



Newsletter

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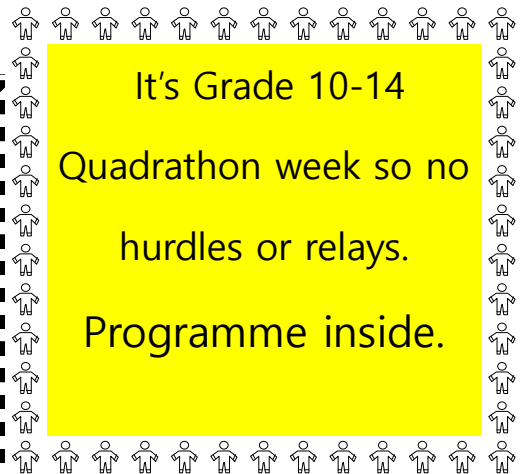
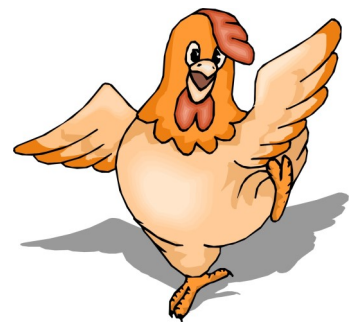
14 Nov 2018

Colgate Games TShirts now available to order online.

<https://athleticsotago.shopdesq.com/colgategamessouth>



**Grade 7-9 Ribbon Meet
this week.
Wear those ribbons with
pride.**



**It's Grade 10-14
Quadrathon week so no
hurdles or relays.
Programme inside.**

What's coming up

November 2018

17th—Interclub—NPW
No relays or hurdles. Quadrathon Grades 10-14
Ribbon Meeting Grades 7-9

24th Interclub NPW

December 2018

1st Dec Interclub NPW
National Secondary Schools –Dunedin

8th—Interclub—NPW

15th—Interclub—NPW, Medley Relays



Boys MINI Quad medals will be given out this Saturday.

CCAA & Athletics Canterbury
**Quadrathon & Ribbon Meeting
 & SI Combined Events Championships**
Nga Puna Wai Sports Hub
 November 17th & 18th, 2018



Saturday

Time	Quadrathon Meeting Events		Ribbon Meeting Events	S.I Combined Events	Time
	Track	Field			
9.00am	B10/B14 1500m G10/G14 800m	G11 High Jump (HJA) B11 Long Jump (LJA2) B12/G12 Discus G13/B13 Shot Put	B9 Long Jump (LJB1)		9.00am
9.35am			G7/G8/G9 100m		
9.45am			B7 Have a Go		
9.50am	B11/B13 1500m G11/G13 800m	B10 Long Jump (LJA2) G10 High Jump (HJB) B12/G12 Shot Put B14/G14 Discus	G9 Long Jump (LJB1)		
10.15am			G7 Have a Go		
10.25am			B7/B8/B9 100m	Mens 100m Back Straight	10.25am
10.40am	B14 100m G14 200m B12 1500m G12 800m	B10/G10 Discus G11/B11 Shot Put B13 Long Jump (LJA2) G13 High Jump (HJA)	G7 Long Jump (LJB1)	Womens Hurdles Back Straight	10.40am
11.00am			B8 Have a Go		
11.30am	G10/G13 200m B10/B13 100m	G11/B11 Discus B14/G14 Shot Put B12 Long Jump (LJA2) G12 High Jump (HJ A)	B9 Have a Go G8 Long Jump (LJB1)	Womens High Jump (HJB)	11.30am
11.45am				M18/M20/SM Long Jump (LJA1 or B2)	11.40am
11.45am			G8 Have a Go		
12.05pm			G7/B8/B9 60m B7 Long Jump (LJB1)		
12.15pm			G9 Have a Go		
12.20pm	B11/B12 100m G11/G12 200m	B10/G10 Shot Put G13/B13 Discus B14 Long Jump (LJA2) G14 High Jump (HJA)			
12.30pm			B8 Long Jump (LJB1)		
12.45pm			B7/G8/G9 60m		

This Saturday we are sharing the track
 with some combined events activities.

More for us to watch but we must also take care..as you see the javelin is
 on!!

Duties for Nov 17th

Duty Club NCAN/PHOX

Food NCAN

Bring your cash to support the food stalls

All registered athletes should now be in club uniform, with an age patch and registration number on.

Those children using their 2 days trial should also have an age patch on.

Any visible under garments should be white or black.

UNLEASH

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