***2019 – 2020 Season Programme*** *(any changes will be notified via club email/website/facebook)*

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| **DATE** | **Prog** | **CLUB EVENTS** | **INTERCLUB/SCHOOL EVENTS** |
| **September 2019** |
| 28th (Sat) **Athletics Introduction – Fun Day** |
| **October 2019** |
| 5th (Sat)  |  | Training Day using Programme 1 |  |
| 12th (Sat)  |  | Training Day using Programme 2 |  |
| 16th (Wed) |  | Training |  |
| 19th (Sat) | P1 | **Competition/Coaching** - No Seasons Points |  |
| 23rd (Wed) |  | Training |  |
| 26th (Sat) | P2 | **Competition/Coaching** - No Seasons Points |  |
| 30th (Wed) |  | Training |  |
| **November 2019** |
| **Registrations due. Casual Rates will be charged to unregistered athletes after this date.** **Season Points & 5 Star Awards Commence** |
| 2nd (Sat)  | P1 | **Competition** |  |
| 3rd (Sun) |  |  | Arthur Cup - Ashburton |
| 6th (Wed) |  | Training |  |
| 8th (Fri) |  |  | Sub Centre Interclub |
| 9th (Sat) | P2 | **Competition** |  |
| 13th (Wed) |  | Training |  |
| 16th (Sat) |  |  | Canty Childrens Interclub - Timaru |
| 16th, 17th (Sat & Sun) |  |   | 2 Day - SI & Canterbury Combined Events Champs - CHCH |
| 20th (Wed) |  | Training |  |
| 23rd (Sat) | P1 | **Competition -** **Wederall Cup/Chambers Family Cup** |  |
| 24th (Sun) |  |  | Rose Shield - Geraldine |
| 27th (Wed) |  | Training |  |
| 29th (Fri) |  |  | Sub Centre Interclub |
| 30th (Sat) | P2 | **Competition -** **Wederall Cup/Chambers Family Cups** |  |
| **December 2019** |
| 3rd (Tues) |  |  | Primary School Athletics |
| 4th (Wed) |  | Training |  |
| 7th (Sat) | P1 | **Competition**  |  |
|  (Sat/Sun) |  |  | National Secondary Schools - Well  |
| 11th (Wed) |  | Training |  |
| 13th (Fri) |  |  | Sub Centre Interclub |
| 14th (Sat) | P2 | **Competition – LJ, 100, 400 Cups** |  |
| 18th (Wed) |  | Training |  |
| 21st (Sat)  |  | **Competition - 5000m** & **3000m Cups****One Day Decathlon** - **Decathlon Cups** |  |
| ***Training for athletes attending the South Island Colgate Games in Christchurch will be held on days over Christmas and New Year. Dates & times will be advised by the Junior Convener/Team Manager*** |

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| **January 2020** | **CLUB EVENTS** | **INTERCLUB/SCHOOL EVENTS** |
| 8th (Wed) |  | Training |  |
| 11th (Sat) |  |  | Lovelock Classic  |
| 15th (Wed) |  | Training |  |
| 17,18,19th  |  |  | South Island Colgate Games - CHCH |
| 22nd (Wed) |  | Training |  |
| 24th (Fri) |  | **Competition – Twilight Meeting – TBC** |  |
| 25th (Sat) |  |  | 15-20 yrs Teams Event - Timaru |
| 29th (Wed) |  | Training |  |
| 31st (Fri)  |  |  | Sub Centre Interclub |
| **February 2020** |
| 1st (Sat) | P1 | **Competition – MacKay/Drake Cups** |  |
| 5th (Wed) |  | Training |  |
| 7th (Fri) |  |  | Sub Centre Interclub |
| 8th (Sat) | P2 | **Competition** **– Squire Cup** |  |
| 12th (Wed) |  | Training |  |
| 15th (Sat) |  | **CLUB CHAMPS - TBC**  |  |
| 19th (Wed) |  | **CLUB CHAMPS - Champs Prize Giving** |  |
| 22nd (Sat) | P1 | **Competition** |  |
| 22nd, 23rd  |  |  | Canty Senior T & F Champs - CHCH |
| 26th (Wed) |  | Training |  |
| 29th (Sat) | P2 | **Competition** |  |
| March 2020 |
| 1st (Sun) |  |  | Sub Centre Champs |
| 4th (Wed) |  | Training |  |
| 6, 7, 8th |  |  | ANZ Track & Field Champs – CHCH |
| 7th (Sat) | P1 | **Competition** **Seasons Points Finish** |  |
| 11th (Wed) |  | Training | Aoraki Secondary School Champs  |
| 14th (Sat) | P2 | **Competition**  |  |
| 14/15th  |  | **5 Star Awards Finish** | Canty Children’s Champs - CHCH |
| 18th (Wed) |  | Training |  |
| 21st (Sat) |  |   |   |
| 22nd (Sun) |  |  | 995 - Dunedin |
| 25th (Wed) |  | **Prize Giving/Breakup**  |  |
| 28th (Sat) |  |  | Canty v Sub Centre – Challenge Cup |
| 29th (Sun) |  |  |  |
| **April 2020** |
| 4th, 5th  |  |  | SI Sec Schools Athletics - CHCH |
| 11th, 12th Easter |  |  | Interprovincial Teams Meeting – Auckland Grade 12/13 |



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