



Number 13

31 Jan.2019

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



### What's coming up

February 2019-

2nd — Interclub

9th — Interclub—Mini Quad Girls 7-9

16th — Quadrathon No 2, Boys and Girls

Grade 10-14

Ribbon Meeting Grades 7-9

17th — Mid South Canterbury Champs, Timaru

23rd — Interclub

23/24th — Senior Track and Field Champs, NPW

March 2019

2nd— Interclub

9th— No Interclub

16/17th— CCAA Champs, NPW.

### Disqualifications

Some weeks there seems to be more than others. At the start of the season starters may have been lenient and certainly at Colgates they were very kind for 7-9s but please be aware that all age grades are judged by the same DQ rules.

Boys relays this week and Programme 2.



The Sub Centre extends an invitation to all Canterbury Clubs to join the Sub Centre's Mid South champs on Sunday 17th February 2019.

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.

## MID-SOUTH CANTERBURY ATHLETIC CHAMPIONSHIPS

Alpine Energy Athletic Track, Morgans Road

Juniors \$5.00, 15 upwards \$7.00

| Time         | Event   | Track  | Shot Put<br>10.00am start | Discus<br>10.00am start | Long Jump<br>10.00am start | High Jump<br>10.00am start | Triple Jump | Javelin                 |
|--------------|---------|--|---------------------------|-------------------------|----------------------------|----------------------------|-------------|-------------------------|
| 9.30am       | Walk    | 10-12 (1.2km) 13 (1.6km)<br>14 (2.0km)<br>17 to Mtrs 3000m |                           |                         |                            |                            |             | 13-Mtrs F<br>12 -Mtrs M |
| 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                     |                            |             |                         |
| <b>LUNCH</b> |         |  |                           |                         |                            |                            |             |                         |
| 1.00pm       | 3000m   | 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                    |             |                         |
|              | 1500m   | 10 to Masters Female                                       | 10 Boys                   | 10 Girls                | 12 Girls                   | 12 Boys                    |             |                         |
|              | 1500m   | 10 to Masters Male   | 11 Boys                   | 11 Girls                | 11 Girls                   | 11 Boys                    |             |                         |
|              | Hurdles | 12 to Masters Female                                       | 12 Boys                   | 12 Girls                | 10 Girls                   | 10 Boys                    |             |                         |
|              | Hurdles | 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                    |                            | Triple Jump | HAMMER                  |
|              |         |  |                           |                         |                            |                            | 13 - Mtrs M | 15- Mtrs F              |
|              |         |  |                           |                         |                            |                            | 13 - Mtrs F | 15 - Mtrs M             |

F = Female M = Male Seniors 20-34yrs Mtrs = Masters 35yrs upwards Track H or F Heats or Finals as needed.  
**Please note:** Athletes are not allowed inside the fenced area for an event until that event has been announced and the athlete's age group called. Failure to comply with this rule will see the athlete disqualified from that event.

**Javelin, Hurdles, Hammer and Triple Jump must be pre-entered on the morning – sign the sheets in Control Room**

WE WANT YOU!! Grade 14 (or older) to be a teenage helper at the Interprovincials.

This is in Christchurch, Saturday and Sunday, Easter 2019. Welcome to choose one or both days. Let your club or CCAA secretary know if you are keen.

Duties for 2nd Feb

Duty Club LIAC

Food PTOC

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!!

## Watch those Children

Please keep an eye on your young children.

Now that we have had several instances of children wandering into the carpark and further afield we do urge all parents to keep a track of your children.

The parking area is going to get busier as more sports come online at NPW so we need to be very cautious.



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 are also on the lookout for keen volunteers to don a red shirt.

Contact [secretaryccaa1@gmail.com](mailto:secretaryccaa1@gmail.com) for more info.

Nominations for assistant managers for the Interprovincial and 995 teams are required now.

Please ask your club captain or email [secretaryccaa1@gmail.com](mailto:secretaryccaa1@gmail.com) for more information.

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.



## 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?

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 for sprints

Grade 10 and up can wear spikes but it is not compulsory. It is not compulsory to use blocks but if you wear spikes you must use blocks.

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

