

# Wellington Track and Field Programme 2008-9



Produced by  
Wellington Track and Field Committee

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WELLINGTON

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Start Times

Entry

**Officials @ 1.00pm. Track Walkers @ 1.30pm. General events @ 2.00pm with the exception of Regional Teams Competition Events whose start**  
**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**

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 Secondary school uniforms at any part of the season after 1 November 2008, 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, Mid-Valley, Maidstone, Mana, Karori, Titahi Bay, HV T & F, Masterton AC, Featherston,

Date	Event	Venue	Comments
4 October 2008	Under Distances	Newtown Park	
4 October 2008	NZ Road Relay Championships	Mosgiel	
11 October 2008	College Athletics League + Open Me	Newtown Park	
12-18 October 2008	III Commonwealth Youth Games	Pune, India	
18 October 2008	College Athletics League + Open Me	Newtown Park	
19 October 2008	Officials Training - Track	Sport Wellington	9am
25 October 2008	College Athletics League + Open mee	Newtown Park	Labour Wkd
26 October 2008	Long Distance Walks Championships	Hastings	Labour Wkd
1 November 2008	Regional League First Round	Hastings	
2 November 2008	Officials Training - Throws	Sport Wellington	9am
4 November 2008	Wellington Central Zone Primary Scho	Newtown Park	
6 November 2008	Wellington South Zone Primary Schoo	Newtown Park	
7 November 2008	Wellington Northern Zone Primary Sch	Newtown Park	
8 November 2008	Black Programme	Newtown Park	Polling Booth available at Newtown Park
9 November 2008	Wairarapa Interclub (Juniors)	Carterton	
9 November 2008	Team Wellington Soccer Match	Newtown Park	
10 November 2008	Wellington Western Zone Primary Sch	Newtown Park	
12 November 2008	Wellington Eastern Zone Primary Sch	Newtown Park	
15 November 2008	Regional League Second Round	Palmerston North	
16 November 2008	Team Wellington Soccer Match	Newtown Park	3pm
16 November 2008	Officials Training - Admin	Sport Wellington	9am
22 November 2008	Gold Programme	Newtown Park	
22 November 2008	North Island Combined Event Champi	Hastings	
23 November 2008	Paraparaumu Interclub (Juniors)	Paraparaumu	
26 November 2008	Wellington Interzone Primary Schools	Newtown Park	
29 November 2008	Regional League Third Round	Inglewood	
29 November 2008	Team Wellington Soccer Match	Newtown Park	3pm
30 November 2008	Wellington Interclub (Juniors)	Newtown Park	
30 November 2008	Pacific School Games	Canberra, Australia	
6 December 2008	Black Programme	Newtown Park	
6 December 2008	Titahi Bay Juniors Interclub	Te Kura Park	
7 December 2008	Officials Training - Jumps	Sport Wellington	9am
13 December 2008	Gold Programme	Newtown Park	
13-14 December 2008	<b>New Zealand Secondary Schools</b>	<b>Hamilton</b>	
14 December 2008	Team Wellington Soccer Match	Newtown Park	3pm
16 December 2008	Newtown Carols Night	Newtown Park	7pm start
20 December 2008	Scottish Night of Miles	Newtown Park	5pm start
<b>Merry Christmas</b>			
21 December 2008 to 9 January 2009	<b>CLOSED FOR REPAIRS AND RE-</b>	Newtown Park	Precise dates still to be confirmed
<b>Happy New Year</b>			
9-11 January 2009	North Island Colgate Games	Wanganui	
10 January 2009	Black Programme incorporating Kiwi T	Newtown Park	
16-18 January 2009	South Island Colgate Games	Invercargill	
17 January 2009	Gold Programme	Newtown Park	
18 January 2009	Team Wellington Soccer Match	Newtown Park	3pm
19 January 2009	Lower Hutt Medal Day (Juniors)	Hutt Rec	
20 January 2009	Young Olympians Camp commences	Wanganui	
24 January 2009	Black Programme	Newtown Park	
24 January 2009	<b>Potts Classic</b>	<b>Hastings</b>	
24 January 2009	<b>NZ 10000m Championships</b>	<b>Inglewood</b>	
24 January 2009	Interprovincials (14/15yo's)	Inglewood	
25 January 2009	Team Wellington Soccer Match	Newtown Park	3pm
30 January 2009	Grand Prix Meet	Hobart	
31 January 2009	Gold Programme	Newtown Park	
31 January-1 February 2009	Australian U23, U18 & U16 Combined Eve	Hobart	
	14/15 Interprovincials	??	
6 February 2009	Paraparaumu Ribbon Day (Juniors)	Paraparaumu	
7 February 2009	Officials Training - Out of Stadia event	Sport Wellington	9am
7 February 2009	Black Programme	Newtown Park	
7-8 February 2009	<b>NZ Combined Events Champions</b>	<b>Auckland</b>	
7 February 2009	Australia Cup GP Meet	Nathan, QLD	

9 February 2009 Rongotai College Sports Day Newtown Park  
 10 February 2009 St Patricks College (Town) Sports Day Newtown Park  
 11 February 2008 Rongotai College Sports Day Newtown Park  
 12 February 2009 Wellington College Sports Day Newtown Park  
 13 February 2009 St Catherines College Newtown Park

**13 February 2009 Capital Classic Newtown Park 6pm**

14 February 2009 Wellington Masters Championships (D Newtown Park  
 15 February 2009 Karori Interclub (Juniors) Newtown Park

**15 February 2009 Porritt Classic (inc NZ W19 3000r Hamilton**

17 February 2009 St Patricks College ('Stream) Sports D Newtown Park  
 18 February 2009 Scots College Sports Day Newtown Park  
 19 February 2009 Wellington High School Sports Day Newtown Park  
 20 February 2009 Samuel Marsden Collegiate Sports Da Newtown Park

**20 February 2009 IAAF Permit Meet - Black Singlet Waitakere**

21 February 2009 Gold Programme Newtown Park  
 21 February 2009 Mayoral Mile Meet Wanganui  
 22 February 2009 Team Wellington Soccer Match Newtown Park  
 24 February 2009 St Mary's College Sports Day Newtown Park  
 26 February 2009 Wellington East College Sports Day Newtown Park  
 27 February 2009 Wellington Girls College Sports Day Newtown Park

**28 February 2009 Wellington Championships (inc I Newtown Park**

28 February 2009 IAAF Area Permit Meet Sydney

**1 March 2009 Officials Training - AWD Sport Wellington 9am**

1 March 2009 Mana Juniors Interclub Adventure Park  
 1 March 2009 Team Wellington Soccer Match Newtown Park

2 March 2009 Special Olympics (CSW) Newtown Park

3 March 2009 McEvedy Shield (CSW) Newtown Park

4 March 2009 Western Zone Finals (CSW) Newtown Park

5 March 2009 Wellington Girls Zone Champs (CSW) Newtown Park

5 March 2009 World Athletics Tour Melbourne

6-9 March 2009 NZ Masters Championships Tauranga

7 March 2009 Black Programme Newtown Park

10 March 2009 Evans Bay Intermediate School Athleti Newtown Park

11 March 2008 CSW Regional Championships Newtown Park

14 March 2009 Gold Programme Newtown Park

11.00am

**15 March 2009 Wellington Junior Championships ( Newtown Park**

17 March 2009 South Wellington Intermediate School Newtown Park

19-21 March 2009 Australian National Championships Nathan, QLD

21 March 2009 BlackBoard Programme/Requested Ev Newtown Park

**22 March 2009 Wellington Junior Championships ( Newtown Park**

24 March 2009 Inter-Intermediate Athletics (pp 25th) Newtown Park

26 March 2009 Queen Margaret College Sports Day Newtown Park

**27-29 March 2009 Championships Newtown Park**

3.-5 April 2009 Australian All Schools, U20 and U23 Chan Adelaide

4-5 April 2009 North Island Secondary Schools Cham Newtown Park

4-5 April 2009 South Island Secondary Schools tbc

11-12 April 2009 Colgate Interprovincials Hamilton

<b>Black Programme</b>	<b>NOTE THESE PROGRAMMES WILL APPLY ONLY FOR 6 AND 13 DECEMBER</b>	
Time	Track	Field
1.30pm	3000m Track Walk	
2.00pm	80/100/110 hurdles on request	Triple Jump/ Pole Vault
2.10pm	800m	Shot Put
2.35pm	100/60m sprints	
2.55pm	400m	Long Jump
3.05pm	3000/5000m Men & Women	
3.25pm	200m	Discus
<b>Gold Programme</b>		
Time	Track	Field
1.30pm	5000m Track Walk	
2.00pm		High / Triple Jumps
2.10pm	300/400m Hurdles on request	Hammer
2.25pm	100/60m sprints	
2.45pm	1500m/1 mile/2000m	Long Jump
3.05pm	200m	Javelin
3.20pm	3000m/ 1500m/ 2000m steeplechase or other dist event on request	
3.40pm	400m (or if no steeplechase then on completion of 200m)	

**NOTES**

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  
 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 Track and Field Athletes have first use of all facilities. Others have to fit around you. **Sundays:**

**NEW GOLD AND BLACK PROGRAMMES TO APPLY FROM 10 JANUARY 2009****Black Programme**

Time	Track	Field
1.30pm	100m	
1.45pm	3000m Track Walk	Long Jump
2.05pm	Hurdles Request	Pole Vault (If required)
2.25pm	800m	Discus
3.00pm	3000/5000m	
3.55pm		Shot Put/Triple Jump
3.35pm	400m	

**Gold Programme**

Time	Track	Field
1.30pm	100m	
1.45pm	5000m Track Walk	Triple Jump
2.00pm	300/400m Hurdles on request	
2.20pm	Hurdles Request	Hammer/High Jump
2.35pm	1500m/1 mile/2000m	
2.45pm	200m	Long Jump
3.00pm	3000m/ 1500m/ 2000m steeplechase c Javelin	
3.15pm		
3.30pm	200m	

**WELLINGTON CENTRE TEAM SELECTION CRITERIA FOR NATIONAL CHAMPIONSHIPS**

The Team will have a maximum size determined by the availability of finance but generally no more than

The Team will include M/W M19/W19 and M16/W16 athletes or age grades as determined by Athletics Ne

The Selectors will consider all performances in the current season, and all programmed disciplines will

The Standard as determined by Athletics New Zealand shall be the minimum standard to be achieved for

Achievement of the Standard does not guarantee selection and the Selectors reserve the right to

**All** Team members will be required to compete in the Athletics Wellington Uniform.

Note: Any athlete not selected for the Wellington team may compete at Nationals as a representative of t

**HURDLES**

	Race Dist Metres	# of Hdls	Hurdle Hgt mm	Last Hdl to Fin metres
Men	110	10	1067	14.02
	400	10	914	40.00
M19/M18	110	10	990	14.02
	400	10	914	40.00
M17/M16	110	10	914	14.02
	300	7	840	40.00
Women	100	10	840	10.50
	400	10	762	40.00
W19/W18	100	10	840	10.50
	400	10	762	40.00
W17/W16	100	10	762	10.50
	300	7	762	40.00