



<b>2023 – 2024 Season Programme</b>			
(any changes will be notified via club email/ website/facebook)			
<b>DATE</b>	<b>Prog</b>	<b>CLUB EVENTS</b>	<b>Clubs Cups/ National Events</b>
<b>October 2023</b>			
4 <sup>th</sup> (Wed)		Have a Go (Run Jump Throw), Registration	
7 <sup>th</sup> (Sat)		Have a Go (competition), Registration	
11 <sup>th</sup> (Wed)		Have a Go (Run Jump Throw), Registration	
14 <sup>th</sup> (Sat)	P1	Competition	
18 <sup>th</sup> (Wed)		Run Jump Throw, Training	
20 <sup>th</sup> (Fri)		Mid-South Twilight meeting 5.30-7.30	<b>Wederell Cup</b> (14 years and younger boys high jump and long jump) <b>Chambers Family Cup</b> (14 years and younger girls high jump and long jump)
21 <sup>st</sup> (Sat)		Training day (specific training focus)	
25 <sup>th</sup> (Wed)		Run Jump Throw, Training	
28 <sup>th</sup> (Sat)	P2	Competition	
<b>November 2019</b>			
Registrations due			
Casual Rates will be charged to unregistered athletes after this date			
5 Star Awards Commence			
1 <sup>st</sup> (Wed)		Run Jump Throw, Training	
4 <sup>th</sup> (Sat)		Training day	
5 <sup>th</sup> (Sun)		Arthur Cup - Ashburton	
8 <sup>th</sup> (Wed)		Run Jump Throw, Training	
10 <sup>th</sup> (Fri)		Mid-South Twilight meeting 5.30-7.30	<b>Wederell Cup</b> (14 years and younger boys high jump and long jump) <b>Chambers Family Cup</b> (14 years and younger girls high jump and long jump)
11 <sup>th</sup> (Sat)		Training day (specific training focus)	
15 <sup>th</sup> (Wed)		Run Jump Throw, Training	
18 <sup>th</sup> (Sat)	P1	Competition	
22 <sup>nd</sup> (Wed)		Run Jump Throw, Training	
25 <sup>th</sup> (Sat)		Quadrathon (10-14yrs) 2pm start in CHCH	
26 <sup>th</sup> Sun		Rose Shield - Geraldine	
29 <sup>th</sup> (Wed)		Run Jump Throw, Training	
<b>December 2023</b>			
2 <sup>nd</sup> (Sat)	P2	Competition	
6 <sup>th</sup> (Wed)		Run Jump Throw, Training	
9 <sup>th</sup> Sat	P1	Competition	National Secondary Schools 8-10th
13 <sup>th</sup> (Wed)		Run Jump Throw, Training	
15 <sup>th</sup> (Fri)		Mid-South Twilight meeting 5.30-7.30	<b>MacKay Cup</b> (Under 16 men's – 4 events – 100m, 400m, long jump and discus) <b>Drake Cup</b> (Under 16 women's – 4 events 100m, 400m, long jump and discus) <b>Squire Cup</b> (Open women's high jump)
16 <sup>th</sup> (Sat)		Decathlon	<b>Alliance Textiles Cup</b> (Under 18 Men's decathlon) <b>Eldon Moffat Cup</b> (Senior Men's decathlon) <b>Old Timers Cup</b> (Senior women's decathlon)





20 <sup>th</sup> (Wed)		Run Jump Throw, Training Christmas breakup	
<b>January 2024</b>			
		<b>CLUB EVENTS</b>	<b>INTERCLUB EVENTS</b>
6 <sup>th</sup> (Sat)		Lovelock Classic	
10 <sup>th</sup> (Wed)		Run Jump Throw, Training	
12-14th		South Island Colgate Games (Dunedin)	
17 <sup>th</sup> (Wed)		Run Jump Throw, Training	
20 <sup>th</sup> (Sat)	P2	Competition	<b>Presidents Cup</b> (Open 5000m) <b>Vic MacKay Memorial Trophy</b> (Veteran Men's 5000m) <b>Ray Bennett Trophy</b> (Female's Long Distance)
24 <sup>th</sup> (Wed)		Run Jump Throw, Training	
27 <sup>th</sup> (Sat)		Competition	
31 <sup>st</sup> (Wed)		Run Jump Throw, Training	
<b>February 2024 Run Jump Throw, Training</b>			
2 <sup>nd</sup> (Fri)		Mid-South Twilight meeting 5.30-7.30	<b>Westenra Cup</b> (Open men's 100m) <b>Beth Arthur Cup</b> (Open women's 100m) <b>Dick Wood Trophy</b> (Open men's 400m) <b>Moss Family Trophy</b> (Open women's 400m) <b>Mary and Ron Hannam Cup</b> (Open women's long jump) <b>Tom Birnie 1500m Cups</b> (10 year old boy, 10 year old girl, 11 year old boy, 11 year old girl)
3 <sup>rd</sup> (Sat)		Training	
7 <sup>th</sup> (Wed)		Run Jump Throw, Training	
9-10 <sup>th</sup>		Canterbury Senior Champs (CHCH)	
10 <sup>th</sup> (Sat)		Training	
11 <sup>th</sup> (Sun)		Mid-South Champs	
14 <sup>th</sup> (Wed)		Run Jump Throw, Training	
17 <sup>th</sup> (Sat)		Training Quadrathon 10-14, ribbon meet 7-9 (3pm) CHCH	
21 <sup>st</sup> (Wed)		Run Jump Throw, Training	
24 <sup>th</sup> (Sat)	P1	Competition	<b>ITM CHCH</b>
28 <sup>th</sup> (Wed)		Run Jump Throw, Training	
<b>March 2024</b>			
2 <sup>nd</sup> (Sat)	P2	Competition	
6 <sup>th</sup> (Wed)		Run Jump Throw, Training	
9-10 <sup>th</sup>		Canterbury Children Champs (CHCH)	
13 <sup>th</sup> (Wed)		Run Jump Throw, Training	
14-17th			<b>ANZ National Champs (Wgtn)</b>
16 <sup>th</sup> (Sat)	P1	Competition	
20 <sup>th</sup> (Wed)		Run Jump Throw, Training	
23 <sup>rd</sup> (Sat)	P2	Competition/Breakup	
<b>April 2024</b>			

