

SOUTHLAND



Running Times

ATHLETICS NEWS

No 684 September 17

Clubs, please print this and pass on to your members or send their email address to lance.debbie@xtra.co.nz so more in our sport can be added to the circulation list

Marshal Hall competes at the World Track and Field Championships in London.



Thanks Chris for allowing me to share my World Champs experience. Some think my journey began only a few years ago when I started dedicating more and more time to training for Discus. My journey really began as a 4 year old in the Invercargill Club singlet building sandcastles in the long jump pit and attending Colgate Games. I have had the goal of competing at the World Championships for most of my life. A lot of

blood, sweat and tears have gone in to earning my black singlet and it is something I will cherish forever. What a year to have a breakthrough in my 19th year as an Invercargill Club member. I have been living in Auckland for 4.5 years now and I made that decision for my athletics future as I was able to be closer to my coach and take advantage of the world class facilities on the North Shore.

In March I claimed my 8th national discus title which was very special. I followed this up with several competitions in the USA in May, where I extended my personal best and Southland record out to 64.55m in winning the Pat Young Throwers meet in Salinas. This bumped me up to 2nd all-time in NZ behind Ian Winchester who holds the NZ record at 65.03m, he set in the USA at the same meet, 15 years and 1 week earlier. At the time this throw ranked me 18th in the world and qualified me for the Commonwealth Games in 2018 and due to the top 32 world ranking, this is what resulted in me being selected for the World Championships.

My coach, Matt Dallow, is now based in San Francisco, so I travelled back to the USA in July to spend time with him and prepare for the World Champs. Two weeks prior to the World Champs starting I flew to the UK to join the NZ team for our pre-camp in Cardiff. The day I was boarding the plane to the UK I was officially selected into the World Championship Team, which was a dream come true and made my flight much more enjoyable! We spent a week in Cardiff together as the NZ Athletics Team, preparing for the World Champs. I'm truly grateful to the sport for allowing me to see so much of the world. I spent my tour rooming with Tom Walsh, which was great to be over there sharing it all with a mate who has so much experience.

I competed on day 1 of the Championships, which was an amazing experience. The stadium was a sell out with nearly 70,000 people in attendance. The crowd was absolutely electric and they cheered at everything. It was an absolute privilege to don the black singlet at a major championship and represent NZ and Southland on the world stage with pride.

I went to the World Championships in really good shape to compete, however I didn't put out the best performance. I had three throws and my first throw was a foul. On my second throw I went in to the circle with nothing to lose, but I tensed up quite a lot and threw 56.68m, my third throw was similar. To put that in to context, my personal best is 64.55m and to qualify automatically for the final was 64.50m, however the top 12 (final) took a throw of 63m. I was placed 15th in my pool. On a positive note I have not come away disappointed and am very proud. As the great Nelson Mandela once said "I never lose. I either win or learn". This is just the beginning for me. Now it's time to get back to training and focus for the Commonwealth Games in April, the team will be named in February 2018. A huge thank you to those who have supported me on my journey and I look forward to many more throws in black and maroon singlets!



Liam Turner's Fiji Experience.

My trip to the 2017 Oceania Championship in Fiji was a tough time and a big learning experience. I was very fortunate to be selected to represent NZ in the 400m, 800m and 4 x 400m races in the U20 grade.

Unfortunately, I came down with a fever two days before the trip. I still decided to go and hope that I would come right before my first race. That was not the case as the flight made it worst. After doing some tests, the team doctor had to pull me out of my 400m heats. This was extremely gutting and frustrating. Two days later I was lucky to get the all clear for my 800m. I was able to get bronze in not a pretty time.

It was extremely tough as I was still nowhere near 100%. On the last day, I got another bronze in the 4 x 400m. The first half of the trip was really tough and frustrating as I had to sacrifice socializing and doing team activities with the team to stay in bed and try to get better. Apart from coming down with a fever and not racing to the standard I wanted to. I was still grateful to come home with 2 bronzes and to represent NZ. Going to another country was an awesome experience but it also made me realize how lucky we are here in wee Southland. The trip was a massive learning experience for me and has built me stronger as a person and an athlete. I would like to thank Winton Athletics club, Southland Athletics and the Development Squad for all their support over the years and making this trip happen.

A special word of thanks to the coaches and staff that travel away to these events. Many of whom are volunteers and give up their own time to make sure our athletes are able to attend these competitions.

This is a repeat of an article Lance included in the newsletter no 682.

Champion Thoughts 4

Thoughts for Warming Down

What are your thoughts as you warm down immediately after a race or competition? (Yes. Warm down is essential). The warm down is the ideal time to reflect on the competition just run, jumped or thrown.

So what do you think about?

I have an absolute rule that states that every competition is a classroom and every run, jump or throw is a teacher.

What did you learn from your last competition? When you set out for your warm down make it a time of quiet contemplation and ask yourself:

1. Was I prepared as well as I should be (have I done the training)
2. Was I in the right frame of mind
3. Did I have a plan? (Have a strategy)
4. Did I stick to the plan (Employ the right tactics)
5. Were there any surprises I was unprepared for?
6. What went right?
7. What went wrong? What will you do about it?
8. What will you discuss with the coach

By questioning yourself you are forcing yourself to come up with answers. Now you have a basis to reflect and discuss it all with your coach, who no doubt as asked himself/herself similar questions relating to your performance.

Regardless of how well you competed or how disappointed you were, there is sure to be something from it that you can carry forward to your next competition. And remember this: the bigger the disappointment the more you learn. Yes, you learn more from your failures than you do from your successes. If the race was a total disaster and you ask yourself, 'what

will I do different if I ran it again, right now” you will surely come up with an answer. So on the basis that every race is a classroom and you learnt something, your race was a success.

- Lance

How does a coach debrief/evaluate the athlete after the event?

As Lance says above the athlete uses the warm down to evaluate their performance, but how does the coach evaluate the athlete performance. They could use a score system eg 0-6 with 0 being not at all ,6 being totally /excellent. This sort of evaluations may show some regular performance/ behaviour issues that may not be picked up normally.

Questions the coach may ask-

Pre –Event

1. Was my athlete Prepared?
2. Was my athlete focused?
3. Was my athlete calm and ready?

During the event

1. Did my athlete execute the plan?
2. Was my athlete focused?
3. Was my athlete nervous?

Technical Debrief

How was the start /transition/ first ¼ of race

What worked /didn't work in the first 3 attempts (horizontal jumps/Throws)

What worked / didn't work in the starting Heights (pole vault /high jump

What happened in the middle of the race?

What was right / not right about last 3 attempts (jumps/throws)

What was right /not right about the final jumps /attempts (vertical jumps)

What parts of the performance went really well ?

Why did those things go well?

Just some thoughts to ponder!

- Chris

Upcoming events:

Harriers-

Saturday 23rd September – break up at Surrey Park

Harriers Surrey Park Run and Handicap Series Prize giving

2pm at Surrey Park, September 23rd, the last run of the season is a short sharp hit out and perfect preparation for the St Pauls Sandy Point Classic on Sunday.

1km Loops around the fields and track at Surrey Park.

Juniors 1 lap

Seniors 3 laps

Last chance for bragging rights and club glory for the winter season.

Following that there will be a shared afternoon tea and Handicap Series Prizegiving held upstairs at St Pauls Clubrooms.

Please bring a plate to share.

All Welcome.



Sunday 24th September – St Pauls Sandy Point Classic

(Entry form next page)

Race Numbers and Registration

Available on Sunday, 24 September from 8.30am until 30 minutes before the start at the Waterski Clubrooms.

Race Briefing

Compulsory race briefing for all participants will be held 9.15am. This cover safety requirements and course details.

Start / Finish

All events start time 9.30am at the Waterski Clubrooms, immediately following the race briefing. Please contact the Race Organiser if you are likely to take more than 2.5 hours in the half marathon. All events start and finish outside the Waterski Clubrooms.

Race Rules

- All athletes must follow the course as set out on the entry form.
- Registered athletes must wear their club uniform.
- All entries must be signed and full payment made for entry to be valid.
- The race number must be worn as issued on the competitor's front.
- Please return race numbers at the conclusion of the race.
- No animals allowed.

Prizegiving

Prizegiving will be at the Waterski Clubrooms immediately after results are finalised (approximately 12.30pm). Certificates for all finishers. BBQ and refreshments available. Spot prizes.

Course Details

Half Marathon

Start area is at the Waterski Clubrooms to Christies Road to the South Entrance of Orebi Beach, along to the Spit and around opposite Omaui, to come off the beach near the south-east tip of Sandy Point. Follow the signed gravel road and tracks through to Noki Kaik Beach. The course then follows the road and meanders through the native bush to Daffodil Bay. Follow the coastline along Rovers Track, then a short section of road to the finish at the Waterski Clubrooms.

10km Run/Walk

Course starts at the Waterski Clubrooms, follows Sandy Point roads and tracks to Hatch's Hill, then returns along the coastal track to Daffodil Bay, and follows Rovers Track back to the finish.

5km Run/Walk

Course starts at the Waterski Clubrooms, follows Sandy Point roads and tracks to Daffodil Bay, then returns via Rovers Track back to the finish.

- All routes will be clearly marked.
- Marshalls will be on course at key junctions.
- Detailed maps of each course will be available at registration.
- Drink stations available for half marathon when you come off the beach, at Daffodil Bay, and at Start/Finish.
- Toilets available at Daffodil Bay and at the Waterski Clubrooms.

ALLAN WHITE
SPORTS



Simpsons
Chartered Accountants Limited



ST PAULS SANDY POINT CLASSIC OFF ROAD HALF MARATHON AND 5KM & 10KM WALK/RUN

Name:

Address:

Email: Phone:

Club: (if registered)

Male/Female: Age on race day:

Event

☐ Half Marathon ☐ 10km Run ☐ 10km Walk ☐ 5km Run ☐ 5km Walk

Estimated Time:

Entry Fees

Half Marathon \$40.00 \$.....

☐ 10km Run ☐ 10km Walk \$20.00 \$.....

☐ 5km Run ☐ 5km Walk \$10.00 \$.....

Total \$.....

Payment

☐ Cash ☐ Cheque ☐ Online A/C No: 03 1746 0031473 00

Terms of Entry

Entry is not valid unless this acknowledgement is signed. Please read carefully before signing.

- I agree to attend the pre-race briefing.
- I agree that I am participating in this activity at my own risk.
- I acknowledge that this event is held on public roads which will be open to traffic at all times.
- I will follow the designated course on the day and obey all marshal's instructions.
- I acknowledge that my entry fee is non-refundable unless otherwise agreed by all parties.
- I acknowledge and accept that photos of myself competing in this event may appear in promotional material or on social media for the general purposes of advertising St Paul's Harrier & Athletic Club.

Signed: Date:

For further information please contact:

Grant Baker 215 8326
Henry Tudor 213 0104
Lilian Tudor 021 0233 0588

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Please Note: Parent/Guardian must sign on behalf of entrants under 16 years of age. It is not recommended that persons less than 16 years of age compete in half marathons.

Entries can be made on the day, delivered to The Shoe Clinic Allan White Sports, Esk Street, Invercargill, posted to St Pauls Harrier & Athletic Club, PO Box 892, Invercargill or emailed to stpaulsathleticclub@gmail.com

And of course the big event for the year the -Southland Festival of Running is on again. This year's event is taking place on the 15th October.

Looking for your NEXT event?



2017 **SOUTHLAND** festival of **RUNNING**

SUNDAY 15TH OCTOBER

Flat courses

4 distance options

**5km, 10km,
Half Marathon,
Marathon**

**Finish inside the
SIT Zero Fees
Velodrome**

Sign up today at:

WWW.SOUTHLANDFESTIVALOFRUNNING.CO.NZ



2017/18 Summer Calendar

All the following Programs can be found on the Athletics Southland Website

www.athleticssouthland.co.nz

First events will start at the following times unless otherwise stated: **Junior Meets: 10am**

Senior: Friday Twilight: 5.45pm, Saturday: Field 12.30pm & Track 1pm

To ensure Competition starts on time, please come early enough to assist in the setting up the equipment before you or your children need to warm up. Don't forget a helping hand at the end of competition to pack up is always appreciated as well.

**** Modified Senior Meets on Nov 25th & Feb 24th** Races lengths will be reduced and athletes will only be allowed a total of 6 throws/jumps across all throwing/jumping disciplines to assist athletes with preparation for major events the following weekends

October

Wed 4th, 5th & 6th South Island Masters Game Nelson

Sat 7th Senior Programme A. Surrey Park

Sat 7th Otago Senior Programme A. Dunedin

Fri 13th Twilight Programme Surrey Park

Sat 14th Otago Senior Programme B Dunedin

Sun 15th Southland Festival of Running Invercargill

Sun 15th **HAVE A GO DAY 1pm** Surrey Park

Fri 20th Otago Twilight Programme Dunedin

Sat 21st Senior Programme B Surrey Park

Fri 27th Twilight Programme Surrey Park

Sat 28th Otago Senior Programme A. Dunedin

Sun 29th **Waverley Programme A + 4x100m Relays** Surrey Park

November

Sat 4th Senior Programme B. Surrey Park

Sat 4th Otago Senior Programme B. Dunedin

Fri 10th Twilight Programme Surrey Park

Sat 11th Sun 12th South Island & Sthld Combined Champs Timaru

Sat 11th Sun 12th S. Island Masters Championships Timaru

Sun 12th **Waverley Programme B (Medley Relays)** Surrey Park

Sat 18th Senior Programme A. Surrey Park

Sat 18th Otago Senior Programme A. Dunedin

Sat 25th Senior Programme A. (modified) Surrey Park

Sat 25th Otago Senior Programme B Dunedin

Sun 26th **Waverley Programme A (4x100m Relays) WINTON**

December

Fri 1st, 2nd & 3rd NZ Secondary School Championships Hastings

Fri 1st **Twilight Meet + Grade 12, 13 & 14 Juniors Surrey Park**

Sat 2nd Otago Combined Senior & Junior Meet Dunedin

Sat 9th & Sun 10th South Island Senior Champs Timaru

Sat 9th – Sat 16th Throws Camp Christchurch

Sun 10th **Waverley Programme B (Medley Relays)** Surrey Park

Sat 16th President's Shield & Sthld 3000m Champs GORE

Sat 16th Otago Senior Programme B Dunedin

Fri 22nd Modified Sen & **Junior** Twilight (no records/hand timed) Surrey Park

January

Sat 6th Lovelock Classic Timaru

Sun 7th **Pre Colgate Meet 1pm** Surrey Park

Fri 12th, 13th & 14th **South Island Colgate Games** Timaru

Fri 12th Jumps to Music Hawera

Sat 13th Twilight Program **1pm** - no records/hand timing Surrey Park

Sat 20th Capital Classic Wellington

Sat 20th Inter Centres Grades 14- 21 Surrey Park

Sat 20th – Sat 27th Oceania Masters Championships Dunedin

Tue 23rd Cook's Classic Wellington

Sat 27th St Paul's Memorial Meet & Sthld 10000m Champs Surrey Park

Sat 27th Otago Combined Senior & Junior Meet Dunedin

Sat 27th Oceania Master's Half Marathon Dunedin

Sat 27th Potts Classic Hastings

Sun 28th **Waverley Programme A. (Medley Relays)** Surrey Park

Sun 28th **Inter Provincial Team Announcement**

February

Sat 3rd Senior Programme B (Dunedin no senior meet) Surrey Park

Sat 3rd *Entries close for Sthld Senior Champs (both days)*

Fri 9th Twilight Programme WINTON

Sat 10th Otago Senior Programme A. & 5km Champs Dunedin

Sat 10th Potts Classic & NZ 3km Champs Hamilton

Sun 11th **Waverley Programme B GORE**

Fri 16th *Entries close for Sthld Junior Champs (both days)*

Sat 17th & 18th Senior Club Championships (11am both days) Surrey Park

Sat 24th & 25th NZ Combined Championships Wanganui

Sat 24th Senior Programme A. (modified) Surrey Park

Sat 24th & 25th Otago Senior Club Championships Dunedin

Sun 25th **Day 1 Junior Club Championships Surrey Park**

Sun 25th **Tyson Team Announcement**

March

Fri 2nd, 3rd, 4th NZ Masters Track & Field Champs Whangarei

Sat 3rd Senior Programme B (Dunedin – no senior meet) Surrey Park

Sun 4th **Day 2 Junior Club Championships** Surrey Park

Fri 9th, 10th & 11th NZ T & F National Championships Hamilton

Sun 11th **Inter Provincials Team Training** Surrey Park

Fri 16th Southland Secondary Schools Championships

Sun 18th **Tyson Challenge** Surrey Park

Fri 23rd, 24th & 25th South Island Secondary School Championships Timaru

Sun 25th **Waverley Programme A. & JUNIOR ATHLETES PRIZEGIVING**

* Non-point scoring/hand timed/no records) Surrey Park

All primary school pupils who have qualified for Sthld Champs to be invited

Fri 30th, 31st & 1st New Zealand Interprovincial's (Grades 12 & 13) Inglewood

April

Sat 7th Southland Primary School Championship Surrey Park

A Programme

TRACK FIELD

30m Hammer (3 Throws)
100m Long Jump (6 Jumps)
3000m (run/walk) Shot Put (6 Throws)
Hurdles Triple Jump (3 Jumps)
200m High Jump (6 Attempts only)
800m Javelin (3 Throws)
Discus (6 Throws)
Pole Vault

Relay on Request at end of day

1600 Medley (800,400,200,100,100)

B Programme

TRACK FIELD

60M HAMMER(6 THROWS)
HURDLES HIGH JUMP
100M TRIPLE JUMP(6 JUMPS)
1500M JAVELIN (6 THROWS)
400M LONG JUMP(3 JUMPS)
5000M SHOT PUT (6 THROWS)

Relay on request at end of day

4 x 100m relay

Twilight Programme

TRACK FIELD

60m Javelin (6 Throws)
1500m Long / Triple Jump (6 max jumps)
100m Shot Put (3 Throws)
400m Discus (3 Throws)

* If there are not enough Officials or helpers available, then Field event attempts may be reduced from 6 to 3 at the event or meet managers discretion

* Mixed Club/Sex Teams allowable for relays

2017/18 Junior Roster

Track - St Pauls

Shot Put – Gore

Long Jump – Winton

Discus – Fiordland and Otautau

Jav/Vortex & High Jump – Ingill

Junior Discus and Shot – Wyndham.

Riverton – Floating club this season - and help when/where required

October

Sun 15th HAVE A GO DAY 1pm Surrey Park

BBQ St Pauls

Meet Manager Ingill

Sun 29th Waverley Programme A + 4x100m Relays Surrey Park

BBQ Ingill

Meet Manager St Pauls

November

Sun 12th Waverley Programme B (Medley Relays + Walk) Surrey Park

BBQ Wyndham

Meet Manager Otautau

Sun 26th Waverley Programme A (4x100m Relays) WINTON

BBQ/Meet Manager Winton

December

Sun 10th Waverley Programme B (Medley Relays + Walk) Surrey Park

BBQ Fiordland

Meet Manager Wyndham

January

Sun 28th Waverley Programme A. (Medley Relays) Surrey Park

BBQ Wyndham

Meet Manager Riverton

February

Sun 11th Waverley Programme B **GORE**

BBQ/Meet Manager Gore

Sun 25th Day 1 Junior Club Championships Surrey Park

BBQ IP Team

Meet Manager St Pauls

March

Sun 4th Day 2 Junior Club Championships Surrey Park

BBQ IP Team

Meet Manager Ingill

Sun 25th Waverley Programme A. & JUNIOR ATHLETES PRIZEGIVING

BBQ Riverton

Meet Manager Fiordland

HAVE A GO DAY PROGRAM 2017

		1.00pm	1.15	1.30	1.45	2.00	2.15	2.30	2.45	3.00	3.15	3.30
Grade 5	G&B		80m	Long Jump Pit 1		Quoit Throw		60m	Junior Shot	100m		All in Relays
Grade 6	G&B		80m	Quoit Throw		Junior Shot		60m	Long Jump Pit 2	100m		
Grade 7	G&B	100m	Long Jump Pit 1	Discus				60m	Shot Put	200m		
Grade 8	G&B	100m	Discus	Shot Put	Long Jump Pit 1	60m Hurdles (BS)		60m		200m		
Grade 9	G&B	100m	Shot Put	Long Jump Pit 2	High Jump	60m Hurdles (BS)		60m		200m		
Grade 10	G&B		High Jump	200m	Discus	60m Hurdles (BS)	Shot Put	Long Jump Pit 2	100m		800m	
Grade 11	G&B	Shot Put	Long Jump Pit 2	200m	Shot Put	60m Hurdles (BS)		High Jump	100m		800m	
Grade 12	G&B	Long Jump Pit 1		200m		80m Hurdles	High Jump	Shot Put	100m	Discus	800m	
Grade 13	G&B	High Jump		200m	Long Jump Pit 2	80m Hurdles		Discus	100m	Shot Put	800m	
Grade 14	G&B	Discus		200m		Shot Put	80m Hurdles	Long Jump Pit 1	100m	High Jump	800m	

Waverley Shield Programme A

TIME	TRACK		FIELD		
10.00am	7,8,9,10,11,12,13 14 & O	4x100m relay		6 B	long jump 1
				6 G	long jump 2
				5 G&B	Junior Disucs (1500m start)
				14 & O G&B	shot
			10.15 Para	B&G	long jump
10.30am	5 80m		7 B		Discus
	6 80m		8 B		Long jump 2
			8 G		Long jump 1
		Para	B&G		Shot Put
10.45am	10,11,12, 13,14&O	800m			
11.00am	7 100m		10 B		Shot Put
	8 100m		11 G		Discus
	9 100m		12 G		HJ
	Para 100m		13 B&G		Long Jump
11.30am On the front straight	13 80H		11.30 5	B&G	Long jump
	14 & O G 80H		11.30 6	B&G	Junior Shot
	12 80H				
	14 & O B 100H				
11.30am On the back straight	8 60m H		11.45 10	B	High Jump
	9 60m H		11.45 13	G&B	Discus
	10 60m H		11.45 12	B	Shot Put
	11 60m H				
12.00pm	5 60m			12 G	Shot Put
	6 60m			14 B&G	High Jump
	7 60m		12.15 pm 11	B	Discus
	8 60m				
	9 60m				
	Para 60m				
12.30 pm	10 100m			9 B	long jump 1
	11 100m			9 G	long jump 2
	12 100m			8 G	Shot Put
	13 100m		12.45pm 7	G	discus
	14 & O 100m		12.45pm 10	G	high jump
1.00 pm	5 100m			7 G	long jump 1
	6 100m			7 B	long jump 2
				8 B	Shot Put
			1.15pm 9	B	Discus
			1.15pm 13	B&G	High Jump
1.30 pm	10 200m			8 G	Shot Put
	11 200m		1.45pm 9	G	Discus
	13 200m		1.45pm 12	B	High Jump
	7 200m			14 & O B&G	Javelin
2.00 pm	8 200m			14 B&G	Shot Put
	12 200m		2.15pm 9	B	Discus
	9 200m			10 G	Shot Put
2.30 pm	14 & O	200m		11 B	Long Jump 2
				11 G	Long Jump 1
				13 B & G	Javelin

Waverley Shield Programme B

TIME	TRACK	FIELD
10.00am	5 60m 6 60m 7 60m 8 60m 9 60m Para 60m	10 B long jump 1 10 G long jump 2 11 B high jump 12 B discus 13 G & B shot put
10.30am		6 G junior discus 5 G long jump 1 5 B long jump 2 8 G discus 13 G & B high jump
10.40am	10,11,12 1500m 13,14 & O 1500m	7 G shot put
11.00am On the back straight	8 60H 10 60H 9 60H 11 60H	11.00 am 6 B junior discus 11.00 am 7 B shot put 11.15 am 10 B discus 11.15 am 8 B long jump 1 11.15 am 8 G long jump 2
11.00am On the front straight	12 80H 13 80H 14 G 80H 14 & O B 100H	11.45 am 5 B & G shot put 11.45 am 11 G high jump 11.45 am 12 G discus 11.45 am 6 G long jump 1 11.45 am 6 B long jump2
11.30am	Para 100m 5 100m 6 100m 7 100m 8 100m 9 100m	12.15 pm 9 G shot put 12.15 pm 14 & O G & B discus 12.15 pm Para G&B long jump 1 12.30 pm 12 B vortex
12.00pm	10 100m 11 100m 13 100m 12 100m 14 & O 100m	12.45 pm 5 G junior shot 12.45 pm 8 B discus 12.45 pm 9 B shot put
12.30 pm	5 80m 6 80m	
1.00 pm	7 200m 8 200m 9 200m Para 200m	1.15 pm 11 G shot put 1.15 pm 12 G long jump 1 1.15 pm 12 B long jump 2 1.15 pm Para B & G discus
1.30 pm	10 400m 11 400m 12 400m 13 400m 400m	1.30pm 9 G & B high jump 1.45 pm 10 G discus 1.45 pm 7 B long jump 1 1.45 pm 7 G long jump 2 1.45 pm 11 B shot
2.00 pm	14 & O	2.00 pm 12 G vortex
2.15 pm	10-14 & O Medley Relay	2.15 pm 14 & O G & B long jump



Inspired?
GIVE ATHLETICS
A GO!

Come and try your skills at Athletics Southland Children's
Have a Go Day
For ages 5 - 14 yrs. Sunday 15th October 2017
Surrey Park Track. Events from 1pm

For more information contact Phil Hartley 027 241 5146 or phartley@pownet.co.nz
Athletics Southland website: www.athleticssouthland.co.nz You can also check us out on Facebook.