



OLYMPIC

Junior Summer Training Membership 2011/2012

The Junior Summer Membership is ideal for the following:

- Current harrier members who want to keep fit over the summer months
- Those who are interested in running harriers next season and want to develop a fitness base over the summer
- Those aged 10 and older who want additional training to compete in the running events at either the junior interclubs on Sunday mornings, or the Black and Gold Programme at Newtown Park on Saturday afternoons
- Those who just want to improve their running for their school events and competitions
- Those who play other sports, like football, rugby and hockey, who want to stay fit over the summer.

Expertise provided:

Alastair Leslie coaches our intermediate and college-age athletes throughout the winter cross country and summer athletics seasons with great success. Alastair will also be working with Juan McDonald, our club captain and junior coach.

The training sessions will be held as follows commencing the week of 25 October:

Tuesdays @ Tawa College, Duncan Street, Tawa, Wellington

You will be notified which training group you are in when we receive your registration for the summer season.

4.30pm to 5.00pm (warm up at 4.20pm): Training Group 1 (mainly 10 to 13 year olds)

5.00pm to 5.30pm (warm up at 4.50pm): Training Group 2

5.30pm to 6.00pm (warm up at 5.20pm): Training Group 3

Thursdays @ Grenada North Park, Jamaica Drive, Grenada North

4.20pm to 5.00pm: For all training age groups

The training sessions with Alastair and Juan will continue until the end of March.

Competitions/Interclubs (7 to 14 year olds)

For those aged from 10 to 14 years you are eligible to compete at the **Wellington Junior Interclubs** which are held at various locations in the Wellington region throughout the summer, i.e. Newtown Park, Paraparaumu Domain, Hutt Recreation Ground etc. These are usually held on Sunday mornings from 10am till approximately 1pm. If you only want to compete in the running events then you don't need to be there for the entire programme. Contact Jo Murray for a calendar for the season which includes details of all interclubs.

Competitions/Interclubs (Secondary School Students, Seniors and Masters)

- Athletics Wellington holds open events every Saturday afternoon at Newtown Park. All events are graded. In the early part of the season you will race against your own age, then you'll start to race against athletes seeded at the same level as you regardless of age. All races will be electronically timed. There are also throwing and jumping events for those who want to compete in these. To help with seeding, the first time you turn up you will need to advise your name, age and club and what events you want to compete in that day. From then on you will only need to register the events you are competing in as you will be already be in their system.
- The programme for the season is listed on the following page. To cover all events the programme is split into alternate "gold" and "black" programmes which are also listed on the following page.
- The season starts on Saturday 15 October with blackboard and selected events. The following Saturday is the Gold programme.
- Any interested athletes are encouraged to compete at the Regional Teams' Meets. The first round is being held in New Plymouth on Saturday 29 October, the second in Wanganui on the 12th of November and the third at Newtown Park on the 3rd of December. If you would like more info on this please contact Jo on jo@kellysports.co.nz. There is also a North Island Combined event on Saturday 19 and Sunday 20 November in Hastings.
- The registration fee you pay to Olympic Harriers covers the cost of you taking part in these events, as long as you wear the Olympic uniform while taking competing. The programme for the season is on the following page, and any updates are posted through the season on www.athletics.org.nz

For further information contact:

Jo Murray, Junior Coaching Convenor, jo@kellysports.co.nz or 232 9409 or 021 976116

Malcolm Standrill, Registrar, registrar@olympicharriers.org.nz

PROGRAMME FOR ATHLETES AGED 14 AND OLDER FOR SUMMER TRACK SEASON

2010/2011

Note: See timetable of events for Black and Gold Programme at bottom of page

Saturday 15 October:	Blackboard and selected events	Newtown Park
Saturday 22 October:	Gold Programme	Newtown Park
Saturday 29 October:	Blackboard and selected events	Newtown Park
	Regional Teams Meet – 1st Round (new format)	Inglewood, Taranaki
Saturday 5 November:	Black Programme	Newtown Park
Saturday 12 November:	Regional Teams Meet – 2nd Round (new format)	Wanganui
Saturday 19 November:	Gold Programme	Newtown Park
19 and 20 November:	North Island Combined Events	Hastings
Saturday 26 November:	Black Programme	Newtown Park
28 Nov – 1 December:	Track repairs	Newtown Park
Saturday 3 December:	Regional Teams Meet – 3rd Round (new format)	Newtown Park
10 and 11 December:	NZ Secondary Schools' Champs	Newtown Park
Saturday 17 December:	Scottish Night of Miles	Newtown Park, 5.00pm start
Tuesday 3 January:	NZ 1000m Championships	Tauranga
Fri 6 to Sun 8 January:	North Island Colgate Games	Tauranga
Saturday 7 January:	Gold Programme incorporating Kiwi Throwers Meet	Newtown Park
Friday 13 to 15 January:	South Island Colgate Games	Nelson
Saturday 14 January:	Black Programme	Newtown Park
Saturday 21 January:	Gold Programme	Newtown Park
	Sylvia Potts Classic + W19/M19 300m NZ Champs	Hastings
Monday 23 January:	Capital Classic – Twilight Meeting (Anniv weekend)	Newtown Park
Friday 27 January:	Cooks Gardens Classic + commemorative mile	Wanganui
Saturday 4 February:	Black Programme Combined Masters 10000m Champs	Newtown Park
Sat 4 & Sun 5 Feb:	NZ Combined Events Championships	Hamilton
Saturday 4 February:	ITM and Commemorative 800m on grass	Christchurch
Saturday 11 February:	Gold Programme	Newtown Park
	Porrit Classic	Hamilton
Saturday 18 February:	Black Programme	Newtown Park
	NZ SM and SW 3000m Championships	Dunedin
Saturday 25 February:	Wellington Centre and Masters Champs Day 1	Newtown Park
Saturday 3 March:	Wellington Centre and Masters Champs Day 2	Newtown Park
Saturday 10 March:	WHAC Relays Meet	Newtown Park
Sunday 11 March:	Wellington Juniors Champs – Day 1 (7 to 14 years)	Newtown Park
Wednesday 14 March:	College Sport Wellington Regional Champs	Newtown Park
Saturday 17 March:	Black Programme and/or Requested Events	Newtown Park
Sunday 18 March:	Wellington Juniors Champs – Day 2 (7 to 14 years)	Newtown Park
23-25 March:	NZ Track and Field Championships	Auckland

Please note: for details on junior interclub events for 7 to 14 year olds please refer to Olympic Club Calendar

Coming Up During the Autumn/Winter Months for Track and Field

31 March to 1 April 2012	North Island Secondary School Champs	Tauranga
31 March to 1 April 2012	South Island Secondary School Champs	Christchurch
7-8 April 2012	Grade 12-13 Interregionals	Auckland
13-15 April	Australian Open Track and Field Champs	Melbourne

Black Programme			Gold Programme		
TIME	TRACK	FIELD	TIME	TRACK	FIELD
1.30pm	100m	Shot Put	1.30pm	100m	Hammer
1.50pm	3000m Track Walk		1.50pm	5000m Track Walk	
2.00pm		Triple Jump	2.00pm		Long Jump
2.15pm	Sprint Hurdles Request		2.25pm	300/400m Hurdles request	
2.20pm	800m		2.35pm	1500m/1 mile/2000m (request)	Javelin
2.40pm	400m	Discus	3.00pm	200m	High Jump
3.00pm	3000/5000m	Pole Vault	3.15pm	Steeplechase 3000m/1500m or 2000m (or other flat distance event on request)	
3.30pm	200m		3.30pm	400m	



OLYMPIC

Junior Summer Membership Form 2011/2012

Address:			
E-mail:			
Phone Nos:	(home)	(work)	(mob)

First Name	Family Name	M F	Birth Date (day/mth/yr)	Current Harrier Member	Current Junior T & F Member	Fee
						\$
						\$
						\$

School(s):		Race singlets @ \$42 each	\$
		Dri Gear T-shirts @ \$28 each	\$
		Olympic Hoodie Black or Red @ \$49 (sz 10, 12, 14, 16) or \$55 (S, M, L, XL)	\$

Cheques are payable to 'Olympic Harrier Club'

Total Enclosed:	\$
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		(Circle)	(Tick)
Do you receive the Wednesday Bulletin e-mail?	Y / N	Subscribe me to the Wednesday Bulletin at the above e-mail address	

Subscriptions for 10 to 19 year olds	U16 at 31 Dec '11	U19 at 31 Dec '11
Current Olympic Harrier Junior Winter Members	\$60	\$60
New Summer Junior Members (not currently registered)	\$90*	\$100*
Junior Members who have already registered for Junior Track and Field on Monday nights at Grenada North	\$50	N/A

* Please note the additional amounts cover the \$20/\$40 we have to pay to Athletics New Zealand and \$10 to the Athletics Wellington Junior Committee.

Privacy Statement

I consent to the collection of the above details on this form, by the Olympic Harrier Club Inc (OHC), for the purpose of club membership, and for OHC to retain, use and disclose members' information to Athletics New Zealand and Athletics Wellington for registration purposes. I acknowledge my right to access and correct this information. I also consent to my results and photos being published on the OHC website. This consent is given in accordance with the Privacy Act 1993.

Either Single individual consent: **Signed:** _____ **Date:** _____

Or Family consent: I, _____, an adult member of the family included on this form; sign this consent on behalf of all the family members.

Signed: _____ **Date:** _____

Payment/Registration options:

Email completed form to registrar@olympicharriers.org.nz OR post to Registrar, Olympic Harrier Club, P O Box 13095, Johnsonville OR hand to Jo Murray or Malcolm Standrill at the club.

Payment by internet banking: Olympic Harrier Club Race Account 03 0566-0125857-00. Please include a family name or name of person you are registering when you make this payment and advise what date the payment has been made.

Payment by cash or cheque to Malcolm Standrill or Jo Murray. Payable to 'Olympic Harrier Club'. Do not post cash.