



Canterbury Children's Athletic Association Inc.

Newsletter

Newsletter #3

4 Nov 2020

The season booklet has lots of good info

From the booklet this week

Parents of very young children can escort them to their event but then must leave the event.

Best to make sure they are signed in before you leave.

## This week Programme 4. Boys' Relays

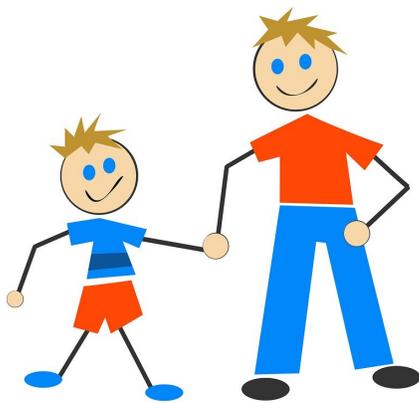
### Colgate Games—NI & SI

Time to get your entries in.

Make sure you have your entries to your clubs in good time for them to enter online.

South Island Colgates are in need of officials and Teen Team Members, so if you are dragging your Teens along and they are not competing, they may enjoy helping out to make the games a success.

All helpers signed up for 2 days get a t-shirt and food!!!



Some clubs are struggling to get uniform in so please just make sure the dominant club colour is being worn. with black shorts or tights.

And no franchise shorts please



Let's talk about

# High Jump



The wonderful news is that we have loads of children wanting to give High Jump a go, the only problem we encounter is that in some age groups we have such large numbers that it throws out the entire programme. 2 rules are in place to combat this.

The 1st rule is that all coaches make sure that their athletes can clear the starting height and have done so at their Club.

The 2nd rule is the 8 jump rule for Grades 12,13 and 14. The rule is applied until 3 competitors are left and then the standard rules will apply. So our advice to all the 12/13 & 14s is to know when you can come in and not to start too early and if you are unsure, have a chat with your coach.

Girls	Height		Boys	Height
10	0.95m		10	1.00m
11	1.00m		11	1.05m
12	1.10m		12	1.20m
13	1.15m		13	1.25m
14	1.20m		14	1.30m

**WHO'S DOING WHAT AND WHEN**

7 Nov Duty Club **NBOL**  
Food **CHAV**

14 Nov Duty Club **PHOX/NCAN**  
Food **No BBQ**

This relay duty remains the same all season.

- ◇ Relay Change 1
- ◇ LIAC, PRHL, NCAN
- ◇ Relay Change 2
- ◇ NBOL, CANU, PHOX
- ◇ Relay Change 3
- ◇ SELW, SUMN, PTOC

## **Behaviour warning now**

### **extended to adults!!!**

You can not be in the infield recording events or taking photos and if asked to leave you should do so without any fuss and bother.

Any issues with events should be taken to your Club not directly yelled across to the helpers.

**Please set some good examples.**

Only water may be taken to events, no juice,  
no biscuits, no lollies..no food at all.

This includes officials and adults also...no coffee.

POLYTAN, the track makers, have a warranty in place that prohibits food and drink on the track. If the track is damaged because of this the warranty will be invalid and repairs will need to be covered.

This means those responsible for the damage may be getting a rather large bill.