

Children's 2024-2025



Track & Field Handbook

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ATHLETICS WAIKATO-BAY of PLENTY ~ CHILDREN'S TRACK & FIELD HANDBOOK for the 2024-25 SEASON

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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

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SECRETARIES

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(Minute Secretary)

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Sandra Murray
(Competition Secretary)

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021 187 0563

DELEGATES TO ATHLETICS WAIKATO BAY OF PLENTY OPERATIONS COMMITTEE

Teresa Mumby
Sarah Watson

U16 / U 18 Grade Coordinators

Charles Annals and Berny Koppens
Committee contact email:

athleticswaibopu18ips@gmail.com

CHILDREN'S COMMITTEE MEETINGS

Sun October 6	For Ribbon Day Referees	Online
Sun November 17	Confirmation of officials Relay Champs etc	Online
Sun March 9	Confirmation of Officials Childrens Champs	Online
Sun May 4	Mid-Winter Forum	10.00am Matamata
Sun June 8	AGM	Online

Two Delegates from each Club should attend each meeting.

RIBBON DAY PROGRAMME for 2024-25

Ribbon Days commence on Saturday 16 November, providing open competition to all athletes in grades up to and including Grade 14. No entry fee is required. All events are run in divisions, with no finals. Please note that if a Ribbon Day is washed out on the Saturday, it may be run on the Sunday. Please 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	Host Club	Venue
2024		
Nov 16	Bellevue / Greerton	Tauranga Domain
Nov 23	Te Awamutu	Te Awamutu Stadium
Nov 30	Taupo	Owen Delany Park, Taupo
Dec 6-8	New Zealand Secondary Schools Track & Field Champs - Timaru	
Dec 14	AWBOP Relay Champs Commencing at <u>9:30 am</u>	Porritt Stadium including Race Walk Champs
2025		
Jan 2	Tauranga Twilight Meeting	Tauranga Domain
Jan 10-12	North Island Colgate Games	Hastings
Jan 17-19	South Island Colgate Games	Christchurch
Feb 1	Whakatane	Rex Morpeth Park, Whakatane
Feb 14	Te Aroha Short & Sweet Meet	Herries Park, Te Aroha TBC
Feb 15	Porritt Classic	Porritt Stadium
Feb 22	Cambridge Pentathlon	Vogel Street, Cambridge TBC
Mar 1	Fairfield	Porritt Stadium
Mar 6-9	NZ Track & Field Championships	Dunedin
Mar 8	Paeroa	Paeroa Domain
Mar 15	AWBOP Children's Champs Commencing at 9:30 am	Tauranga Domain Grades 7-14 years
April 5-6	North Island Sec Schools Champs	Porritt Stadium

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, Shot, Discus, 4x100m Relay
Grade 14 Girls	100m, 200m, 400m, 800m, 1500m, 80m Hurdles, 2000m Walk, Long Jump, High Jump, Shot, Discus, 4x100m Relay
Grade 14 Boys	100m, 200m, 400m, 800m, 1500m, 100m Hurdles, 2000m Walk, Long Jump, High 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- or steel-banded
Grade 11 B	3.00kg	750gm	
Grade 12 G	3.00kg	750gm	

Grade 12 B	3.00kg	1.00kg
Grade 13/14 G	3.00kg	1.00kg
Grade 13 B	4.00kg	1.00kg
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 **15 March 2025 commencing at 9.30 am at Tauranga Domain** 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		
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 14 December 2024

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

These will be held at **Porritt Stadium**, on **Saturday 14 December 2024**, 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 Hastings (Mitre 10 Sports Park, Hastings) on **Friday 10, Saturday 11 and Sunday 12 January 2025**

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

Entry Details - The details will be sent to Clubs and registered members directly. Payment of entry fees must be via online banking only, details will be on the entry site.

Entries close midday 8th November 2024, with no late entries.

<https://athletics.org.nz/wp-content/uploads/2024/08/Colgate-Games-Conditions-of-Entry-ATHLETES-revised-2024.pdf>

SOUTH ISLAND COLGATE GAMES (Grades 7 - 14 only)

These are in Christchurch, on **Friday 17, Saturday 18 and Sunday 19 January 2025**

Many athletes may wish to compete in both.

Entry Details - The details will be sent to Clubs and registered members directly. Payment of entry fees must be via online banking only, details will be on the entry site.

Entries close midday 8th November 2024, with no late entries.

<https://athletics.org.nz/wp-content/uploads/2024/08/Colgate-Games-Conditions-of-Entry-ATHLETES-revised-2024.pdf>

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

GRADES 12 & 13 INTER-PROVINCIALS

No events planned at present

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.

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/>

Coaching Athletic Development Level 1

Coaching Athletic Development (CAD) Level 1 is Athletics New Zealand's new community-level coach education programme. CAD Level 1 teaches coaches the technical fundamentals of 11 athletics events and will help coaches to confidently coach athletics skills to Under 18 athletes. The course bridges the gap between the Run Jump Throw Foundation Programme (target age 7 to 11) and competition based athletics. All CAD Level 1 event modules are delivered as practical workshops that take up to 2 hours. This includes time for participant assessment and observation by the Coach Educator. At the end of the course, coaches will be awarded a "CAD Level 1" certificate.

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.

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.

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ATHLETICS WAIKATO BAY OF PLENTY 2024-2025 Calendar of Coaching Courses

BAY OF PLENTY COURSES

October 20th 2024 at Tauranga Domain	Run Jump Throw	10am - 12 midday
November 3rd 2024 at Rotorua International Stadium	Run Jump Throw	10am - 12 midday
November 10th 2024 at Tauranga Domain	CAD Level 1 Shot Put Coaching Masters in various events. During the masters 'Have a Go Day'	10am - 11.30am 12.30 - 3pm
November 17th 2024 at Tauranga Domain	CAD level 1 High Jump CAD Level 1 Sprints	10am - 12 midday 10am – midday
November 24th 2024 at Rotorua International Stadium	CAD Level 1 Sprints CAD Level 1 Discus	1pm -2.30pm 1pm - 2.30pm
Secondary Schools focused - For Teachers and parents of secondary school athletes, including para athletes. March 13th 2025 at Tauranga Domain		4.30pm

WAIKATO COURSES

September 17th 2024 at Te Awamutu Athletics Club	Run Jump Throw	4pm - 5.30pm
October 20th 2024 at Porritt Stadium	Run Jump Throw CAD Level 1 Hurdles CAD level 1 Javelin Coaching Masters in various events	10am - 12 midday 10am - 12 midday 10am - 12 midday 12.30pm - 3pm

November 3rd 2024 at Paeroa Domain	Run Jump Throw	10am - 12.30pm
	CAD level 1 Sprints	10am - 12.30pm
	CAD level 1 Discus	10am - 12.30pm

November 17th 2024 at Porritt Stadium	CAD level 1 Long Jump	10am - 12.30pm
	CAD Level 1 Sprints	10am - 12.30pm
	CAD level 1 Shot Put	10am - 12.30pm

Secondary Schools focused - for Teachers and parents of secondary school athletes, including para athletes.
March 9th 2025 at Porritt Stadium 10am

Links to the Athletics WBOP 2024/25 Coaching Course registration forms with dates and type of courses offered.
[Coaching and Officials courses \(mygameday.app\)](#)

NEW ZEALAND TECHNICAL OFFICIALS EDUCATION and QUALIFICATION

Become an Official - A/B/C grade

Athletics is a dynamic sport that thrives on the contributions of individuals from various roles, including athletes, coaches, administrators (at the club, centre, and national levels), and officials. As an official, you'll play a vital role in helping athletes perform at their best and achieve their dreams.

Officiating at athletics competitions is both flexible and enjoyable. You can choose to attend as many or as few events as your schedule allows. We especially encourage young people to get involved and discover the excitement of the sport. This is a wonderful opportunity to give back to your community.

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 Development and Events Coordinator - Barrie Jennings

Email: barriej@athleticswbop.org.nz

Or

Maxine Chappell

Officials Development Officer, North Region

Email: maxine@athletics.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



Athletics

- 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

- 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 WBOP Development and Events Coordinator:
Barrie Jennings 027 2634578

See this link for more information on courses scheduled in the Waikato and Bay of Plenty

[Coaching and Officials courses \(mygameday.app\)](https://mygameday.app)