



8 November 2016

**NOTICE TO ATHLETES  
YOUTH AND JUNIOR INTER-CENTRE TEAMS COMPETITION**

**COMPETITION DETAILS**

**DATE:** Saturday 21st January 2017                      **TIME:** 9.00 am, first event  
**VENUE:** Caledonian Ground, Dunedin  
**ELIGIBILITY:** Teams will be selected from registered athletes aged 14 to 19 as at 31/12/16 (15-20 as at 31/12/17).  
**TEAMS:** Southland, Otago, Canterbury, Queensland and hopefully Tasman  
**NOMINATIONS:** Athletes to **nominate** by filling in the attached form and returning it to Anita Sutherland by the **17th December**. (earlier appreciated) Forms can also be emailed to coachforce@athleticscanterbury.org.nz or posted to PO Box 3130, Christchurch.

Please do not be hesitant in nominating. All athletes who wish to go will be placed in a team!

**ESTIMATED COST:** Accommodation will be a University Hall of Residence and Travel will be in Minivans travelling to Dunedin on the Friday (20<sup>th</sup>) and returning on the Sunday (22<sup>nd</sup>). I need to get confirmed details of costs. What is below is based on a best guess estimate based on previous years costings – I will work to keep the final total as close to this as possible. I will also look into providing a team t-shirt which would be a small additional cost.

<u>Estimated Cost breakdown</u>	<u>\$250</u>
Entry/Saturday lunch and dinner	\$50 per athlete
Accommodation/Meals	\$120
Travel	\$80

**PAYMENT**

Please include a \$50 deposit with your nomination form – this can be made to account number 03 0802 0046350 00 - use your surname and SITM as a reference. The remainder of the cost will be expected prior to departure. If cost is a factor in deciding whether or not to nominate please contact me to discuss this. We can arrange for the trip to be paid off over time rather than athletes miss out on representing their province and having a great trip away.

All athletes, who wish to attend, will be put into teams and wear the Canterbury uniform. If there are athletes who have not made one of the main Canterbury teams they will be combined with athletes from other centres to form another team.

**Travel and Accommodation policy**

It is expected that all athletes travel and stay with the team. This is to ensure all athletes are on time for events, that they are there for the prizegiving and that a team atmosphere is developed to provide maximum opportunity for team success. Exceptions to this (mainly travel component) will be considered if adequate time is given to discuss the options and implications for overall team costings (particularly if athletes and families are staying south after Colgate Games).

**RULES AGE 14/15 ATHLETES (age at 31/12/2016)**

- (a) All athletes performances will be scored from Modified scoring tables (except for relays which will be scored using the NZCAA tables from the Easter Interprovincial meeting).
- (b) Team Composition - 10 Girls, 10 Boys  
Each team member competes in 3 individual events of which one must be either a track or field event - i.e. a competitor cannot compete in 3 track or 3 field events  
9 of the 10 team members will compete in a relay
- (c) Events: 100m, 200m, 400m, 800m, 1500m, 80m Hurdles (Girls), 100m Hurdles (Boys), Shot Put, Discus, Javelin Throw, Long Jump, Triple Jump, High Jump.  
4 x 100m Relay, Medley Relay (2x100m, 1x200m, 1x400m & 1x800m).
- (e) Implement weights and hurdle heights as for Grade 14

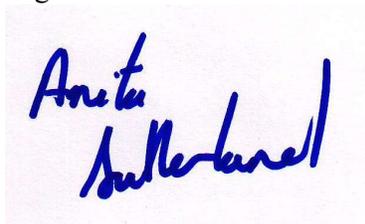
**NOTE:** Athletes selected to run the 1500m, may be selected to run **either** the 800m individual event or the 800m leg in the Medley Relay - **not both**.

**RULES AGE 16-19 ATHLETES (as as 31/12/2016)**

- (a) As many events as you wish (no more than four recommended), with your best three scoring events counting. Performances will be scored from Modified scoring tables
- (b) Events: 100, 200m, 400m, 800m, 1500m, 100m Hurdles (Girls), 110m Hurdles (Boys), 300m/400m Hurdles, Steeplechase  
Shot Put, Discus, Javelin, Hammer, Long Jump, Triple Jump, High Jump, Pole Vault  
4x100m Relay, Medley Relay (100, 200m, 300m, 400m).  
Mixed gender relays (2 male, 2 female in each. In the Medley relay one female must do either the 300m or 400m)
- (c) Team composition - 4 males and 4 females. Multiple teams will be entered if available.

We will also be looking for team managers/van drivers. If a parent would like to be involved please email Anita Sutherland on [coachforce@athleticscanterbury.org.nz](mailto:coachforce@athleticscanterbury.org.nz)

Regards



Anita Sutherland  
Athletics Canterbury Sport Development Manager



**SOUTH ISLAND INTER CENTRE TEAMS COMPETITION**  
**Saturday 21st January 2017                      Caledonian Ground, Dunedin**  
**Grades 14-19 as at 31/12/16**

**CANTERBURY NOMINATION FORM**

Nominations are invited from eligible athletes wishing to compete for Canterbury at this meeting. Fill in the form below and return to Anita Sutherland by 17th December so we can advise how teams are looking prior to Christmas and families departing for holidays.. You can also email the form to [coachforce@athleticscanterbury.org.nz](mailto:coachforce@athleticscanterbury.org.nz).

**Please don't be hesitant in nominating. We will put together as many teams as possible to include all athletes who wish to compete!**

Please return the form as soon as possible but **no later than the 17th December 2016** to allow time for the teams to be selected (by Christmas – athletes advised by email and teams placed on the Athletics Canterbury website), entries made and athletes kept informed leading up to the competition.

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NAME: ..... PHONE: .....

EMAIL: .....

Date of Birth : .....

**PREFERRED EVENTS (in order)**

All athletes will be selected in three events. For Grade 14/15 athletes at least one must be either a field event or a track event. For older athletes you can do more but it is recommended you do no more than four in the day. Almost all athletes will be selected for a relay - either 4x100 or Medley.

Event	Personal Best	Season Best

I, ..... am available and wish to be considered for selection for this meeting. I agree to abide by the meeting rules and the instructions given by the team managers.