



Website: www.lakecity.co.nz
Email: info@lakecity.co.nz

TRACK and FIELD 2017 - 2018

Teens and senior section - (12 years and above)

Rotorua International Stadium, No 2 Ground
Devon Street West, Rotorua

6.00pm notices followed by warm up and events

Runners, jumpers, throwers, and walkers welcome

Welcome to the Lake City Athletic Clubs summer track and field activities. Athletics is a foundation sport involving running, jumping, throwing and walking. All abilities are catered for on club nights.

CLUB NIGHTS: These are held on a Wednesday evening at the No 2 Ground of the Rotorua International Stadium, Devon Street West. The first event of the programme gets away at 6.15pm sharp. Events start times are not listed so you will need to be on site by 6.00pm for announcements and the warm up session.

PROGRAMME: A weekly programme of events has been drawn up and is on the reverse of this page. Pre-Christmas one Wednesday there will be a programme of events, the following Wednesday a skills and training evening ending with relays.

Be aware the events scheduled are subject to change when the weather is inclement. Club nights are unlikely to be cancelled. Because of ground unavailability on certain days there are expected to be changes to the scheduled programme.

COMMUNICATION: A weekly "Guff Sheet" is produced and keeps members up to date with Club activities. This can be uplifted on club nights or from the club's website – www.lakecity.co.nz it will be emailed to all current financial members. Also visit the club's Facebook page. Details of forthcoming events will also be displayed on the notice board each evening.

COACHING: Coaching will be covered within the fortnightly skills and training evenings.

TRAINING FACILITIES: The track can be used for training on Monday and Thursday evenings 5.00pm to 7.00pm. The children's section of the Club uses the ground on Tuesday evenings for their weekly competition so training at the track is out that evening. There are occasions when other users have booked the ground therefore it will be unavailable. When using the circular track for training please use the very inside lane leaving the next two lanes for competition events.

SUBSCRIPTIONS: Anyone is welcome to come and see what the Club is about, using our "pay and play" system. This involves non-club members paying a \$2 fee each night they attend. There is no obligation to become a club member but only club members

are eligible for trophies and placing in club championship events.

Any "pay and play" fees already paid will be deducted from the membership fee payable up to 31 March 2018.

For those that want to be a club member, please go to the club's website and follow the instructions on the home page.

Club membership entitles you to access to all other Club activities and facilities, not just track and field athletics. To find out more talk to club members, read our Guff Sheet, and go to our website or Facebook page.

Those aged 14 and under will be issued with a Colgate "flash" to be sewn onto the left shoulder of your Club singlet. All new members will receive an email from the club's treasurer advising receipt of their membership payment. If you have already paid to the Club a membership fee after 1 April 2017, no further fee needs to be paid until the next membership year. The current membership year is from 1 April 2017 to 31 March 2018

CLUB UNIFORM: These are held at the Club's main clubrooms at Neil Hunt Park. Please contact Sarah Wiwarena 027 437 8115 or Denise Caudwell 07 346 8431 (evenings) to make a purchase. Arrangements to be made well before you require the garment(s). You will need to purchase your own black shorts. The club uniform does not need to be worn on club nights, but it is preferred that it is worn for championship events. Should you be involved in any publicity photos please wear your club uniform.

VOLUNTEERS:

For club nights to function effectively the co-operation of those attending is sought. Parents, wives, husbands, partners etc that would like to assist will be welcomed to do so. Don't wait to be asked, please offer your assistance.

COMPETITION AGE GROUPINGS: Athletics New Zealand age grades for Children (up to 14yrs) are based on age as at 31 December 2017. These athletes will stay in their respective age group for the season to 31 March 2018. Grades for Men and Women (15-34 yrs) are age as at 31 December of the calendar year you are in. 15-34 yrs grade will change at the beginning of each year. Grades for Masters (aged 35+) are age on the day.

Grades are:

Masters Men/Women	35 plus
Men/Women 20	20-34 years
Men/Women 19	18, 19, years
Men/Women 17	15, 16, 17 years
Boys/Girls	12, 13, 14 years

CLUB NIGHTS:

1 November	A programme
8 November	Skills and training
15 November	B programme
22 November	Skills and training
29 November	C programme
6 December	Skills and training
13 December	Pentathlon
20 December	Skills and training
10 January	Skills and training
17 January	D programme
24 January	Club championships
31 January	Club championships
7 February	Club championships
14 February	Club championships
21 February	Club championships
28 February	Club championship
7 March	Pentathlon event
14 March	10,000 metres (Grade 19 and over)
21 March	Prize giving

WEEKLY PROGRAMME**A PROGRAMME****6.15pm**

60 metres
 Long jump
 800 metres
 3000 metres run or walk

B PROGRAMME**6.15pm**

100 metres
 Shot put
 400 metres
 1 mile run / walk

C PROGRAMME**6.15pm**

60 metres
 Discus
 200 metres
 1 mile run / walk

D PROGRAMME**6.15pm**

100 metres
 Javelin
 200 metres
 1 mile run/ walk

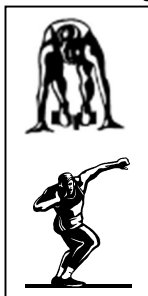
NB: Events not covered in the above programme (for example high jump / hurdles) will be held on request, with participants assisting with event setup and breakdown.

CHAMPIONSHIP PROGRAMME: Please note starting times of events, plus any special conditions that may apply i.e. lap recorders required: the combining of events etc. Where events are combined athletes can only take the title for their grade. Should events not be held due to weather/ground conditions those events will be added to the programme in the following weeks. Changes will be announced at the commencement of each evening.

TRACK and FIELD

Rob Colledge and Pam Kenny and their helpers

The club strongly advises that 12, 13, 14 graded athletes do not run in events more than 1500 metres or 1 mile in distance.



False start rules: An athlete, after assuming a full and final set position, shall not commence his start until after the report of the gun. If, in the judgment of the Starter or Re-callers, he does so any earlier, it shall be deemed a false start. Except in combined events, any athlete responsible for a false start shall be disqualified - see IAAF rule 162.6,7,8.

Field events: The IAAF rules for the time allowed for field events that each attempt must be started by has been 1 (one) minute (60 seconds): this has now been reduced to 30 seconds and will apply to all meetings.

Club uniform: Although it is not compulsory that club uniform is worn for championship events, it preferable that it is.

Walkers: Should the number of walkers in attendance warrant it, separate championship events will be held for the shorter distance track events.

Notes: 6.00pm: Announcements will be followed by warm-up with first event commencing 6.15pm. *The programme below will run to time as much as possible. Some events may start earlier others slightly later.*

24 January

6.15pm	100 metres	Championship - all grades
6.35pm	Shot put	Championship - all grades
7.00pm	400 metres	Championship - all grades
7.20pm	1500 metres	Championship - all grades

31 January

6.15pm	60 metres	Non championship
6.35pm	Discus	Championship - all grades
6.35pm	Long jump	Championship – all grades
7.00pm	200 metres	Championship - all grades
7.20pm	3000 metres	Championship - all grades

7 February

6.15pm	60 metres	Non championship
6.35pm	Hammer	Championship – Grade 17 plus
7.00pm	200 metres	Non championship
7.20pm	800 metres	Championship - all grades
	Hurdles	Championship - all grades

14 February

6.15pm	60 metres	Non championship
6.30pm	High jump	Championship - all grades
6.45pm	Shot put	Non championship
7.00pm	400 metres	Non championship
7.15pm	5000 metres	Championship for grades 18 and above - please supply your own lap recorder

21 February

6.15pm	1 mile	Non championship
6.35pm	Triple jump	Championship - all grades
6.35pm	Javelin	Championship - all grades
7.00pm	60 metres	Non championship
7.20pm	2km steeplechase	Championship for, Men and Women Grade 17, masters women 35 plus and Masters Men 60 plus
7.30pm	3km steeplechase	Championship for men 19, senior men (20-34) and Masters Men (35-59), Women (20-34)

14 March

5.30pm	10000 metres	Championship - walkers and runners likely to take over 60 minutes to complete the event
6.00pm	10000 metres	Championship - runners likely to complete the event under 60 minutes Please supply your own lap recorder

<p>When requested additional events may be included into a championship programme</p> <p>It is preferred that a request be made at least a week prior to the week the additional event is being sought to be held</p> <p>Additional events will not take precedent over championships events and are likely to be scheduled at the end of the evening</p>



TRACK and FIELD COMPETITION OUTSIDE OF ROTORUA

Most Saturdays there is competition either at Porritt Stadium (Hamilton) or at the Tauranga Domain for part of the summer.

Athletes in age grades 12, 13, 14, need to be aware of ribbon day locations, Athletics Waikato Bay of Plenty (AWBOP) children championships, and interprovincial meeting dates for example.

Entry to AWBOP Open Meet Competition: A \$5.00 entry fee per athlete applies to AWBOP Open Meets. This is to be paid on arrival, and an entry slip completed. Entries for events will close 30 minutes prior to each event. The same fee and entry time conditions apply to children competing at senior meets. Unregistered/Club social athletes may compete at the Open meets for a fee of \$10.00.

For more information, refer to the Athletics Waikato handbook or visit www.athleticswaikatobayofplenty.org.nz

This includes details of open meet competitions and the various days' programmes, such as age grades, restrictions, eligibility, and the new under-16 grade that has been introduced.

ATHLETICS WAIKATO-BAY of PLENTY

2017-18 Calendar of Local, Area, National & International Events

NOVEMBER 2017

Sat 4	Open meet	Porritt Stadium	3.00pm
Sat 11	Putaruru Bell	Porritt Stadium	10.00am
Sun 12	Masters meeting	Porritt Stadium	12 noon
Sat 18	Ribbon Day	Porritt Stadium	10.00am
Sun 19	Throws meeting	Porritt Stadium	10.00pm
Sun 19	Open meet	Porritt Stadium	12 noon
Sat 25	Open meet	Porritt Stadium	3.00pm
Sat 25	Ribbon day	Te Awamutu	10.00am

DECEMBER

Sat 2	Children's pentathlon	Cambridge	10.00am
Sat 1 - 3	NZ Secondary Schools champs Hastings		
Sat 9	Children's relay champs	Porritt	10.00am
Sun 10	Open meet	Porritt Stadium	10.00am
	Masters meet	Porritt	12 noon
Sat 16	North region championships	Papakura	
Tue 19	Night of Fives (5000m)	Auckland	
Tue 26	King /Queen Mountain Race	Mt Maunganui	2.30pm

JANUARY 2018

Fri 5	North Island Colgate Games}		
Sat 6	North Island Colgate Games}	Mt Smart - Auckland	
Sun 7	North Island Colgate Games}		
Sat 13	Open meeting	} Porritt	3.00pm
	AWBOP 3000m championships}		
Fri 19	Capital Classic (incl NZ Comm. Games trial)	Wellington	
Sat 20	Open meeting	Porritt	3.00pm
Sat 20 - 27	Oceania Masters championships	Dunedin	
Tue 23	Cooks Classic (incl NZ Comm. Games trial)	Whanganui	

Sat 27 Potts Classic (incl NZ Comm. Games trial) Hastings
Grade 14/16/18 inter-provincials Papakura 10.00am

FEBRUARY

Sat 3	Open meet	Tauranga	3.00pm
Sun 4	AWBOP Masters champs	Tauranga	12 noon
Sat 10	Porritt Classic (incl ANZ 3000m champs)	Hamilton	2.00pm
	Ribbon Day	Te Aroha	10.00am
Fri 16 - 18	Auckland championships Auckland		
Sat 17	Ribbon Day	Tokoroa	10.00am
Sun 18	Masters Trophy day	Porritt	Midday
Sat 24	Ribbon Day	Tauranga	10.00am
Sat 24	AWBOP Champs	Porritt	10.00am
Sun 25	AWBOP Champs	Porritt	10.00am
Sat 24	ANZ 10000m championships	Inglewood	
24/25	ANZ combined events champs	Whanganui	

MARCH

Fri 2 - 4	Master's National championships Whangarei		
Sat 3	Ribbon day	Paeroa	10.00am
Sat 3	Open meet	Tauranga	3.00pm
Fri 9	Athletics NZ Track and Field championships}		
Sat 10	Athletics NZ Track and Field championships} Hamilton		
Sun 11	Athletics NZ Track and Field championships}		

Sat 17 Children's championships Tauranga 9.30am

Sat 24 AWBOP Secondary school champs Tauranga 9.30am

Sat 31 Grade 12 & 13 Inter provincial Inglewood

APRIL

Sun 1 Grade 12 & 13 Inter provincial} Inglewood

Fri 6 - 8 North Island Secondary School Track and Field Whanganui

8 -15 Commonwealth Games Gold Coast Australia

