**QUADRATHRON / RIBBON MEET Friday 23 November.**

The very first Ribbon / Quad night for Sub Centre registered athletes this season is this coming Friday, 23rd November, the competition will begin at 6pm sharp, the All Weather Track main gate will be open from 5.30pm onwards, to enable athletes to warm up and be ready to compete at 6pm.

**Programme:**

**7 – 9 yrs - 60m, 100m, Discus, Long Jump**, - there will be no points for this age group - Ribbons will be given out to top three, groups will be mixed up and all athletes should receive a ribbon by the end of the night

There are five events offered for age groups 10 years upwards.  Each athlete can only do up to four of the five events offered, points will be collated on results.

**10, 11, 12, 13 yrs** -100m, 400m, 1500m, Shot Put, High Jump,

**14 yrs to Snrs** – 100m, 400m, 1500m, Discus, Long Jump,

Please email  midsouthsubcentre@xtra.co.nz  by Thursday evening and advise which events the athlete chooses to compete in

We will also require the help from Parents on the night, to learn to officiate, set up, clean up, rake pits, and retrieve implements.  Please come and help to make the competition fun and enjoyable for all.

Regards

Secretary Mid South Sub Centre

Helen Mackle