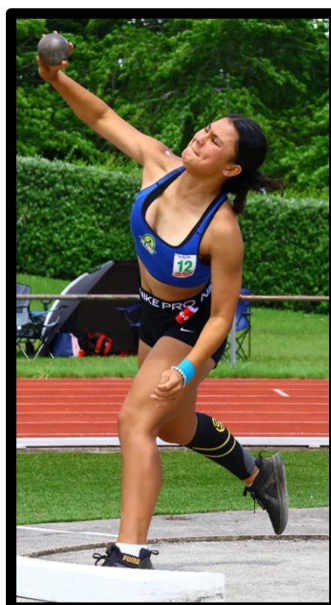


Children's *2023-2024*



Track & Field *Handbook*

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ATHLETICS WAIKATO-BAY of PLENTY ~ CHILDREN'S TRACK & FIELD HANDBOOK for the 2023-24 SEASON

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ATHLETICS WAIKATO-BAY OF PLENTY INCORPORATED

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Also like us on Facebook to keep up to date with our latest news and information

WAIKATO-BAY of PLENTY CHILDREN'S SECTION PERSONNEL DIRECTORY

CHAIRMAN

Teresa Mumby

Email

teresacarroll@hotmail.com

Telephone

021 136 0666

SECRETARIES

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(Minute Secretary)

swatson@tac.school.nz

021 899 152

Sandra Murray
(Competition Secretary)

sanben677@gmail.com

021 187 0563

DELEGATES TO ATHLETICS WAIKATO BAY OF PLENTY OPERATIONS COMMITTEE

Teresa Mumby
Sarah Watson

U16 / U 18 Grade

Robin Knowles and Berny Koppens
Committee contact email:

athleticswaibopu18ips@gmail.com

CHILDREN'S COMMITTEE MEETINGS

Sun October 8	Online	
Sun November 19	Online	
Sun March 10	Online	
Sun May 5	Cambridge	10.00am (Mid-Winter Forum)
Sun June 9	Cambridge	10.00am (AGM)

Two Delegates from each Club should attend each meeting.

RIBBON DAY PROGRAMME for 2023-24

Ribbon Days commence on Saturday 11 November (to be confirmed), providing open competition to all athletes in grades up to and including Grade 14. No entry fee is required. All events are run in divisions, with no finals.

Please note that if a Ribbon Day is washed out on the Saturday, it may be run on the Sunday.

Please check clubs website or Facebook page for updates and information on event.

Start time is 10.00 am

U16 Athletes may also compete at Ribbon Days.

Date 2023	Host Club	Venue
Nov 11	Fairfield TBC	TBC
Nov 18	Te Awamutu	Te Awamutu Stadium
Nov 25	Whakatane TBC	
Dec 2	AWBOP Relay Champs Commencing at <u>9:30 am</u>	Tauranga Domain including Race Walk Champs
Dec 8-10	50 th New Zealand Secondary Schools Track & Field Champs - Christchurch	
Dec 16		
2024		
Jan 2	Tauranga Twilight Meeting	Tauranga Domain
Jan 5-7	North Island Colgate Games - Auckland	
Jan 12-14	South Island Colgate Games - Dunedin	
Feb 3		
Feb 10	Porritt Classic	Porritt Stadium
Feb 18 (Sun)	Te Aroha	Herries Park
Feb 24	Cambridge Pentathlon	Vogel Street Stadium
Mar 2	Bellevue	Tauranga Domain
Mar 9	Paeroa	Paeroa Domain
Mar 23	AWBOP Children's Champs Commencing at 9:30 am	Porritt Stadium Grades 7-14 years

RIBBON DAY EVENTS

Hurdles and walks will be optional events; host Clubs may offer some, but not necessarily all, of the events for each age group in their Ribbon Day programme.

All events are subject to the availability of officials and helpers.

Tiny Tots (Gr 3&4)	2 races, any distance
Grades 5 & 6	40m, 60m, Shuttle Relay
Grade 7 & 8	60m, 100m, 200m, Long Jump, Shot, Discus, 4x100m Relay
Grade 9	60m, 100m, 200m, 800m, Long Jump, Shot, Discus, 4x100m Relay
Grades 10 & 11	100m, 200m, 400m, 800m, 1500m, 1200m Race Walk, Long Jump, High Jump, Shot, Discus, 4x100m Relay
Grade 12 G & B	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, 1200m Walk, Long Jump, High Jump, Shot, Discus, 4x100m Relay
Grade 13 G & B	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, 1600m Walk, Long Jump, High Jump, Triple Jump, Shot, Discus, 4x100m Relay
Grade 14 Girls	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, 2000m Walk, Long Jump, High Jump, Triple Jump, Shot, Discus, 4x100m Relay
Grade 14 Boys	100m, 200m, 400m, 800m, 1500m, 100m Hurdles, 2000m Walk, Long Jump, High Jump, Triple Jump, Shot, Discus, 4x100m Relay
Grade U16	Same as Grade 14's
An athlete cannot compete in more than 2 longer events (i.e. 400m, 800m 1500m, Walk) on any 1 day	

PENTATHLON

A variation to the Ribbon Day programme, where children aged 7, 8 and 9 will compete in the following four events in the morning: 100m, 200m, long jump and discus. Children aged 10 to 14 years will compete in the following five events (pentathlon) in the afternoon: 200m, 800m, long jump, shotput and discus.

Entry is by pre-registration only for athletes Gr 7-14.

Contact your club secretary for more information.

A small programme of events for athletes under 7 will be offered, this does not require pre-registration.

HURDLES SPECIFICATIONS

Grade 12 G/B 80m	Height 0.762m, 12m to first hurdle, 8m between each hurdle, 8 flights of hurdles, 12m from last hurdle to finish
Grade 13 G/B, 14 G 80m	Height 0.762m, 12m to first hurdle, 8m between each hurdle, 8 flights of hurdles, 12m from last hurdle to finish
Grade 14 B 100m	Height 0.838m, 13m to first hurdle, 8.5m between each hurdle, 10 flights of hurdles, 10.5m from last hurdle to finish

IMPLEMENT WEIGHTS

	SHOT	DISCUS	
Grade 7 G & B	1.00kg	500gm	
Grade 8 G & B	1.50kg	500gm	
Grade 9 G & B	1.50kg	500gm	
Grade 10 G & B	2.00kg	750gm	
Grade 11 G	2.00kg	750gm	Note: 750gm Discus can be either rubber-
Grade 11 B	3.00kg	750gm	

Grade 12 G	3.00kg	750gm	or steel-banded
Grade 12 B	3.00kg	1.00kg	
Grade 13/14 G	3.00kg	1.00kg	
Grade 13 B	4.00kg	1.00kg	
Grade 14 B	5.00kg	1.25kg	

SPIKES

Porritt Stadium:	6mm cone, (can use 9mm for high jump), no needle
Tauranga Domain:	6mm Xmas tree or cone, (can use 9mm for high jump), no needle
Grass tracks:	9mm

WAIKATO-BAY of PLENTY CHILDREN'S CHAMPIONSHIP EVENTS (Grades 7 - 14 only)

The Waikato-Bay of Plenty Children's Championship is run as a 1-day meeting on **23 March 2024** commencing at **9.30 am at Porritt Stadium** with heats and finals for all track events, except the 400m, 800m and 1500m which are run as divisional finals or a final.

The top eight athletes Grade 12 years and over receive 6 trials in throws and jumps, except High Jump, where normal rules apply.

Individual events are as follows:

60m - Grade 7, 8, 9	100m - Grade 7 - 14	200m - Grade 7 - 14
400m - Grade 10 - 14	800m - Grade 9 - 14	1500m - Grade 10 - 14
Long Jump - Grade 7 - 14	Shot put - Grade 7 - 14	Discus - Grade 7 - 14
High Jump - Grade 10 - 14	Triple Jump - Grade 13, 14	
80m Hurdles - Grade 12G/B, 13G/B, 14G		100m Hurdles - Grade 14B
1200m Walk - Grade 10, 11, 12	1600m Walk - Grade 13	2000m Walk - Grade 14

Athletes can enter a maximum of four events - entry fee of \$6.00 per event (note Walks are counted as part of the four events)

Walk Champs are to be held at the Relay Champs Day on Saturday 3 December 2022

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

These will be held at **Tauranga Domain**, on **Saturday 2 December 2023**, commencing at **9:30 am**
4x100m Relays (\$21.00 per team), Medley Relays (\$26.00 per team) and Field Event Relays (16.00 per team) are held for Grades 7 to 14.

The **Race Walk Champs** are also included at this event.

NORTH ISLAND COLGATE GAMES (Grades 7 - 14 only)

These are in Auckland (Go Media Stadium Mt Smart) on **Friday 5, Saturday 6 and Sunday 7 January 2024**

These are for Grade 7 to 14 athletes. No qualification standards are required.

Enter through your Club Secretary. Entries normally close end of November, with no late entries.

SOUTH ISLAND COLGATE GAMES (Grades 7 - 14 only)

These are in Dunedin, on **Friday 12, Saturday 13 and Sunday 14 January 2024**

Many athletes may wish to compete in both Games - Contact your Club Secretary for South Island entry details. Entries normally close end of November, with no late entries.

GRADE 14, U16, U18 INTER-PROVINCIALS

Contact the IP Committee for further details - athleticswaibopu18ips@gmail.com

Check the AWBOP Website for updated information - [Home | Athletics Waikato & Bay Of Plenty \(athleticswaikatobayofplenty.org.nz\)](http://athleticswaikatobayofplenty.org.nz)

GRADES 12 & 13 INTER-PROVINCIALS

Check the AWBOP Website for updates on events

[Home | Athletics Waikato & Bay Of Plenty \(athleticswaikatobayofplenty.org.nz\)](http://athleticswaikatobayofplenty.org.nz)

SUMMARY

Athletics is the only sport that the whole family can participate in ~ at the same venue at the same time.

The Children's Committee wishes all athletes a most enjoyable season of competition.

If you have friends who enjoy a social day out and some friendly competition, invite them to your Club Nights and then to Ribbon Days. Their athletic skills and comradeship will build up during the year.

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 a suitable time anywhere in the Centre eg Sunday. 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