Hi All

Regular Club competition is happening this Saturday 23rd.  All welcome. Please see the Parent Help roster attached.

It's the first week of the Wederall Cup and Chambers Family Cup - 14 boys and 14 girls Long jump this week and high jump next. Younger athletes can enter but MUST do these events instead of the ones programmed for their age group.

Upcoming events:

**Rose Shield Sunday 24 November** – programme on website

<http://www.scathleticsclub.co.nz/other-competitions.html>

Programme and rules attached

Club Duties:

Geraldine – Track and Discus

Ashburton – High Jump

Temuka – Long Jump

South Canterbury – Shot Put

Waimate – Javelin (first thing) Triple Jump 10.30am

There will be a sausage sizzle and drinks

Members of the Rose family will be at the meeting, to present the Shield afterwards.

South Canterbury Club – we will make sure the Shield is looking shiny with a good polish for the day. And bring it back home!!

**Colgate Games – Get your entries in NOW**

**Entry forms are required to be in by 26 November.**

Please give your form(s) to any committee member on Saturday or Wednesday, or scan to the club email address. Forms can be found online and we will have forms available at the track on Wednesdays and Saturdays.

         **Club account for online payment**  banks account details are  03 0887 0242990 00 (Please ensure you put your family name and Colgates in the reference

**Colgate Games website link** <https://athletics.us16.list-manage.com/track/click?u=b93354635c62de6b765f669a4&id=aa20bf2716&e=8a8ac6a3ef>

**Link to information and draft programme**

<https://athletics.us16.list-manage.com/track/click?u=b93354635c62de6b765f669a4&id=b9aee9e72f&e=8a8ac6a3ef>

**Canterbury Children’s Newsletter**

<http://www.athleticscanterbury.org.nz/Portals/6/Children's%20Newsletters/Number%205%2020%20Nov19.pdf>

**Friday night Inter-club 29 November**

Starts at 6pm Opihi College Grounds, Temuka.  Programme 2.

**South Island Teams Meeting 25 January**

Information for this meeting for 15 – 19 years will be forwarded out to clubs shortly from Canterbury for the Sub Centre team.  We will be looking at 14 year old athletes if they wish to be part of the team.

Queensland have been in touch and are looking forward to coming to this event in Timaru.

We are looking for parent help for feeding the teams on the day, please ask the parents of the eligible athletes to put their hands up to help. Let’s show the Aussies that we can look after them well.

Good luck to those competing in the Quadrathon in CHCH

See you Saturday Grant and his team