

Wellington Track and Field Programme 2011-12

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Produced by
Wellington Track and Field Committee

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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 \$10 PER DAY (event entry fee) FROM 5 NOVEMBER 2011. 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 \$10 per day, or in the case of families, also \$10 per day. This includes Secondary School athletes competing in Secondary school uniforms at any part of the season (after 29 October 2011), and athletes visiting from other Centres. Children wearing club uniforms and a Colgate age patch will be allowed free entry. *Participating Clubs at time of publication are: WHAC, Wellington Scottish, Olympic, Maidstone, Mana, Karori, Titahi Bay, Lower Hutt AAC, Hutt Valley Harriers, Team Wairarapa, Mid Valley, Kiwi, Paraparaumu, Wellington Masters.

Date	Event	Venue	Comments
15 October 2011	Blackboard and selected events	Newtown Park	
22 October 2011	Gold Programme	Newtown Park	
29 October 2011	Blackboard and selected events	Newtown Park	
29 October 2011	Regional Teams Meet - 1st Round (new format incl individuals)	Inglewood	
30 October 2011	ANZ Long Distance Walk Championships	Palmerston North	
30 October 2011	ANZ Half Marathon Championships (Auckland Marathon)	Auckland	
5 November 2011	Black Programme	Newtown Park	
12 November 2011	Regional Teams Meet - 2nd Round (new format incl individuals)	Wanganui	
13 November 2011	Junior Interclub 1 Wellington	Newtown Park	10am start
19-20 November 2011	North Is Combined events	Hastings	
19 November 2011	Gold Programme	Newtown Park	
20 November 2011	Wellington Special Olympics	Newtown Park	9am-3pm
20 November 2011	Junior Interclub 2 Carterton	Carrington Park	10am start
25-27 November 2011	NI Masters Champs	Newtown Park	
26 November 2011	Black Programme	Newtown Park	
27 November 2011	Junior Interclub 3 Paraparaumu	Paraparaumu	10am start
28 November-1 December	Track repairs		
2-4 December 2011	SI Masters Champs	Timaru	
3 December 2011	Regional Teams Meet - 3rd Round (new format incl individuals)	Newtown Park	
3 December 2011	Junior Interclub 4 Titahi Bay	Kura Park	9.30am start
10-11 December 2011	New Zealand Secondary Schools Championships	Newtown Park	
17 December 2011	Scottish Night of Miles	Newtown Park	5pm start
	Merry Christmas		
27 December 2011	Colgate Warm-up Meeting (Juniors) Lower Hutt hosting	Newtown Park	4pm start
	Happy New Year		
2 January 2012	Colgate Games Warm Up Meeting [Juniors] Wellington hosting	Newtown Park	4pm start
3 January 2012	NZ 10000m Championships	Tauranga	
7-8 January 2012	North Island Colgate Games	Tauranga	
7 January 2012	Gold Programme incorporating Kiwi Throwers Meet	Newtown Park	
7 January 2012	Lovelock Classic	Nelson	
13-15 January 2012	South Island Colgate Games	Nelson	
14 January 2012	Black Programme	Newtown Park	
21 January 2012	Gold Programme	Newtown Park	
21 January 2012	Sylvia Potts Classic+W19 and M19 3000m NZ Championships	Hastings	Anniversary W/E
23 January 2012	Capital Classic - Twilight Meeting	Newtown Park	
27 January 2012	Cooks Gardens Classic+commemorative mile	Wanganui	Anniversary W/E
29 January 2012	TW v Auckland City	Newtown Park	12-8pm
29 January 2012	North Island 14-17 Interprovincial	Palmerston North	
4 February 2012	Black Programme Combined Masters 10000 Championship	Newtown Park	
4-5 February 2012	NZ Combined Events Championships	Hamilton	
4 February 2012	ITM and Commemorative 800 on grass	Christchurch	
5-12 February 2012	Oceania Masters Championships	Tauranga	
6 February 2012	Junior Ribbon Day	Paraparaumu	9.30am start
11 February 2012	Gold Programme	Newtown Park	
11 February 2012	Porritt Classic	Hamilton	
12 February 2012	TW v Auckland City	Newtown Park	12-8pm
12 February 2012	Lower Hutt Medal Day	Hutt Rec	9.30am start
18 February 2012	Black Programme	Newtown Park	
18 February 2012	NZ SM & SW 3000m Championships	Dunedin	
19 February 2012	Junior Interclub 5	Newtown Park	10am start
25 February 2012	Wellington Centre and Masters Championships day 1	Newtown Park	All day meet

26 February 2012 Hutt Special Olympics	Newtown Park	9am-3pm
3 March 2012 Wellington Centre and Masters Championships day 2	Newtown Park	
2-4 March 2012 Aust Olympic Trials	Melbourne	
4-7 March 2012 NZ Masters Championships	Hastings	
4 March 2012 Junior Interclub 6	Newtown Park	10am start
10 March 2012 WHAC Relays Meet	Newtown Park	
11 March 2012 Wellington Juniors Championships - Day 1	Newtown Park	9am start
14-18 March 2012 Australian Junior T&F Championships	Sydney	
14 March 2012 College Sport Wellington Regional Championships	Newtown Park	8am-4pm
17 March 2012 Black Programme and/or Requested Events	Newtown Park	
18 March 2012 Wellington Juniors Championships - Day 2	Newtown Park	9am start
23-25 March 2012 NZ Track and Field Championships	Auckland	

Coming Up During the Autumn/Winter Months

31 March- 1 April 2012 North Island Secondary School Championships	Tauranga
31 March- 1 April 2012 South Island Secondary Schools Championships	Christchurch
7 April - 8 April 2012 Grade 12-13 Interprovincial	Auckland
13-15 April 2012 Australian Open T&F Championships	Melbourne

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	
2.00pm		Triple Jump
2.15pm	Sprint Hurdles Request	
2.20pm	800m	
2.40pm	400m	Discus
3.00pm	3000/5000m	Pole Vault
3.30pm	200m	

Gold Programme		
Time	Track	Field
1.30pm	100m	Hammer
1.50pm	5000m Track Walk	
2.00pm		Long Jump
2.25pm	300/400m Hurdles on request	
2.35pm	1500m, or 1 mile, or 2000m (request)	Javelin
3.00pm	200m	High 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