

Wellington Track and Field Programme 2009-10

Draft 2 - 15 September 2009



Produced by
Wellington Track and Field Committee

P O Box 17-312
WELLINGTON

Phone (021) 540-570
Fax (04) 476-5927
e-mail smaunder@paradise.net.nz



Start Times

Officials no later than 1.00pm please. General events @ 1.30pm with the exception of Regional Teams Competition Events whose start times are yet to be advised.

Entry

Club or Secondary School Uniforms please. Club Uniforms only at Regional League Competition events in November . ALL SECONDARY SCHOOL STUDENTS WHO ARE NOT MEMBERS OF CLUBS CONTRIBUTING TO THE BULK LEVY SCHEME WILL BE ASKED TO PAY \$5 PER DAY (event entry fee) FROM 7 NOVEMBER 2009. PAYMENT TO BE MADE AT WHAC SHOP

All athletes who are not members of clubs which participate in the Bulk Levy system will be asked to pay an Event Entry fee of \$5 per day, or in the case of families, also \$5 per day. This includes Secondary School athletes competing Secondary school uniforms at any part of the season after 6 November 2009, and athletes visiting from other Centres. Children wearing club uniforms and a Colgate patch will be allowed free entry. Participating Clubs at time of publication are: Wellington HAC, Wellington Scottish AC, Olympic H, Maidstone, Mana, Karori, Titahi Bay, HV T & F, Masterton AC, Kiwi, Paraparamu, Wellington Masters,

Date	Event	Venue	Comments
3 October 2009	Under Distances	Newtown Park	
10 October 2009	College Athletics League + Open Meet	Newtown Park	
10 October 2009	NZ Road Relay Championships	Christchurch	
17 October 2009	College Athletics League + Open Meet	Newtown Park	
24 October 2009	College Athletics League + Open Meet	Newtown Park	Labour Wkd
25 October 2009	Long Distance Walks Championships	Hastings	Labour Wkd
31 October 2009	Regional Teams Competition - 1st Round	Hastings	
1 November 2009	<i>Team Wellington Soccer Match</i>	<i>Newtown Park</i>	<i>3pm kick off</i>
7 November 2009	Gold Programme	Newtown Park	
8 November 2009	Wellington Interclub (Walk)[Juniors]	Newtown Park	9.30am
14 November 2009	Regional Teams Competition _ 2nd Round	Palmerston North	
14-15 November 2009	NZ Parafed Championships	Newtown Park	9am-2pm
21 November 2009	Black Programme	Newtown Park	
22 November 2009	<i>Team Wellington Soccer Match</i>	<i>Newtown Park</i>	<i>3pm kick off</i>
22 November 2009	Lower Hutt Medal Day [Juniors]	Petone Recreation Gr	9.30am
28 November 2009	Regional Teams Competition - 3rd Round		
29 November 2009	Paraparaumu Interclub [Juniors]	The Domain	
5 December 2009	Gold Programme	Newtown Park	
5 December 2009	Titahi Bay Interclub (Walk) [Juniors]	Kura Street	
12 December 2009	Black Programme	Newtown Park	
12-13 December 2009	New Zealand Secondary Schools Championships	Timaru	
13 December 2009	Wairarapa Interclub [Juniors]	Featherston	
19 December 2009	Scottish Night of Miles	Newtown Park	5pm start
19 December 2009	John Walker Night of Miles	Auckland	Mt Smart
20 December 2009	<i>Team Wellington Soccer Match</i>	<i>Newtown Park</i>	<i>3pm kick off</i>
26-28 December 2010	World Unicycle Championships	Newtown Park	
27 December 2009	Colgate Games Warm up Meeting [Juniors]	Newtown Park	
	Merry Christmas		
	Happy New Year		
2 January 2010	Colgate Games Warm Up Meeting [Juniors]	Newtown Park	
5 January 2010	NZ 10000m Championships	Tauranga	
8-10 January 2010	North Island Colgate Games	Auckland	Mt Smart
9 January 2010	Gold Programme incorporating Kiwi Throwers Meet	Newtown Park	
15-17 January 2010	South Island Colgate Games	Timaru	
16 January 2010	Taranaki Open Invitation Meeting	Inglewood	
22 January 2010	Capital Classic	Newtown Park	Anniversary W/E
	Twilight Meeting, Incorporating ANZ Senior men's & women's 3000m Championships		
23 January 2010	<i>Team Wellington Soccer Match</i>	<i>Newtown Park</i>	<i>3pm kick off</i>
25 January 2010	Cooks Classic	Wanganui	Anniversary W/E
25 January 2010	Reserve Day for Lower Hutt Medal Day	Petone Rec	
30 January 2010	Gold Programme	Newtown Park	
6 February 2010	Black Programme	Newtown Park	
6 February 2010	Paraparaumu Ribbon Day (Walk) [Juniors]	The Domain	
7 February 2010	<i>Team Wellington Soccer Match</i>	<i>Newtown Park</i>	<i>3pm</i>
12-13 February 2010	NZ Combined Events Championships inc Porritt Classic	Hamilton	
13 February 2010	Gold Programme	Newtown Park	
14 February 2010	Karori Interclub [Juniors]	Newtown Park	
19 February 2010	IAAF Permit Meet - Black Singlet Invitational	TBC	
20 February 2010	Black Programme	Newtown Park	
20 February 2010	<i>Team Wellington Soccer Match</i>	<i>Newtown Park</i>	<i>5pm</i>
21 February 2010	Wellington Masters Centre Championships - Day 1	Newtown Park	
27 February 2010	Wellington Centre Championships	Newtown Park	All day meet
28 February 2010	Wellington Masters Centre Championships - Day 2	Newtown Park	
28 February 2010	Mana Interclub (Walk) [Juniors]	Adventure Park	
6 March 2010	Gold Programme	Newtown Park	
7 March 2010	Wellington Juniors Championships - Day 1	Newtown Park	
13 March 2010	Black Programme	Newtown Park	
14 March 2010	Wellington Juniors Championships - Day 2	Newtown Park	
20-21 March 2010	North Island Secondary School Championships	Newtown Park	
26-28 March 2010	NZ Track and Field Championships	Christchurch	
3-4 April 2010	Colgate Interprovincials	Invercargill	
14-26 August 2010	World Youth Olympics	Singapore	

NOTES

Only two throws per meeting have been programmed due to lack of sufficient officials to run the events. Athletes competing in any unscheduled throwing event are not entitled to any records which may be broken
 All field events will commence at set start time. Warm up 15 minutes prior to start times please
 Times for Black and Gold Programmes may be altered depending on attendances. Please do not assume that your favoured event will be run at the stated time

Training sessions: Track and Field Committee have every Monday to Thursday evening of each week during the season booked for Training sessions for all athletes. From time to time we are asked to allow other groups to have time on these evenings and we will consider these requests. However, during these times Track and Field Athletes have first use of all facilities. Others have to fit around you. **Sundays:** On Team Wellington Soccer match days would you please try to clear the ground by 12 noon. Thank you.

Black Programme

Time	Track	Field
1.30pm	100m	
1.45pm	3000m Track Walk	Long Jump
2.05pm	Sprint Hurdles Request	Pole Vault (If required)
2.25pm	800m	Discus
3.00pm	3000/5000m	Triple Jump
3.30pm	400m	Shot Put

Gold Programme

Time	Track	Field
1.30pm	100m	
1.45pm	5000m Track Walk	Triple Jump
2.00pm	300/400m Hurdles on request	
2.20pm	Hurdles Request	Hammer/High Jump
2.35pm	1500m/1 mile/2000m	
2.45pm	200m	Long Jump
3.00pm	3000m/ 1500m/ 2000m steeplechase or other dist event on request	Javelin
3.30pm	400m	

WELLINGTON CENTRE TEAM SELECTION CRITERIA FOR NATIONAL CHAMPIONSHIPS

The Team will have a maximum size determined by the availability of finance.

The Team will include M/W, M19/W19 and M16/W16 athletes (age grades as determined by Athletics New Zealand.)

The Selectors will consider all performances in the current season, and all programmed disciplines will be represented subject to the the following provisions. Any subsidies will be performance related.

The Standard as determined by Athletics New Zealand shall be the minimum standard to be achieved for consideration for selection. Achievement of the Standard does not guarantee selection and the Selectors reserve the right to include/exclude athletes, where considered appropriate.

All Team members will be required to compete in the Athletics Wellington Uniform.

Note: Any athlete not selected for the Wellington team may compete at Nationals as a representative of their club.

HURDLES

	Race Dist	# of Hdls	Hurdle Hgt	St to Fin	Dist Betw Hdls	Last Hdl to Fin
	Metres		mm	metres	metres	metres
Men	110	10	1067	13.72	9.14	14.02
	400	10	914	45	35	40.00
M19/M18	110	10	990	13.72	9.14	14.02
	400	10	914	45	35	40.00
M17/M16	110	10	914	13.72	9.14	14.02
	300	7	840	50	35	40.00
Women	100	10	840	13	8.5	10.50
	400	10	762	45	35	40.00
W19/W18	100	10	840	13	8.5	10.50
	400	10	762	45	35	40.00
W17/W16	100	10	762	13	8.5	10.50
	300	7	762	50	35	40.00

Black Programme

Time	Track	Field
1.30pm	100m	
1.45pm	3000m Track Walk	Long Jump
2.10pm	800m	Shot Put
2.05pm	Hurdles Request	Pole Vault (If required)
2.25pm	800m	Discus
3.00pm	3000/5000m	Triple Jump
3.30pm	400m	Shot Put

Gold Programme

Time	Track	Field
1.30pm	100m	
1.45pm	5000m Track Walk	Triple Jump
2.00pm	300/400m Hurdles on request	
2.20pm	Hurdles Request	Hammer/High Jump
2.35pm	1500m/1 mile/2000m	
2.45pm	200m	Long Jump
3.00pm	3000m/ 1500m/ 2000m steeplechase or other dist	Javelin
3.30pm	400m	

WELLINGTON CENTRE CHAMPIONSHIPS

23-Feb-08

DRAFT PROGRAMME

Newtown Park, Mansfield Street, Wellington

Reporting time for Officials : No later than 9.30am please

TRACK PROGRAMME

Order of Track Events: W/M16, W/M19,

8.30am	10,000m	Masters and Senior grades
10.00am	300m Hurdles	M16/W16
10.05am	400m Hurdles	Other Grades
10.15am	100m	Female grades
10.30am	100m	Male grades
10.40am	2000m Steeplechase	M16
10.50am	400m	Female grades
11.00am	400m	Male grades
11.10am	1500m Steeplechase	W16
11.20am	3000m Steeplechase	W
11.40am	1500m	Female grades
11.50am	1500m	Male grades

FIELD PROGRAMME

10.15am	High Jump	Male grades
10.20am	Discus	Female grades
10.45am	Discus	Male grades
11.20am	Triple Jump	All grades

Lunch break

1.00pm	80m Hurdles	W16/Masters	1.00pm	Shot Put	All grades
1.15pm	100m/110m Hurdles	Other Grades			
1.30pm	3000m Walk	All grades	1.30pm	Long Jump	All Grades
2.00pm	3000m	M/W16	2.00pm	Javelin	All Grades
2.30pm	200m	Male grades			
2.45pm	200m	Female grades	2.40pm	High Jump	Female grades
2.55pm	800m	Female grades			
3.00pm	800m	Male grades	3.00pm	Hammer	All Grades
3.20pm	5000m	M/W			

Reminder: All Athletes to be registered and compete in Club uniforms