



2018/19

Track & Field Season Booklet

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Committee Contacts

Administration, General Queries or Track Bookings

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Club Contacts

For contact details please visit www.athleticssouthland.org.nz

Athletes Code of Conduct

This code of conduct is a guide to athletes on the behaviour that the sport expects of them in all domestic and international competitions.

The athlete shall:

- Act in the spirit of fair play and true sportsmanship
- Refrain from offensive language and abuse to other athletes and to officials
- Respect volunteers and officials
- Abide by the rules of competition and accept the rulings of officials

If an athlete is lacking in self-discipline or in respect for officials that they continue to cause problems, they can and may be asked to leave by a chief official.

Parents Code of Conduct

- Parents are expected to encourage all children fairly during competition.
- Parents must be prepared to assist with the smooth running of all competitions by being available to help in any manner necessary.
- Any abuse of athletes, officials or other spectators will **not** be tolerated. The offending parent/s will be asked to leave the competition and their future involvement will be determined by Southland Athletics.
- Any protests, queries or complaints must come through Team Managers or Club Delegates to the Meeting Manager on the day of competition.
- Any clarification on rules or results must be made through your Team Manager or Club Delegate to the Meeting Manager Parents are expected to have a basic understanding of the rules relating to competitions so as to avoid misunderstanding or conflict with a meeting official
- Above all, parents are expected to set an example that reflects the spirit of involvement, enjoyment and competition that athletics provides for our athletes

2018/19 Summer Calendar

Junior Meets:

First events start at 10am unless otherwise stated

Programs pages 29-32

Senior Meets:

Twilight Meet – Field events start 5.30pm, Track start 6.00pm:

Saturday Meets – Track & Field events start 2pm

Senior Entry Fees

Fully Registered Athletes - **\$6.00**

Non-Registered Athletes - **\$8.00**

Junior registered Athletes – **\$2.00**

A discounted season rate of **\$60** is offered to registered athletes, this must be paid in full to Athletics Southland by the 6th October 2018

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Track Working Bee Saturday 29th September

October

Sat 6 th	Special Olympics 10am-1pm	Surrey Park
Sat 6 th	Senior Programme A.	Surrey Park
Fri 12 th	Twilight Programme	Surrey Park
Sat 13 th	Otago Senior Programme A	Dunedin
Sun 14 th	Southland Festival of Running	Invercargill
Sun 14 th	HAVE A GO /Ribbon Day 1pm	Surrey Park
Fri 19 th	Twilight Programme	Surrey Park
Sat 27 th	Senior Programme B	Surrey Park
Sat 27 th	Otago Senior Programme B	Surrey Park
Sun 28 th	Waverley A + 4x100m Relays	Surrey Park

November

Fri 2nd	Rhythm & Jumps	Christchurch
Sat 3rd	St Paul's Memorial/Sth 10k Champs	Surrey Park
	<i>Programme is in back of booklet</i>	
Sat 3rd	Otago Senior Programme A.	Dunedin
Fri 9 th	Twilight Winton Scratch Meet	Winton
	<i>Programme is in back of booklet</i>	
Sat 10 th	Otago Senior Programme B	Dunedin
Sun 11 th	Waverley B (Medley Relays)	Surrey Park
Fri 16 th -Sun18th	South Island Masters Champs + Senior Open (Invercargill)	Surrey Park
Sat 17 th	Otago Senior Programme A.	Dunedin
Sat 17 th & Sun 18 th	South Island Combined Events	Christchurch
Sat 24 th	Senior Programme A. (under distance)	Surrey Park
Sat 24 th	Otago Senior Programme B	Dunedin
Sun 25 th	Waverley A (4x100m Relays)	Gore
Fri 30th	Twilight Meet + G 12, 13 & 14	Surrey Park

December

Fri 30 th , 1 st & 2 nd	NZ Secondary School Champs	Dunedin
Sat 8 th	Otago Senior Programme A	Dunedin
Sun 9 th	Waverley B (Medley Relays)	Surrey Park
Sat 15 th & Sun 16 th	South Island Senior Champs	Christchurch
Sat 15 th	Otago Senior Programme B	Dunedin
Sat 15 th	Senior Programme B	Surrey Park
Fri 21 nd	Modified Senior & Junior Twilight (No records/hand timed)	Surrey Park

January

Sat 5 th	Lovelock Classic	Timaru
Sun 6 th	Pre Colgate Meet 1pm	Surrey Park
Sat 12 th	Twilight Program 1pm (No records/hand timing)	Surrey Park
Fri 11 th , 12 th & 13 th	South Island Colgate Games	Dunedin
Tue 15 th	Cook's Classic	Wellington
Fri 18 th	Capital Classic	Wellington
Sat 19 th	Inter Centres Grades 14- 21	Christchurch
Wed 23 rd	Jumps to Music	Hawera
Sat 26 th	Potts Classic	Hastings
Sat 26 th	President's Shield & Sthld 3k Champs	Gore
	<i>Programme is in back of booklet</i>	
Sun 27 th	Waverley A. (Medley Relays)	Surrey Park
Sun 27 th	<i>Inter Provincial Team Announcement</i>	

February

Sat 2 rd	Senior Programme A & Quad-Athlon & Pentathlon	Surrey Park
Sat 2 nd	All entries close for Sthld Senior Champs	
Fri 8 th	Twilight Programme	Surrey Park
Sat 9 th	Queenstown Classic Grass Meet plus Mile Race U18 & Open	Queenstown
Sat 9 th	Potts Classic & NZ 3km Champs	Hamilton
Sun 10 th	Waverley B	Winton
Fri 15 th	All entries close for Sthld Junior Champs	
Sat 16 th & 17 th	Senior Club Champs (1pm both days)	Surrey Park
Sat 16 th & 17 th	NZ Combined Championships	Christchurch
Sat 23 rd	Town vs Country Junior & Senior	Surrey Park
Sat 23 rd	<i>Tyson Team Announcement</i>	

March

Fri 1st, 2nd & 3rd

Fri 1st

Sat 2nd

Sun 3rd

NZ Masters Track & Field Champs

Twilight Meet (Under Distances)

Day 1 Junior Club Champs

Day 2 Junior Club Champs

Prize giving will follow Day 2 Junior Champs

NZ T & F National Championships

Southland Secondary Schools Champs

Tyson Challenge/995 Meet (7-11yr)

South Island Sec School Champions

Southland Primary Schools Champs

Inter Provincials Team Training

Timaru

Surrey Park

Surrey Park

Surrey Park

Christchurch

Surrey Park

Christchurch

Nelson

Surrey Park

Surrey Park

April

Fri 19th, 20th & 21st

NZ Interprovincial's Grade 12 & 13

Christchurch

Junior Event Roster 2018/19

Long Jump – St Pauls

High Jump & Vortex – Fiordland & Wyndham

Track – Winton

Discus – Invercargill

Junior Shot & Discus – Otautau

Shot – Riverton and Gore

Junior BBQ & Meet Manager Roster

October

Sun 14th **HAVE A GO DAY/Ribbon Day 1pm Surrey Park**
BBQ: St Pauls **Meet Manager:** Invercargill

Sun 28th Waverley A. Surrey Park
BBQ: Ingill **Meet Manager:** St Pauls

November

Sun 11th Waverley B. Surrey Park
BBQ: Wyndham **Meet Manager:** Otautau

Sun 25th Waverley A. **Gore**
BBQ & Meet Manager Gore

December

Sun 9th Waverley B Surrey Park
BBQ: Fiordland **Meet Manager:** Wyndham

January

Sun 27th Waverley A. Surrey Park
BBQ: Otautau **Meet Manager:** Riverton

February

Sun 10th Waverley B. Winton
BBQ & Meet Manager Winton

Sat 23rd Town vs Country Senior & Junior Surrey Park
BBQ Riverton **Meet Manager** Fiordland

March

2nd & 3rd March

BBQ: IP Team

Southland Junior Champs

Surrey Park

Meet Manager: Day 1- Ingill Day 2 - St Pauls

Health & Safety

Safety is everyone's concern and all who participate in athletics, whether competitor, official, organiser, coach, teacher or parent, we must all be safety conscious. All involved in athletics meetings and training sessions, whether at Surrey Park or other venues, should be familiar with the Athletics Southland safety policy and safety guidelines.

Outside of organised meets, athletics is an individual sport with athletes often training by themselves or in small groups. This puts the emphasis on individuals to look after themselves and each other when training. So individuals must also be aware of the safety issues.

Remember too, Surrey Park and most athletics grounds, including school grounds, are used by the general public for recreation and training. Athletes and groups training **MUST** be aware of others in the area, particularly children, who may not appreciate the potential dangers.

EVENT SPECIFIC SAFETY RULES ARE CONTAINED EACH EVENT FOLDER

**LET'S MAKE THE SPORT
ENJOYABLE FOR EVERYONE,**

ATHLETES, OFFICIALS & SPECTATORS ALIKE

General Safety

- First aid kits are in the Invercargill and St Paul's club rooms. One or both must be accessible at Athletics Southland Surrey Park competitions. If schools or other organisations have not arranged access to one of the clubrooms they must bring a first aid kit with them.
- Competitors are not to be inside the competition area during competitions unless competing.
- Spectators and parents must stay out of the competition area (i.e. the fence at Surrey Park or outside the track at other venues)
- Athletes must not wear spikes outside the competition area - spikes should be taken off immediately after the event.
- Surrey Park is a smoke free area. This applies to everyone within the grounds and inside the two clubrooms.

THROWS

- In all throws athletes not throwing must be well behind the throwing circle, and where there is a cage, always outside it.
- Throwing implements must be carried back, not thrown or rolled.
- No one, athlete or official, should be in the throwing safety cage while an attempt is being made.
- Competitors must stay outside the safety cage and throwing circle until their name is called.

JUMPS

- No jumper is to make an attempt before he or she is called. It is not uncommon for an athlete to pre-empt the official and make a jump when the previous jumper is still on the mat or in the pit

TRACK

- Athletes and officials must always look before crossing the track.

- Athletes training must check that the lane they are about to use is free before starting a repetition. If running reps warn others which lane you are using
- Hurdles must never be jumped from the wrong side as a stumble or trip means the hurdle will not tip and serious injury could result.

Basic Event Rules

- It's important that you are familiar with the basic rules of your event.
- Officials can make mistakes and if you are disadvantaged you need to know what the rule is and what to do about it. So it is important that you know the protest procedure - how do you protest, who do you protest to?

Spikes

Only 6mm spikes allowed on track, 9mm allowed for High Jump and Javelin

Running Events

Starts

- All grades must use a crouch start (except 5 and 6 year olds they may use standing starts).
- Blocks must be used if wearing spikes by competitors in the 10 and 11 grades.
- Grades 12 to 14 must use a crouch start off blocks for races up to 400m whether or not they are wearing spikes.
- Athletes must compete in their age grade except when officials combine age groups for convenience

Races up to 400m

- Blocks and crouch start must be used for all events up to 400m including first lap of 4 x 400m relay.
- For events up to and including 400m the commands are "Take your mark", "set", then gun.
- On **"take your marks"** both hands and one knee must be on the ground.

- At "SET" your hands are on ground and both feet must be in contact with blocks.
- Hands or feet cannot touch or be over the start line or touch or be outside the runner's lane.
- Runners must take their marks when told to by the starter and any delay could result in a false start.
- At "set" the runner's feet must not lose contact with the blocks and hands must not lift off the ground.
- An athlete who distracts or disturbs other competitors by movement or sound can be given a false start.
- **A false start means disqualification.**

Races over 400m

- In events over 400m there is only "on your marks" and gun.
- Young athletes need to be reminded of this as they often forget and are waiting for a "take your marks" and miss the gun.
- In distance races (over 400m) athletes cannot touch the ground with one or both hands when starting.
- So no blocks means no crouch start.
 - In laned events runners must stay in their lane or face disqualification – however if they stray out of the lane but gain no advantage or do not interfere with another runner they shall not be disqualified. For example going out of the lane on the straight or going outside the outer line on a bend is OK providing there is no interference with other competitors.

All Relays

- Relays require the baton to be exchanged within a 30 metre changeover zone. The outgoing runner can start his/her run at any point within the changeover zone (there is no acceleration zone).
- The baton must be exchanged within the changeover zone, although the athlete can be outside it, e.g. the receiving runner's body is beyond the zone but backward reach of arm means the exchange was made within the zone.
- If the baton is dropped it must be retrieved by the athlete who dropped it providing there is no interference with another runner or a shortcut is taken.
- Runners must stay in their lanes after passing on the baton to avoid interfering with other team

4x100m Relay

- 4 x 100 relays are run entirely in lanes.

4x400m Relay

- 4 x 400 relays are in lanes for the first lap and the first 100m of the second lap – so second runner can cut to the pole lane at the arc line just after the first bend. (This should be coned or flagged).
- For 4 x 400m relays the third and fourth leg runners are lined up on the track from the inside lane in the order that their team is placed at the 200m mark. So, winning team has lane 1, second team lane 2 etc. These positions shall not change even if team positions change.

Medley Relay

- Teams must have 5 runners. You can race in any order but legs must be 2x100m, 1x200m, 1x400m and 1x800m.
- Start from 400m stagger marks in lanes and all teams break at second curve (300m mark).
- Athletes are fed into lane 2 out at change zones as lane 1 must be free for ongoing runners.

Race Walking

- Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the naked eyes) loss of contact occurs.
- The advancing leg shall be straightened (i.e. not bent at the knee) from moment of first contact with the ground until the vertical upright position.

Hurdles

An Athlete must go over all hurdles in their lanes.

Athletes may be disqualified if they:

- Run around a hurdle
- Deliberately knock a hurdle down
- Trail a leg or foot below the top of the hurdle.

Throwing Events

Shot Put

- Shot must leave from beneath the chin and land within the sector. If it drops away from the chin or is thrown from the shoulder it will be deemed a no throw.
- Throwers must wait until the shot has landed before exiting via the back half of the circle.
- Touching the top of the stop board or ground outside the circle is not allowed. However, feet touching the inside edge of the circle and/or stop board is allowed.

Discus

- Discus must land within the sector. If the discus lands on the line or outside the sector, it shall be deemed a no throw.
- Any part of the body touching the ground outside the circle or the top of the will also be deemed as a no throw.
- Athlete must leave the circle from the rear AFTER the discus has landed.

Javelin

- The Javelin shall be held at the grip with one hand only. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non – orthodox styles are not permitted.
- A throw shall be valid only if the metal head strikes the ground within the sector before any other part of the Javelin. You must not turn your back on the javelin until it has landed.

Hammer

- The Hammer is held with two hands and must be released with two hands. You may wear a glove with the part of fingers and thumb cut out. An Athlete, in his starting position prior to the preliminary swings or turns, is allowed to put the head of the hammer on the ground inside or outside the circle.
- It shall not be considered a failure if the head of the hammer touches the ground inside or outside the circle or the top of the rim before release. The Athlete may stop and begin the throw again, provided no other rule has been broken. The Hammer Head must land within the sector to be a valid throw (the wire or handle can be outside).

Jumping Events

High Jump

- Take off must be from one foot. No diving or forward rolls.
- Knocking the bar off, knocking the uprights over or touching the ground or landing area beyond the plane of the uprights (both between and outside the uprights) without first clearing the bar is a failure.
- However, if a jumper touches the mat with his foot while jumping and the judge believes no advantage is gained, it is not counted as a failure.
- Hand or foot going through the plane of the uprights without touching the ground or landing area is not a failure. Example is where a jumper changes their mind on jumping at last moment, hand goes under the upright but doesn't touch anything and bar is not touched or knocked off, it is not counted as a failure, so the jumper can go back and try again.
- A jumper is out after three consecutive failures. These do not have to be at the same height, so a jumper can miss twice at one height then pass to the next height.
- Jumpers do not have to jump at every height. 2cm is the minimum the bar can be raised each round. However, if there is only one competitor left, he or she can nominate the bar height, including 1cm increases.
- **Ties:** the jumper with the fewest attempts at the tied height is placed higher. If a tie still remains, the jumper with the lowest number of failures throughout the competition shall be awarded the higher place. If there is still a tie and it involves first place, there should be a jump off with athletes given one attempt at the height they missed at. If all are successful the bar goes up
- 2cm and jumpers are given one more attempt each. If a result is not determined the bar is lowered 2cm and each has one more attempt. This continues until the winner is found. There cannot be a tie for first place (hence the jump off) but all other places can have a tie.
- Jumpers are limited to two run-up check marks.

Pole Vault

- Has the same rules as High Jump.
- The Athlete uses a pole to get over the bar.
- The right position can be moved forward or backwards from the zero line

Long Jump & Triple Jump

- Take off must be from behind the take-off board or mark and within the width of the runway.
- Measurement is taken from the nearest break in the sand caused by any part of the body and is taken at a right angle to the take-off line. (If landing is outside the width of the board a line is made extending the front of the board to the appropriate side to allow the right angle measurement. Any straight edge including tape or the rake handle can be used).
- A somersault is illegal
- Jumpers should not walk back through the pit.
- Marks cannot be placed on the runway or in the pit but can be placed alongside the runway. Jumpers are limited to two markers.
- Can you put in what position the metre board for long jump needs to be

For information on

- All-weather track markings
- Long Jump mat placements
- High Jump starting heights
- Hurdle Specifications

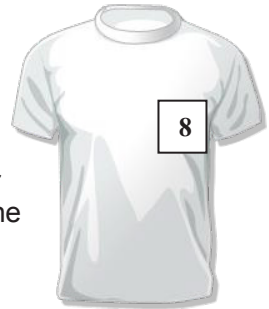
Please go to the our website www.athleticssouthland.org.nz

All records are listed on the website

Junior Rules

Colgate Age Patch

All athletes must wear their appropriate Club uniforms with their Colgate Age patch on the left hand side. You will be given a patch which will have your Club Name and registration number written on it at the top and your name below the number as shown to the right.



Age Grouping

The age is taken as at 31st December in the season of competition:
Age 14 as at 31 December 2018, competes as a Grade 14
Age 11 as at 31 December 2018, competes as a Grade 11

Spike Running Shoes

Spike running shoes may only be worn by competitors in the 10 - 14 grades. If spike shoes are worn, they must be used only during warm up and competition.

Spike shoes must be removed at the immediate completion of the athletics event and before leaving the arena.

Where to Warm-up (Surrey Park)

No warm ups are permitted on the front 100m straight of the track or the inside two lanes of the complete track. This is to ensure the track surface quality is maintained.

Juniors competing at Senior Meets

When you register with your club and you think or know you will be competing at senior events, you must register as a senior (under 18). Southland has an Under 16 grade for weekly senior competition.

Information for Junior Athletes

Uniforms

- The Southland Track and Field Committee **IS STRICT ON THE UNIFORMS** of junior athletes while they are competing, as per the Colgate Games rules;
- **NO LOGO's** on shorts that are not brand logos related to athletics. (e.g. league shorts)
- However manufacturer's brands are permissible e.g. Adidas, Nike, Canterbury etc. If unsure please seek advice from the Meeting Manager who will have the final say.

Parents

- Only at Waverley Shield meets are parents are welcome to enter the arena to watch their children compete
- At Southland Championships and all representative meets parents must remain outside the fence at all times.

Cancellation

- Cancellations are avoided where possible but the determining factors are weather conditions, athlete's safety/well-being, plus consideration for officials and equipment.
- Athletics Southland in conjunction with the hosting club will endeavour to ensure everyone is given sufficient notification of any event cancellation. Cancellations will be placed on the ATHLETICS SOUTHLAND FACEBOOK page.

Best Performances

Due to the non-use of certain timing and measurement equipment, Southland Track and Field committee does not recognise records. We do however maintain a list of Southland Junior Athlete's "Best Performances" (BP) results achieved at all recognised Junior and Children's Meeting. These can be found on the Athletics Southland website www.athleticssouthland.org.nz

A **Southland Best Performance** must be ratified by a graded Official Referee or Meeting Manager appointed by the Southland Track & Field Committee

Waverley Shield Competition

Point's competition between clubs,

A weekly club winner is determined by collating each clubs points and dividing it by their number of competing athletes on the day.

A season club winner is determined by adding each clubs weekly average points together and dividing it by the number of meets.

Athletes are encouraged to compete in as many events per programme as possible to achieve points for their club and for end of year individual trophies

Program A & B timetables – can be located in the back of this booklet

Scoring System

1st 5 Points

2nd 4 Points

3rd 3 Points

4th 2 Points

From 5th to last place 1 point is awarded - athletes must make an effort to compete

Marshalling for Events

All athletes are to report in 10-15 min before the scheduled start time for their event.

PLEASE NOTE – Events may run ahead of schedule at times.

Southland Junior Championships

Junior Championships will be held over a weekend in March. Exact dates can be found in the calendar at the front of this booklet.

Championship Programme and Entry form is on the website

Southland Junior Prize giving

Each year there are a number of trophies and awards presented, the 2018/19 Season Prize giving will be held at the conclusion of the

Southland Junior Champs Sunday the 3rd March

Junior Regional Competitions

South Island Colgate Games (Grades 7-14)

The games normally held on the 3rd weekend of January each year at one of the following places; Invercargill, Dunedin, Timaru, Christchurch and Nelson. Competition is always Friday, Saturday and Sunday. Each child competes representing their club and can enter 5 events plus relays. Ages 7-9 compete for divisional pennants and ages 10-14 for age group medals
2019 SI Colgates Games, Dunedin 11th – 13th Jan

Tyson Challenge Meeting (Grade 7-11)

Athlete selection nominations for the Southland Team are called for after Xmas each year. This competition is between Southland & Otago
The 2019 event will be held in Christchurch as part of the 995 & Triangular Meet

Nine Ninety Five Meeting (Grade 7 to 11)

Athlete selection nominations for the Southland Team are called for after Xmas each year. It is contested between Tasman, Canterbury, Otago and Southland. **2019 event will be held in Christchurch 17th March** (Named as there is approximately 995 kilometres from Invercargill to Nelson.)

Triangular Competition (Grade 7 to 11)

Athlete selection nominations for the Southland Team are called for after Xmas each year. Held every two to three years, this competition between Southland Canterbury and Otago for 7-11yo. **The 2019 event will be held in Christchurch as part of the 995 & Triangular Meet**

NZ Inter Provincials (Grades 12 & 13)

Athlete selection nominations for the Southland Team are called for in December of each year. Athletes score points in their events to give a team total. **2019 event will be held in Christchurch 19th – 21st April**

South Island Inter Centres (Grade 14, U18, & U20)

Athlete selection nominations for the Southland Team are called for in December of each year. This is an Inter Provincial competition between Canterbury, Tasman, Otago Southland and Queensland. Athletes compete in events of their choice accumulating points for their team.
2019 event will be held in Christchurch

Senior Athletes Information

Age Grades

To fall into line with international age grading, in accordance with By-Law C1.2 (1), an athlete's age for senior competition is taken on the 31st December in the year of Competition. i.e. Your age group could change during the season

NOTE: MU18 is 17 and under, WU20 is 19 and under.

Senior Grades are:

Master Men (MM)	Master Women (MW)
Senior Men (SM)	Senior Women (SW)
Men under 20 (MU20)	Women under 20 (WU20)
Men under 18 (MU18)	Women under 18 (WU18)

Southland Senior Championships

Event Program, Entry form & payment details are on the website

Entry Fees

Fully Registered Athletes - **\$5.00** first event per day / **\$1.00** each additional event

Non-Registered Athletes - **\$10.00** first event per day / **\$1.00** each additional event

Entries close 2pm - Feb 3rd 2018

Applying for a Senior Record

Best performance by a registered Southland Athlete, accomplished anywhere on a surveyed track or field which complies with Athletics New Zealand and IAAF rulings.

Applications to be made to Lillian Tudor within 30 days of the performance, following the Procedures listed below

If an athlete betters or equals the existing record

- The athlete must immediately advise the Chief Official at the event, and get performance checked (time, measurement, wind).
- Have the appropriate Referee verify the athlete's performance.

- Ensure the Chief Official at the event completes the documentation on the application form (in this booklet). In case of weight specifications these shall be confirmed by the Technical Manager.
- Provide copy of official results'
- The application form must be forwarded to the Track & Field Committee within 30 days of setting the record.

APPLICATION FORMS

Can be downloaded from the Athletics Southland website. It is your responsibility as a senior athlete to print them off and carry them with you to all competitions, both local, national and international.

Volunteering

- Are you passionate about the sport of athletics?
- Are you interested in helping athletics develop and grow in Southland?
- Are you prepared to contribute some of your personal time to athletics?
- Do you want to develop some new skills and abilities?
- If you have answered yes to any of these questions then you are what athletics in Southland requires.
- There are opportunities at all levels of the sport for you to become involved, ask someone on your club's committee how!!

AT CLUB LEVEL YOU COULD:

- Help out at Children's training nights
- Start Coaching some athletes (everyone has started somewhere)
- Take up a position on the committee
- Volunteer to help out with club duties at competitions
- Represent the club with pride at competitive event
- Help out at competitive events, winter or summer

AT SOUTHLAND CHILDREN'S LEVEL YOU COULD:

- Train as an official in an area that interests you – we require **more** and **younger** officials to get involved at all Athletics events, both winter and summer
- Be a Team Manager for a representative team
- Take up a position on a sub-committee or become a club delegate on the management committee
- Get involved in helping in the organisation of specific events
- Start coaching some athletes (everyone has started somewhere)

INTRESTED IN BECOMING AN OFFICIAL

For more information please feel free to contact our Officials Coordinator, Lilian Tudor at (03) 213 0104 or email hjtudor@clear.net.nz

Winter Running

- If you like running, keep going right through the winter by joining your club's harrier group. There is not only cross-country but also road races events to compete in.
- Cross-country running is good for you. All track athletes, even sprinters will benefit from winter running.
- Cross-country without doubt builds strength. It helps to develop leg strength through the hill work and the extra effort needed in soft conditions. It also builds core stability, **(strength in hips, pelvis and lower back)** improving your running posture, technique and efficiency.
- The very nature of cross-country forces frequent changes in pace and effort, a skill often required in middle distance races.
- For the track runner, the most important benefit is aerobic development. In other words, you use the cross-country season to get fit enough to train seriously and harder for the next track season.
- Runners who stick to the track are like swimmers who always swim in a pool and have never experienced the fun of the surf.
- Getting out and running freely in the open air over natural terrain is one of the joys of being a runner.
- And so what if you're not brilliant at it - as long as you acknowledge that the cross country season is part of your build up and the main goal is the summer you'll find it not just worthwhile, but beneficial.

For more information on Harriers in Southland please email:

Lyla at southlandharriers@gmail.com or
<https://www.facebook.com/southlandharriers/>

Gore President's Shield Meet – Jan 26th 2019

Gore Athletics Track. Newman Park, Gore

Entry Fee \$5.00 per athlete

Separate entry fee for Southland 3000m Championship event

This is a senior competition meet age grades are Men's and Women's Senior ,U20 and U18.An Athlete may only score points in one age grade

.Club points are awarded in each age group for each event

Points: 1st=5pts 2nd=3pts 3rd=1pt

As this is an Athletics Southland Competition the points are awarded to the top three placed Southland athletes in each age group .We welcome visiting athletes from Otago etc. but these athletes will not score any points

Track Events

1.30pm	3000m All Grades
2.00pm	100m All Grades
2.30pm	800m All Grades
3.00pm	200m All Grades
3.30pm	1500m All Grades
4.00pm	400m All Grades
4.30pm	4x 100m Relays

Field Events

Shot put	All Grades
Long Jump	All Male Grades
Discus	All Male Grades
Long Jump	All Female Grades
Discus	All Female Grades
High Jump	All Grades
Javelin	All Male Grades
Javelin	All Female Grades

Gore President's Shield Trophy will be presented to the winning club and afternoon tea will be held, after all events have finished

St Paul's War Memorial Meet – Nov 3rd 2018

Surrey Park Invercargill

Entry Fee \$5.00 per athlete

Rules: Athletes are only allowed to compete in one age grade.

Timetable – all grades will compete at the following times

12.00pm	Hammer	
1.15pm	100m	
1.30pm	3000m	High Jump
1.40pm	200m	Javelin
2.10pm	1 Mile	
2.20pm	400m	Long Jump
2.30pm	10000m	
2.40pm	100m/110m Hurdles	
2.55pm		Shot Put
3.15pm	4x100m Relays	

Trophies

Mile Trophies - Female & Male winners **Overall Club** – Most points

Winton Scratch Meet – Nov 9th 2018

Winton Athletics Track. Central Southland College Grange Street Winton

Entry Fee \$5.00 per athlete

Rules: Athletes are only allowed to compete in one age grade.

Points: 1st=5pts 2nd=3pts 3rd=2pts & finishers thereafter=1pt

Grades: U18 M&W U20 M&W Senior M&W

Timetable – all grades will compete at the following times

5.30pm	100m	Discus
6.00pm	1500m	Long Jump
6.30pm	60m	Javelin
7.00pm	400m	High Jump
7.30pm	Club Medley Relays – all grades combined (1x400m 1x 200m 2x100)	

Trophies

Joe Field Cup - Winner of the 1500m

Marshall Cup U18 Men **Dunlop Cup** U20 Men

Queale Cup - Most points by a club (all Women Grades combined)

Jan-Marie O'Shannessy Memorial Trophy - Most Individual Points in any one Women's grade

Presentations and BBQ to follow. Refreshments (BYO)

Senior Programs

If there are not enough Officials/helpers available, then Field event attempts may be reduced at the meet manager's discretion

* Mixed Club/Sex Teams allowable for relays

Twilight

Field events start 5.30pm, Track start 6.00pm

TRACK

60m
1500m
100m
400m
Steeple Chase

FIELD

Javelin (6 Throws)
Long / Triple Jump (6 max jumps)
Shot Put (3 Throws)
Discus (3 Throws)

Saturday A

Field events start 1.30pm, Track start 2.00pm

TRACK

30m
100m
3000m (run/walk)
Hurdles
200m
800m

FIELD

Discus (6 Throws)
Long Jump (6 Jumps)
Shot put (6 Throws)
Triple Jump (3 Jumps)
High Jump (6 Attempts only)
Javelin (3 Throws)
Hammer (3 Throws)
Pole Vault

Relay on Request at end of day 1600 Medley (800,400,200,100,100)

Saturday B

Field events start 1.30pm, Track start 2.00pm

TRACK

60m
Hurdles
100m
1500m
400m
5000m

FIELD

Shot Put (6 Throws)
High Jump
Triple Jump (6 Jumps)
Javelin (6 Throws)
Long Jump (3 Jumps)
Hammer (6 Throws)

Relay on Request at end of day 4x100 Relay

Waverley Shield Programme A

TIME	TRACK		TIME	FIELD		
10.00am	8 & 9	60 m Hurdles	10.00 am	6	B	Long Jump 1
	10 & 11			6	G	Long Jump 2
	12	80 m Hurdles		5	G&B	Junior Discus (1500m start)
	13 & 14 G	80 m Hurdles		14 & O	G&B	Shot Put
	14 & O	100 m Hurdles	10.15 am	Para	B&G	Long jump 1
10.45am	5	80m	10.30 am	7	B	Discus
	6	80m		8	B	Long Jump 2
				8	G	Long Jump 1
				Para	B&G	Shot Put
11.00 am	10,11,12, 13,14&O	800m				
11.15 am	7	100m	11.00 am	10	B	Shot Put
	8	100m		11	G	Discus
	9	100m		12	G	High Jump
	Para	100m		13	B&G	Long Jump
11.45 am	7,8,9,10,11,12	4x100 m relays	11.30 am	5	B&G	Long jump
	13,14		11.45 am	6	G	Junior Shot
				6	B	Junior Shot
			12.15 pm	10	G	High Jump
				13	B&G	Discus
				12	B	Shot Put
				11	B&G	Long Jump
12.15pm	5	60m	12.45 pm	8	G	Shot Put
	6	60m		14	B&G	High Jump
	7	60m		7	G	Discus
	8	60m		9	B	Long Jump 1
	9	60m		9	G	Long Jump 2
	Para	60m				

12.45 pm	10 11 12 13 14 & O	100m 100m 100m 100m 100m	1.15 pm	12 11 10	G B B	Shot Put Discus High Jump
1.15 pm	5 6	100m 100m	1.15 pm 1.45 pm	7 7 14 & O 8 9	G B B&G B B	Long Jump 1 Long Jump 2 Javelin Shot Put Discus
1.30 pm	8 9 12 7	200m 200m 200m 200m	1.45pm 2.15 pm	12 13 10 9	B B&G G G	High Jump Javelin Shot Put Discus
2.00 pm	11 10 13	200m 200m 200m				
2.30 pm	14 & O	200m				

Waverley Shield Programme B

TIME	TRACK		TIME	FIELD		
10.00 am	8	60m hurdles	10.00 am	5	B	Long Jump 1
	9			5	G	Long Jump 2
	10			6	B	Junior Discus
	11			8	G	Discus
	12,13,14 G	80m hurdles		7	B	Shot Put
	14B	100m hurdles				
			10.30 am	6	G	Junior Discus
				8	G	Long Jump 1
				8	B	Long Jump 2
				Para	B&G	Discus
			7	G	Shot Put	
10.40 am	10,11,12	1500m	10.30 am	9		High Jump
	13,14 & O	1500m				
11.00 am	5	60m	11.00 am	12	B	Discus
	6	60m		13	B&G	Shot Put
	7	60m		11	B	High Jump
	8	60m		10	B	Long Jump 1
	9	60m		10	G	Long Jump 2
	Para	60m				
11.30 am	5	100m	11.30 am	5	B&G	Shot Put
	6	100m		11	G	High Jump
	7	100m		12	G	Discus
	8	100m		6	G	Long Jump 1
	9	100m		6	B	Long Jump 2
	Para	100m				
12.00 pm	10	100m	12.00 pm	9	G	Shot Put
	11	100m		14 & O	B&G	Discus
	13	100m		Para	B&G	Long Jump 1
	12	100m				
	14 & O	100m				

12.30 pm	5 6	80m 80m	12.30 pm	12 9 8 9	B G B B	Vortex High Jump Discus Shot Put
1.00 pm	7 8 9 Para	200m 200m 200m 200m	1.00 pm	13 11 12 12 10	B&G G G B B	High Jump Shot Put Long Jump 1 Long Jump 2 Discus
1.30 pm	10 11 12 13 14 & O	400m 400m 400m 400m 400m	1.30pm	10 7 7 11	G B G B	Discus Long Jump 1 Long Jump 2 Shot Put
			2.00 pm	12 14 & O	G B&G	Vortex Long Jump
2.15 pm	10-14 & O	Medley Relay				

ATHLETICS SOUTHLAND

Acknowledges the support of the ILT Foundation, Invercargill Licensing Trust and Community Trust of Southland. Their contribution to the sport, to development including coaching, to events and to individual athletes has been a significant factor in our success.



Supporting Our Community