**South Canterbury Amateur Athletics Club**

**Colgate Newsletter 17, 18 & 19 January 2020**

Dear Athletes & Parents,

It’s great to have you all in the Colgate Team, we have 45 athletes entered this year. For those who are competing in their first Colgate Games experience and a reminder for the experienced Colgate Games competitors the following information should be useful.

**COLGATE TRAINING:** Keep up your fitness and practice! It will make all the difference if you keep active for your events. There will be Colgate practices on: **Sun - 5 Jan, Wed - 8 Jan, Sun - 12 Jan & Wed - 15 Jan all at 5.30 pm -** before the games start on Friday, 17 January. These practice dates will be wet or fine as the tracksuits have to be given out from 5.30 – 6 pm on the above dates only. Also on the programme is the Lovelock Classic Interclub meet on Saturday, 11 January (Juniors and Seniors – Seniors must be pre-entered). Information for Lovelock Classic is on the Club Website.

**UNIFORMS:** Each athlete competing will be allocated a club tracksuit to wear, these are to be worn at Colgate Games and Canterbury Children’s Champs **ONLY** and must be returned no later than the Club Breakup (date TBA). We are giving these out at the practice dates above **(not 11 Jan),** we request you all come to as many of these dates to continue with training and for relay practices - They look great on the first day for the March-Past and of course a team photo (which can only be taken on the Friday morning). You are also all to wear our Club Uniform when competing - Singlet with age patch attached and black shorts, if bike shorts or leggings are worn they must be no longer than just above the knee and must be black.

**THURSDAY - 16 JANUARY**: Collection of pre-ordered Programmes and Gate Passes will be between

3 – 5 pm.

**AT THE EVENT:** Day One begins early with athletes asked to assemble at 8.15 a.m. for the March Past and Official Opening at 8.30 a.m. similar to the Olympic Games. We expect the whole club to be part of this. It is a special moment for the kids and the club.

**When competing, athletes need to be at the track at least an hour before their event as in the past the programme can run up to 30 minutes early.**

Athletes will be called to marshal in either the Track or Field Tent where they will be taken to their event by a Senior Team Member and for the 7, 8 and 9 years olds will then be escorted to the podium for the presentation of pennants and ribbons.

If you are 10 years or older you need to check if you are in a semi or final. **DON’T** assume that you aren’t. Please **CHECK** the results which are posted soon after the event. **If you make a semi-final or a final, even as a reserve competitor and miss it you will be disqualified from competing in any event for the rest of the day**. This could put a relay team out of competition and disadvantage the others.

With the prospect of heats, semis and finals a lot of energy is needed if you are going to compete at your best.

During the events, parents who are not official helpers, are not able to be inside the competition area. We must stay outside the fence.

**SCRATCHINGS:** If you are unable to compete in your event you must let the Team Managers (Tom O’Keeffe or Jo know at least an hour before the event so the officials can be notified. This could mean heats or semis may be changed. Once scratched from that event you can’t re-enter but may compete in other events on that day. You **CAN NOT** scratch from a semi or final and compete in any other event on that day.

**FIVE STAR AWARDS:** Colgate Five Star Awards have started and we will be taking results for our records, **NO** **results are recorded for the 7, 8 and 9 year olds** so we ask that you all get your best distance written on your hand by the official at the field event before you leave for the podium and then let the parent taking the results know how well you did and the distance. We will take note of your placing in running races for the newspaper so please let us know. We will collect all the others (10 years and up) from the results board/website.

**RELAYS:**  Below are the squads making up each relay entry based on what we think will make our strongest possible teams as well as give as many athletes as possible a chance to compete in a relay. Our club has a strong history in relays and over the last few years particularly we have picked up multiple banners and medals across all grades by having all squad members get some practice together in the lead up.

Final Relay teams will be selected based on athletes times **and** relay ability. If you are unavailable for any reason please let team management know asap as this may affect other athletes and teams. Athlete’s names may appear in more than one squad, until the management team makes the final decisions, and as you will see multiple combinations are possible in some instances. Final relay teams (with reserves) will be named on Wed – 15 Jan, once all training and practice is completed and after the final pre-competition at the Lovelock Classic.

We can use a mixture of boys and girls in the 7,8,9 year relays only and athletes may compete up in different grades within the 7-9 and 10-14 age groups. 7-9 year olds run in heats only, whereas 10-14’s have heats to qualify for top 8 to the Final and contest the medals. 10-14’s also have the medley relays which consist of 5 runners, at least two of each gender covering 800m, 400m, 200m and 2 x 100m in any order. A female athlete must run either the 800m or 400m in each team.

**4x100m Squads**

7B – Caleb Chambers, Adam Tarrant, Edward Laing, Brae O’Keeffe

9B – 4 from from Mark Crosby, Freddy Jones, Kruz Collins, Luke Thomas, Liam Staniford, Hunter Wright and Flynn Symister

9G – Olivia Becroft, Grace Geary and two from the above 9B squad

10G – Erin O’Keeffe, Sophia Wright, Sienna Franklin and Caitlin May

11G – Charlotte Blake, Charli Collins, Meg Ritchie, Sienna Wright

12G –from Karen McDonald, Orla Motley, Evelyn Holden, Mia Donaldson, Holly Thin, Bella Thin.

12B – 4 from Alex O’Keeffe, Harrison Laing, Edmund Ferro, Mitchell Johnson, Dalton Todd

13G – 4 from Kate Ritchie, Madeline Thomas, Alysha Harding and two spare 12G

13B – 4 from Tom Geary, Hunter Tarrant, Flynn O’Keeffe, Lachlan List and Archie Jones

14G –Monica McDonald, Emma Becroft, Niamh Motley, Nora Quigley

**Medley Relay Squads** – NB – there are a myriad of different combinations for Medleys and based on previous experience these will change right up to competition day based on how the athletes cope with their other events, injuries, illness etc. We ask that all athletes named in Medley squads be prepared to race even if not named in final team (and we may even have to call on athletes not in initial squads in some cases)

11s – 5 from Mitchell Johnson, Dalton Todd, Edmund Ferro, Charlotte Blake, Charli Collins, Meg Ritchie, Sienna Wright

12s –5 from Harrison Laing, Evelyn Holden, Orla Motley, Holly Thin, Bella Thin, Karen McDonald, Alex O’Keeffe, Mia Donaldson

13s – **two mixed teams** of 5 from, Flynn O’Keeffe, Tom Geary, Hunter Tarrant, Lachlan List, Archie Jones, Kate Ritchie, Alysha Harding, Madeline Thomas and spare 11s and 12s

14’s – William Laing, spare 13B and 3 from Monica McDonald, Emma Becroft, Niamh Motley, Nora Quigley

**Contact:** Tom O’Keeffe - Phone - Cell: 0273580711

 Jo Heath - Phone - Cell: 021302173

 Craig Motley - 0275600766

 if you have any questions or concerns prior to the event.

**Venue:** Nga Puna Wai Sports Hub, Augustine Drive, Wigram, Christchurch

**Identification Wristbands:** Each athlete will be issued with an identification wristband. This will have the athlete’s name, grade and the events for which he or she is entered. It will also act as the athletes pass into NPW for the duration of the Games. Athletes are required to wear the wristband, at all times during the Meeting. Non-compliance with this rule may mean disqualification. Identification wristbands will be available in bulk to the Team Managers in the Team Pack.

**Opening Ceremony:**  An Opening Ceremony will be held, beginning with a March Past at 8.30am SHARP, Friday 17th January 2020. It will be necessary to have all athletes in Club Uniform assembled on the back straight by 8.15am. All athletes and Managers are requested to march. Athletes competing in the first events are at liberty to leave their teams just prior to the Opening Ceremony Speeches to warm up.

**Colgate Tee Shirts**: Are now available for sale from the Athletics New Zealand Website

The following are the dates of the relays:

Friday – 17 January 4 x 100m Relay Heats Girls 10 & 11

 4 x 100m Relays Boys 7, 8 & 9

 4 x 100m Relay Heats Boys 10 & 11

 Medley Relays 12, 13 & 14

Saturday – 18 January 4 x 100 Relays Girls 7, 8 & 9

 4 x 100m Relay Heats Girls 12, 13 & 14

 4 x 100m Relay Finals Girls 10 & 11

 4 x 100m Relay Heats Boys 12, 13 & 14

 4 x 100m Relay Finals Boys 10 & 11

Sunday – 19 January 4 x 100m Relay Finals Girls 12, 13 & 14

 Medley Relays 10 & 11

 4 x 100m Relay Finals Boys 12, 13 & 14

**Please check the website and programme for any errors with the relays dates.**