

**SOUTHLAND**



**Running Times**

**ATHLETICS NEWS**

**No 687 October 24<sup>th</sup>**

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*Clubs, please print this and pass on to your members or send their email address to [lance.debbie@xtra.co.nz](mailto:lance.debbie@xtra.co.nz) so more in our sport can be added to the circulation list or if you have anything to be put in the newsletter please send to [knights.services@xtra.co.nz](mailto:knights.services@xtra.co.nz)*

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## **Athletics Southland AGM**

**Wednesday 25<sup>th</sup> October 7.00pm, St Pauls clubrooms.**

The AGM is where you have the opportunity to have your say, and just as importantly, elect the people you want to be your representative in the running of the sport. Their responsibility is to serve the sport, so be at the AGM and help decide who those people should be and have a say on the direction our sport should be going.

Remits:

### **Agenda**

Welcome by president

Apologies

Minutes of previous meeting

### **Reports**

- President
- Track and Field
- Harriers
- Masters
- Financial

### **Election of officers**

- patron
- President
- vice president
- board of directors
- Officials Co-ordinator
- Audit reviewer
- Treasurer
- Development squad Director(1)(2 Current directors to be retained)

Nominations for the above to be sent to the Athletics Southland Secretary At PO BOX115, Invercargill or by email to [secretary@athleticssouthland.co.nz](mailto:secretary@athleticssouthland.co.nz) Nominations will also be taken from the floor.

Awards

Brian McEwan Trophy for official of the year

Sprinter of the year

Southland athlete of the year

Jumps athlete of the year

Throws athlete of the year

Distance athlete of the year

General business

Supper

## Results

### Surrey Park senior meet 21<sup>st</sup> Oct

#### 60m

##### Heat 1 WIND 5.3

Kendra Finnerty	Stp	U18	8.47
Sarah Stewart	INV	u18	8.55
Georgia Ellis	Stp	g14	8.56
Ruby Dempster	Inv	U18	8.98
Hannah Smith	Stp	g14	9.11

##### HEAT 2 WIND 8.5

Andrea McDowell	stp	u20	8.24
Joey Sheppard	INV	u18	8.50
Payton Grieve	Stp	u18	8.69
Ella Wilson	Win	u18	8.70

##### Heat 3 wind 3.0

Scott Belesky	Fio	MM	7.70
Cam Smith	ureg	B14	7.88
Trent Hogg	Stp	B14	8.03
Sam Cole	Stp	B14	8.40
Andrew Horton	Inv	MM	9.88

#### 100m

##### Heat 1 wind 5.0

Tyler Hamilton	Win	u18	11.54
Tim Baker	Win	u20	11.57
Jack Welsh	Stp	SM	12.30
Ben Henderson	Stp	u18	12.32
Buddy Small	Stp	u18	13.18
Albie Small	Stp	u18	13.90
Andrew Horton	Inv	MM	15.58

##### Heat 2 wind 5.1

Scott Belesky	Fio	MM	12.03
Cam Smith	ureg	B14	12.64
Trent Hogg	Stp	b14	12.79
Sam Cole	Stp	b14	13.12

##### Heat 3 wind 5.6

Payton Grieve	Stp	u18	14.00
Bailey McColl	Stp	u20	14.49

##### heat 4 wind 5.3

Georgia Ellis	Stp	13.83
Dyanni Sheppard-Oats	fio	14.07
Hannah Smith	Stp	14.69
Sadie Wech	Ota	14.69

#### 400m

Tyler Hamilton	Win	U18	56.97
Joey Sheppard	Inv	Gu18	1.07.96
Barry Sheehy	Stp	MM	1.45.10

#### 1500m

Craig Iverson	Inv	MM	5.11.86
Sadie Wech	Ota	g14	5.45.28
Deacon Greive	Stp	g12	5.46.38
Andrew Horton	Inv	MM	6.06.05
Bailey McColl	Stp	W18	6.10.99
Kimberley Iversen	Inv	G11	6.21.96

### 2K Steeple (762 Hurdle)

Craig Iverson Inv MM 8.17.33  
Sadie Wech Ota g14 8.53.46  
Brianna Miller Gor W18 9.02.64  
Alister Hatton Inv MM 12.14.40

### 2k Steeple (914 hurdle)

Buddy Small stp u18 6.57.04  
Albie Small stp u18 7.04.41

### Hammer throw

Jack Welsh Stp SM 7.26kg 38.93m  
Barry Sheehy stp MM 5kg 15.74m  
Emma Ryan Stp w20 4kg 40.48m  
Dyanni Shepperd-Oats Fio U18 3kg 48.33M pb  
Teagan Ashley Riv U18 3kg 32.74m

### Shot put

Jack welsh stp sm 7.26kg 12.11m  
Andrew Horton Inv MM 7.26kg 7.46m  
Ben Henderson Stp u18 5kg 12.13m  
Trent Hogg Stp b14 5kg 10.52m  
Cameron Smith unreg B14 5kg 8.65m  
Emma Ryan stp w20 4kg 10.99m  
Andrea McDowell Stp w20 4kg 9.18m  
Amy Iversen Inv MW 3kg 7.02  
Teagan Ashley Riv W18 3kg 11.21  
Dyanni Sheppard-Oats Fio w18 3kg 10.22m  
Ella Wilson Win W18 3kg 9.63m

### Triple jump

Andrea McDowell stp w20 10.54m +5.9m/s  
Ruby Dempster Inv w18 10.62m +6.4m/s  
Elena Chetland de Vries unreg W18 10.31m +4.1m/s

### Javelin

Jack Welsh stp SM 800g -44.90m  
Chris Knight Unreg MM 800 – 33.71m  
Barry Sheehy stp MM60+ 500g 16.85m  
James Tudor Stp u20 800g – 37.67m  
Ben Henderson stp u18 700g – 34.12m  
Andrea McDowell stp u20 600g -28.00m  
Emma Ryan stp u20 600g – 20.79m  
Ella Wilson Win w18 500g - 23.97  
Teagan Ashley RIV w18 500g -22.12m

### Long Jump

Tim Baker Win U20 6.56m + 5.1m/s  
Andrew Horton Inv MM 3.54m +6.0m/s  
Sam Cole Stp B14 4.89m + 4.2m/s  
Cameron Smith Unreg B14 4.77m +4.8m/s  
Trent Hogg Stp b14 4.65m +5.8m/s  
Deacon Greive Stp b12 3.55m + 3.4m/s  
Sarah Stewart Inv w18 4.41m +3.0m/s  
Hannah Smith stp g14 4.44m +4.1m/s

## Changes to the Rules regarding relays

### IAAF RULE CHANGE FOR 2017 SEASON ONWARDS

The first important rule change is about RELAYS.

**170.3 3. In the 4x100m and the 4x200m relays and for the first and second changes in the Medley Relay, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For the third change in the Medley Relay and in the 4x400m and longer relays**

Each takeover zone shall be 30m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.

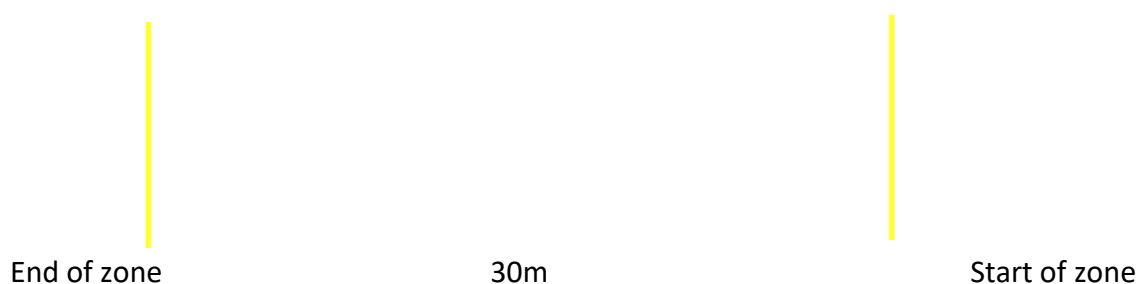
170.11 The composition of a team and the order of running for a relay shall be officially declared no later than one hour before the published first call time (**the time by which the athletes must be present in the call room**) for the first heat of each round of the competition. Further alterations must be verified by a medical officer appointed by the

Organising Committee and may be made only until the final call time (**the time at which the athletes are listed to depart the call room**) for the particular heat in which the team is competing. The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.

170.18 For all takeovers, athletes are not permitted to begin running outside their takeover zones, and shall start within this zone. If an athlete does not follow this Rule, his team shall be disqualified.

This means there is no acceleration mark and the Athletes have 30m to pass the baton.

The old acceleration mark becomes the start of the changeover zone and the other end of the changeover mark stays as the end of the changeover zone.



Any questions please ask Lilian Tudor

## **A reminder from Development squad directors**

Anyone is welcome to nominate athletes for the development program. Club secretaries have been sent the nomination forms or you can contact Deb Swanson [secretary@athleticssouthland.co.nz](mailto:secretary@athleticssouthland.co.nz) to get hold of a copy. Nominations are accepted at any time. Forms can be sent to The secretary or given to the squad directors.

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## **For those who are looking to compete in Dunedin this track season-**

Hi All

This season all Athletics Otago Senior Track & Field entries will be entered and paid for online. Entries will open at 4pm the Saturday prior to the competition date and will close at midnight on the Thursday. For example for Saturday 14 October entries will open at 4pm on Saturday 7 October and close at midnight Thursday 12 October.

Moving to an online system allows for events to be seeded, and gives us a clear idea of who is competing. It also removes the need for someone to collect a gate fee each week.

All registered athletes (and secondary school athletes until NZSSA Track and Field Champs) will pay \$10/week. A Relay only entry will be \$5. After a settling in period late entries may attract a late entry fee.

Links to the online entry site will be published on our [website](#) and [facebook](#) and coming soon on our new Athletics Otago App. These sites should work well with Android and IOS. The entry site includes

instructions on both the front page and extra [instructions linked](#) on the menu, you are strongly encouraged to read these.

Each week the online entry site will be available from <http://athleticsotago.co.nz/News/track-and-field-online-entries>

Use email address and password you used to register for the season

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## **Track fees for senior competition for the 2017/18 season**

- Unregistered athletes \$7
- Casual registered athletes \$6 (pay as you go on the day)
- Juniors competing at senior meet \$2

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## **South Island Combined events champs/ Southland Champs.**

This year the Southland Combined events championships will be held in conjunction with the South Island Combined events champs in Timaru on the 11<sup>th</sup> & 12<sup>th</sup> November. You could win the southland title and the South island Title! . If you are interested in attending this meet please contact either Sue Wilson or Chris Knight to express an interest so that accommodation and transport can be organised. Sue can be contacted by email – [pete.suewilson@velocitynet.co.nz](mailto:pete.suewilson@velocitynet.co.nz) or Chris on - [knights.services@xtra.co.nz](mailto:knights.services@xtra.co.nz)

## **Track and Field season**

### **Seniors**

#### **October**

Fri 27th Twilight Programme Surrey Park

#### **Twilight Programme**

##### **TRACK FIELD**

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

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

BBQ Ingill

Meet Manager St Pauls

Waverley Shield Programme A

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