Hi everyone,

Here we go again with lots more information to wade through.

You should all be aware that all Canterbury clubs are coming to compete at the Canterbury interclub meeting this Saturday. So NO regular Club athletics competition.

 Competition starts at 10 am,  **please arrive at 9.30** am to pick up your temporary number, if you are not Registered with Canterbury.  
 Athletes can only compete in 4 events.

Relays are for girls only on this programme. Please be ready to be put in to teams at 9.30 and be aware of the starting heights of HJ, these are listed in the latest CCAA newsletter.  (Link to the CCAA newsletter- 7 Nov).

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  
All athletes must wear the club singlet, black shorts and your age patch.  Please could all parents be prepared to help.  
If you have just paid your club subs and do not have your age patch and want to compete on Saturday.  Please contact Penny to arrange pick up.

The programme is Canterbury's Programme 2. You can find this on Athletics Canterbury's website.

Local clubs are looking after the finish line and timing on Saturday so please be prepared to do your turn.

Sub-centre is also running a bar-b-que

There is a car show on the 16 November 2019.  The event begins at 9am and will finish at 4pm, with pack down to follow. The car show usually attracts 1500-2000 people during the course of the day.  The show is setting up on Friday, 15 November, with around 120 cars being brought in to the Centre.  The front car park (east side) and the car park immediate to the south,  between the Centre and the grassed area, will be fenced off for both days.

Car park spaces will be in short supply throughout the Park on the day of the show, which is usual for this event.  There will also be a large number of pedestrians making their way to the car show, as well as to other sports events also, on the same day.

We recommend you park on Mountainview Road and come in to the park from that street.

\*  **Colgate Games** entries are now due for North and South Island Games.  Entries can be scanned to the club email:  [scathleticsclub@gmail.com](mailto:scathleticsclub@gmail.com). Use COLGATES as subject or hand to a committee member.  Please pay online if possible using Colgates & Your surname as ref.  
REMEMBER THERE ARE NO LATE ENTRIES.  
  
\*   **SC Primary Schools Athletics** is on Tues, 3 Dec, pp Thurs, 5 Dec - they are asking for helpers.  Are you available?   If so please email the club using SC Primary Schools as subject, or phone Jan 6881960 or text 0276658709.  In the past we have had Secondary School athletes or Uni Students helping.

Sorry about that - it flew out before I was finished.

Where was I -

All the best to the senior athletes competing in Christchurch at the weekend.

Have fun -

From the Frazzled secretary