

## OCTOBER 2023 NEWSLETTER

Welcome to our first Newsletter of this 2023/2024 Summer Athletics Season. We have a busy time ahead of us leading up to Christmas, but it looks to be an exciting season, with many of our events on the newly resealed All Weather Track, which is looking great.

Please check our website for various information about our local clubs, local coaches and other news <https://www.sporty.co.nz/mssca/home-1>

Our Season Programme up until Christmas is as Follows:

### **20<sup>th</sup> October 2023** – Friday Inter-club Programme 1

<https://www.sporty.co.nz/mssca/event-registrations/interclub-1>

Entries online which close at end of day on Wednesday 18<sup>th</sup> October 2023.

Gates will be open from 5.30pm with competition starting at 6pm.

This year we will be trialling an open 60m race for 10years upwards after the 7-9 years 60m race and before the 1500m race. As this is a trial event there will be no points for competing in this event.

This night will also coincide with the Athletics SC All Weather Track Trust opening of the newly resurfaced track – there will be a function on in the Control Room at the time you arrive and we ask you to please sit on the lower half of seat of the Grandstand.

Club Duties: Track – South Canterbury, Long Jump – Ashburton, High Jump – Waimate,  
Shot Put – Geraldine, Discus – Temuka

**4<sup>th</sup> November 2023** –**Arthur Cup** - Sunday Inter-club – at Ashburton Domain – start time 10am for all events. Entries will be on line this year and will open a few days after the first Friday Inter-club There will be a BBQ and Coffee Car

Club Duties: Track – Temuka, Long Jump – Geraldine, High Jump – Waimate,  
Shot Put – Ashburton, Discus – South Canterbury

### **10 November 2023** – Friday Inter-club Programme 2

Club Duties: Track – Temuka Long Jump - Waimate Shot Put - Geraldine  
Discus - South Canterbury High Jump – whoever available at time

**26 November 2023** – **Rose Shield** – Geraldine – Geraldine Domain – entries On-line

### **1 December 2023** – Friday Inter-club Programme 1

**15 December 2023** – Friday – Quad / Ribbon Night – Programme 1

**17 Decemr 2023** - Jubilee Shield – Waimate – for the Country Clubs

## **RULES AND INFORMATION - Friday Inter-clubs**

Setting up will begin at 5.30pm and competition will begin at 6pm, and will run for approx 2 hours.

### **Programme 1**

7 – 9 yrs - 60m, 100m, Discus, Long Jump,

10 – 13 yrs – 100m, 400m, High Jump, Shot Put, 1500m

14 – Snr – 100m, Discus, 400m, Long Jump, 1500m

Open 60m race for 10years upwards – no points

## **Programme 2:**

7 – 9 yrs – 60m, 200m, Shot Put, Long Jump

10 – 13 yrs – 100m, 200m, Discus, Long Jump, 800m,

14 - Snr - 100m, 200m, High Jump, Shot Put, 800m,

**Points:** Athletes 7-9 years have only four events to compete in.

Athletes 10 -14 years can only compete in 4 of the 5 events on offer.

Points will be allocated to the four events on a 1<sup>st</sup> (5 points) 2<sup>nd</sup> (3 points) 3<sup>rd</sup> (1 point) basis.

If an athlete competes in a 5<sup>th</sup> event on the night, then that athlete is not eligible for points on that event.

- The 10 -14 years athletes must compete strategically for their points. The 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> highest scores over the 4 Inter-clubs competed in, in each grade and gender, will be presented with medals. Athletes must have attended and competed in three of the four nights to be eligible for medals.
- Athletes 15 years upwards can compete in all 5 events, those registered with a Sub Centre club can get point which will be allocated on all the 5 events available to compete in. Athletes must have attended and competed in three of the four nights to be eligible for medals. Secondary School athletes are not eligible for points.

## **7-14 years Ribbon / Quad - Programme 1** for 2023-2024 season

Ribbon / Quad night will be Friday 15 December 2023 – All Weather Track Timaru – Programme 1 7-9 years will get ribbons. 10-14 years will compete for medals. To be eligible for Quad medals Athletes must compete in four of the five events offered.

## **Rules of Competition:**

Athletes must be Sub Centre club registered through the ANZ GameDay Registration system to gain points, **athletes register to compete via the Sub Centre Website – registrations will close the Wednesday night before competition.**

<https://www.sporty.co.nz/mssca/event-registrations/interclub-1>

- Athletes 10 years upwards can only compete in 4 of the 5 events on offer, the athlete must choose strategically for their points.
- Athletes must wear their Club Uniform and either Age Patches or Canterbury Registration numbers in order to compete. Athletes **MUST** stay in the same grade throughout the day.

## **FIELD EVENT COMPETITORS**

One trial throw, then three ( 3 ) marked throws. In Field & Jump Events, competitors take no more than **30 seconds** to start a throw or Jump after being called by an Official.

## **LONG JUMP COMPETITORS**

One trial jump, then three ( 3 ) measured jumps.

## **HIGH JUMP**

High Jump bar heights will begin at Competition heights and to be raised to 5cm intervals, until three Competitors remain, then raised according to the Competitors request.

## **TRACK -No False Starts**

There will be no Run, Jump, Throw, or Get, Set, Go, or similar events being held at the same time as the competition

## ARTHUR CUP – ASHBURTON DOMAIN Sunday 5<sup>th</sup> November

Time	Event	Track 10.00am Start	Shot Put 10.00 start	Discus 10.00 start	Long Jump 10.00 am Start	Long Jump Pit 2 If needed	High Jump 10.00am start
10.00 am	400m	10 to Snr girls	7 Girls	7 Boys			
		10 to Snr boys	8 Girls	10 Boys	14 to Snr Boys		
	60m	7,8,9, Girls	11 Girls	8 Boys	13 Boys		10 Girls
		7 , 8 , 9 Boys	10 Girls	9 Boys	12 Boys		12 Girls
	800m	10 to Snr girls	12 Girls	12 Boys	11 Boys		13 Girls
		10 to Snr boys	13 Girls	14 to Snr boys	10 Boys	Start 11.00am	14 to Snr Girls
	100m	7 to Snr girls	14 to Snr Girls	13 Boys		8 Boys Pit 2	11 Girls
		7 to Snr boys	9 Girls	11 Boys		7 Boys Pit 2	
			9 Girls			9 boys Pit 2	
Lunch	12.30-1pm						
1.00 pm			7 Boys	7 Girls			
			8 Boys	8 Girls	14 to Snr Girls		14 to Snr Boys
1.30 pm	200m	7 to Snr girls	9 Boys	9 Girls	13 Girls		13 Boys
		7 to Snr boys					
	1500m	10 to Snr girls	10 Boys	10 Girls	12 Girls		12 Boys
		10 to Snr boys	11 Boys	11 Girls	11 Girls		11 Boys
			12 Boys	12 Girls	10 Girls	Start 2.00pm	10 Boys
			13 Boys	13 Girls		9 Girls Pit 2	
			14 to Snr Boys	14 to Snr Girls		8 Girls Pit 2	
						7 Girls Pit 2	

This Inter-club meeting is run under the rules of Athletics New Zealand.  
Club points are only awarded to ages 7- 14 years.

### **ATHLETICS SOUTH CANTERBURY ALL WEATHER TRACK – MORGANS ROAD, TIMARU**

[secretarytracktrust@gmail.com](mailto:secretarytracktrust@gmail.com)

The Athletics SC All Weather Track on Aorangi Park, Morgans Road, is owned and operated by the Athletics SC All Weather Track Trust. The Trust own the Assets of the Facility, the All Weather track, field events / circles / Long Jump, the buildings on the site.

During the Athletic Summer Season of October to 31 March 2024 access can be obtained:

- through various coaches in the region for minors. (under 18 or school aged)
- Adults (18 years and over) can obtain access with a fob/button that can be obtained from the track trust.

Cost for six months access of October 2023 to 31 March 2024 is:

- \$172.50 for an individual (includes \$22.50 GST)
- \$345.00 for immediate family members of 2 or more (includes \$45.00 GST)

A button/fob, for access through a small gate, can be obtained with a \$20.00 bond and signing of various documents with the Track Trust. This button/fob must be returned to the Track Trust at the end of March 2024.

If you require further information contact the Trust Secretary by the above email address.