

Congratulations to Lauren (3rd hammer) at the Sydney Track Classic on Saturday and to Tom (1st shot put) at the Sir Graham Douglas International on Sunday.

Please return all cups from last season to the Gear shed as soon as possible.

These need to be back in **cleaned condition** so that they can be engraved in time for Prizegiving on Wednesday 25 March.

The **Mid South Canterbury Champs** is this coming Sunday, 1 March 2020, programme attached. Start time at the All weather track is Track 9.30 am and Field 10.00 am.

Please note that Friday Inter-club cups and medals, and Quad medals will be presented at some stage during the day, with photo opportunities for the winners.

Mid South Canterbury records are for athletes 15 years and over competing in the senior grades.

Athletes must stay in the same grade all day.

Walks – as they lack the correct number of walk judges there will be no walk records given.

HURRY HURRY HURRY if you want to enter the Canterbury Children's Champs:

Athletics Canterbury Children's Champs, 14-15 March in Christchurch - **Online entries close at 11pm, Saturday 29th February**

2020. <http://athleticscanterbury.org.nz/News/canterbury-childrens-championships-14th-15th-march-2020>

If you are going to the Champs in ChCh and do not have a club jacket these will be given out Saturday or Wednesdays as follows: 29th Feb, 4th, 7th & 11th March before training, or before the start of competition.

If you had a jacket for the Colgate Games and are not going to the Canterbury Champs could you please return your jacket on the days above.

Canterbury are calling for nominations for assistant managers for IP, Triangular and Challenge meets.

You may have put your name forward but please fill in the attached form.

Keep up your training. Training tips and advice provided every Wednesday if requested.

Best of all - have fun

Grant and his band of helpers.