



Lake City Kids

Where athletics is FUN!

3rd Mar 2011



WAIBOP Seniors Track & Field Champs

You can find the Seniors Results here:

<http://www.athletics.org.nz/Resource.aspx?ID=11264>

Our club 18-year old Ryan Howe broke the Long Jump Record with an incredible 7.37m jump!



- Age flashes must be the correct colour for the year, (green) and the number easily read (use green vivid pen to overwrite if starting to fade or replace from club stock)
- Age flashes must be sewn on (this is a Waikato-Bay of Plenty Children's ruling) , NO PINS
- Age flashes must have names clearly printed on
- *Athletes not compliant with the correct uniform, will not be able to compete until the matter is resolved, this may mean the child misses out on competing if the issue is not rectified quickly

Track events

- If there are two heats in the 60m, 100m, 200m or hurdles, the finalists will be determined on the top three (3) of each heat and the next two (2) fastest by time, to go to the final.
- Should there be three heats, it will be the fastest.
- Should there be four heats, it will be the fastest two from each heat.
- In the 400m, 800m and 1500m, should there be more entrants than a straight final, these will then be divisional finals, top three places will be awarded from the divisional finals combined results.



WAIBOP Childrens T&F Champs

12th Mar, Porritt Stadium, Hamilton

Entries are now closed, but we look forward to some exciting results!

Children's Champs Rules

Uniforms:

- Shorts must be the correct colour for the respective club, with limited logos on them
- Shorts must be above the knee
- Shorts must not be baggy beachwear style
- Athletes must not have leggings that go below the knee under their shorts

Medal Presentations:

Field events - If there are no protests, the three top placed athletes will go straight to medal presentation for their medals. Finalist Ribbons for the top eight will be awarded at the event.

Track events - Clubs are reminded that in the interests of keeping the program moving, some delays may be experienced in results being available immediately, particularly if the video footage of a race is required to be replayed/reviewed to get an accurate result.

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Parent Helpers:

Clubs who have athletes competing, will be required to provide helpers. Reminder to parents, that to ensure the day runs smoothly, **your assistance will be required.**

Non-helping parents and non-competing athletes are not allowed inside the competition arena to watch their child - you need to stay behind the fence please.

Children's Newsletter Helper URGENT!

The season is nearly over, so you need to get training from me NOW. There are no newsletters during the winter, but you do need to be ready for next Spring. So ring me now if you have an hour to spare, and have Microsoft Word on your computer.



FREE Basic Coach Training for Parents:

Come on, just two more and we can organize a coach to do a training avo with you. If you've got kids going to ribbon days, you need to know how to

help them get even better. Remember this coaching training is FREE for you. Please contact Kerris on 021 753691 or email swingmills@xtra.co.nz.

Ribbon Days & Events:

Here's the remaining events for 2011:

Mar-05	Paeroa, Paeroa Domain Ribbon Day	Kelvin Wickliffe 07 862 6154
Mar 12 9:30am	WaiBOP Children's Champs Porritt Stadium - Grades 7-14 yrs. Denise Taylor 07 570 2307	Entries now closed
Mar-19	WaiBOP Secondary School Champs Porritt Stadium	Contact your Sec School for details
Apr 2-3	North Island Secondary School Track and Field Champs, Porritt Stadium	Contact your Sec School for details
Apr 23-24	Grades 12 /13 NZ Inter-Provincials Inglewood	Bruce Fleming 07 843 9293
Sat 2 nd April 1:45pm	Kids Cross Country Open Day - for ALL kids. First of the Club's Winter Cross Country events, short ramble in the Redwoods while hunting for treasure!	Meet at the Lake City Club Rooms, Neil Hunt Park off Tarawera Rd. Afternoon tea compliments of the club.



Kerris' Keepsake-Kids

Just like plants need water, kids need encouragement.

If mum or dad are too busy, ask your Nana or Grandad to bring you down to athletics or cross country. Encouragement from adults will help you feel better about trying new things.

CANCELLATION HOTLINE – 3492994, 5924
