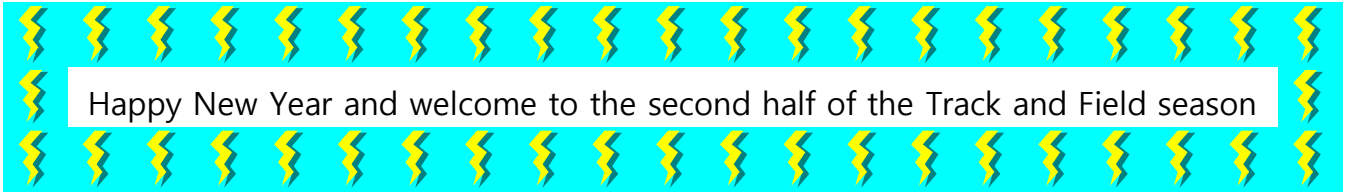


21 Jan.2019

**A great Colgate Games in Dunedin.**  
**Thanks to**  
**Otago Childrens committee, Athletics New Zealand and**  
**most of all to**  
**Colgate for their sponsorship.**  
**2020**  
**NI is Taranaki**  
**SI is Christchurch.**

**Duties for 26th Jan**  
**Duty Club CHAV**  
**Food PHOX**  
**Girls you have relays**  
**this week.**



Happy New Year and welcome to the second half of the Track and Field season

**FEBRUARY 2019**

Saturday	2nd	2 Interclub (P2)	Feb 9th Girls 7-9 Mini Quad,
Saturday	9th	3 Interclub (P3)	no pre-entry required
Saturday	16th	Quadrathlon No.2 Grades 10 - 14. Ribbon Meeting Grades 7 - 9	
Saturday	23rd	4 Interclub (P4)	

**MARCH 2019**

Saturday	2nd	1 Interclub (P1)
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Saturday	9th March	No Interclub
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Saturday	16th	CCAA Championships Day 1
Sunday	17th	CCAA Championships Day 2
Sunday	24th	995 Meeting

**APRIL 2019**

Saturday	20th	Inter-Provincial Teams Meeting Grade 12 - 13
Sunday	21st	Inter-Provincial Teams Meeting Grade 12 - 13

Saturday Feb 16th at NPW is the  
2nd Quadrathon and Ribbon Day.  
Pre-entry via your club is essential  
for the Quadrathon.

Entries close 2nd Feb 2019.

No pre entry is required for the Grade 7-9 Ribbon Day.

Quadrathon medals will be given out on the 23rd Feb.

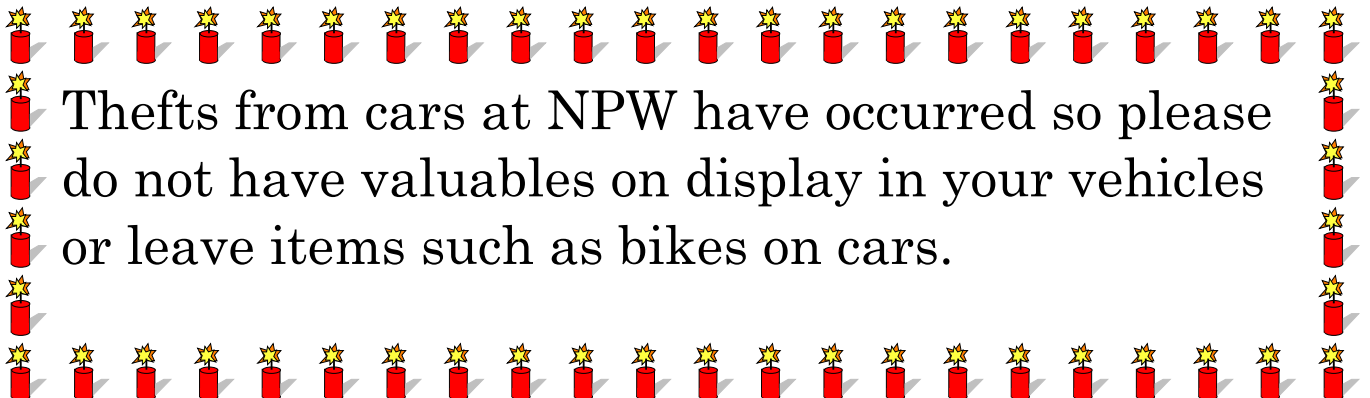
**Quadrathon 2  
February 16<sup>th</sup>, 2019**

EVENTS FOR GRADE 10, 11, 12, 13 & 14 GIRLS

4 from: 100 METRES – 1500 METRES – LONG JUMP – SHOT PUT – DISCUS

EVENTS FOR GRADE 10, 11, 12, 13 & 14 BOYS

4 from: 200 METRES – 800 METRES – HIGH JUMP – SHOT PUT – DISCUS

 Thefts from cars at NPW have occurred so please  
do not have valuables on display in your vehicles  
or leave items such as bikes on cars.

## Interprovincial Selection Tips and Tricks

The first half of the season is over and we are heading into the business end of the season. There were some pretty good performances at the Colgates and before Christmas. However if you were disappointed with your performances there is still plenty of time to improve your personal bests. Let what you have done so far be a line in the sand and look to continue get better in the second half of the season. Here are some tips to help you.

Try all these events even if you haven't done them before – 100m, 200m, 400m, 800m, 1500m, all the field events - 60m and walks are not Interprovincial events so won't help you get selected.

If the selectors suggest you need to do a particular event then have a go at it as it may be the difference between being selected or not. All club captains will be given information on all athletes on what they need to do.

There are several athletes that haven't done either a track or a field event so to have any chance of being selected you must do this. The team is selected on the best four scoring events but must include at least one track or one field so the better your results the more points you get.

The same applies if you are strong in field or strong in track only, you should look to improve in the opposite

The team usually changes right up to the last event at the Canterbury Champs. However don't leave it to the Champs for a great performance as if the weather is not so good it could hamper chances of a personal best.

A positive attitude and effort often gets athletes over the line.

If you are injured please get treatment from a health professional as soon as possible.

Train well but don't over train. Take advice from your coach/club.

Balance your participation in winter sport trials as we have seen many gutted athletes over the years that have been injured at a trial for winter sports and then can't go. It is still summer!

Interprovincials for 12 and 13 will be held at Nga Puna Wai Easter 2019. .

The 995 meeting for selected 7-11 will also be at NPW  
Sunday 24th March.

Athlete availability forms will be out soon so put your name forward if you are free and keen. No travelling means costs will be low this year

**Nominations for assistant managers  
for the end of season rep teams  
are imminent.  
Please think about it!!**