

Wellington Track and Field Programme 2009-10

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Produced by
Wellington Track and Field Committee

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WELLINGTON



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	<u>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</u>

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 in 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, Paraparaumu, 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	Team Wellington Soccer Match	Newtown Park	2pm kick off
7 November 2009	Gold Programme	Newtown Park	
8 November 2009	Wellington Interclub (Includes race walk)[Juniors]	Newtown Park	9.30am
8 November 2009	Start Official's Course	Function Room	10.00 a.m.
9 November 2009	Wellington Northern Zone Primary Schools	Newtown Park	9.00 a.m.
10 November 2009	Wellington Western Zone Primary Schools	Newtown Park	9.00 a.m.
11 November 2009	Wellington Eastern Zone Primary Schools	Newtown Park	9.00 a.m.
12 November 2009	Wellington Southern Zone Primary Schools	Newtown Park	9.00 a.m.
13 November 2009	Wellington Central Zone Primary Schools	Newtown Park	9.00 a.m.
14 November 2009	Regional Teams Competition _ 2nd Round	Palmerston North	
14-15 November 2009	NZ Parafed Championships	Newtown Park	9am-3.30pm 4.15pm after Parafed finish
14 November 2009	Team Wellington Soccer Match	Newtown Park	
21 November 2009	Black Programme	Newtown Park	
22 November 2009	Team Wellington Soccer Match	Newtown Park	2pm kick off
22 November 2009	Lower Hutt Medal Day [Juniors]	Petone Recreation Gr	9.30am
25 November 2009	Wellington Primary Schools Interzone	Newtown Park	9.00am
28 November 2009	Regional Teams Competition - 3rd Round	Newtown Park	
29 November 2009	Paraparaumu Interclub [Juniors]	The Domain	
2 December 2009	Wellington Primary Schools Interzone (alternate)	Newtown Park	9.00am
5 December 2009	Gold Programme	Newtown Park	
5 December 2009	Titahi Bay Interclub [Juniors]	Kura Street	
11 December 2009	Newtown Carol Service	Newtown Park	
12 December 2009	Black Programme	Newtown Park	
12-13 December 2009	New Zealand Secondary Schools Championships	Timaru	
13 December 2009	Wairarapa Interclub [Juniors]	Featherston	
14 or 15 December	Postponement dates for carol service	Newtown Park	
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	Team Wellington Soccer Match	Newtown Park	2pm kick off
29-30 December 2009	World Unicycle Championships	Newtown Park	
27 December 2009	Colgate Games Warm up Meeting [Juniors]	Petone Rec.	
	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 Twilight Meeting, Incorporating ANZ Senior men's & women's 3000m Championships	Newtown Park	Anniversary W/E
23 January 2010	Team Wellington Soccer Match	Newtown Park	2pm kick off
23 January 2010	NI 14/15/16/17 Interprovincials	Auckland	
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 (Includes race walk) [Juniors]	The Domain	
7 February 2010	Team Wellington Soccer Match	Newtown Park	2pm kick off
8 February 2010	Wellington College Sports Day	Newtown Park	8am-4pm
9 February 2010	Rongotai College Sports Day	Newtown Park	8am-4pm
10 February 2010	St Patrick's College Sports Day	Newtown Park	8am-4pm
11 February 2010	Rongotai College Sports Day (alternate)	Newtown Park	8am-4pm
12 February 2010	St Catherine's College Sports Day	Newtown Park	8am-4pm
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	
14 February 2010 <i>Team Wellington Soccer match</i>	<i>Newtown Park</i>	<i>4pm kick off</i>
15 February 2010 Wellington East Girls College Sports Day	Newtown Park	8am-4pm
16 February 2010 Old Boys Athletics	Newtown Park	8am-4pm
17 February 2010 Scots College Sports Day	Newtown Park	8am-4pm
18 February 2010 Wellington College Sports Day (alternate)	Newtown Park	8am-4pm
19 February 2010 Samuel Marsden Collegiate Sports Day	Newtown Park	8am-4pm
20 February 2010 WHAC Relays Meet incorporating Robinson Shield	Newtown Park	5pm
20 February 2010 Trans Tasman Test Match (TT21)	Waitakere	
21 February 2010 Wellington Masters Centre Championships - Day 1	Newtown Park	
22 February 2010 Scots College v Lindisfarne College Sports Day	Newtown Park	8am-4pm
23 February 2010 Wellington High School Sports Day	Newtown Park	8am-4pm
24 February 2010 Wellington Girls College Sports Day	Newtown Park	8am-4pm
25 February 2010 College Sport AWD	Newtown Park	8am-4pm
26 February 2010 St Mary's College	Newtown Park	8am-4pm
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 (Includes race walk) [Juniors]	Adventure Park	
1 March 2010 College Sport Western Zone	Newtown Park	
2 March 2010 McEvedy Shield	Newtown Park	
3 March 2010 College Sport Girls Zone	Newtown Park	
3 March 2010 College Sport Hutt Zone	Petone Rec (?)	
4 March 2010 College Sport Western Zone	Newtown Park	
6 March 2010 Gold Programme	Newtown Park	
7 March 2010 Wellington Juniors Championships - Day 1	Newtown Park	
9 March 2010 College Sport Championships	Newtown Park	
9 March 2010 Primary Sport Wellington "John Walker Challenge" (Relay)	Newtown Park	5.00pm
13 March 2010 Black Programme	Newtown Park	
13 March 2010 <i>Team Wellington Soccer Match</i>	<i>Newtown Park</i>	<i>5.00 p.m.</i>
14 March 2010 Wellington Juniors Championships - Day 2	Newtown Park	
20-21 March 2010 North Island Secondary School Championships	Newtown Park	
22 March 2010 Westmount School Sports Day	Newtown Park	8.30am-3pm
23 March 2010 Inter Intermediate School Athletics	Newtown Park	8am-4pm
24 March 2010 Queen Margaret College Sports Day	Newtown Park	8am-4pm
25 March 2010 Inter Intermediate School Athletics (alternate)	Newtown Park	8am-4pm
26 March 2010 Westmount School Sports Day (alternate)	Newtown Park	8am-4pm
26-28 March 2010 NZ Track and Field Championships	Christchurch	
2-5 April 2010 NZ Master's Track & Field Championships	Christchurch	
3-4 April 2010 Colgate Interprovincials	Invercargill	
14-26 August 2010 World Youth Olympics	Singapore	

NOTES: Pre-enter for all events at the meeting office at least 30 minutes before the scheduled event start.

*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 registered junior and senior Track and Field athletes have first use of all facilities. Others have to fit around you. **Sundays are also booked for meets or training:** 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	Shot Put
1.50pm	3000m Track Walk	Long Jump
2.15pm	Sprint Hurdles Request	Pole Vault (If required)
2.20pm	800m	
2.40pm	400m	Discus
3.00pm	3000/5000m	Triple Jump
3.30pm	200m	

Gold Programme		
Time	Track	Field
1.30pm	100m	Hammer
1.50pm	5000m Track Walk	Triple Jump
2.25pm	300/400m Hurdles on request	
2.35pm	1500m, or 1 mile, or 2000m (request)	High Jump/ Javelin
3.00pm	200m	Long Jump
3.15pm	Steeplechase 3000m or 1500m or 2000m on request. (Otherwise or other dist event on request)	
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 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 Centre 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