

Athletics Waikato Ray of Plenty

Summer Handbook
2023 - 2024



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ATHLETICS WAIKATO BAY OF PLENTY INCORPORATED

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| Criss Strange | (Coaching) |
| Malcolm Taylor | (Road and Cross Country) |
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Arbitration Panel

John Tylden, Murray Green, Brett Addison, Wendy Harris, Andrew Langman, 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 **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 2023/24 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.

World Athletics (WA) 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 WA rule 16.6,7,8

GRADE UNDER 16

AWBOP has a grade under 16 (age as of 31st December 2023). 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, 2000 Steeplechase (762), 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, 2000 Steeplechase (762), 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.

ATHLETICS WAIKATO BAY OF PLENTY

2023-2024 Calendar of Regional Events

OCT 2023

| | | | |
|------------|--|----------|--------|
| Sat 14 Oct | No WBOP Open Meeting | | |
| | Auckland/WBOP 10km Championships | Mt Smart | 6.00pm |
| Sat 21 Oct | Aotearoa Relays Festival (hosted by Athletics Tauranga) | Tauranga | 2.00pm |
| Sat 28 Oct | Open Meeting | Tauranga | 3.00pm |

NOV 2023

| | | | |
|------------|---|------------|---------|
| Sat 4 Nov | Open Meeting | Tauranga | 3.00pm |
| Sat 4 Nov | Auckland – Mt Smart Stadium | Mt Smart | 3.30pm |
| Sat 4 Nov | Lake City Ribbon Day | Rotorua | 10.00am |
| Sat 11 Nov | No WBOP Open Meeting | | |
| | Auckland – Mt Smart Stadium | Mt Smart | 1.00pm |
| Sat 11 Nov | Fairfield Ribbon Day (TBC) | | |
| Sat 18 Nov | Open Meeting | Tauranga | 3.00pm |
| Sat 18 Nov | Te Awamutu Ribbon Day | Te Awamutu | 10.00am |
| Sat 18 Nov | Agency 10,000m Festival – NZ 10,000m Champs | Wellington | |
| Sat 25 Nov | Open Meeting | Tauranga | 3.00pm |
| Sat 25 Nov | Whakatane Ribbon Day (TBC) | Whakatane | 10.00am |
| Sun 26 Nov | Sam Johnson Memorial Throws Meeting | Tauranga | |

DEC 2023

| | | | |
|--------------------|---|------------------|--------|
| Fri 1-Sun 3 Dec | North Island Masters Championships | Palmerston North | |
| Sat 2 Dec | WBOP Children's Relay Championships | Tauranga | 9.30am |
| Sat 2 Dec | Open Meeting | Tauranga | 5.00pm |
| Fri 8 – Sun 10 Dec | NZ Sec Schools Track & Field Champs (50 th) | Christchurch | |
| Sat 16 Dec | Night of 5's | Auckland | |
| Sun 17 Dec | Masters Xmas Meeting | Tauranga | Midday |

Jan 2024

| | | | |
|-------------------|---|-----------|--------|
| Tues 2 Jan | Tauranga Twilight incl WBOP 3000m Champs | Tauranga | 2.00pm |
| Fri 5- Sun 7 Jan | North Island Colgate Games | Auckland | |
| Fri 12-Sun 14 Jan | South Island Colgate Games | Dunedin | |
| Sat 13 Jan | No WBOP Open Meeting | | |
| Sat 13 Jan | 2024 NZ 10,000m Championships | Dunedin | |
| Fri 19-Sun 21 Jan | South Island Masters Championships | Nelson | |
| Sat 20 Jan | Potts Classic - 25 th Anniversary Meet | Hastings | |
| Sun 21 Jan | Open Meeting | Porritt | 3.00pm |
| Sun 21 Jan | WBOP Masters Championships | Tauranga | 9.00am |
| Wed 24 Jan | Jumps to Music | Hawera | |
| Sat 27 Jan | Open Meeting incl WBOP Steeplechase Champs | Tauranga | 3.00pm |
| Sat 27 Jan | Cooks Classic | Whanganui | |

FEB 2024

| | | | |
|---------------------|---|------------|--------|
| Fri 2 Feb | Capital Classic - 20 th Anniversary Meet | Wellington | |
| Sat 3 Feb | SolaPower Throws Meet | Wellington | |
| Sat 3 Feb | Open Meet | Porritt | 3.00pm |
| Sat 10 Feb | Porritt Classic | Porritt | |
| Sun 11 Feb | Masters Trophy Day | Porritt | Midday |
| Sat 17 – Sun 18 Feb | NZ Combined Events Championships | Dunedin | |

| | | | |
|---------------------|--|--------------|---------|
| Fri 16 – Sun 18 Feb | NZ Masters Track & Field Championships | Christchurch | |
| Sat 17 Feb | WBOP Senior Champs + Putaruru Bell | Porritt | 1.30pm |
| Sun 18 Feb | WBOP Senior Champs + Putaruru Bell | Porritt | 9.00am |
| Sun 18 Feb | Te Aroha Ribbon Day | Te Aroha | 10.00am |
| Sat 24 Feb | Open Meeting | Tauranga | 3.00pm |
| Sat 24 Feb | Cambridge Pentathlon | Cambridge | 9.00am |
| Sat 24 Feb | International Track Meet | Christchurch | |

MAR 2024

| | | | |
|-----------------------|---|------------|---------|
| Sat 2 Mar | Open Meeting | Porritt | 3.00pm |
| Sat 2 Mar | Bellevue Ribbon Day | Tauranga | 10.00am |
| Sun 3 Mar | Masters Multi Events Day | Tauranga | 9.30am |
| Tues 5 Mar | WBOP Sec Schools Central Zone | Porritt | 9.00am |
| Wed 6 Mar | WBOP Sec Schools BOP Zone | Tauranga | 9.00am |
| Thurs 7 Mar | WBOP Sec Schools King Country, Northwest and South Waikato Zone | Te Awamutu | 9.00am |
| Sat 9 Mar | Open Meet | Porritt | 3.00pm |
| Sat 9 Mar | Paeroa Ribbon Day | Paeroa | 10.00am |
| Sun 10 Mar | Sir Graham Douglas International | Waitakere | |
| Tues 12 Mar | WBOP Sec Schools Thames Valley Zone | Paeroa | 9.00am |
| Thurs 14 - Sun 17 Mar | NZ Track and Field Championships | Wellington | |
| Sat 23 Mar | WBOP Children's Championships | Porritt | 9.30am |
| Tues 26 Mar | WBOP Sec Schools Championships | Tauranga | 9.00am |

April 2024

| | | | |
|---------------------|--|------------------|---------|
| Sat 6 - Sun 7 April | North Island Sec Schools Championships | Palmerston North | |
| Sun 21 April | King/Queen of Mountain | Mt Maunganui | 10.30am |

Event Timetables for Regional Senior Meetings

ATHLETICS TAURANGA RELAY FESTIVAL Tauranga Domain Saturday 21st October

Hosted by Athletics Tauranga

OPEN MEETING Tauranga Domain Saturday 28th October

TRACK

3.00 200/300/400 Hurdles

3.20 800m

3.40 60m sprint

4.00 400m

4.15 200m

4.30 1500m

4.45 4 x 100m Relay all grades including mixed

FIELD

3.00 Hammer

3.20 High Jump

4.00 Triple Jump

4.15 Javelin

OPEN MEETING

Tauranga Domain

Saturday 4th November

TRACK

FIELD

3.00 70/80/100/110 Hurdles

3.00 High Jump

3.20 1 mile

3.00 Shot Put

3.35 100m

4.00 Long Jump

4.00 600m

4.00 Discus

4.20 200/300/400 Hurdles

4.45 200m

OPEN MEETING

Tauranga Domain

Saturday 18th November

TRACK

FIELD

3.00 800m

3.00 High Jump

3.20 70/80/100/110 Hurdles

3.00 Discus

3.40 3000m

3.40 Triple Jump

4.00 60m

4.20 Shot Put

4.20 200m

4.40 1500m

OPEN MEETING

Tauranga Domain

Saturday 25th November

TRACK

FIELD

3.00 200/300/400 Hurdles

3.00 Hammer

3.25 100m

3.40 Long Jump

3.40 2,000m

3.55 Javelin

3.55 400m

4.30 High Jump

4.15 200m

4.30 4 x 400m mixed relays

4.45 2000m Steeplechase (SW, MM, MM60+) height 762mm

5.00 2000m Steeplechase (SM, U20M, MM 35-59) height 914mm

5.10 2000m Steeplechase (U18M) height 838mm

WBOP Children's RELAY Champs

Tauranga Domain

Saturday 2nd December 9.30am

OPEN MEETING

Tauranga Domain

Saturday 2nd December

TRACK

5.30 800m

5.50 70/80/100/110 hurdles

6.10 100m

6.30 400m

6.50 200m

7.10 1500m

FIELD

5.30 Shot Put

6.30 Long Jump

6.30 Discus

7.00 Triple Jump

NZSS Track and Field and Road Race Champs - Christchurch

Friday 8th to Sunday 10th December

2024

TAURANGA TWILIGHT

Tauranga Domain

Tuesday 2nd January

AWBOP 3,000m CHAMPIONSHIPS – all grades

North Island Colgate Games

Mt Smart, Auckland

Friday 5th – Sunday 7th January

OPEN MEETING

Porritt Stadium (venue TBC)

Sunday 21st January

TRACK

3.00 70/80/100/110m Hurdles

3.25 100m

3.40 400m

3.55 2,000m

4.15 200m

4.30 4 x 400m mixed relays

FIELD

3.00 Discus

3.40 Long Jump

3.55 Shot Put

4.15 High Jump

Masters WBOP Champs

Tauranga Domain

Sunday 21st January

OPEN MEETING

Tauranga Domain

Saturday 27th January

TRACK

FIELD

3.00 200/300/400m Hurdles

3.00 Hammer

3.20 800m

3.35 Triple Jump

3.35 60m

3.55 Javelin

3.55 100m

4.15 1500m

4.30pm WBOP 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 3rd February

TRACK

FIELD

3.00 800m

3.00 High Jump

3.20 70/80/100/110m Hurdles

3.20 Shot Put

3.40 100m

3.55 Long Jump

3.55 400m

4.10 Discus

4.10 4 x 100m Relay

4.30 2000m

4.45 200m

Porritt Classic

Porritt Stadium

Saturday 10th February

WAIKATO BOP CHAMPIONSHIPS combined with PUTARURU BELL team event

Porritt Stadium

Saturday 17th / Sunday 18th 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 5pm Thursday 15th February**
Email to administrator@athleticswbop.org.nz

NOTE final results **will not be available** at the end of competition on Sunday 18th February

WAIKATO BAY OF PLENTY TRACK AND FIELD CHAMPIONSHIPS

Tauranga Domain Saturday 17th / Sunday 18th February

IMPORTANT INFORMATION Your age at the 31st December 2024 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 2023.

ATHLETE INFORMATION

Entry to the Centre Champs is open to those registered by their clubs as competitive athletes with Athletics Waikato-Bay of Plenty or another club/Centre in New Zealand.

Athletes must be registered before the closing date for Champs entries. (Midnight Saturday 10th 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 10th 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 administratrator@athleticswbop.org.nz before making an entry

Relay entries – Club relay teams are to be submitted at the start of each competition day, names to be confirmed 1 hour prior to event start time.

Waikato-Bay of Plenty Track and Field Champs - Day 1 - *PORRITT STADIUM Saturday 17th 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 3.00pm Triple Jump all male |
| 3.50pm | 1500m U18M&W, U20M&W, SM&W | 3.00pm Shot Put all male |
| 4.20pm | 100m finals all grade if required | 3.00pm High Jump all male |
| 4.45pm | 400m finals all grades if required | 4.00pm Discus all female |
| 5.00pm | 4 x 100m relay | 4.00pm High Jump all female |

Waikato-Bay of Plenty Track and Field Champs - Day 2 - *PORRITT STADIUM Sunday 17th 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 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

Tauranga Domain

Sunday 24th February

TRACK

3.00 800m

3.20 70/80/100/110m Hurdles

3.40 3,000m

4.00 60m

4.20 200m

4.40 1500m

FIELD

3.00 Discus

3.40 Triple Jump

4.20 Shot Put

OPEN MEETING

Porritt Stadium

Saturday 2nd March

TRACK

3.00 200/300/400 Hurdles

3.20 800m

3.40 60m

4.00 400m

4.15 200m

4.30 **WBOP 1 MILE CHAMPIONSHIPS**

4.40 4 X 100m Relays all grades including mixed

FIELD

3.00 Hammer

3.20 High Jump

4.00 Triple Jump

4.15 Javelin

OPEN MEETING

Porritt Stadium

Saturday 9th March

TRACK

3.00 70/80/100/110 Hurdles

3.20 100m

3.35 600m

4.00 3,000m

4.20 200m

4.40 1200m

FIELD

3.00 Shot Put

3.00 High Jump

4.00 Discus

4.00 Long Jump

Waikato Bay of Plenty Secondary School events

| | |
|---|---------------------------------|
| WBOP Sec School Central Zone - Porritt Stadium | Tuesday 5 th March |
| WBOP Sec School BOP Zone - Tauranga Domain | Wednesday 6 th March |
| WBOP Sec School King Country, Northwest and South Waikato Zone - Te Awamutu | Thursday 7 th March |
| WBOP Sec School Thames Valley Zone - Paeroa | Tuesday 12 th March |
| WBOP Sec School Champs - Tauranga Domain | Tuesday 26 th March |

NZ Track and Field Championships WELLINGTON Thursday 14th to Sunday 17th March

WBOP Children's Championships Porritt Stadium 23rd March 9.30am START

North Island Sec School Championships Palmerston North Saturday 6th - Sunday 7th April

Athletics Waikato Bay of Plenty
Current Records

AT 25-Aug-23

| Events | First Name | Last Name | CLUB | MARK | WIND | DATE | Notes |
|-------------------------------|-------------|-----------|---------|----------|------|------------|------------------------|
| GRADE M | | | | | | | |
| 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 | Samuel | Tanner | TGA | 3.31.24 | | 16/07/2023 | <i>Selicia, Poland</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 | 2.0 | 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 | Christopher | Goodwin | HAM | 15.10 | 1.9 | 08/05/2021 | <i>Pittsburg, USA</i> |
| (<i>INDOOR TRIPLE JUMP</i>) | Christopher | Goodwin | HAM | 15.17 | | 28/02/2021 | <i>Topeka, USA</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 | 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 | 63.26 | | 21/05/2023 | <i>Yokohama, Japan</i> |
| HEPTATHLON | Terry | Genge | HAM | 5709 | | 4/04/1983 | <i>New Table</i> |
| DECATHLON | Maria | Sartin | HAM | 5417 | | 12-13/08/2023 | <i>Mt Sac, Walnut CA</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 | <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> |
| <i>INDOOR HIGH JUMP</i> | Josie | Taylor | HAM | 1.86 | | 22/02/2022 | <i>Birmingham USA</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 | 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 | Porritt |
| 200 metres | Jade | Henley-Smith | HAM | 24.79 | 0.7 | 6/03/2016 | Dunedin |
| 400 metres | Carleen | Dillimore | WAIHI | 53.96 | | 19/03/1983 | Melbourne |
| 800 metres | Tarryn | Davey | TE ARO | 2.07.79 | | 10/03/2013 | Perth |
| 1500 metres | Charli | Miller | HAM | 4.22.88 | | 08/03/2020 | Christchurch |
| 3000 metres | Demelza | Murrihy | TAUM | 9.32.59 | | 21/02/1998 | North Shore |
| 5000 metres | Charli | Miller | HAM | 16.50.29 | | 20/12/2019 | North Shore |
| 100 m HURDLES 762mm | Hinewai | Knowles | CAM | 13.80 | 2.0 | 07/12/2019 | Wellington |
| 300 m HURDLES 762mm | Amy | Robinson | TGA | 42.59 | | 6/04/2013 | Masterton |
| 2000 m STEEPLE 762mm | Charli | Miller | HAM | 6.35.11 | | 9/04/2017 | Inglewood |
| 400 m RELAY | Waikato BOP | x | WAIK | 47.71 | | 23/03/2013 | Mt Smart |
| 1600 m RELAY | Waikato BOP | x | WAIK | 3.51.58 | | 24/03/2013 | Mt Smart |
| 3000 m WALK | Leanne | Chadderton | WHANGA | 15.42.6 | | 5/03/1987 | Wellington HT |
| HIGH JUMP | Josie | Taylor | HAM | 1.83 | | 09/11/2019 | Pakuranga |
| POLE VAULT | Melina | Hamilton | HAM | 3.40 | | 3/04/1993 | Porritt |
| LONG JUMP | Kayla | Goodwin | HAM | 5.86 | 1.4 | 08/03/2019 | Christchurch |
| TRIPLE JUMP | Kayla | Goodwin | HAM | 12.74 | 1.5 | 08/03/2019 | Christchurch |
| SHOT 3.00 kg | Amber | Brown | HAM | 14.10 | | 10/07/2016 | Gold Coast |
| DISCUS 1.00 kg | Tatiana | Kaumoana | TE ARO | 47.90 | | 09/03/2018 | Porritt |
| HAMMER 3.00 kg | Julia | Ratcliffe | HAM | 62.28 | | 19/02/2011 | Porritt |
| JAVELIN 500 gm | Leah | Morgan | TGA R | 43.86 | | 13/02/1993 | Porritt |
| HEPTATHLON | Kayla | Goodwin | HAM | 5007 | | 25/02/2018 | Whanganui |

ATHLETICS WAIKATO-BAY of PLENTY TRACK & FIELD TROPHIES 2022-2023 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 Te Awamutu |
| AWBOP Colts Shield | Most points in U18M grade (allocated 5-3-1 for 1 st , 2 nd & 3 rd) | Fletcher van Heuven Te Aroha |
| Sue Drummond Shield | Most points in U18W grade (allocated 5-3-1 for 1 st , 2 nd & 3 rd) | Amelie Wood Cambridge |
| Keith Falla Memorial Trophy | Winner Senior Men's 800m Waikato-BoP Champs | Ben Hennessy Athletics Tauranga |
| 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 2024 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 2023 to 1 March 2024 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 2023-2024 season, we are 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 14th to 17th March 2024. The subsidy will only be paid to athletes who have also entered the Waikato-Bay of Plenty Championships on 17th and 18th February 2024 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(8.0) White(7.5); 300 & 400 Green.

**Not Championship Events*

| 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 |
| B12/13* | 80 | 8 | 762 | 12.0 | 7.5 | 15.5 |
| 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 |
| G12/13* | 80 | 8 | 686 | 12.0 | 7.5 | 15.5 |
| 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 |
| B12/13* | 200 | 5 | 762 | 20.0 | 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 |
| G12/13* | 200 | 5 | 686 | 20.0 | 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 hurdles +5 water 3000m 28 hurdles +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 Championships

| 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 | 7.5 | 15.5 |
| Senior | 300 | 7 | 838 | 50.0 | 35.0 | 40.0 |
| Intermediate | 300 | 7 | 762 | 50.0 | 35.0 | 40.0 |
| Junior | 200 | 5 | 762 | 20.0 | 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 | 80 | 8 | 686 | 12.0 | 7.5 | 15.5 |
| Senior | 300 | 7 | 762 | 50.0 | 35.0 | 40.0 |
| Intermediate | 300 | 7 | 762 | 50.0 | 35.0 | 40.0 |
| Junior | 200 | 5 | 686 | 20.0 | 35.0 | 40.0 |
| Senior | 2000 | | 762 | | | |
| Under 16 | 2000 | | 762 | | | |

IMPLEMENTS at Waikato Secondary Schools' meetings – Schools, Zones, WBoP, North Island Championships

| 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 Bay of Plenty 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) |
| • T71 – T72 | Frame running for coordination impairments (FR) |

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 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 anywhere in the Centre eg Sunday. A Sunday courses usually take from about 9:30am to 2:30pm, including a written test.

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:

AWBoP Centre Manager – Dianne Rodger

E-mail: administrator@athleticswbop.org.nz

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 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

17/18 February 2024 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 10th February for both days

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



Here for the community
E tautoko ana i nga iwi

