

## 2024/25 Season Programme

(any changes will be notified via club Facebook Page/email/ website)

Date	Day	Venue	Event
<b>Oct-24</b>			
09-Oct	Wed	CLUB	Opening Day: 5.30 – 6:30 pm
16-Oct	Wed	CLUB	Run, Jump, Throw Introduction
19-Oct	Sat	Chch	Canterbury Interclub Meeting - Juniors Prg 1 : 9am – 1pm, Canterbury Interclub Meeting - Seniors : 1pm - 3pm
23-Oct	Wed	CLUB	Run, Jump, Throw Start Day
25-Oct	Fri	Timaru	MSC - Interclub Prg 1 : 5.30 - 8.00pm
26-Oct	Sat	Chch	Canterbury Interclub Meeting - Juniors Prg 2 : 9am – 1pm, Canterbury Interclub Meeting - Seniors : 1pm - 3pm
<b>Nov-24</b>			
02-Nov	Sat	Chch	Canterbury Interclub Meeting - Juniors Prg 3 : 9am – 1pm, Canterbury Interclub Meeting - Seniors : 1pm - 3pm
09-Nov	Sat	Chch	Canterbury Interclub Meeting - Juniors Prg 4 : 9am – 1pm, Canterbury Interclub Meeting - Seniors : 1pm - 3pm
10-Nov	Sun	Ashb	MSC - Arthurs Cup
15-Nov	Fri	Timaru	MSC - Interclub Prg 2 : 5.30 - 8.00pm
16-Nov	Sat	NPW	Canterbury Interclub Meeting - Juniors Prg 1 / Mini Quad 7 - 9 : 9am – 1pm
16-Nov	Sat/Sun	Dunedin	South Island Combined Events (16th & 17th November)
23-Nov	Sat	Chch	Canterbury Interclub Meeting - Seniors : 9am – 1pm, Canterbury Interclub Meeting - Juniors Quadrathlon 10 - 14, Ribbon 7 - 9 : 2pm - 4pm
24-Nov	Sun	Geraldine	MSC - Rose Shield
29-Nov	Fri	Timaru	MSC - Interclub Prg 1 : 5.30 - 8.00pm
30-Nov	Sat	Chch	Canterbury Interclub Meeting - Juniors Prg 2 : 9am – 1pm, Canterbury Interclub Meeting - Seniors : 1pm - 3pm
<b>Dec-24</b>			
06-Dec	Fri/Sat/Sun	Timaru	NZ Secondary Schools Athletics (6th, 7th and 8th December)
13-Dec	Fri	Timaru	MSC - Interclub Ribbon & Quadrathlon : 5.30 - 8.00pm
15-Dec	Sun	Chch	CMA Jack King Memorial Throws Pentathlon
21-Dec	Sat	Chch	Athletics Canterbury Relays / 1500 Steeplechase & Walks
<b>Jan-25</b>			
10-Jan	Fri/Sat/Sun	H B	North Island Colgate Games - Hawkes Bay
11-Jan	Sat	Timaru	Junior Lovelock : 9am - 1pm, Lovelock Classic : 1pm - 3pm
17-Jan	Fri/Sat/Sun	Chch	South Island Colgate Games - Christchurch
25-Jan	Sat/Sun	Chch	SI Masters Canterbury Interclub & Steeple Chase Championships - Seniors : 1pm - 3pm
31-Jan	Fri	Timaru	MSC - Interclub Prg 2 : 5.30 - 8.00pm
<b>Feb-25</b>			
01-Feb	Sat	Chch	Canterbury Interclub Meeting - Juniors Prg 1 : 9am – 1pm, Canterbury Interclub Meeting & 3000m AC Championships - Seniors : 1pm - 3pm
08-Feb	Sat	Chch	Canterbury Interclub Meeting - Juniors Prg 4 : 9am – 1pm, Canterbury Interclub Meeting - Seniors : 1pm - 3pm
14-Feb	Fri/Sat	Chch	Canterbury Interclub Meeting - Juniors Prg 2 : 9am – 1pm (15th February) Athletics Canterbury Senior Track & Field Championships (14th & 15th February)
16-Feb	Sun	Timaru	MSC CHAMPS
22-Feb	Sat	Chch	Canterbury Interclub Meeting - Juniors Prg 3 : 9am – 1pm, Canterbury Interclub Meeting - Seniors : 1pm - 3pm
23-Feb	Sun	Chch	ITM (TBC)
<b>March 2025 Seasons Points Finish</b>			
01-Mar	Sat/Sun	Chch	Canterbury Childrens Championships (1st & 2nd March)
06-Mar	Thur/Fri/Sat/Sun	Dunedin	Athletics New Zealand National T&F Championships (6th, 7th, 8th and 9th March)
29-Mar	Sat	Auck	NZ T&F Masters - Auckland
TBC		TBC	SISS Track & Field Championships – TBC

## 2024/25 Club Training Calender (Mon 28th Oct. Start)

(any changes will be notified via club Facebook Page/email/ website)

Monday	Spints and Starts (Ages 10 - 14) 5:30pm - 6:30pm
Tuesday	Throws (Ages 10 - 14) 5:30pm - 6:30pm
Wednesday	Run/Jump/Throw (Ages 6 - 10) 5:30pm - 6:30pm
Thursday	Jumps (Ages 10 - 14) 5:30pm - 6:30pm