



(Established 1914)



DRAFT 2008/09 JUNIOR TRACK & FIELD CLUB SYLLABUS

Clubrooms: Top Field, Alex Moore Park, Bannister Ave, Johnsonville
Postal: PO Box 13-095, Johnsonville
Website: www.olympicharriers.org.nz

Edition # 1 – 20 October 2008

O C T O B E R

13 Club Registration Night

Venue: Alex Moore Park
Time: 5.45pm to 7.00pm

19 Volunteer Helpers - Training

Venue: Alex Moore Park, Johnsonville
Time: 2pm to 4pm
Run by Amanda Goldsmith, Professional Coach/Trainer. Those attending can bring their children with them to receive training at the same time. Please email jo@kellysports.co.nz or phone 2329409 if planning to attend.

25 Mini Interclub Newtown – Nick Willis

For: Children aged 7 to 15 inclusive
Venue: Newtown Park, Wellington
Time: 11.30am to 1pm
Nick Willis will be there to sign autographs at some stage. Reebok will give out posters for signing.

20 No Club Night

Note: Wellington City Council has advised the grounds will not be ready until the first Monday in November due to our wet winter.

27 No Club Night – Labour Weekend

N O V E M B E R

3 First Club Night

Venue: Alex Moore Park
Time: 5.50pm to 7.00pm
Note: Please listen to Newstalk ZB cancellations or check your emails even if the weather is fine just in case Wellington City Council delay start.

8 Manawatu Interclub Juniors Invitational

For: Children aged 7 to 15 inclusive
Venue: Palmerston North
Time: 10am to 1pm

10 Club Night

Venue: Alex Moore Park
Time: 5.50pm to 7.00pm
NOTE: Registrations close for Colgate Games

16 Interclub Wairarapa

For: Children aged 7 to 15 inclusive
Venue: Carterton
Time: 10am to 1pm

17 Club Night

Venue: Alex Moore Park
Time: 5.50pm to 7.00pm

23 Interclub Paraparaumu

For: Children aged 7 to 15 inclusive
Venue: Paraparaumu Domain
Time: 10am to 1pm

24 Club Night

Venue: Alex Moore Park
Time: 5.50pm to 7.00pm

30 Interclub Newtown Park

For: Children aged 7 to 15 inclusive
Venue: Newtown Park, Wellington
Time: 10am to 1pm

D E C E M B E R

1 Club Night

Venue: Alex Moore Park
Time: 5.50pm to 7.00pm

6 Interclub Titahi Bay

For: Children aged 7 to 15 inclusive
Venue: Kura Park, Kura Street, Titahi Bay
Time: 10am to 1pm

8 Club Night

Venue: Alex Moore Park
Time: 5.50pm to 7.00pm

15 Club Night

Venue: Alex Moore Park
Time: 5.50pm to 7.00pm

21 Manawatu Interclub Juniors Invitational

For: Children aged 7 to 15 inclusive
Venue: Palmerston North Time: 10am to 1pm

22 No Club Night

J A N U A R Y

9-11 North Island Colgate Games

Venue: Cooks Gardens, Wanganui (7-15 year olds)
Please Note: Registrations close 10 November

16-18 South Island Colgate Games

Venue: Surrey Park, Invercargill (7 to 15 year olds)
Please Note: Registrations close 10 November

19 Medal Day Lower Hutt (Monday)

Venue: Hutt Rec Ground, Lower Hutt (7 to 15 year olds)

Time: 10am to 1pm (Wgtn Anniversary Day)

26 January No Club Night

F E B R U A R Y

2 Club Night

Venue: Alex Moore Park

Time: 5.50pm to 7.00pm

6 Ribbon Day Paraparaumu (Friday)

For: Children aged 7 to 15 inclusive

Venue: Paraparaumu Domain

Time: 9.30am to 1pm

(Waitangi Day)

9 Club Night

Venue: Alex Moore Park

Time: 5.50pm to 7.00pm

15 Interclub Karori (at Newtown Park)

For: Children aged 7 to 15 inclusive

Venue: Newtown Park, Newtown

Time: 10am to 1pm

16 Club Night (Club Champs)

Venue: Alex Moore Park

Time: 5.50pm to 7.00pm

23 Club Night (Club Champs)

Venue: Alex Moore Park

Time: 5.50pm to 7.00pm

M A R C H

1 Interclub Mana

For: Children aged 7 to 15 inclusive

Venue: Adventure Park, Whitby

Time: 10am to 1pm

2 Club Night (Reserve for Club Champs)

Venue: Alex Moore Park

Time: 5.50pm to 7.00pm

9 Club Night (Reserve for Club Champs)

Venue: Alex Moore Park

Time: 5.50pm to 7.00pm

15 WELLINGTON CHAMPS

Venue: Newtown Park

Time: 9.30am start. Start and finish times for athletes will vary depending on events entered.

16 Final Club Night

Venue: Alex Moore Park

Time: 5.50pm to 7.00pm

22 WELLINGTON CHAMPS

Venue: Newtown Park

Time: 9.30am start. Start and finish times for athletes will vary depending on events entered.

30 Club Prizegiving

Venue: West Park School, Johnsonville

Time: 6pm to 7.15pm

CLUB COACHING

Subs cover coaching and activities on Monday club nights and participation in all interclubs. Interclubs are open to registered club athletes aged from 7 to 15 years of age.

CLUB WEBSITE

www.olympicharriers.org.nz

CANCELLATIONS

- For cancellation of club nights & additional training sessions due to weather please check our website or your emails (if you are not on the email list and want to be please email jo@kellysports.co.nz). Cancellations will also be announced on Newstalk ZB.
- Cancellation of interclubs is on Newstalk ZB.

INTER CLUBS

The interclubs are listed on this calendar. These are open to ALL athletes aged from 7 through to 15 years of age. They are usually held on Sundays from 10am till approximately 1.30pm. You don't need to register. Just turn up with your Olympic uniform and your Colgate Age Flash. We will send a programme out the week prior to each interclub. It's a great family day out. The kids love it – gives them a chance to make new friends and compete in a friendly environment. Take a picnic and make it a family day out. **Download the interclub programmes from our website www.olympicharriers.org.nz**

CLUB CONTACTS

Convenor Jo Murray (jo@kellysports.co.nz)
phone 232 9409
mobile 021 976116

Secretary Gillian Peoples
Phone 478 8901

Treasurer Andrew Kells
phone 232 3899

**Club Captain/
Club Coach** Juan McDonald
phone 232 6063

Communications Chris Speakman
Phone 566 9764

Membership Gillian Peoples
phone 478 8901

Uniforms Rose Ohlsson
phone 971 3490

SUBSCRIPTIONS (Oct 08 to March 09)

One athlete family \$40

Two athlete family \$75

Three athlete family \$95

We have had to increase our fees this year due to the increased amount we have to pay to Athletics NZ.

UNIFORM

If you already have an Olympic t-shirt from last season this can be used again. If you would like a race singlet for the season you can purchase one for \$40 or hire one by paying a \$40 refundable bond.

Olympic T-shirts \$17

Olympic Singlets (bond) \$40

AGE GRADE QUALIFICATION

Age as at 31 December 2008 for all grades, i.e. if a child turns 10 after the 31st of December 2008 they will run in the 9 year group. If they turn 10 before the 31st of December 2008 they will run in the 10 age group. **They stay in the same age group the WHOLE season.**

AGE FLASHES

At registration you will receive an 'age flash' that all athletes MUST wear at club nights and interclubs. This has the number of the age group the children are competing in, i.e. 5, 6, 7, 8 etc.