***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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