

Wellington Track and Field Programme 2010-11

Draft 3 - 3 August 2010



Produced by
Wellington Track and Field Committee

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WELLINGTON

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Start Times	Officials no later than 12.30pm 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 Teams 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 2010. 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 in Secondary school uniforms at any part of the season (after 23 October 2010), 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
23-25 September 2010	Oceania Track and Field Championships	Cairns, Aust	
2 October 2010	Under Distances	Newtown Park	
2 October 2010	National Road Relay Championships	Taranaki	
3-14 October 2010	Commonwealth Games	New Delhi	
9 October 2010	College Athletics League + Open Meet	Newtown Park	
16 October 2010	College Athletics League + Open Meet	Newtown Park	
23 October 2010	College Athletics League + Open Meet	Newtown Park	<i>Labour Wkd</i>
24 October 2010	Long Distance Walks Championships	Hastings	<i>Labour Wkd</i>
30 October 2010	Gold Programme	Hastings	
31 October 2010	Junior Interclub 1	Newtown Park	
6 November 2010	Regional Teams Meet - 1st Round (new format incl individuals)	Hastings	
<i>6 November 2010</i>	<i>TW v Canterbury United</i>	<i>Newtown Park</i>	
8 November 2010	Northern Zone (Primary Schools) [pp 15/11]	Newtown Park	9.00 a.m.
9 November 2010	Southern Zone (Primary Schools) [pp 16/11]	Newtown Park	9.00 a.m.
9 November 2010	Tawa Zone (Primary Schools) [pp 11/11]	Genada North Park	9.00 a.m.
10 November 2010	Eastern Zone (Primary Schools) [pp 17/11]	Newtown Park	9.00 a.m.
11 November 2010	Western Zone (Primary Schools) [pp 18/11]	Newtown Park	9.00 a.m.
12 November 2010	Central Zone (Primary Schools) [pp 19/11]	Newtown Park	9.00 a.m.
13 November 2010	Black Programme	Newtown Park	
14 November 2010	Wellington Special Olympics	Newtown Park	9am-2pm
14 November 2010	Junior Interclub 2	Masterton	
20 November 2010	Regional Teams Meet - 2nd Round (new format incl individuals)	Palmerston North	
<i>20 November 2010</i>	<i>TW v Waikato AFC</i>	<i>Newtown Park</i>	
24 November 2010	PSW Interzone [pp 26/11]	Newtown Park	9.00am
25 November 2010	Rongotai College Sports	Newtown Park	
27 November 2010	Regional Teams Meet - 3rd Round (new format incl individuals)	Newtown Park	
28 November 2010	Junior Interclub 3	Paraparaumu	
29 Nov-1 Dec 1010	WCC TRACK REPAIRS		
4 December 2010	Gold Programme	Newtown Park	
4 December 2010	Junior Interclub 4	Titahi Bay	
7 December 2010	Regional Athletics (Primary Schools) [pp 09/12]	Newtown Park	9.00am
11 December 2010	Black Programme	Newtown Park	
11-12 December 2010	New Zealand Secondary Schools Championships	Hastings	
18 December 2010	Scottish Night of Miles	Newtown Park	5pm start
<i>19 December 2010</i>	<i>TW v Otago United</i>	<i>Newtown Park</i>	
19 December 2010	Junior Medal Day	Petone Rec.	
	Merry Christmas		
	Happy New Year		
2 January 2011	Colgate Games Warm Up Meeting [Juniors]	Newtown Park	
4 January 2011	NZ 10000m Championships	Tauranga	
7-9 January 2011	North Island Colgate Games	Hastings	
8 January 2011	Gold Programme incorporating Kiwi Throwers Meet	Newtown Park	
14-16 January 2011	South Island Colgate Games	Timaru	
15 January 2011	Black Programme	Newtown Park	
19-30 January 2011	IPC Athletics World Championships	Christchurch	
22 January 2010	Gold Programme	Newtown Park	
22 January 2011	Sylvia Potts Classic	Hastings	Anniversary W/E
<i>23 January 2011</i>	<i>TW v Waitakere United</i>	<i>Newtown Park</i>	
24 January 2011	Cooks Gardens Classic	Wanganui	Anniversary W/E
28 January 2011	Capital Classic - Twilight Meeting incl ANZ W19 and M19 3000m Championships	Newtown Park	

5 February 2011	Black Programme	Newtown Park	
6 February 2011	Junior Ribbon Day	Paraparaumu	
7 February 2011	Wellington College Sports Day	Newtown Park	8am-3.30pm
/02/2011	Rongotai College Sports Day	Newtown Park	8am-3.30pm
9 February 2011	St Patrick's College Sports Day	Newtown Park	8am-3.30pm
/02/2011	Rongotai College Sports Day (alternate)	Newtown Park	8am-3.30pm
/02/2011	St Catherine's College Sports Day	Newtown Park	8am-3.30pm
11 February 2010	Wellington College Sports	Newtown Park	8am-3.30pm
12 February 2011	Gold Programme	Newtown Park	
12 February 2011	Porritt Classic	Hamilton	
12-13 February 2011	NZ Combined Events Championships	tba	
15 February 2011	St Pat's Silverstream Sports Day	Newtown Park	8am-3.30pm
16 February 2011	Queen Maragret College Sports Day	Newtown Park	8am-3.30pm
17 February 2011	Wellington Girls College Sports Day	Newtown Park	8am-3.30pm
18 February 2011	St Mary's College Sports Day	Newtown Park	8am-3.30pm
19 February 2011	Wellington Centre Championships	Newtown Park	All day meet
<i>20 February 2011</i>	<i>TW v Hawkes Bay United</i>	<i>Newtown Park</i>	
20 February 2011	Junior Interclub 5	Mana	
21 February 2011	Wellington East Girls College Sports Day	Newtown Park	8am-3.30pm
22 February 2011	Wellington High School Sports Day	Newtown Park	8am-3.30pm
25 February 2011	Samuel Marsden Collegiate Sports Day	Newtown Park	8am-3.30pm
26 February 2011	Black Programme	Newtown Park	
27 February 2011	Hutt Special Olympics	Newtown Park	9am-2pm
1 March 2011	McEvedy Shield	Newtown Park	
2 March 2011	College Sport Western Zone	Newtown Park	
4 March 2011	College Sport AWD	Newtown Park	
4-7 March 2010	NZ Masters Championships	Hastings	
5 March 2011	Robinson Shield Relays Meet inc Junior Champs Relays	Newtown Park	
6 March 2011	Junior Interclub 6	Newtown Park	
<i>6 March 2011</i>	<i>TW v Manawatu</i>	<i>Newtown Park</i>	<i>4pm kickoff</i>
7 March 2011	College Sport Girls Zone	Newtown Park	
12 March 2011	Gold Programme	Newtown Park	
13 March 2011	Wellington Juniors Championships - Day 1	Newtown Park	
16 March 2011	College Sport Wellington Regional Championships	Newtown Park	8am-4pm
19 March 2011	Black Programme and/or Requested Events	Newtown Park	
20 March 2011	Wellington Juniors Championships - Day 2	Newtown Park	
20 March 2011	World Cross Country Championships	Spain	
22 March 2011	Inter-Intermediate School Athletics [pp 24/03]	Newtown Park	9am-3pm
25-27 March 2011	NZ Track and Field Championships	Dunedin	

Coming Up During the Autumn/Winter Months

2-3 April 2011	North Island Secondary School Championships	Hamilton
2-3 April 2011	South Island Secondary Schools Championships	Christchurch
23-24 April 2011	Junior Interprovincials (12/13yo)	Taranaki
6-10 June 2011	World Youth Championships	Lille, France
12-13 August 2011	World University Games	Shenzen, China
27 Aug-4 Sept 2011	World Athletics Championships	Daegu, Korea

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 Metres	# of Hdls	Hurdle Hgt mm	St to Fin metres	Dist Betw Hdls metres	Last Hdl to Fin 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	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/1 mile/2000m (request)	High Jump/ Javelin
3.00pm	200m	Long Jump
3.15pm	Steeplechase 3000m/1500m or 2000m (request) (Or other flat dist event on request)	
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,

		Masters
8.30am	10,000m	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

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