



Newsletter

Number 14

13 Feb.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-

- 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.



This Saturday at NPW we are sharing the morning with New Zealand Combined Events Champs.

It will be extremely busy on the infield including a javelin event so we must take extra care.

More details inside.



No relays this week
Quadrathon and
ribbon meeting.

Children's long jump will be on the pits closest to the fence.

The back straight will be in use for seniors sprints and hurdles so Have a Go will take place on the grass area inside the back straight.

High Jump. B11, B10 and B13 will be on the North end as usual. B12 and B14 will be on the South end. B14 will also have some Pole Vaulters warming up at the same time.

We will need people to be vigilant on what is happening and where athletes are moving.

**Quadrathon & Ribbon Meeting
& SI Combined Events Championships
Nga Puna Wai Sports Hub
February 16th & 17th, 2019**



Saturday

Time	Quadrathon Meeting Events		Ribbon Meeting Events	S.I Combined Events	Time
	Track	Field			
9.00am	G10/G14 1500m B10/B14 800m	B11 High Jump (HJA) G11 Long Jump (LJA2) B12/G12 Discus G13/B13 Shot Put	G9 Long Jump (LJB1)		9.00am
9.35am			B7/B8/B9 100m		
9.45am			G7 Have a Go		
9.50am	G11/G13 1500m B11/B13 800m	G10 Long Jump (LJA2) B10 High Jump (HJB) B12/G12 Shot Put B14/G14 Discus	B9 Long Jump (LJB1)		
10.15am			B7 Have a Go	Mens 100m Back Straight	10.00am
10.25am			G7/G8/G9 100m		
				W16 High Jump	10.30am
10.40am	G14 100m B14 200m G12 1500m B12 800m	B10/G10 Discus G11/B11 Shot Put G13 Long Jump (LJA2) B13 High Jump (HJA)	B7 Long Jump (LJB1)		
				Mens Long Jump	10.50am
				M16 Javelin	10.55am
11.00am			G8 Have a Go	Womens Hurdles Back Str	11.00am
11.30am	B10/B13 200m G10/G13 100m	G11/B11 Discus B14/G14 Shot Put G12 Long Jump (LJA2) B12 High Jump (HJA)	G9 Have a Go B8 Long Jump (LJB1)		
11.45am			B8 Have a Go		
12.05pm			B7/G8/G9 60m G7 Long Jump (LJB1)	Womens High Jump	12.05pm
12.15pm			B9 Have a Go	Mens Shot Put	12.15pm
12.20pm	G11/G12 100m B11/B12 200m	B10/G10 Shot Put G13/B13 Discus G14 Long Jump (LJA2) B14 High Jump (HJA)			
12.30pm			G8 Long Jump (LJB1)		
				W16 Javelin	12.40pm
12.45pm			G7/B8/B9 60m		

Duties for 16th Feb

Duty Club PHOX/NCAN

Food SELW

Relay duties

Change 1 LIAC, PRHL, NCAN

Change 2 NBOL, CANU, PHOX

Change 3 SELW, SUMN, PTOC

If you see any errors in the results just let us know as soon as you can. On the day is best.

The fences will still be up along the front bank this week.



Winners from last weeks MINIQUAD for Girls will be presented on the 23rd February not this Saturday..

On the 23rd Feb we are not able to use the carpark and must enter via McMahon Dr not Augustine Dr as below



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 10.00am start	Discus 10.00am start	Long Jump 10.00am start	High Jump 10.00am start	Triple Jump	Javelin
9.30am	Walk	10-12 (1.2km) 13 (1.6km) 14 (2.0km)						13-Mtrs F 12 –Mtrs M
		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	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.