

# SUB CENTRE FRIDAY COMPETITIONS 2022-2023

## **Friday Inter-clubs**

The Sub Centre will run 4 Friday night competitions during the 2022-2023 Athletics Season. Athletes will gain points at these meetings with a view to winning their grade for cups and medals.

These Inter-clubs will be held on:

Friday 28<sup>th</sup> October 2022 - All Weather Track Timaru - Programme 1

Friday 11<sup>th</sup> November 2022 - All Weather Track Timaru - Programme 2

Friday 25<sup>th</sup> November 2022 - All Weather Track Timaru - Programme 1

Friday 3<sup>rd</sup> February 2023 – Geraldine – Programme 2

No Postponement date this season.

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

### **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, points 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.

## **7-14 years Ribbon / Quad - Programme 2** for 2022-2023 season

Ribbon / Quad night will be Friday 16 December 2022 – All Weather Track Timaru – Programme 2

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/home-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