



sound mind, sound body

Issue 2 24 Oct 2018



NBOL
is selling food this
week so bring
some cash



Remember athletes
can only do 4
events and a relay
each week.

Take Care.

The banks at NPW are
steep and could be
slippery in the morning.



Error in Season Booklet,
Please get your pens out and correct.
Programme 1 and 3 should read
◇ 9.30am Girls LJ 12,9 and Discus 14,10
◇ 11.30am Girls Discus 12, 9
Programme 2 and 4 should read
◇ 9.30am Boys LJ 12,9 and Discus 14,10
◇ 11.30am Boys Discus 12,9

**Another grading day this week so no
points are given.**

Grading Days

**All children are able to give high jump a go on grading days.
Girls this week. After these 2 weeks children must be able
to meet the starting height to compete, more info on how to
let us know in the next newsletter.**



Thanks to all the clubs that
worked together last week to
get events running smooth-
ly. Let's do it again this
week.

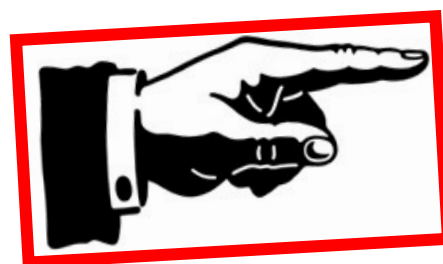


PROGRAMME NOTES

Boys relays this week!

Programme booklets will be given out with registration numbers. Apart from having the weekly programmes in them they also have valuable information with rules and season dates, also a section to put your results in. Extra booklets can be purchased for \$5.

- On the 27th of October we will run with Programme 2 and as you see we start with Boys relays age 9,12,10 and 14s up first followed by the 7,8,11 and 13s fifteen minutes later. So boys be sure to rise and shine on the 27th.
- HAVE A GO for grades 7-9. Girls this week.. This will be run on the back straight.
- Take some time to familiarise yourself with the order of events and get ready to have loads of fun



- **Relays will be run at the start of the day:-**
 - ◇ clubs need to have their teams warmed up and assembled in the centre of the track by 8.45am.
 - ◇ Once athletes have been sent out to change zones no more teams will be added, so don't be late.
 - ◇ Lane judges and time keepers also need to be ready by 8.45

REGO NUMBERS:-

Shona, our lovely Rego Secretary has asked that those of you who have numbers are please to wear them. If you don't please give your names clearly to the officials at each event.

Remember your age patches too.

Extra age patches and numbers will only be given to managers (not parents or children)

If you need a second number for walks ask your Club Captain to ask

PROGRAMME 2	GIRLS	EVENTS	BOYS
9.00 AM		RELAYS	9,10,12, 14
	11 (CIRCLE A)	SHOT PUT	
	13 (PIT B), 14 (PIT A)	HIGH JUMP	
9.15 AM		RELAYS	7,8,11,13
	9 (CIRCLE B)	SHOT PUT	
9.30 AM		LONG JUMP	12 (PIT-A2), 9 (PIT-B1)
		DISCUS	14 (CIRCLE B), 10 (CIRCLE A)
	12	800M	
9.35 AM	10	800M	
9.45 AM		400M	11
9.50 AM		400M	13
10.00 AM	8	60M	
	7	SKILLS	
10.05 AM		60M	7
10.10 AM		60M	8
10.15 AM	12	60M	
10.20 AM	10	60M	
		DISCUS	13 (CIRCLE B)
		LONG JUMP	11 (PIT-A2), 7 (PITB1)
10.25 AM	13	60M	
		DISCUS	8 (CIRCLE A)
10.30 AM		60M	9
	12 (PITA)	HIGH JUMP	
10.35 AM	9	60M	
	10 (CIRCLE B)	SHOT PUT	
10.40 AM	8	SKILLS	
	7	60M	
	13 (CIRCLE A)	SHOT PUT	
10.45 AM	11	60M	
10.50 AM	14	60M	
10.55 AM		100M	10
11.00 AM		100M	14
11.05 AM		100M	12
11.10AM		100M	9
	7 (CIRCLE B)	SHOT PUT	
11.15 AM	9	SKILLS	
	11 (PIT B)	HIGH JUMP	
		100M	11
11.20 AM		LONG JUMP	14 (PIT-A2), 10 (PIT-B1)
		100M	13
	14 (CIRCLE A)	SHOT PUT	
11.25 AM		100M	8
11.30AM		DISCUS	12 (CIRCLE B), 9 (CIRCLE A)
		100M	7
11.35 AM	12	200M	
11.40 AM	13	200M	
11.45 AM	10	200M	
11.50 AM	8	200M	
11.55 AM	9	200M	
12.00 PM	7	200M	
12.05 PM	14	200M	
	8 (CIRCLE 2)	SHOT PUT	
		LONG JUMP	8 (PITB1)
12.10 PM	11	200M	
	10 (PIT A)	HIGH JUMP	
12.15PM		DISCUS	7 (CIRCLE A)
12.20 PM		TRACK WALK 1200M	10,11,12
		TRACK WALK 1600M	13
		TRACK WALK 2000M	14
	12	80M HURDLES	
12.25PM	13	80M HURDLES	
12.30 PM	14	100M HURDLES	
12.35 PM		LONG JUMP	13 (PIT-A2)
		DISCUS	11 (CIRCLE B)
	12 (CIRCLE A)	SHOT PUT	
12.40PM		400M	10
12.45 PM		400M	12
12.50 PM		400M	14
13.00 PM	11,13,14	800M	
13.15 PM		1500M (ALTERNATE)	10,11,12,13,14

Manager's Meeting 10am by the control room.

All chiefs and parent helpers on events must sign in and out of the event. This sign in sheet will be attached to each clipboard at the event.

Remember also to have an attendance register for your club.

A few reminders about...

- ◇ **Please do not climb on the concrete walls by the lighting towers**
- ◇ **Please do not stand on the concrete ledge in front of the stand by long jump**
- ◇ **Treat the shelters with respect**
- ◇ **Keep off the hockey turf and away from roped off areas**
- ◇ **No ball games inside NPW as there is a risk of them going onto the track**
- ◇ **Only water may be taken onto the arena. No other drink or food permitted. This applies to everyone including officials and helpers**
- ◇ **Don't forget to bring your own sunscreen.**

WHO'S DOING WHAT AND WHEN

27 Oct Duty Club **CHAV**
Food **NBOL**

3 Nov Duty Club **LIAC**
Food **CHAV**

This relay duty remains the same all season.

- ◇ Relay Change 1
- ◇ LIAC, PRHL, NCAN
- ◇ Relay Change 2
- ◇ NBOL, CANU, PHOX
- ◇ Relay Change 3
- ◇ SELW, SUMN, PTOC



Coffee & Food



The coffee vans will be on site again this year for your refreshments.

Please use the rubbish bins provided and do not leave coffee cups in the toilets!!! Would you do that at home??

NPW is considered a park under council rules so there are no public rubbish bins. CCAA provide them and has to dispose of the rubbish. We would prefer you take your own rubbish away please.



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DRYMAX SOCKS – BUY 3 GET THE 4TH PAIR FREE!

For Grade 13 and 14 athletes wishing to compete at afternoon competitions. Please read the rules about what meetings/events you can compete in on Page 7 and 8 of the booklet.

Grade 12 athletes are not able to compete in afternoon events unless at High School and competing on those designated days.

These rules have been discussed at length and put in place by CCAA and Athletics Canterbury.

The Results App is currently not working.

We will let you know when it is back up and running.

