



# Lake City Kids

Where athletics is FUN!

24<sup>th</sup> Feb 2011



## If you attended Te Aroha Ribbon Day...

A very big thank you to all those that helped to make the day run smoothly. I especially appreciated the help received by other clubs whose members did not have their own children competing. It is hard work putting a ribbon day together and I know peoples lives are very busy with other commitments, so thank you for taking time out to attend our day and making it an enjoyable one. Regards, Rachel White.



## Hinemoa/Frankton Ribbon Day

Feb 26<sup>th</sup> Porritt Stadium Hamilton.

The following events will be available -

Hurdles (12-14yr)

60m (7-9yr)

100m (7-14yr)

200m (7-14yr)

800m (9-14yr)

Relays - 40m,50m, shuttle (4-6yr)

Long Jump (7-14yr)

Shotput (7-14yr)

Reminder that its an early **9.30am start!**

## WAIBOP Seniors Track & Field Champs

26th/27th Feb, Tauranga Domain

Entries have now closed, but it looks like a good number of Lake City club members got in in time. Attached is the confirmed entries list if you want to check you got in OK. Best of luck and **do email me your results!**

## WAIBOP Childrens Track & Field Champs

12<sup>th</sup> Mar, Porritt Stadium, Hamilton

Grades 7-14years



This year Children's Champs is open entry; no pre-qualification required, so come on and enter! Champs commence at 9.30am at Porritt Stadium. All entries need to be to Kenzie/Gavin at track by this Friday 25 February. Ph Kenzie 3455916

## 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
  - 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.

[www.lakecity.co.nz](http://www.lakecity.co.nz)

kenziep@clear.net.nz, kbrowne@petersonsawmills.com

**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.

**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!**

Come on, one of you parents must have an hour a week to put this exciting page together...well stop sitting on your hands and email me!!



**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@extra.co.nz](mailto:swingmills@extra.co.nz).

**Ribbon Days & Events:**

Here's the remaining events for 2011:

<b>Feb-26 9:30am</b>	Frankton/Hinemoa, Porritt Stadium Hamilton (also Triple Jump Champs Reserve Day)	Jarrold Popplestone 07 855 7655
<b>Feb 26-27</b>	Waikato-BOP Track & Field Senior Champs, Tauranga Domain for Age 13yrs & 14yr and up.	<i>Entries now closed</i>
<b>Mar-05</b>	Paeroa, Paeroa Domain Ribbon Day	Kelvin Wickliffe 07 862 6154
<b>Mar 12 9:30am</b>	WaiBOP Children's Champs Porritt Stadium - Grades 7-14 yrs. Denise Taylor 07 570 2307	<b>Entry form to Kenzie or Gavin by 25<sup>th</sup> Feb!!</b>
<b>Mar-19</b>	WaiBOP Secondary School Champs Porritt Stadium	Contact your Sec School for details
<b>Apr 2-3</b>	North Island Secondary School Track and Field Champs, Porritt Stadium	Contact your Sec School for details
<b>Apr 23-24</b>	Grades 12 /13 NZ Inter- Provincials Inglewood	Bruce Fleming 07 843 9293



**Kerris' Keepsake-Kids**

**Winners never quit and quitters never win**  
Winners work hard, very hard. Many of our winners are practicing at track 3-4 nights per week!

So if you quit just because you are last, you will never get any better. You just need to keep working at it, and get a little bit better each year, and who knows, you might even get a ribbon some day!

**CANCELLATION HOTLINE – 3492994, 5924**

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