



LAKE CITY
Athletic Club INC

Summer Track & Field (Athletics) Programme Booklet

No 2 Ground, International Stadium, Devon St, Rotorua





Welcome to the 2011-2012 Summer Athletics season!

Athletics is a foundation sport involving running, jumping, throwing and walking. The coordination and fitness you gain in athletics will help your other sporting activities. All abilities are catered for on club nights, including very beginners.

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- 1) **SUMMER TRACK & FIELD (Athletics)** - Club Nights are held at the #2 Grounds of the International Stadium on Devon Street;
 - a) JUNIORS: Tiny Tots to Children 11yrs Club Night – Tuesday evenings 5:15pm sharp starting October 25th 2011
 - b) Introduction to Teens 12yrs+ - Wednesday evenings 5:15-6pm starting October 26th
 - c) SENIORS: Teens 12yrs+ & Adults Club Night – Wednesday evenings 6:15pm starting October 26th
 - d) Development Squad for competitive athletes - various times per Coaches.

- 2) **PROGRAMMES:** Senior and Junior programmes are listed in this booklet, as well as the championship evenings for both at the end of the season. Each family will get a Booklet when they join summer athletics. The stated times will be adhered to as much as possible, but may change due to weather etc.

- 3) **COACHING:** The club has a Development Squad for those members who will be competing at events. At senior track night there are also a number of people willing to assist with the technical aspects of track and field. Lindsay Foster or Kerris Browne can direct you to these people.

- 4) **COMMUNICATIONS:** A weekly Guff Sheet (year 'round) and Kids News (summer only) is produced and emailed to all paid members. These can also be uplifted at club nights or downloaded from the club's website – www.lakecity.co.nz. Besides being listed in your Booklet, details of forthcoming events will also be displayed on the notice board each evening.

- 5) **TRAINING FACILITIES:** Besides the Tues & Weds club nights, the grounds can also be used for member's additional training on Mondays and Thursdays 5-7pm, and Saturday and Sunday mornings 7am-12 noon. Please be aware you may have to share the grounds with others such as the Development Squad, and sometimes the track may be booked for other events. When using the circular track for training, **please use the very inside lane**, leaving the other lanes fresh for competition events.

- 6) **STARTING:** Crouch starts in all events 400m and under. Blocks can be used for age 10+, and must be used for all age 10+ that are wearing spikes, and all age 12+ regardless of shoes used.

- 7) **FALSE START:** All events are conducted under the new IAAF starting rules, which do not allow any false starts in individual races. Any runners who are responsible for a false start will be disqualified immediately.

- 8) **SHOE SPIKES:** Spiked running shoes may be worn by competitors in Grades 10 up, but you **MUST** check the surface requirements of the event to see what type/length can be worn. EG for Mondo all-weather tracks, no longer than 6mm Christmas Tree and Cone spikes with the sharp point filed off can be used. Spikes can be worn during the event only, but must be removed immediately at the end of the event. No shoes capable of taking spikes can be worn by athletes in Grades 9 or under. Track shoes with rubber moulded grips are permitted.

- 9) **VOLUNTEERS:** For club nights to function effectively, the assistance of all those attending is sought. Please assist willingly when called upon. If you know of husbands, wives, parents, partners etc what would like to assist, please contact the Convenors.

- 10) **SUBSCRIPTIONS:** All participants of club nights are required to pay their annual membership fee, by the 3rd club night at the latest. Annual membership covers you from 1st April to 31st March of the following year. Once you pay full membership, you will receive a registration patch that must be worn on the front left chest of your singlet at all competition events, and entitles you to take part in any Athletics NZ event throughout the country. For adults that pay the club-only membership, you can only take part in local club events.

- 11) **CLUB UNIFORM:** Seniors wear the blue, white & black running singlet with black running shorts or lycra shorts. Children wear either a standard white tee shirt with the black band sewn on to it, or the new juniors running singlets for those who are competing at events. The white tee shirt will slowly be phased out over the next 2 years as the new running singlets are taken up. Either must be worn with plain black shorts or plain black lycra shorts.
 Club uniforms are kept at the main club rooms, and can be purchased by arrangement with Kerris Browne (phone 021 753691). **Please make arrangements for purchase well before you require it.**
 Club members are encouraged to wear club uniform during all events (eg club nights, publicity photos) and **must** be worn in inter-club events when determined necessary (eg Inter-Club, Champs, Ribbon Days, Colgates).

- 12) **CANCELLATIONS** – Seniors Track & Field rarely ever cancel, even if it's raining! For Children's, phone the hotline on **349 2994, dial 5924** for Cancellations. Otherwise checkout the Cancellation Notices on the www.lakecity.co.nz website. For regular information on Children's events, look at Lake City Kids News, or the Events page.

Junior Section

(Tiny Tots to Children 11yrs)



- 13) **EVENTS:** Are run on an age-basis, depending on your child's age as at 31/12/2011. Children are not allowed to participate in another age group, despite what their abilities may be (except for AWD). If your child is interested in competing, there are plenty of athletics events listed at the back of this handbook.
- 14) **SCHEDULE:** Training nights are based on 4-week programme, giving each age group a variety of events, with at least one throw, one run, and one jump each night.
- 15) **COLGATE PATCH:** The white age patch given to you **MUST** be sewn or permanently fixed on the left chest – pinning is **NOT ACCEPTABLE**.

Junior Club-Night

Tues nights 5:10pm at #2 Stadium Ground, Devon St, Rotorua.

		Week A 25 th Oct, 22 nd Nov, 7 th Feb	Week B 1 st Nov, 29 th Nov, 14 th Feb	Week C 8 th Nov, 6 th Dec, 21 st Feb	Week D 15 th Nov, 13 th Dec, 28 th Feb
5yrs	5:15-5:35	Long Jump	60m (Back)	Discus	40m Relays
	5:35-5:55	40m (Back)	Throwing	Shuttle Relays	Hurdles
	5:55-6:15	Shotput	High Jump (S)	Long Jump	Throwing
6yrs	5:15-5:35	40m (Back)	Throwing	Shuttle Relays	Hurdles
	5:35-5:55	Shotput	60m (Back)	Discus	40m Relays (top)
	5:55-6:15	Long Jump	Hurdles	High Jump (S)	Shotput
7yrs	5:15-5:35	Shotput	200m	4x100 Relays	Shotput
	5:35-5:55	Long Jump	High Jump (S)	Long Jump	100m
	5:55-6:15	60m (Back)	Throwing	Discus	Hurdles
8yrs	5:15-5:35	100m	Shotput	Throwing	Discus
	5:35-5:55	Discus	200m (8&9yrs)	4x100 Relays (8&9yrs)	Long Jump
	5:55-6:15	High Jump (L)	Long Jump	Hurdles	60m (Back)
9yrs	5:15-5:35	Throwing	Long Jump	High Jump (L)	Long Jump
	5:35-5:55	Hurdles	200m (8&9yrs)	4x100 Relays (8&9yrs)	Discus
	5:55-6:15	100m	Shotput	Throwing	60m (Front)
10yrs	5:15-5:35	Hurdles (10&11yrs)	High Jump (L)	Long Jump	100m (10&11yrs)
	5:35-5:55	200m (10&11yrs)	Shotput	Throwing	High Jump (L)
	5:55-6:15	Discus	400m (10&11yrs)	4x100 Relays (10&11yrs)	Discus
11yrs	5:15-5:35	Hurdles (10&11yrs)	Discus	Shotput	100m (10&11yrs)
	5:35-5:55	200m (10&11yrs)	Long Jump	High Jump (L)	70m Hurdles
	5:55-6:15	Throwing	400m (10&11yrs)	4x100 Relays (10&11yrs)	High Jump (L)
	6:20-6:30	800m (9-11yrs)	1200m Walk (10&11yrs)	800m (9-11yrs)	1500m (10&11yrs)

- Sat December 17th is our RIBBON DAY, all children and parents are expected to participate.
- Tues December 20th is GAMES NIGHT, BBQ & end-of-year Santa chase.

Junior Championship Programme

		6 th March	13 th March	20 th March
5yrs	5:15-5:35	Long Jump	Shuttle Relays	Discus
	5:35-5:55	60m (5&6 yrs Back)	40m (5&6yrs Back top)	Shuttle Relays
	5:55-6:15	Shotput	L/R Game	River Game
6yrs	5:15-5:35	L/R Game	River Game	Shuttle Relays
	5:35-5:55	60m (5&6yrs Back)	40m (5&6yrs Back top)	Discus
	5:55-6:15	Long Jump	Shuttle Relays	Shotput
7yrs	5:15-5:35	100m	200m	4x100 Relays
	5:35-5:55	Long Jump	60m (Back bottom)	River Game
	5:55-6:15	High Jump (L)	Shotput	Discus
8yrs	5:15-5:35	60m (8&9yrs Back)	Shotput	River Game
	5:35-5:55	Discus	200m (8&9yrs)	4x100 Relays (8&9yrs)
	5:55-6:15	100m (8&9yrs)	Long Jump	High Jump (L)
9yrs	5:15-5:35	60m (8&9yrs Back)	Long Jump	High Jump (L)
	5:35-5:55	Shotput	200m (8&9yrs)	4x100 Relays (8&9yrs)
	5:55-6:15	100m (8&9yrs)	Discus	River Game
10yrs	5:15-5:35	High Jump (L)	100m (10&11yrs Back)	Long Jump
	5:35-5:55	200m (10&11yrs)	Shotput	River Game
	5:55-6:15	Discus	400m (10&11yrs)	4x100 Relays (10&11yrs)
11yrs	5:15-5:35	Discus	100m (10&11yrs Back)	Shotput
	5:35-5:55	200m (10&11yrs)	Long Jump	High Jump (L)
	5:55-6:15	70m Hurdles (Back)	400m (10&11yrs)	4x100 Relays (10&11yrs)
	6:20pm	1500m (10&11yrs)	1200m Walk (10&11yrs)	800m (9,10,11yrs)

▪ **Prize-giving 27th March** 5:30pm at the Lake City CLUBROOMS, Neil Hunt Park, Tarawera Rd (behind Outdoorsman).

BBQ Roster

Parents of these age groups to cook sausages each evening

25 th Oct – Tiny Tots	29 th Nov – 7yrs	7 th Feb – 10yrs	13 th Mar – 5yrs
1 st Nov – 11yrs	6 th Dec – 6yrs	14 th Feb – 9yrs	20 th Mar – Tiny Tots
8 th Nov – 10yrs	13 th Dec – 5yrs	21 st Feb – 8yrs	27 th Mar - Club
15 th Nov – 9yrs	17 th Dec – Tiny Tots	28 th Feb – 7yrs	
22 nd Nov – 8yrs	20 th Dec – 11yrs	6 th Mar – 6yrs	

Your Juniors Volunteers

Juniors Coordinator: Kerris Browne,
swingmills@xtra.co.nz, 3480790, 021 753691

Track Convenor: Leanne Leggett,
leannecarol@xtra.co.nz, 3488292, 021 02629226

Colgates Team Manager: Astrid Norman,
astridnorman@gmail.com, 3453040, 021 0300181

Kids News: Alana Petersen, acpetersen@xtra.co.nz
3478970

Photographer: Willi Werner, willi@fotozone.co.nz
021 3143841

Juniors Club Night Coaches:

Astrid Norman
Carol Burke
Chris Browne
Cindy Carpenter
Dawn Angove
Justine Sinclair
Kate Keaney
Leanne Leggett & Hilmar
Molly Florence
Nikki Mitchell
Rosie Florence & Tarn Angove & Aria Browne
Suzanne Ruebe

Senior Section

(Teens 12yrs+ & Adults)

16) **AGE GROUPS:** Ages are as at 31/12/2011 except for Masters which is age on the day. Any Master having a birthday during the championship Programme is to compete in the age group they commenced the championships in. That is, stay in the younger 5-year age group.

Boys/Girls	12, 13, 14yrs
Men/Women 16	15, 16yrs
Men/Women 19	17, 18, 19yrs
Men/Women 20	20-34yrs
Masters Men/Women	35yrs+, in 5-yr groups eg 35-39, 40-44, 45-49

The club recommends that 12, 13, 14 grade athletes do not run events more than 1500 metre distances.

17) **TRACK EVENTS:** Track races will be conducted on a graded ability system. Events may be run as mixed male/female of similar abilities at the same

time, but you are graded according to your own age category. Some of the distance events are handicap and some mass start (scratch events).

18) **FIELD EVENTS:** These are often run simultaneously with track events. You must register at the field event first, excuse yourself to go and complete your track event, then come back and catch up your turn.

19) **CHAMPIONSHIP PROGRAMME:** Where events are combined, athletes can only take the title for their grade. Please note starting times and any special conditions eg lap recorders required. If events are not held due to weather/ground conditions, those events will be added to the programme the following weeks. Programme changes will be announced at the beginning of the evening.

Senior Club-Night

(Teens Intro 5:15-6pm Weds prior Club-Night)

Club-Night 6:15pm Wednesdays at #2 Stadium Ground, Devon St, Rotorua.

Week A	Week B	Week C	Week D
26 th Oct, 23 rd Nov, 11 th Jan	2 nd Nov, 30 th Nov, 18 th Jan	9 th Nov, 7 th Dec, 14 th Mar	16 th Nov, 14 th Dec, 21 st Mar
6:15pm 3,000 metres run or walk for grades 16yrs+	6:15pm 1200m-2000m Walk	6:15pm 600 metres	6:15pm 1500 metres
6:15pm Long Jump	6:15pm Javelin	6:15pm Shot Put	6:15pm Discus
6:40pm 60 metres	6:15pm Triple Jump/ Long Jump	6:15pm High Jump	6:40pm 100 metres
6:55pm 100 metres	6:30pm 100 metres	6:30pm 60 metres	6:55pm 400 metres
7:05pm 800 metres	6:45pm Modified 2km steeplechase For grade 16yrs+	6:45pm 200 metres	7:15pm Hurdles*
7:20pm 300 metres	7:00pm 400 metres	7:00pm 5,000 metres run/walk for grades 16yrs+. Handicap.	*Hurdlers to set up and pack away own hurdles
	7:10pm 2km run all grades	7:00pm (7th Dec only) 10,000 metre** Championship For grades 19yrs+. 3,000 meters for others	**Please bring/arrange your own lap recorders

NOTE: Events are 'All Grades' ages 12yrs - Masters unless otherwise noted.

Senior Championship Programme

1 st Feb	8 th Feb	15 th Feb	22 nd Feb	29 th Feb	7 th Mar
6:15pm 60 metres Non-championship	6:15pm 100 metres Championship	6:15pm 100 metres Non-championship	6:15pm High Jump Championship	6:15pm 100 metres Non-Championship	6:15pm Hammer Championship <small>Grades 16yrs+</small>
6:15pm Long Jump Championship	6:15pm Shot Put Championship	6:15pm Discus Championship	6:35pm 100 metres Non-championship	6:15pm Triple Jump Championship	6:15pm 60 metres Non-championship
6:30pm 200 metres Championship	6:30pm 200 metres Non-Championship	6:30pm 400 metres Championship	6:45pm 800 metres Championship	6:15pm Javelin Championship	6:15pm Long Jump Non-championship
6:50pm 1,000 metres Non-championship <small>for U16yrs</small>	6:50pm 1500 metres Championship	7:00pm 3,000 metres* Championship <small>All grades 16yrs+</small>	7:00pm 2,000 metres Non-championship	6:35pm 1000 metres Non-championship	6:30pm 200 metres Non-championship
7:00pm 5,000 metres* Championship <small>grades 16yrs+</small>			7:05pm Hurdles Championship <small>762 & 914</small>	6:45pm 2km Steeplechase Championship <small>Grades 16, Master Women 35+, Masters Men 60+</small>	6:45pm 1200-2000m Walk Championship
*Bring/arrange your own lap recorder		*Bring/arrange your own lap recorder		7:05pm 3km Steeplechase Championship <small>Grades 19, Senior Men & Women (20-34), Masters Men (35-59)</small>	
NOTE: Events are 'All Grades' 12yrs to Masters unless otherwise noted.					

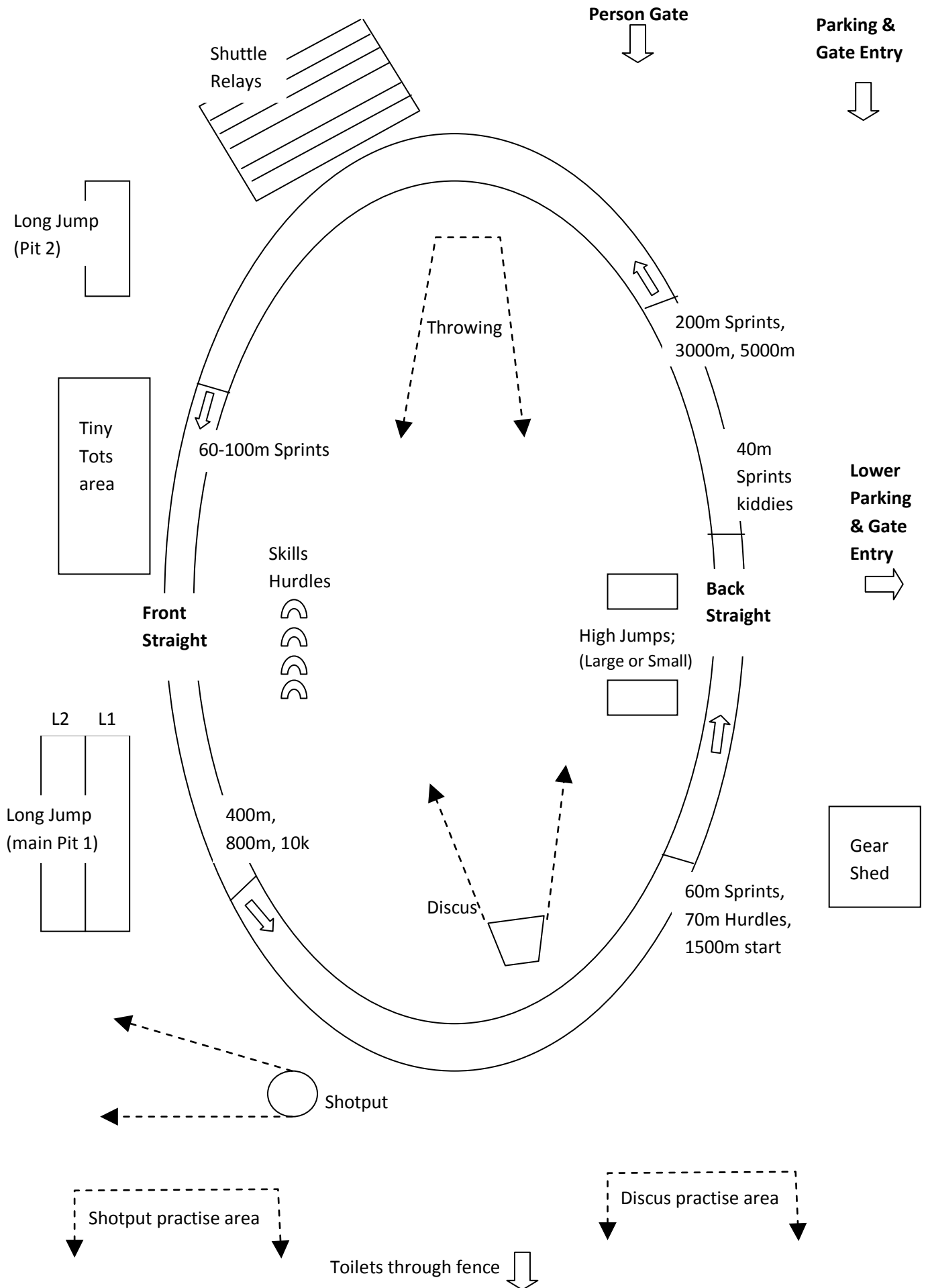
▪ **Final night & Prize-giving is 28th March**, at the Club Rooms, Neil Hunt Park, Tarawera Rd

Your Seniors Volunteers

Seniors Track Convenor: Lindsay Foster,
lindsayfoster@xtra.co.nz, 3486818, 027 4458263
Guff Sheet, Officiating: Pam Kenny,
kennys@xtra.co.nz, 348-8448
Colgates Team Manager: Donnene Van Fulpen,
donnenemark@xtra.co.nz, 3483686

Seniors Club Night Coaches:
Lindsay Foster
Donnene Van Fulpen
Peter Quax
John Kirkland
Mark Geddes
Colin Smyth (Walkers)

Track & Field Layout, #2 Grounds



DEVELOPMENT SQUAD

The Development Squad coaches provide specific technical coaching for those athletes who will be competing at events during the season eg Colgates, Secondary Schools, Interprovincials etc. Although this extra coaching is free, spaces are limited. If you apply and get accepted, you should attend every session so you don't waste a space that someone else could be using!

All sessions are at the #2 stadium grounds unless otherwise noted.

Morag Owen - Sprints, Relays, Long Jump

Wednesdays 4:30-6pm, some Sunday mornings

Age 12+, max 12

Email: mowen@glenholme.school.nz, 3473217, 021 931260

** Morag is a previous NZ Resident 100m record holder, and gained a NZ title in the 200m in 1989. She was the Team Coach for World Youth Champs 2001, and Team Coach for the 2007 Australian Youth Olympics. She has coached Hayden Booker in HJ & TJ, and Sarah Cowley who represented NZ in the 2006 Commonwealth Games in Heptathlon. Morag is an Athletics NZ L2 qualified coach, and is a teacher at Glenholme School.*

Murray Cheater - Shotput, Discus, Javelin

Thursdays 4:30-6pm

Age 7+, max 12

Email: eileencheater@xtra.co.nz, Ph: 027 494 5699

** Murray represented NZ at the Commonwealth Games in 1974, and also the Montreal Games in 1976,*

where he threw the hammer an incredible 67.38 metres! Over the years Murray has coached several others in various field events, and has his own contracting business in Rotorua.

Currently Empty - High Jump, Hurdles

Mark Edmonds - Middle Distance, Gen Fitness

Mon & Weds 3:30-4:30pm

Sessions at Smallbone Park, open to any age

Email: edmondsknm@gmail.com, 3503299, 0274 878206

** Mark was a National marathon age group champ, has coached various rugby club teams, and is a part time Athletics & Fitness Instructor at Rotorua Girls High School. He also coached Johanna Ottosson who currently represents NZ in various running events.*

To enquire about extra coaching or to get into the squad, please contact;

Dev Squad & Coaching Coordinator:

Kerris Browne, swingmills@xtra.co.nz, 3480790, 021 753691

A THANK-YOU TO SOME OF OUR SPONSORS FOR THIS SEASON;



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2011–2012 Summer Athletics NZ Events Schedule

This is a list of most major Athletics NZ Track & Field events in NZ and specifically the North Island. Other events can be found online, especially as some events are still being added/confirmed. There also many Open and Masters meetings not on this list. Check your Summer Handbook for further details, or online at <http://www.athletics.org.nz/WAIKATO/Events/EventList.aspx?ID=866>.

Children's Ribbon Days commence on Saturday 5th November, providing open competition to **all** children from tiny tots up to Grade 14. Ribbon Days are at a 'social' level, so no entry fee or prior registration is required – you just rock up and take part wearing your club uniform and age patch. If a Ribbon Day is washed out on the Saturday, it may be run on the Sunday. Please contact the host club for that Ribbon day if you have any questions. Start time is normally 10am unless otherwise noted.

Date	Event Details	Contact	Kids Ribbon Day 
Nov 5 8:30am	Trans Tasman Trials, Mt Smart stadium, Auckland. Must be age 10 or 11 as at 1st Oct 2011	Entries to your club by 3 rd Nov	10 & 11yrs
Nov 5	Tokoroa Club, Strathmore Park, Tokoroa. Start 10am.	Phil Jenkins, 021 02321814	
Nov 12	Fairfield Club, Porritt Stadium, Hamilton. Start 10am.	Sandra Murray, 07 8568281	
Nov 12	Putaruru Bell round 1 incl AWBoP 10k champs, Tauranga. Start 4pm		16yrs-Masters
Nov 19	Te Awamutu Club, The Stadium, Te Awamutu. Start 10am	Murray Green 07 871 2182	
Nov 19	Putaruru Bell round 2, Porritt Stadium, Hamilton. Start 3pm.		16yrs-Masters
Nov 19-20	North Island Combined Events Champs, Hastings – M16, W16 to Seniors.		16yrs-Snrs
Nov 20	Toi's Challenge offroad 6km & 18km – Whakatane. Start 9am		15yrs+
Nov 25-27	North Island Masters Champs, Newtown Park, Wellington – Age 35+		Masters
Nov 26	Cambridge Club, Athletics Grounds. Start 10am	Peter Fraser, 021 2077025	
Dec 2-4	South Island Masters Champs, Timaru – Age 35+		Masters
Dec 3 9:30am	AWBoP Childrens Relay champs Porritt Stadium, Hamilton, including Race Walk Champs - Margaret Holcroft 07 824 3230	Entries to your club	7-14yrs
Dec 10	Kawerau, Prideaux Park	Liesl van Niekerk 07 323 8173	
Dec 10-11	National Secondary Schools Track & Field Champs, Newtown Park, Wellington. http://nzssaa.org.nz/static/nz-tf-2011/newsletter-one.pdf	Entry to School by 18 Nov	13-19yrs
Dec 17	Lake City Athletics, #2 Stadium Grounds, Devon St, Rotorua	Kerris Browne, 021 753691, 3480790	
Dec 26th	King & Queen of the Mountain (incl AWBop Mountain Running Champs), Mt Maunganui. 3km - 5.5km distances.	Online, 07 576000 janmal@xtra.co.nz	All ages
Jan 1 2:30pm & 4:30pm	Tauranga Twilight Meeting Tauranga Domain, Cameron Rd, Tauranga. Kids 10-14yrs 2:30pm-4:00pm, 15yrs-Masters 4:30pm-8:00pm, incl WAIBoP 3k champs. Enter online at www.taurangaramblers.co.nz by 28/12/11.	Malcolm Taylor 07 576 0000, 027 292 4411	10-14yrs 15yrs-Masters
Jan 3, 4:30pm	Athletics NZ 10,000m Championships incl race walk & open events, Tauranga Domain, Tauranga	Malcolm Taylor	16yrs-Snrs
Jan 15	Trans Tasman Challenge for those accepted only, Auckland		10&11yrs
Jan 6 - 8	North Island Colgate Games, Tauranga Domain, Cameron Rd, Tauranga. Age 7-14 as at 31st Dec 2011, incl AWD (disabilities).	Entries to club by 13 th Nov	7-14yrs

Jan 13-15	South Island Colgate Games, Saxton Field, Stoke, Nelson. Age 7-14. Entries close end Nov	Entries to club by end Nov	7-14yrs
Jan 21	Sylvia Potts Classic, Hastings. Age M16 & W16 to Seniors. Includes Athletics NZ M19 & W19 3000m Champs		16yrs-Snrs
Jan 23	Capital Classic, Newtown Park, Wellington. W16, M16 to Seniors		16yrs-Snrs
Jan 27	Cooks Classic, Cooks Gardens, Wanganui. W16, M16 to Seniors		16yrs-Snrs
Jan-29	North Island Grade 14, U16 & U18 Inter-Provincials. Massey Uni Track, Palmerston North.	Joan Rawnsley 07 867 6896	14-17yrs
Feb 4	International Track Meet, Christ College, Christchurch. Teens to Seniors		Teens&Snrs
Feb 4-5	Athletics NZ Seniors Combined Events Champs, Palmerston North. M16/W16 to Masters (Eg Heptathlon, Decathlon)		16yrs to Masters
Feb 5-12	Oceania Masters Champs, Tauranga		Masters
Feb 11	Putaruru, Glenshea Park	Nellie Engels 07 883 4884	
Feb 11	Porritt Classic, Porritt Stadium, Hamilton. W16 & M16 to Seniors		16yrs-Snrs
Feb 18	Te Aroha, Herries Park	Ross Brunson 07 884 8655	
Feb 18 1:30pm	Waikato-BOP Track & Field Senior Champs, Tauranga Domain, DAY 1 - incl 13-14yr olds		13yrs-Snrs
Feb 18	Athletics NZ Seniors 3000m Champs, Dunedin		17yrs-Snrs
Feb 25 1:30pm	Waikato-BOP Track & Field Senior Champs, Porritt Stadium, Hamilton DAY 2 - incl 13-14yr olds	07 8585392	13yrs-Snrs
Feb 25	Bellevue/Greerton, Tauranga Domain, including Triple Jump Champs	Bruce Habgood 07 543 0615	
Mar 2-5	NZ Masters Track & Field Championships, Auckland		Masters
Mar 3	Paeroa, Paeroa Domain (also reserve day for Triple Jump Champs)	Kelvin Wickliffe 07 862 6154	
Mar 3	Open Meeting Tauranga. 3pm start		
Mar 4	Off-road Half Marathon, Rotorua. Enter online at http://www.rotoruahalfmarathon.co.nz/default.asp?PageID=21409 .	Event Promotions	13yrs+
Mar 6	BOP Secondary Schools Track & Field Champs, Tauranga Domain	Entry via Sec Sch	13-19yrs
Mar 8	Mid Island Secondary Schools Zone Champs, Taupo	Entry via Sec Sch	13-19yrs
Mar 10 9:30am	WaiBOP Children's Champs, Porritt Stadium, Hamilton - Grades 7-14 yrs, entry forms to Lake City by mid Feb! (Margaret Holcroft 07 824 3230)	Entries to your club	7-14yrs
Mar 17	WaiBOP Secondary School Champs, Tauranga Domain	Entry via Sec Sch	13-19yrs
Mar 23-25	Athletics NZ Senior T&F Championships & Olympic Trials, Waitakere, Auckland. M16, W16, M19, W19, and Seniors		16yrs-Snrs
Mar 31	North Island Secondary School Track and Field Champs, Tauranga Domain. (South Island Sec Sch Champs same date in Nelson)	Entry via Sec Sch	13-19yrs
Apr 7-8	Grades 12 /13 NZ Inter-Provincials, Auckland (Paula Cole, 07 849 0256)	Entries to your club	12 & 13yrs
NOTES:	13-15yrs can also compete in most M16 & W16 events 14-18yrs can also compete in most M19 & W19 event 17-19yrs can also compete in Seniors (age 20-34yrs) Masters are age 35yrs+		



Keeping Rotorua running...

www.lakecity.co.nz

PO Box 2136, Rotorua