



Canterbury Children's Athletic  
Association Inc.

Newsletter

Newsletter #4

7 Nov 2018

**Dates to Note:-**

November 2018-

10th—Interclub P4

Boys 7-9 Mini Quad

(no pre-entry required)

17th- Quadrathon 10-14

(pre entry required)

Ribbon Meet 7-9

(no pre-entry for ribbon  
meet)

24th—Interclub P1

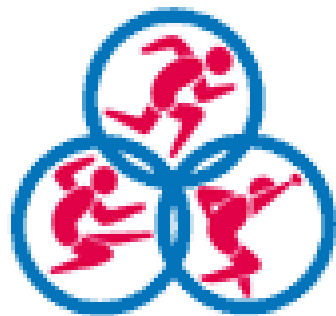
This week Programme 4.  
Boys' Relays  
Boys Grade 7-9 Mini Quad, make  
sure you do all 4 events to make the  
most of the points you will receive.  
60m, 100m, Long Jump, Discus

**Important**

**Another change to  
note in your season  
booklet**

**Girls and Boys 11yr  
old HJ will now start  
at 11am.**

**This change starts  
this week.**



Colgate

**Colgate Games—NI & SI**

Time to get your entries in. Make sure you  
have your entries to your clubs in good time for  
them to enter online.

T-shirts will be available to order soon

South Island Colgates are in need of officials  
and Teen Team Members, so if you are dragging  
your Teens along and they are not  
competing, they may enjoy helping  
out to make the games a success.



Let's talk about **High Jump**



The wonderful news is that we have loads of children wanting to give High Jump a go, the only problem we encounter is that in some age groups we have such large numbers that it throws out the entire programme. 2 rules are in place to combat this.

The 1st rule is that all coaches make sure that their athletes can clear the starting height and have done so at their Club.

The 2nd rule is the 8 jump rule for Grades 12/13 and 14. The rule is applied until 3 competitors are left and then the standard rules will apply. So our advice to all the 12/13 & 14s is to know when you can come in and not to start too early and if you are unsure, have a chat with your coach.

Girls	Height		Boys	Height
10	0.95m		10	1.00m
11	1.00m		11	1.05m
12	1.10m		12	1.20m
13	1.15m		13	1.25m
14	1.20m		14	1.30m

**WHO'S DOING WHAT AND WHEN**

10 Nov Duty Club **NBOL**  
Food **CANU**

17 Nov Duty Club **NCAN/PHOX**  
Food **NCAN**

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



No phones in the arena.  
These will be confiscated  
until the end of the day .

**17th & 18th of November.**

**The combined events championships will be held at NPW  
Grade 14 are eligible to enter, see the Athletics Canterbury website for  
details.**

**Entries close 11th Nov (online entries)**

CCAA are still running their competition on the 17th Nov at  
NPW, this is quadrathon and ribbon day.

We do have to share some areas with the combined champs so  
we just have to be extra cautious.

**Please do not use any other entrance to  
NPW other than the main entrance.**

**No one can enter by the gates in the gear  
shed area**

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 which can stay with your club. It does not need to be handed in.

**UNLEASH**

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**30 DAY**  
MONEY BACK GUARANTEE  
ON ALL PRESCRIBED FOOTWEAR



PROGRAMME 4	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	1500M	
9.35 AM	10	1500M	
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 (PIT B)	HIGH JUMP	
11.05 AM		100M	12
11.10AM		100M	9
	7 (CIRCLE B)	SHOT PUT	
11.15 AM	9	SKILLS	
		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	80M 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	1500M	
13.15 PM		800M(ALTERNATIVE)	10,11,12,13,14