



Newsletter

Number 11

31 Jan.2018

Time to hand in last seasons CCAA Canty Champs Trophies. Please drop them off at the Control Room at Rawhiti.



What's coming up

February 2018:-

- 3rd — Interclub—Rawhiti Mini Quad Girls 7-9
- 10th — Interclub—Rawhiti
- 11th — Mid South Canterbury Champs, Timaru
- 17th — Rawhiti- Quadrathon No 2, Boys and Girls
Grade 10-14
Ribbon Meeting Grades 7-9
- 24th — Last Interclub—Rawhiti
- 24/25th — Senior Track and Field Champs, Timaru

March 2018

- 3/4th — CCAA Canterbury Champs- Timaru

CCAA
Registrations close soon
so please have all children entered in the system and paid up asap.



Girls relays this week and Programme 3.

The Sub Centre extends an invitation to all Canterbury Clubs to join the Sub Centre's Mid South champs on Sunday 11th February 2018.

This is a good opportunity for athletes to compete on the All Weather Track for one last time before the Senior Champs or Canterbury Children's Champs.

The cost of competing for the day is \$5.00 for Junior athletes and \$7.00 for Senior athletes. Enter and pay on the day.

Athletes from clubs outside of the Sub Centre are not eligible for Sub Centre Cups.

Time	Event	Track	Shot Put 10.00am start	Discus 10.00am start	Long Jump 10.00am	High Jump 10.00am	Triple Jump	Javelin
9.30am	Walk	10-12 (1.2km) 13 (1.6km) 14 (2.0km)						
		17 to Mtrs 3000m						
10.00am	400m	10 to Masters Female H or F	7 Girls	7 Boys	17 to Mtrs M	17 – Mtrs F		
		10 to Masters Male H or F	8 Girls	8 Boys	14 Boys	10 Girls		
	60m	7, 8, 9, Girls	9 Girls	9 Boys	13 Boys	12 Girls		
		7, 8, 9, Boys	11 Girls	10 Boys	12 Boys	13 Girls		
	800m	10 to Masters Female	12 Girls	12 Boys	11 Boys	14 Girls		
		10 to Masters Male	13 Girls	17 to Mtrs M	10 Boys	11 Girls		
	100m	7 to Masters Female	14 Girls	14 Boys	8 Boys			
		7 to Masters Male	10 Girls	13 Boys	7 Boys			
			17 to Mtrs F	11 Boys	9 Boys			
LUNCH								
1.00pm	3000 m	Open 14 to Masters Mixed	7 Boys	7 Girls	17 to Mtrs F	17 – Mtrs M		
	200m	7 to Masters Female H or F	8 Boys	8 Girls	14 Girls	14 Boys		
	200m	7 to Masters Male H or F	9 Boys	9 Girls	13 Girls	13 Boys		
	1500 m	10 to Masters Female	10 Boys	10 Girls	12 Girls	12 Boys		
	1500 m	10 to Masters Male	11 Boys	11 Girls	11 Girls	11 Boys		
	Hur- dles	12 to Masters Female	12 Boys	12 Girls	10 Girls	10 Boys		
	Hur- dles	12 to Masters Male	13 Boys	13 Girls	9 Girls			
			14 Boys	14 Girls	8 Girls			
			17 to Mtrs M	17 to Mtrs F	7 Girls	HAMMER	Triple Jump	Javelin
						15– Mtrs M	13 – Mtrs M	13 – Mtrs F
						15 – Mtrs F	13 – Mtrs F	13 – Mtrs M

Duties for 3rd Feb

Duty Club LIAC

Food PHOX

Relay duties

Change 1 LIAC, PRHL, NCAN

Change 2 NBOL, CANU, PHOX

Change 3 SELW, SUMN, PTOC

Please ensure your children to get to the track marshalling areas on time, it would be a shame if they missed their race!!

Health and Safety

- ◇ Please remind your children to take off their spikes when not on the track. Yes even at Rawhiti, it is dangerous to be walking around and playing with spikes on when not competing.
- ◇ The areas under the trees at the North end of the track are considered out of bounds for several reasons so please keep your children out of these areas.
- ◇ No access to events through the middle of the field.



CCAA is very short of walks judges. At any event we should have 4 judges and this can be an issue if walkers are getting close to breaking records. Please think about this for the future of this event


We have some red shirts moving on at the end of this season so also on the lookout for keen volunteers to don a red shirt.

Contact secretaryccaa1@gmail.com for more info.

Nominations for assistant managers for the Interprovincial and Tasman teams are required now. Please ask your club captain or email secretaryccaa1@gmail.com for more information.



Shop 120, Westfield Mall, Riccarton
Phone 348 0841

Shoe Clinic with its associate sponsor 
are proud to be the official retail partner of the
Canterbury Children's Athletics Association

ASICS PROMOTION

ALL ASICS FOOTWEAR REDUCED + A FREE GIFT WITH EVERY PAIR

SAVE UP
TO \$100

30 DAY MONEY BACK GUARANTEE ON ALL
PRESCRIBED FOOTWEAR

40% OFF ALL NIKE APPAREL

WHILE STOCKS LAST



**NIKE PRO
SHORT**
RRP \$45
NOW \$27

Quadrathon Entries due in this Saturday by 1pm. Make sure you have your entry to your club captain to make their job easy.

Spikes and Blocks Grade 10 +

Here's the rules.

Grade 10 and up can wear spikes but it is not compulsory. If you wear spikes you must use blocks for sprints. Walkers can not wear spikes.

Grade 12 and above must use blocks for sprints, whether it be barefoot or with shoes.



Just in case you were wondering..

IAAF world record for men's hammer is 86.74m and was set in 1986.

IAAF world record for women's hammer is 82.98m and was set in 2016.

At this year's Winter Olympics the Jamaicans have their first **women's bob sled team.** The sled name is Mr Cool Bolt.

The Nigerian's also have a women's bob sled team ...the first Winter Olympics team from Nigeria

The fastest land mammal is the cheetah, 120km/h, the fastest sea creature the Sailfish 110km/h but the fastest bird is the Peregrine Falcon at 325km/h. In all instances these speeds are reached when they are hunting food.

CCAA Canterbury Champs Checklist

Registered with CCAA and fees paid ?

Grade 14s who have been competing in the afternoon, have you competed in a minimum of 4 CCAA morning meetings?

Accommodation booked?

Be proud of your uniform.

Please make sure the correct uniform is being worn , no stripey thermals, no franchise shorts.

Small manufacturers logos on shorts are acceptable

This will be checked leading up to champs.

