



LAKE CITY Athletic Club INC

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

TRACK and FIELD 2020 - 2021

Teens and senior section - (15 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.

*: Those aged 10-14 are welcome to attend but cannot not take part in the Senior section's Club championship programme when it commences in the New Year.

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.

PARKING: Please note that parking is off Devon St West in behind the main grandstand of the stadium. The entrance is opposite the houses on the stream bank at the Pukehangi Rd end of Devon St West.



PROGRAMME: A weekly programme of events has been drawn up and is on the reverse of this page. Be aware the events scheduled are subject to change when the weather is inclement. Club nights are unlikely to be cancelled. Because of possible ground unavailability on some dates there may 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 found on the club's website – www.lakecity.co.nz and 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.

TRAINING FACILITIES: The track can be used for training on Tuesday evenings 5.00pm to 7.00pm. The children's section of the Club uses the ground on Monday 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.

COVID-19: There are QR codes to scan at the venue

COACHING: There will be Development/Coaching Sessions on Thursday evenings; see the Guff Sheet for details.

SUBSCRIPTIONS: Anyone is welcome to come and see what the Club is about by attending one or two club nights free of charge.

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.

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 2020, no further fee needs to be paid until the next membership year. The current membership year is from 1 April 2020 to 31 March 2021.

CLUB UNIFORM: These are held at the Club's main clubrooms at Neil Hunt Park. Please contact Sarah Wiwarena 027 437 8115, Matt Parsonage 021 058 6189 or Pam Kenny 07 348 8448 (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, partners, and other family members and friends 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 2020. These athletes will stay in their respective age group for the season to 31 March 2021. 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:

4 November	A programme
11 November	B programme
18 November	C programme
25 November	D programme
2 December	Pentathlon event
9 December	A programme
16 December	Nitro Evening event
13 January	B programme
20 January	C programme
27 January	Club championships
3 February	Club championships
10 February	Club championships
17 February	Club championships
24 February	Club championships
3 March	Impromptu evening – championship backup evening
10 March	Pentathlon event
17 March	10,000 metres (Grade 19 and over)
24 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 in 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 or walk

C PROGRAMME**6.15pm**

60 metres
Discus
200 metres
1500 metres run or walk

D PROGRAMME**6.15pm**

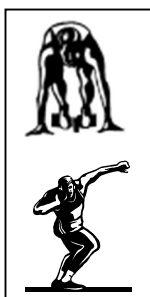
100 metres
Javelin
200 metres
1 mile run or walk

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.

TRACK and FIELD

Rob Colledge, Pam Kenny, Adrian Lysaght,
and their helpers

The club strongly advises that 10 – 14 years old age grade 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.

10 - 14 year-old age grades are not eligible for these championships. They must attend the Monday night Children's section championships in February and March if they want to be eligible for championship certificates and trophies, as there are none available for them in Wednesday night Senior's (15+) section.

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.

27 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

3 February

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

10 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

17 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

24 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+ and Masters Men 60+
7.30pm	3km steeplechase*	Championship for men 19, senior men (20-34) and Masters Men (35-59), Women (20-34)

17 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-championship) events may be included into a championship evening programme.

It is preferred that a request be made at least a week prior to the evening that 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.

*: Hurdles and Steeplechase Club Championships will only be held if club members request to compete in these events. Competitors must assist with event setup and breakdown.



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 10 - 14 years old age grades need to be aware of ribbon day locations, Athletics Waikato Bay of Plenty (AWBOP) children championships, and interprovincial meeting dates for example.

Entry to all AWBOP Open Meet Competitions will be by online entry only for 2020/21. Entries for events will close on the Thursday prior to each event. A \$5.00 entry fee per registered athlete applies to AWBOP Open Meets. Non-registered/Club Social athletes may compete at these events for a \$10.00 entry fee.

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 2020-21 Calendar of Local, Area, National & International Events

Key to text colour: Masters only event Childrens only event

OCTOBER 2020

Sat 31 Putaruru Bell Porritt Stadium 2:00pm
(incl. WBOP Walks Champs)

NOVEMBER

Sat 7 Whakatane Ribbon Day Whakatane 10:00am

Sat 7 Open Meeting Porritt Stadium 3:00pm

Sun 8 Sam Johnson Throws Meeting Porritt Stadium 9:00am

Sat 14 Fairfield Ribbon Day Porritt Stadium 10:00am

Sun 15 Masters Have A Go meeting Porritt Stadium 12 noon

Sat 21 Te Awamutu Ribbon Day Te Awamutu 10:00am

Sat 21 Open Meeting Porritt Stadium 3:00pm

Sat 28 Lake City Ribbon Day Rotorua 10:00am

Sat 28 Open Meeting Porritt Stadium 3:00pm

DECEMBER

Sat 5 Children's Relay Champs Porritt Stadium 10:00am

Sun 6 Masters Xmas Meeting Tauranga 12 noon

Fri 11 - Sun 13 NZ Secondary School Championships
Tauranga 9:00am

Sat 19 Combined Ribbon Day Papamoa 10:00am

Sat 26 King/Queen of the Mountain Race Mt Maunganui 2:30pm

JANUARY 2021

Fri 1 Tauranga Twilight Meeting Tauranga 2:00pm
(incl. WBOP 3000m Champs)

Fri 8 - Sun 10 North Island Colgate Games
Inglewood 9:00am

Sat 16 Open Meeting Tauranga 3:00pm

Sat 23 Open Meeting Porritt Stadium 3:00pm
(incl. WBOP Steeplechase Champs)

Sat 23 Pott's Classic Hastings 2:00pm

Sun 24 Masters WBOP Champs Tauranga 8:30am

Sat 30 Grade 14/16/U18 Inter-provincials
Auckland 10:00am

Sat 30 Open Meeting Tauranga 3:00pm

Sat 30 Cooks Classic Whanganui 2:00pm

FEBRUARY

~~Sat 6 Taupo Ribbon Day Taupo 10:00am~~

Sat 13 Tokoroa Ribbon Day Tokoroa 10:00am

Sat 13 Porritt Classic Porritt Stadium 2:00pm

Sun 14 Masters Trophy Day Porritt Stadium 12 noon

Sat 20 - Sun 21 Waikato-Bay of Plenty Senior Champs
Porritt Stadium 1:00pm

Sat 20 Capital Classic Wellington 2:00pm

Sun 21 Te Aroha Ribbon Day Te Aroha 10:00am

Sat 27 Cambridge Pentathlon Cambridge 9:00am

Sat 27 Open Meeting Tauranga 3:00pm

MARCH

Fri 5 - Sun 7 New Zealand Track and Field Championships
Hastings

Sat 6 Paeroa Ribbon day Paeroa 10.00am

Sat 13 WBOP Children's Championships
Tauranga 9.30am

Sun 14 Masters Multi Events & Request Meeting
Tauranga 8:30am

APRIL

Fri 2 - Sun 4 Grade 12/13 Inter-provincials

