

Hi All

What an amazing time for our Club at Colgate's

Individual Medals

Top 8 placings

Scholarships

Pennants

PB's

Relay medals

Athletes mentioned in ANZ weekly newsletter

Wow we are so proud of you all

Back to more mundane things

The **South Islands teams event** is on this weekend so as shown in the Club calendar we are doing a fun twilight meet Friday 24th January followed by STAR prize draws and PIZZA's

Gates will open at 5pm for a 5.30 start.

Programme will have 4 rotations

Rotation 1

7-9yr boys & girls – 80m sprint

10+ Boys - 3 step high jump (yes you are only to take 3 steps before you jump)

10+ girls – Javelin – using soft javelins, 3 throws

Rotation 2

10 + boys & girls - 100m sprints with a different start technique

7-9 boys & girls – soft javelin throw

Rotation 3

7-9 year boys & girls 150m sprint/hurdle

10+ girls - 3 step high jump (yes you are only to take 3 steps before you jump)

10+ boys – Javelin – using soft javelins, 3 throws

Rotation 4

All age groups - Handicap mile

Or you can be part of a mile relay team

There will be NO records or points, but there may be some small prizes for innovation in doing the activities

STAR award

If you were named as a STAR athlete at Colgate's or have not chosen your prize from last year, come along to pick your prize. If you don't pick your prize, you won't be entered in the draw for the bouncy castle.

See you Friday

Grant & Co