

Children's 2025-2026



Track & Field Handbook

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ATHLETICS WAIKATO-BAY of PLENTY ~ CHILDREN'S TRACK & FIELD HANDBOOK for the 2025-26 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

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Telephone
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SECRETARIES

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(Minute Secretary)

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021 899 152

Sandra Murray
(Competition Secretary)

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DELEGATES TO ATHLETICS WAIKATO BAY OF PLENTY OPERATIONS COMMITTEE

Teresa Mumby
Sarah Watson

CHILDREN'S COMMITTEE MEETINGS

Sun 14 September 2025
Sun 9 March 2026
Sun 17 May 2026
Sun 28 June 2026

For Ribbon Day Referees
Confirmation of Officials Childrens Champs
Mid-Winter Forum
AGM

Online
Online
10.00am Matamata
Online

Two Delegates from each Club should attend each meeting.

RIBBON DAY PROGRAMME for 2025-26

Ribbon Days commence on Saturday 8 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 2025	Host Club	Venue
Nov 8	Whakatane	Rex Morpeth Park, Whakatane
Nov 23	Te Awamutu	Te Awamutu Stadium
Nov 29	Fairfield	Porritt Stadium
Dec 6	Taupo	Owen Delany Park, Taupo
Dec 5-7	New Zealand Secondary Schools Track & Field Champs - Hastings	

2026

Jan 3	Tauranga Twilight Meeting	Tauranga Domain
Jan 4	PowerSpeed Relays Festival <i>13 years up - hosted by Athletics Tauranga</i>	Tauranga Domain
Jan 5	Relays Clinic <i>13 years up - hosted by Athletics Tauranga</i>	Tauranga Domain
Jan 9-11	North Island Colgate Games	Tauranga
Jan 16-18	South Island Colgate Games	Nelson
Jan 31	10/11 and 12/13 Challenge Day	Massey Park, Papakura
Feb 13	Te Aroha Short & Sweet Meet	Herries Park, Te Aroha
Feb 14	Porritt Classic / Youth Pre Meet	Porritt Stadium
Feb 21	Cambridge Pentathlon	Vogel Street, Cambridge
Feb 28	Bellevue	Tauranga Domain
Mar 5-8	NZ Track & Field Championships	Auckland
Mar 7	Paeroa	Paeroa Domain

Mar 14-15	AWBOP Children's Track & Field and Relay Champs Commencing at 9:30 am	Porritt Stadium Grades 7-14 years
Mar 28-29	North Island Sec Schools Champs	Papakura

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	Distance	Height	Distance to 1 st hurdle	Distance between hurdles	Last hurdle to finish
12 Girls	80m	0.762m	12m	7.5m	15.5m
13 Girls	80m	0.762m	12m	7.5m	15.5m
14 Girls	80m	0.762m	12m	8m	12m
12 Boys	80m	0.762m	12m	7.5m	15.5m
13 Boys	80m	0.762m	12m	7.5m	15.5m
14 Boys	100m	0.838m	13m	8.5m	10.5m

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	4.00kg	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 will be run as a 2-day meeting on **14 and 15 March 2026 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. This event includes Relay Championships also.

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 five events - entry fee of \$6.00 per event

RELAY CHAMPIONSHIP EVENTS (Grades 7 - 14 only)

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.

NORTH ISLAND COLGATE GAMES (Grades 7 - 14 only)

These are in Tauranga (Tauranga Domain, Cameron Road, Tauranga) on **Friday 9, Saturday 10 and Sunday 11 January 2026**

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

Entry Details and information - The details will be sent to Clubs and are available on Athletics NZ website.

[2026 North Island Colgate Games | Athletics New Zealand](#)

Entries Close 11:59pm Sunday 16 November; T-Shirt Pre Orders close 11:59pm Sunday 12 October.

SOUTH ISLAND COLGATE GAMES

(Grades 7 - 14 only)

These are in Nelson, on Friday 16, Saturday 17 and Sunday 18 January 2026

Many athletes may wish to compete in both.

Entry Details and information - The details will be sent to Clubs and are available on Athletics NZ website.

[2026 South Island Colgate Games | Athletics New Zealand](#)

Entries Close 11:59pm Sunday 16 November; T-Shirt Pre Orders close 11:59pm Sunday 12 October.

GRADE 10/11 and 12/13 CHALLENGE DAY 31 JANUARY 2026

Contact the Barrie Jennings for further details - barriej@athleticswbop.org.nz

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

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

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.

Bay of Plenty Contact:
CoachForce Co-ordinator
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Waikato Contact:
Barry Jennings
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ATHLETICS WAIKATO BAY OF PLENTY 2025 Calendar of Coaching Courses

Hamilton (Porritt Stadium) - September 14th 10am RJT (Facilitator - Barrie Jennings) and 11.30am CAD level 1 Long Jump/Triple Jump (Facilitator - TBA)

Putaruru (Putaruru Athletics Club) - October 12th 10am RJT (Facilitator - Barrie Jennings) and 11.30am CAD level 1 Distance running (TBA)

Paeroa (Paeroa Domain) - October 19th 10am RJT (Facilitator - Barrie Jennings) and 11.30am CAD level 1 Shot Put/Discus (Facilitator - Kim Mickle)

Whakatane (Rex Morpeth Park) - November 2nd 10am RJT (Facilitator - Kerry Hill) and 11.30am CAD level 1 Sprints and Shot Put/Discus (Facilitators - Kerry Hill and Kim Mickle)

Tauranga (Tauranga Domain) - 09th November 8.30am RJT (Facilitator - Kerry Hill) and 10am CAD level 1 High Jump (Facilitator TBC) and Javelin (Facilitator - Kim Mickle)

There will be other opportunities offered in other regions so please keep an eye out for those here - [Athletics NZ](#)

If you are interested in attending any of these courses in Waikato/Bay or Plenty, then please jump on the below link and sign up!

<https://events.mygameday.app/event/wbopcoacheducation>

Athletics New Zealand Officials Education Scheme (ANZOES)

Become an Official - Level 1/2/3

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. You also get a front row seat to the action.

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, and we have already scheduled five across the region (which are uploaded on the Athletics WaiBOP website and the Athletics New Zealand Officials section of the website (<https://athletics.org.nz/club-athletics/coaching-officials-volunteers/>)).

Level 1 and 2

Level 1 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 2 is for people who have done the initial level course, completed the required online learning and gained further practical experience (6 competition days above club-night activity) and are now ready to learn more about the various event modules of athletics.

Level 3

Level 3 courses are for people with comprehensive experience and covers advanced knowledge, providing more in-depth understanding of the rules and regulations of athletics. They must have completed the practical skills card and required experience days to complete level 2, and have held the level 2 qualification for at least a year before progressing.

Officiating Activities

ANZOES is divided up into specific areas so people may qualify in Jumps, Throws, Track, Walks and Out-of-Stadia. There is also provision for administration, measuring courses and for officiating for athletes with a disability (Para).

If you would like to arrange training for your club officials, contact: Maxine Chappell, Officials Development Officer - North at Maxine@athletics.org.nz or 021 262 8867

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

If you would like to arrange training for your club officials, contact: Maxine Chappell, Officials Development Officer - North at Maxine@athletics.org.nz or 021 262 8867

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

[Events | Athletics Waikato & Bay Of Plenty](#)