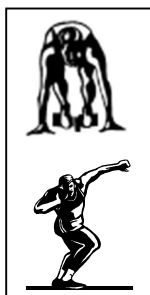


CLUB NIGHTS 2019 (before Christmas)

Date	6.00pm	6.05pm and 6.30pm time slots		7.00pm	7.15pm
		Coaching session	Field events		
14 October (Monday)	Meet group warm up	Acceleration	Shot Put, Long Jump	100m	800m
21 October (Monday)	Meet group warm up	Acceleration #2	Discus, High Jump	200m	1 mile
28 October (Monday)	No athletics – Labour Day – Long weekend				
4 November (Monday)	Meet group warm up	Cadence	Discus, Long jump	60m	1500m 3000m
11 November (Monday)	Meet group warm up	Form and Mechanics	Shot put, High jump	400m	1 mile
18 November (Monday)	Meet group warm up	Starts/Crouch	Discus, High jump	Relays: 4 x 100m, 4 x 400m	
25 November (Monday)	Meet group warm up	Blocks	Shot put, Long jump	100m	1500m 3000m
2 December (Monday)	Meet group warm up	Blocks # 2	Discus, High jump	60 m	1 mile
9 December (Monday)	Meet group warm up	Warm up and more	Shot put Long jump	200m	800m
16 December (Monday)	Meet group warm up	Nitro evening			

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



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.

2020

(after New Year)

In the New Year the Monday evenings for 10 years plus and adults will continue but those financial members 15 years plus who wish to take part in their club championship events will have them held on a Wednesday evening at the Field 2 venue. The New Year Wednesday evenings will start with a couple of non championship evenings (see below) with the championships commencing Wednesday 29 January – see the programme on the next page.

15 January (Wednesday)	6.00pm	60m, Long jump, 800m, 3000m run/walk
22 January (Wednesday)	6.00pm	100m, Shot put, 400m, 1 mile run/walk

Senior Track and Field

Adrian Lysaght, Rob Colledge, and their helpers



TRACK and FIELD CHAMPIONSHIP PROGRAMME
For Senior (15 years plus) runners, walkers, jumpers and throwers

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.

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: Welcome 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.

Please note that those taking part in the 5000 metres and 10000 metres are to supply their own lap recorder.

29 January (Wednesday)	6.00pm Welcome Warm up	6.15pm Non champ 60m	6.35pm Championship Discus	6.35pm Championship Long jump	7.00pm Championship 200m	7.20pm Championship 3000m
5 February (Wednesday)	6.00pm Welcome Warm up	6.15pm Championship 100m	6.35pm Championship Shot put	7.00pm Championship 400m	7.20pm Championship 1500m	
12 February (Wednesday)	6.00pm Welcome Warm up	6.15pm Non champ 60m	6.30pm Championship High jump	6.45pm Championship Hammer	7.00pm Non champ 400m	7.15pm Championship 5000m
19 February (Wednesday)	6.00pm Welcome Warm up	6.15pm Non champ 60m	6.35pm Championship Triple jump	6.35pm Championship Javelin	7.00pm Championship 800m	7.20pm Championship Hurdles
26 February (Wednesday)	Impromptu evening – back up championship evening					
4 March (Wednesday)	Championship - Pentathlon evening (100m, long jump, shot put, discus, 1 mile)					
11 March (Wednesday)	5.30pm 6.00pm	10000 metres 10000 metres	Championship for Grade 19 and over – walkers and runners likely to take over 60 minutes to complete event Championship for Grade 19 and over – runners likely to complete the event in under 60 minutes.			
20 March (Wednesday)	Prize giving - time and venue will be advised					



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.

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 etc.

ATHLETICS WAIKATO–BAY of PLENTY 2019-2020 Calendar of Local, and National Events

OCTOBER 2019

Sat 12	Open meet	Porritt	3.00pm
Sun 13	Masters meet	Porritt	Midday
Sat 19	Open meeting	Porritt	3.00pm

NOVEMBER 2019

Sat 2	Open meet	Porritt	3.00pm
	Bellevue Ribbon day	Tauranga	10.00am
Sat 9	Putaruru Bell	Tauranga	2.00pm
	Agency Group 10,000	Wellington	
	Whakatane Ribbon day	Whakatane	10.00am
Sat 16	Fairfield Ribbon day	Porritt	10.00am
Sun 17	Throws meet	Porritt Stadium	10.00pm
	Open /Masters meet	Porritt Stadium	1.00pm
Sat 23	Open meet	Tauranga	3.00pm

Fri 29 - Sun 1 Dec North Island Masters champs Whakatane

Sat 30	Open meet	Porritt	3.00pm
	Te Awamutu Ribbon day	Te Awamutu	10.00am
	Jennings Cup	Tauranga	10.00am

DECEMBER 2019

Fri 6 – Sun 8	NZ Secondary Schools champs	Wellington	
Sat 14	Children's relay champs	Porritt	10.00am
Fri 22	Night of Fives (5000m)	Auckland	
Thu 26	King /Queen Mountain Race	Mt Maunganui	2.30pm

JANUARY 2020

Wed 1	Tauranga Twilight including AWBOP 3km champs		
Fri 10 -12	North Island Colgate Games	Inglewood	
Sat 11	Open meet	Porritt	3.00pm
	Lovelock Classic	Timaru	

Sat 18	Open meet	Tauranga	3.00pm
Sun 19	AWBOP Masters championships	Tauranga	
Fri 21	Cooks Classic – NZ U20 3000 champs	Whanganui	
Sat 25	Grade 14/16/U18 Inter-provincials	Porritt	10.00am
	Potts Classic - NZ 3000 champs	Hastings	
<u>FEBRUARY 2020</u>			
Sat 1	Open meet	Porritt	3.00pm
Sat 8	Te Aroha Ribbon day	Te Aroha	10.00am
Sat 8- 9	AWBOP Champs	Tauranga	
Sat 15	Porritt Classic	Porritt	2.00pm
	Tokoroa Ribbon day		
Sun 16	Masters Trophy day	Porritt	Midday
Sat 22	Lake City Ribbon Day	Rotorua	10.00am
Sun 23	Sir Graeme Douglas meet	Auckland	
Fri 28 – Mon 1	NZ Masters champs	Hastings	
	Capital Classic	Wellington	
Sat 29	Cambridge Pentathlon	Cambridge	9.30am
	Open meet	Porritt	3.00pm
<u>MARCH 2020</u>			
Fri 6 – 8	Athletics NZ Track and Field champs	Christchurch	
Sat 7	Paeroa Ribbon Day	Paeroa	10.00am
Sat 14	Sir Peter Snell International	Whanganui	
	AWBOP children's champs	Tauranga	9.30am
Wed 18	AWBOP Secondary school champs,	Tauranga	9.30am
<u>APRIL 2020</u>			
Sat 4 – 5	North Island Secondary School Track and Field	Porritt	
Sat 11-12	Grade 12 & 13 Inter-provincials,	Auckland	

