN MEETING

Porritt Stadium

Saturday 29th January

TRACK

FIELD

3.00 300/400m Hurdles

3.00 High Jump

3.20 800m

3.00 Discus

3.40 100m

4.00 Long Jump

4.10 400m

4.00 Shot put

4.30 4 x 100m RELAY

WAIKATO BOP CHAMPIONSHIPS combined with **PUTARURU BELL** team event

Tauranga Domain

Saturday 12th / Sunday 13th February

PUTARURU BELL TEAMS EVENT RULES

1. Teams may have up to 7 members, mixed age and gender
2. A club may enter more than one team but each team must have a distinctive name
3. All team members must be registered athletes and registered with the same club
4. Maximum of 4 scoring events per team member across the 2 days
5. Grades:- U18, U20, Senior, Masters under 55, Masters 55 and over, for both men and women
6. Points: 1st = 6, 2nd = 5 and down to 6th = 1
7. As events will also be WBOP championships and open to all registered athletes, the points Above will only be allocated to clubs who have entered teams in the Putaruru Bell (e.g. Taumarānui athlete wins but Taumarānui doesn't have a team, so the best placing from an entered team member will get the 6 points etc).
8. Team names and entries must be received by Mhyre Oman **by 5pm Thursday 10th February** to mhyre.oman@gmail.com

NOTE final results **will not be available** at the end of competition on Sunday 13th

WAIKATO BAY OF PLENTY TRACK AND FIELD CHAMPIONSHIPS

Tauranga Domain Saturday 12th / Sunday 13th February

IMPORTANT INFORMATION Your age at the 31st December 2022 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 2021.

ATHLETE INFORMATION

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. (5pm Saturday 5th Feb)

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. CLOSING DATE FOR ENTRIES IS 5.00pm Saturday 5th February**

Club Uniform must be worn.

Athletes are to report to the officials' desk in the grandstand 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 administratator@athleticswbop.org.nz before making an entry**

Waikato-Bay of Plenty Track and Field Champs Day 1 TAURANGA Saturday 12th February

	Track	Field
1.30pm	400m all grades Heats or finals if insufficient entries	1.30pm Triple jump all female
2.20pm	80m/100m/110m hurdles all grades	1.30pm Discus all male
2.50pm	1500m masters/U16	2.00pm Pole Vault all grades- see note above
3.00pm	100m all grades Heats or finals if insufficient entries	2.30pm Shot Put all female
3.50pm	1500m U18M&W, U20M&W, SM&W	3.00pm Triple Jump all male
4.20pm	100m finals all grade if required	3.00pm Shot Put all male
4.45pm	400m finals all grades if required	3.00pm High Jump all male
5.00pm	4 x 100m relay	4.00pm Discus all female
		4.00pm High Jump all female

Waikato-Bay of Plenty Track and Field Champs Day 2 TAURANGA Sunday 13th February

	Track	Field
9.00am	5000m all grades	
10.30am	200m all grades Heats or finals if insufficient entries	10.30am Long Jump all male
11.20am	800m all grades	10.30am Hammer all grades
11.50am	300m hurdles U16/U18, Masters	12.00 Javelin all grades
12.10pm	400m hurdles U20, Sen, Masters	12.00 Long Jump all female
1.00pm	200m finals all grade if required	12.45pm Masters Weight Throw all grades
1.30pm	4 x 400m relay	

OPEN MEETING

Tauranga Domain

Saturday 19th February**TRACK****FIELD**

3.00 80/100/110m Hurdles

3.00 Javelin

3.30 200m

3.00 Long Jump

3.50 800m

4.00 High Jump

4.15 100m

4.00 Shot put

4.35 400m

5.00 1500m

OPEN MEETING

Porritt Stadium

Saturday 26th February**TRACK****FIELD**

3.00 300/400m hurdles

3.00 High Jump

3.20 1200m

3.00 Discus

3.40 80m

4.00 Long Jump

4.10 600m

4.00 Shot put

4.20 4 x 100m relay

NZ Track and Field Championships HASTINGSFriday 4th to Sunday 6th March

Waikato Bay of Plenty Secondary School events

WBOP Sec School Central Zone Porritt Stadium	Tuesday 8 th March
WBOP Sec School BOP Zone Tauranga Domain	Wednesday 9 th March
WBOP Sec School King Country Zone Te Awamutu	Thursday 10 th March
WBOP Sec School Thames Valley Zones Paeroa	Tuesday 15 th March
WBOP Sec School Champs Porritt Stadium	Tuesday 22 nd March

WAIBOP Children's Championships Porritt Stadium 19th March 9.30am START

North Island Sec School Champs Palmerston North 2nd to 3rd April

Grade 12/13 Inter-provincial Dunedin 15th to 17th April

Current Records

AT 01-Apr-21

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
GRADE M							
100 metres	Joseph	Millar	TGA	10.18	0.5	27/03/2017	Porritt
200 metres	Joseph	Millar	TGA	20.37	0.1	19/03/2017	Porritt
400 metres	Cameron	French	HAM	46.23		26/02/2015	Waitakere
800 metres	Chris	Rogers	UNI	1.47.56		20/03/1982	Porritt
1500 metres	Zane	Robertson	HAM	3.34.19		07/09/2014	Rieti
5000 metres	Zane	Robertson	HAM	13.13.83		13/07/2013	Heusden
10000 metres	Jake	Robertson	HAM	27.30.90		13/04/2018	Gold Coast
110 m HURDLES 1067mm	Michael	Cochrane	TGA	14.07	2	2/03/2013	Mt Smart
400 m HURDLES 914mm	Cameron	French	HAM	49.33		27/01/2018	Canberra
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	Mt Smart
1600 m RELAY		Hamilton	HAM	3.13.51		7/03/1993	Wellington
3000 m WALK	Craig	Barrett	HAM	11.21.50		2/02/1997	Wanganui
5000 m WALK	Craig	Barrett	HAM	19.37.25		26/01/2002	Hastings
20000 m ROAD WALK	Craig	Barrett	HAM	1.22.20		26/01/1998	Adelaide
50000 m ROAD WALK	Craig	Barrett	HAM	3.48.05		16/06/2001	New Plymouth
HIGH JUMP	Regan	Standing	HAM	2.11		24/02/2013	Porritt
POLE VAULT	Olivier	Ball	HAM	4.90		11/03/1990	Wellington
LONG JUMP	Aaron	Langdon	HAM	7.78	-0.7	18/03/1995	North Shore
TRIPLE JUMP	Christopher	Goodwin	HAM	15.10	1.9	08/05/2021	Pittsburg, US
(INDOOR TRIPLE JUMP)	Christopher	Goodwin	HAM	15.17		28/02/2021	Topeka, US)
SHOT 7.26 kg	Courtney	Ireland	LAKE C	18.14		9/01/1993	Porritt
DISCUS 2.00 kg	Mark	Robinson	HAM	55.16		21/12/1985	Porritt
HAMMER 7.26 kg	Phillip	Jensen	HAM	68.96		27/01/1990	Auckland
JAVELIN 800 gm	Stuart	Farquhar	HAM	86.31		29/04/2012	Hiroshima
DECATHLON	Paul	Wilson	HAM	7094		31/01/1983	Mt Smart

Events	FirstName	LastName	CLUB	MARK	WIND	DATE	Notes
GRADE M-U20							
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	Sam	Tanner	HAM	7.57.57		29/07/2020	<i>Porritt</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
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	Mattheus	Pio	FAIR	37.35		02/12/2018	Dunedin
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	Charles	Annals	HAM	7.05	1.6	2/12/2018	Dunedin
TRIPLE JUMP	Charles	Annals	HAM	13.75	1.5	07/12/2019	Wellington
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	Camille	Buscomb	CAM	14.58.59		6/10/2019	<i>Doha</i>
10000 metres	Camille	Buscomb	HAM	31.13.21		28/09/2019	<i>Doha</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	12.87	1.3	08/03/2020	<i>Christchurch</i>
SHOT 4.00 kg	Linley	Russell	PUT	13.63		17/01/1981	
DISCUS 1.00 kg	Tatiana	Kaumoana	HAM	52.91		26/06/2019	<i>Townsville</i>
HAMMER 4.00 kg	Julia	Ratcliffe	HAM	73.55		26/03/2021	<i>Hastings</i>
JAVELIN 600 gm	Tori	Peeters	HAM	62.04		22/02/2020	<i>Sydney</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	Charli	Miller	HAM	4.22.88		08/03/2020	<i>Christchurch</i>
3000 metres	Kay	Gooch	HAM	9.23.10		3/08/1990	<i>Plovdiv</i>
5000 metres	Hannah	Gapes	LAKE C	16.47.56		26/03/2021	<i>Hastings</i>
100 m HURDLES 840mm	Hinewai	Knowles	CAM	14.11	1.3	07/03/2020	<i>Christchurch</i>
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	Josie	Taylor	HAM	1.85		27/01/2021	<i>Hawera</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	12.87	1.3	08/03/2020	<i>Christchurch</i>
SHOT 4.00 kg	Linley	Russell	PUT	13.63		17/01/1981	
DISCUS 1.00 kg	Tatiana	Kaumoana	TE ARO	52.91		26/06/2019	<i>Townsville</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
GRADE W-U18							
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	Charli	Miller	HAM	4.22.88		08/03/2020	<i>Christchurch</i>
3000 metres	Demelza	Murrihy	TAUM	9.32.59		21/02/1998	<i>North Shore</i>
5000 metres	Charli	Miller	HAM	16.50.29		20/12/2019	<i>North Shore</i>
100 m HURDLES 762mm	Hinewai	Knowles	CAM	13.80	2.0	07/12/2019	<i>Wellington</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	1.83		09/11/2019	<i>Pakuranga</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>

VERY IMPORTANT INFORMATION

Your age as at the 31st December 2022 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 Athletics New Zealand Entry Standards as these will be the criteria used to select the Centre team.

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

Selection Criteria

- Athletes must achieve the entry standards from 1 January 2022 to 1 March 2022 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.
- Selectors are able to include athletes who have not reached the standard at their discretion.
- 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. 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 2021-2022 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 Hastings between 4th and 6th March 2022. The subsidy will only be paid to athletes who have also entered the Waikato-Bay of Plenty Championships on 12th and 13th February 2022 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			

Notes for Steeplechase

Barrier heights

Women all grades	height 762mm
U18 Men	height 838mm
Senior Men, U20 Men	height 914mm

Barriers

2000m: 18 jumps +5 water 3000m 28 jumps +7 water

Porritt Stadium outside water jump
Tauranga Domain inside water jump

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 weeknights. 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: heathersohagan@gmail.com

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

**For more information contact Executive Officer: Steve Rees-Jones
07 858 5392 / 021 2676997**

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: <https://athletics.org.nz/get-involved/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

Waikato Contact:

Louise Young -Waikato Athletics Development Advisor
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

12/13 February 2022 Tauranga

**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 5th February for
Both Days**