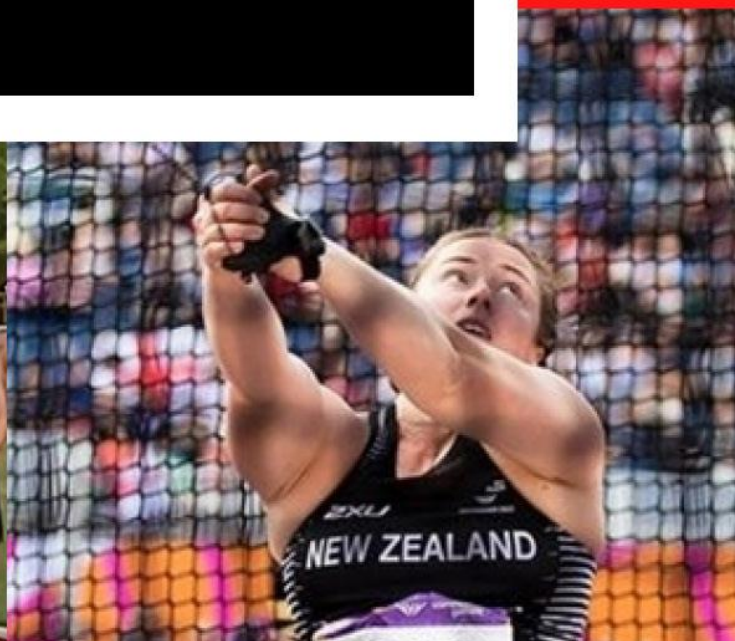




Athletics **Waikato** **Ray of Plenty**

SUMMER HANDBOOK
2022 - 2023



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ATHLETICS WAIKATO BAY OF PLENTY INCORPORATED

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Criss Strange (Coaching)
Malcolm Taylor (Road and Cross Country)
Sandra Murray (Children)
..... (Children)
Masters – Murray Clarkson
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Arbitration Panel

John Tylden, Murray Green, Brett Addison, Andrew Langman, Joan Rawnsley, Murray Clarkson, Criss Strange

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 Operations 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 2022/23 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 at midnight 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/her start until after the report of the gun. If, in the judgment of the Starter or Recaller, he/she 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 2022). 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 meetings 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), 300m 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 (838), 300m Hurdles (762), 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 midnight the Thursday before the event.

2022-2023 Calendar of Regional Events

OCT 2022

Sat 15 Oct	Open Meeting	Porritt	3.00pm
Sat 29 Oct	Whakatane Ribbon Day	Whakatane	10.00am - cancelled NOW ON 4 MARCH
Sun 30 Oct	Aotearoa Relays Festival (hosted by Athletics Tauranga)	Tauranga	2.00pm

NOV 2022

Sat 5 Nov	Open Meeting	Tauranga	3.00pm
Sun 6 Nov	Masters Have a Go Day	Tauranga	Midday
Sat 12 Nov	Open Meeting	Tauranga	3.00pm
Sat 19 Nov	Te Awamutu Ribbon Day	Te Awamutu	10.00am
Sat 19 Nov	Open Meeting	Te Awamutu	3.00pm
Sat 19 Nov	10,000m Festival & NZ Champs	Wellington	
Sun 20 Nov	Sam Johnson Memorial Throws Meet	Auckland	
Sat 26 Nov	Open Meeting	Tauranga	3.00pm
Sat 26 Nov	Fairfield Ribbon Day	Porritt	10.00am
Sun 27 Nov	Masters Have a Go Day	Porritt	Midday

DEC 2022

Fri 2 – Sun 4 Dec	NZ Masters Track & Field Champs	Wellington	
Sat 3 Dec	WBOP Children's Relay Champs	Tauranga	9.30am
Sat 3 Dec	Open Meeting	Porritt	3.00pm
Fri 9 – Sun 11 Dec	NZ Sec Schools Track & Field Champs	Inglewood	
Fri 9 – Sun 11 Dec	NZ Special Olympics National Event	Porritt	
Sat 17 Dec	Lake City Ribbon Day	Rotorua	
Sat 17 Dec	Tauranga Christmas Classic	Tauranga	3.30pm
Sat 17 Dec	Night of 5's	Auckland	
Sun 18 Dec	Masters Xmas Meeting	Tauranga	Midday
Mon 26 Dec	King/Queen of Mountain	Mt Maunganui	10.30am

Jan 2023

Sun 1 Jan	Tauranga Twilight	Tauranga	2.00pm
Fri 6- Sun 8 Jan	North Island Colgate Games	Whanganui	
Fri 13-Sun 15 Jan	South Island Colgate Games	Timaru	
Sat 14-Sun 15 Jan	North Island Masters Champs	Masterton	
Sat 14 Jan	Open Meeting (with Steeple champs)	Porritt	3.00pm
Sat 21 Jan	Potts Classic	Hastings	
Sun 22 Jan	Open Meeting	Porritt	3.00pm
Sun 22 Jan	WBOP Masters Champs	Tauranga	9.00am
Sat 28 Jan	Open Meeting	Porritt	3.00pm
Sat 28 Jan	Cooks Classic	Whanganui	

FEB 2023

Fri 3 Feb	Capital Classic	Wellington	
Sat 4 Feb	Open Meet	Tauranga	3.00pm
Sat 4 Feb	SolaPower Throws Meet	Wellington	
Sat 11 Feb	Porritt Classic	Porritt	
Sun 12 Feb	Te Aroha Ribbon Day	Te Aroha	10.00am
Sun 12 Feb	Masters Trophy Day	Porritt	Midday
Sat 18 Feb	Bellevue Ribbon Day	Tauranga	10.00am
Sat 18 Feb	World Cross Country	Bathurst NSW	

Sat 18 Feb	WBOP Senior Champs + Putaruru Bell	Porritt	1.30pm
Sun 19 Feb	WBOP Senior Champs + Putaruru Bell	Porritt	9.00am
Sun 19 Feb	International Track Meet	Christchurch	
Sat 25 Feb	Cambridge Pentathlon	Cambridge	9.00am
Sat25 Feb	Open Meeting	Porritt	3.00pm

MAR 2023

Thurs 2- Sun 5 Mar	NZ Track and Field Champs	Wellington	
Sat 4 Mar	Whakatane Ribbon Day	Whakatane	10.00am
Tues 7 Mar	WBOP Sec Schools Central Zones	Porritt	9.00am
Wed 8 Mar	WBOP Sec Schools BOP Zones	Tauranga	9.00am
Thurs 9 Mar	WBOP Sec Schools King Country, West, South Waikato Zones	Te Awamutu	9.00am
Sat 11 Mar	Paeroa Ribbon Day	Paeroa	10.00am
Sun 12 Mar	Masters Multi Events Day	Tauranga	9.30am
Tues 14 Mar	WBOP Sec Schools Thames Valley Zone	Paeroa	9.00am
Thurs 16 Mar	Sir Graham Douglas Meeting	Waitakere	
Sat 18 Mar	WBOP Children's Champs	Porritt	9.30am
Tues 21 Mar	WBOP Sec Schools Champs	Porritt	9.00am

April 2023

Sat 1 – Sun 2 April	North Island Sec Schools Champs	Palmerston North	
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Event Timetables for Regional Senior Meetings

OPEN MEETING	Porritt Stadium	Saturday 15 th October
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TRACK	FIELD
3.00 300/400 Hurdles	3.00 Shot Put
3.20 600m	3.15 High Jump
3.30 60m sprint	4.00 Long Jump
4.10 400m	4.00 Discus
4.30 1,000m	
4.50 200m	
5.10 5000m	

AOTEAROA RELAYS FESTIVAL	Tauranga Domain	Sunday 30 th October
Hosted by Athletics Tauranga		

OPEN MEETING	Tauranga Domain	Saturday 5 th November
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TRACK	FIELD
3.00 80/100/110 Hurdles	3.00 Shot put
3.20 800m	3.15 High Jump
3.40 100m	4.00 Triple Jump
4.10 1500m	4.00 Javelin
4.30 200m	

OPEN MEETING	Tauranga Domain	Saturday 12 th November
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TRACK	FIELD
3.00 200/300/400 hurdles	3.00 Discus
3.30 1 mile ***	3.30 Long Jump
3.45 60m sprint	4.00 Hammer
4.00 400m	
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	

OPEN MEETING	Te Awamutu Stadium	Saturday 19th November
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TRACK

3.00 100m
3.25 3000m
3.45 800m
4.10 400m
4.40 150m

FIELD

3.00 Shot put
3.15 Triple Jump
4.00 Discus
4.00 High Jump

OPEN MEETING	Tauranga Domain	Saturday 26th November
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TRACK

3.00 80/100/110 hurdles
3.25 1500m
3.45 100m
4.10 400m
4.40 150m
5.00 800m

FIELD

3.00 Hammer
3.15 Long Jump
4.00 Javelin
4.00 High Jump

WBOP Children's RELAY Champs	Tauranga Domain	Saturday 3rd December 9.30am
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OPEN MEETING	Porritt Stadium	Saturday 3rd December
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TRACK

3.00 80/100/110 hurdles
3.25 3000m
3.45 100m
4.10 400m
4.30 800m

FIELD

3.00 Shot put
3.15 Triple Jump
4.00 Javelin
4.00 High Jump

NZSS Track and Field & Road Race Champs	Inglewood	Friday 9 th to Sunday 11 th December
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TAURANGA CHRISTMAS CLASSIC

Tauranga Domain

Saturday 17th December

Pre-programme (Centre event)

TRACK

3.30 60m

4.00 400m

4.20 800m

FIELD

3.30 Triple Jump

4.10 Shot Put

Main Programme**(Athletics NZ event - limited field sizes, A/B races and field events)**

5pm Mixed Long Jump

5.15pm 100m (A and B races for men and women)

5.45pm Mixed Shot Put

6pm 200m (A and B races for men and women)

6.30pm Mixed High Jump

TAURANGA TWILIGHT

Tauranga Domain

Sunday 1st January

Waikato Bay of Plenty 3,000m CHAMPIONSHIPS – all grades

North Island Colgate Games

Cooks Gardens, Whanganui

Friday 6th – Sunday 8th January

OPEN MEETING

Porritt Stadium

Saturday 14th January**TRACK**

3.00 200/300/400m hurdles

3.20 200m

3.45 800m

4.00 100m

4.30 400m

FIELD

3.00 Hammer

3.30 Long Jump

4.00 High Jump

4.00 Discus

5.50pm Waikato Bay of Plenty 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

Sunday 22nd January

TRACK

FIELD

3.00 80/100/110m Hurdles

3.00 Shot Put

3.20 2,000m flat race

3.15 Triple Jump

3.40 100m

4.00 800m

4.00 High Jump

4.30 200m

4.00 Hammer

Masters WBOP Champs

Tauranga Domain

Sunday 22nd January

OPEN MEETING

Porritt Stadium

Saturday 28th January

TRACK

FIELD

3.00 200/300/400m Hurdles

3.00 Discus

3.20 800m

3.15 High Jump

3.40 100m

4.00 Long Jump

4.10 400m

4.00 Shot put

4.30 4 x 100m RELAY

OPEN MEETING

Tauranga Domain

Saturday 4th February

TRACK

FIELD

3.00 80/100/110m Hurdles

3.00 Javelin

3.20 2,000m flat race

3.15 Triple Jump

3.40 100m

4.00 800m

4.00 High Jump

4.30 200m

4.00 Hammer

Porritt Classic

Porritt Stadium

Saturday 11th February

WAIKATO BAY OF PLENTY CHAMPIONSHIPS combined with PUTARURU BELL team event

Porritt Stadium

Saturday 18th / Sunday 19th 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. Taumarunui athlete wins but Taumarunui 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 16th February** to mhyre.oman@gmail.com

NOTE final results **will not be available** at the end of competition on Sunday 19th

WAIKATO BAY OF PLENTY TRACK AND FIELD CHAMPIONSHIPS

Porritt Stadium Saturday 18th / Sunday 19th February

IMPORTANT INFORMATION Your age at the 31st December 2023 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 2022.

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. (Midnight Saturday 11th 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 MIDNIGHT Saturday 11th FEBRUARY

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 administratator@athleticswbop.org.nz before making an entry**

Waikato Bay of Plenty Track and Field Champs - Day 1 - **PORRITT STADIUM** Saturday 18th 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 - PORRITT STADIUM Sunday 19th February

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

OPEN MEETING Porritt Stadium Saturday 25th February

TRACK

3.00 80/100/110m Hurdles
3.30 200m
3.50 800m
4.15 60m
4.35 400m
5.00 1500m

FIELD

3.00 Javelin
3.15 Long Jump
4.00 High Jump
4.00 Shot put

NZ Track and Field Championships Wellington Thursday 2nd to Sunday 5th March

Waikato Bay of Plenty Secondary School events

WBOP Sec School Central Zone - Porritt Stadium	Tuesday 7 th March
WBOP Sec School BOP Zone - Tauranga Domain	Wednesday 8 th March
WBOP Sec School King Country, West, South Waikato Zones - Te Awamutu	Thursday 9 th March
WBOP Sec School Thames Valley Zones - Paeroa	Tuesday 14 th March
WBOP Sec School Champs - Porritt Stadium	Tuesday 21st March

WBOP Children's Championships Porritt Stadium 18th March 9.30am START

North Island Secondary School Champs Palmerston North 1st to 2nd April

Athletics Waikato Bay of Plenty

Current Records

AT 25-Aug-22

Events	First Name	Last Name	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	Samuel	Tanner	TGA	3.31.34		06/08/2022	Birmingham
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	2.0	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, USA
(INDOOR TRIPLE JUMP	Christopher	Goodwin	HAM	15.17		28/02/2021	Topeka, USA)
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	First Name	Last Name	CLUB	MARK	WIND	DATE	Notes
GRADE	M-U20						
100 metres	Joseph	Millar	TGA	10.36	1.9	24/03/2012	Waitakere
200 metres	Dale	McClunie	HAM	20.94	1.2	30/01/1985	Melbourne
400 metres	Murray	Gutry	HAM	47.03		10/03/1984	Porritt
800 metres	Michael	Calver	HAM	1.49.10		1/01/1982	Wellington
1500 metres	Sam	Tanner	TGA	3.38.74		15/06/2019	Seattle
3000 metres	Sam	Tanner	HAM	7.57.57		29/07/2020	Porritt
5000 metres	Mark	McKeown	TGA R	14.03.59		23/01/1993	Auckland
10000 metres	Aaron	Pulford	HAM	29.14.23		20/07/2010	Moncton
110 m HURDLES 1067mm	Liam	Whaley	HAM	14.73	-0.7	12/11/1994	North Shore
110 m HURDLES 990mm	Michael	Cochrane	TGA	14.06		28/01/2011	Wellington
400 m HURDLES 914mm	Michael	Cochrane	TGA	50.62		28/01/2011	Wellington
2000 m STEEPLE 914mm	Shafat	Salad	HAM	5.50.00		26/02/2005	Porritt
3000 m STEEPLE 914mm	Harry	Ewing	HAM	9.11.39		3/04/2015	Los Angeles
400 m RELAY	Waikato BOP	x	WAIK	41.11		25/03/2012	Waitakere
1600 m RELAY	Waikato BOP	x	WAIK	3.17.96		24/03/2013	Mt Smart
3000 m WALK	Matthew	Holcroft	HAM	12.38.03		25/01/2013	Wellington
10000 m WALK	Matthew	Holcroft	HAM	45.30.00		24/03/2012	Waitakere
HIGH JUMP	Dwaine	Geddes	FKT	2.10		22/01/1994	Auckland
POLE VAULT	Peter	Tracy	HAM	4.70		9/03/1974	Porritt
LONG JUMP	Ryan	Howe	LAKE C	7.37	1.9	26/02/2011	Tauranga
TRIPLE JUMP	Jackie	Aratema	ROT	15.00		7/12/1963	
SHOT 6.00 kg	Ryan	Ballantyne	HAM	19.12		19/03/2017	Porritt
DISCUS 1.75 kg	Ian	Winchester	HAM	55.88		6/03/1993	Wellington
HAMMER 6.00 kg	Phillip	Jensen	HAM	64.48		17/01/1987	Porritt
JAVELIN 800 gm	Gavin	Lovegrove	FKT	79.60		8/03/1987	Wellington
DECATHLON	Brent	Newdick	TGA R	7423		9/04/2003	Palm North

Events	First Name	Last Name	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	Mattteus	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	First name	Last name	CLUB	MARK	WIND	DATE	Notes
GRADE W							
100 metres	Morag	MacKechnie	ROT	11.4		29/10/1977	<i>Mt Smart HT</i>
200 metres	Leah	Belfield	TE AWA	23.30	1.5	23/05/2022	<i>Allendale USA</i>
400 metres	Kristie	Baillie	TE ARO	53.19		31/03/2012	<i>Sydney</i>
800 metres	Katherine	Camp	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	56.51		26/02/2022	<i>Christchurch</i>
HAMMER 4.00 kg	Julia	Ratcliffe	HAM	73.55		26/03/2021	<i>Hastings</i>
JAVELIN 600 gm	Tori	Peeters	HAM	62.40		5/03/2022	<i>Hastings</i>
HEPTATHLON	Terry	Genge	HAM	5709		4/04/1983	<i>New Table</i>

Events	First Name	Last Name	CLUB	MARK	WIND	DATE	Notes
GRADE W-U20							
100 metres	Sarah	Phillips	LAKE C	11.84	1.8	13/03/1999	Porritt
200 metres	Monique	Williams	TOK	24.19		5/02/2005	Hastings
400 metres	Carleen	Dillimore	WAIHI	53.96		19/03/1983	Melbourne
800 metres	Lorraine	Moller	PUT	2.03.63		29/01/1974	Christchurch
1500 metres	Charli	Miller	HAM	4.22.88		08/03/2020	Christchurch
3000 metres	Kay	Gooch	HAM	9.23.10		3/08/1990	Plovdiv
5000 metres	Hannah	Gapes	LAKE C	16.47.56		26/03/2021	Hastings
100 m HURDLES 840mm	Hinewai	Knowles	CAM	14.11	1.3	07/03/2020	Christchurch
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	Inglewood
3000 m STEEPLE 762mm	Sarah	McSweeney	HAM	10.22.98		9/02/2008	Porritt
400 m RELAY	Waikato BOP	x	WAIK	47.71		23/03/2013	Mt Smart
1600 m RELAY	Waikato BOP	x	WAIK	3.51.43		30/03/2014	Wellington
3000 m WALK	Natasha	Murrihy	TAUM	14.59.16		26/03/2010	Christchurch
5000 m WALK	Natasha	Murrihy	TAUM	26.58.03		17/01/2009	Sydney
10000 m WALK	Natasha	Murrihy	TAUM	54.14.00		27/03/2011	Dunedin
HIGH JUMP	Josie	Taylor	HAM	1.85		27/01/2021	Hawera
INDOOR HIGH JUMP	Josie	Taylor	HAM	1.86		22/02/2022	Birmingham USA
POLE VAULT	Hannah	Philpot	TGA	3.90		26/11/2016	Mt Smart
LONG JUMP	Jayne	Mitchell	TGA	6.02		6/03/1982	
TRIPLE JUMP	Kayla	Goodwin	HAM	12.87	1.3	08/03/2020	Christchurch
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	Townsville
HAMMER 4.00 kg	Julia	Ratcliffe	HAM	68.80		09/07/2016	Princeton
JAVELIN 600 gm	Keshia	Grant	HAM	45.16		26/02/2006	Porritt
HEPTATHLON	Kayla	Goodwin	HAM	4745		17/02/2019	Christchurch

Events	First Name	Last Name	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>

ATHLETICS WAIKATO-BAY of PLENTY TRACK & FIELD TROPHIES 2021-2022 RECIPIENTS

Gallichan Cup	Athlete gaining the most points (allocated 5-3-1 for 1 st , 2 nd & 3 rd) in Senior Men and Women and U20M/U20W grades	Sarah Hewlett <i>Te Awamutu</i>
AWBOP Colts Shield	Most points in U18M grade (allocated 5-3-1 for 1 st , 2 nd & 3 rd)	Nathan Browne Hamilton City Hawks
Sue Drummond Shield	Most points in U18W grade (allocated 5-3-1 for 1 st , 2 nd & 3 rd)	Zara Rattray Hamilton City Hawks
Keith Falla Memorial Trophy	Winner Senior Men's 800m Waikato-BoP Champs	Ben Bidois Hamilton City Hawks
John L Davies Memorial Trophy	Winner Senior Men's 1500m Waikato-BoP Champs	Ben Bidois Hamilton City Hawks

VERY IMPORTANT INFORMATION

Your age as at the 31st December 2023 is the grade you compete in for the Athletics NZ Championships.

ENTRIES FOR THE Athletics NZ TRACK & FIELD CHAMPIONSHIPS MUST be completed by the individual athlete, via the Athletics NZ website.

At the same time, those wishing to be part of the AWBOP Centre team should refer to the Athletics NZ 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 15 October 2022 to 1 March 2023 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 2022-2023 season, we are now offering athlete subsidies to the New Zealand Track & Field Championships of \$50 each. These will be paid to athletes selected for the Waikato-Bay of Plenty team for the event in Wellington between 2nd and 5th March 2023. The subsidy will only be paid to athletes who have also entered the Waikato-Bay of Plenty Championships on 18th and 19th February 2023 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 Metric	Metres to first	Metres between	Metres from last to finish
SM	110	10	1067	13.72	9.14	14.02
U20M	110	10	991	13.72	9.14	14.02
U18M	110	10	914	13.72	9.14	14.02
B/U16	100	10	838	13.0	8.5	10.5
SW	100	10	838	13.0	8.5	10.5
U20W	100	10	838	13.0	8.5	10.5
U18W	100	10	762	13.0	8.5	10.5
G/16	80	8	762	12.0	8.0	12.0
SM	400	10	914	45.0	35.0	40.0
U20M	400	10	914	45.0	35.0	40.0
U18M	300	7	838	50.0	35.0	40.0
B/U16	300	7	762	50.0	35.0	40.0
U18M	200	10	762	18.29	18.29	17.10
B/U16	200	10	762	18.29	18.29	17.10
SW	400	10	762	45.0	35.0	40.0
U20W	400	10	762	45.0	35.0	40.0
U18W	300	7	762	50.0	35.0	40.0
G/U16	300	7	762	50.0	35.0	40.0
U18W	200	10	762	18.29	18.29	17.10
G/U16	200	10	686	18.29	18.29	17.10

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	838	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	838	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	838	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
U16 Men	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

PARA ATHLETICS

For all information for Para Athletics Implement Weights for Sport Classes and to view the table please use this link

<https://athletics.org.nz/wp-content/uploads/2020/08/ANZ-Para-Implement-Weights-as-at-March-2020.pdf>

HURDLES (including Steeplechase) at Waikato Secondary Schools' meetings – Schools, Zones, WBoP, 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	838	13.0	8.5	10.5
Junior	80	8	762	12.0	8.0	12.0
Senior	300	7	838	50.0	35.0	40.0
Under 16	300	7	762	50.0	35.0	40.0
Senior	2000		838			
Under 16	2000		762			
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
Senior	300	7	762	50.0	35.0	40.0
Under 16	300	7	762	50.0	35.0	40.0
Senior	2000		762			
Under 16	2000		762			

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	4.00
	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

Waikato Secondary Schools Athletics Association Information for Para Athletes

Athletes will compete in the unimpaired Intermediate (Under 16) or Senior (Under 19) grades for field events using the Para Athletes weights. Track events will be run separately as scheduled unless low numbers make it sensible to compete in combined races.

Para athletes will have a track classification (T) and/or a field classification (F). The following track and field classifications relate to the following impairments.

- T11 – T13 and F11 – F13 Visual Impairment (VI)
- T20 and F20 Intellectual Impairment (II)
- T32 – T38 and F31 – F38 Cerebral Palsy and Neurological Impairments (CP)
- T40 – 41 and F40 - 41 Short Stature (SS)
- T42 – T47 and F42 – F46 Amputees and Other Impairments (AO)
- T51 – T54 and F51 – F57 Wheelchair and throwing frame user (WC)
- T61 – T64 and F61 – F64 Athletes who compete using prosthetic lower limbs (PL)

Secondary School Implement Weights for Para Athlete Classes Junior Under 16, Senior Under 19 (ORS funded Under 21) January 1

Boys					Girls			
Discus	Javelin	Shot Put	Club		Club	Shot Put	Javelin	Discus
JB 1.25kg	700g	5.00kg		F11-13		3.00kg	500g	1.00kg
SB 1.50kg	700g	5.00kg		F11-13				
JB 1.25kg	700g	5.00kg		F20		3.00kg	500g	1.00kg
SB 1.50kg	700g	5.00kg		F20				
NE	NE	NE	397g	F31	397g	NE	NE	NE
750g	NE	1.00kg	397g	F32	397g	1.00kg	NE	750g

750g	500g	2.00kg	NE	F33	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	F34	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	F35	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	F36	NE	2.00kg	500g	750g
750g	500g	4.00kg	NE	F37	NE	2.00kg	500g	750g
1.00kg	600g	4.00kg	NE	F38	NE	2.00kg	500g	750g
1.00kg	500g	3.00kg		F40,41		2.00kg	400g	750g
1.00kg	700g	5.00kg		F42		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		F43,44		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		F45,46		3.00kg	500g	1.00kg
750g	NE	NE		F51		NE	NE	750g
750g	500g	2.00kg		F52		2.00kg	500g	750g
750g	500g	2.00kg		F53		2.00kg	500g	750g
750g	500g	3.00kg		F54		2.00kg	500g	750g
750g	500g	3.00kg		F55		2.00kg	500g	750g
750g	500g	3.00kg		F56		2.00kg	500g	750g
1.00kg	500g	3.00kg		F57		2.00kg	500g	750g
1.00kg	700g	5.00kg		F61,63		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		F62,64		3.00kg	500g	1.00kg

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	838	13.0	8.5	10.5
Senior	300	7	838	50.0	35.0	40.0
Junior	300	7	762	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
Senior	300	7	762	50.0	35.0	40.0
Junior	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 3600
PO Box 106
Paeroa 3640
Tel: 027 471 3220

E-mail: heathersohagan@gmail.com

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 Centre Manager: Dianne Rodger
021 194 0600**

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: khill92@hotmail.com

Waikato Contact:

Email: administrator@athleticswbop.org.nz

WAIKATO-BAY of PLENTY TRACK & FIELD CHAMPIONSHIPS

18/19 February 2023 Porritt Stadium

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 midnight on Saturday 11th February for both days

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

