



**Teens and Adults track and Field**

**CLUB NIGHTS:**

7 November	Skills and training – 1 mile run / walk
14 November	Skills and training
21 November	Skills and training - 1 mile run / walk
28 November	Skills and training
5 December	A programme
12 December	Pentathlon (100m, long, shot, discus, 1mile)
19 December	B programme
9 January	C programme
16 January	D programme
23 January	Club championships
30 January	Club championships
6 February	Waitangi Day – no event
13 February	Club championships
20 February	Club championships
27 February	Impromptu evening – championship backup evening
6 March	Pentathlon (100m, long, shot, discus, 1mile)
13 March	10,000 metres (Grade 19 and over)
20 March	Prize giving

**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 during the following weeks. Changes will be announced at the commencement of each evening.

**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**

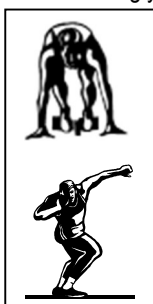
- 100 metres
- Javelin
- 200 metres
- 1 mile run / walk

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

***TRACK and FIELD***

Rob Colledge, 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.



**TRACK and FIELD CHAMPIONSHIP PROGRAMME**  
For runners, walkers, jumpers and throwers

**Club uniform:** Please wear your club uniform for championship events.

**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.

Because of lack of support in recent years some events have been withdrawn from the championship programme

**23 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

**30 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

**13 February**

6.15pm	60 metres	Non championship
6.30pm	High jump	Championship - all grades
6.45pm	Hammer	Championship - Grade 17 plus
7.00pm	400 metres	Non championship
7.15pm	5000 metres	Championship for grades 18 and above - please supply your own lap recorder

**20 February**

6.15pm	60 metres	Non championship
6.35pm	Triple jump	Championship - all grades
6.35pm	Javelin	Championship - all grades
7.00pm	800 metres	Championship - all grades
7.20pm	Hurdles	Championship - all grades

**13 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

When requested additional non championships events may be included into the evenings programme

It is preferred that the request be made at least a week prior to the week the additional event is being sought to be held

Additional events will not take precedent over championships events and are likely to be scheduled at the end of the evening

