





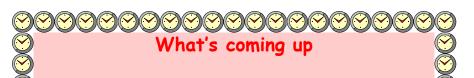
Number 12

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11 Feb.2018

Time to hand in last seasons CCAA Canty Champs Trophies.

Please drop them off at the Control Room at Rawhiti.



#### February 2018:-

17th — Rawhiti- Quadrathon No 2, Boys and Girls
Grade 10-14

Ribbon Meeting Grades 7-9

24th — Last Interclub—Rawhiti

24/25th — Senior Track and Field Champs, Timaru

#### March 2018

3/4th — CCAA Canterbury Champs- Timaru



### CCAA

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Registrations close on the 16th Feb and Champs entries close on the 19th.

so please have all children entered in the system and paid up asap.

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No relays this week

#### Canterbury Children's Athletics Association Inc

#### **Quadrathon & Ribbon Meeting** Rawhiti Domain

February 17th, 2018



Time	Quadrath	on Meeting Events	Time	Ribbon Meeting Events
	Track	Field	-	
9.00am	B10 1500m	811 High Jump (Pit 1)	9:00am	B9 Long Jump (Pit 2)
	B14 1500m	G11 Long Jump		
	G10 800m	812 Discus (Circle 2)		
	G14 800m	G12 Discus (Circle 1)		
		G13 Shot Put (Circle 2)	9.35am	G7 100m
		813 Shot Put (Circle 1)	165355000	G8 100m
				G9 100m
	27			
				"Have a Go" Grade 7B & 7G 9.45am / 10.15am
9.50am	G11 1500m	B10 Long Jump (Pit 1)	9,50am	G9 Girls Long Jump (Pit 2)
	G13 1500m	G10 High Jump		
	811 800m	B12 Shot Put (Circle 1)		
	813 800m	G12 Shot Put (Circle 2)	10.25am	G7 Bays 100m
		B14 Discus (Circle 2)		GB Boys 100m
		G14 Discus (Circle 1)		G9 Boys 100m
	G14 100m	B10 Discus (Circle 2)	10.40am	G7 Girls Long Jump (PIt 2)
	B14 200m	G10 Discus (Circle 1)		
	B12 1500m	G11 Shot Put (Circle 2)		
	G12 800m	B11 Shot Put (Circle 1)		"Have a Go" Grade 8B & 9B 11.00am / 11.30am
		G13 Long Jump (Pit 1)		
		B13 High Jump	-	2000 200 200 200 100 00 00 00 00 00 00 00 00 00 00 00
11.30am	B10 200m	G11 Girls Discus (Circle 1)	11.30am	G8 Long Jump (Pit 2)
	G13 200m	G11 Boys Discus (Circle 2)	-	LANCE STREET
	Grade 10 Girls 100m	G12 Boys Long Jump (Pit 1)	12.05pm	
	Grade 13 Boys 100m	G12 Girls High Jump		G8 Boys 60m
		G14 Boys Shot Put (Circle 1)		G9 Boys 60m
24-50-11		G14 Girls Shot Put (Circle 2)	-	G7 Boys Long Jump (Pit 2)
12.20pm	Grade 11 Boys 100m	G10 Boys Shot Put (Circle 1)		
	Grade 12 Girls 100m	G10 Girls Shot Put (Circle 2)		"Have a Go" Grade 8G & 9G 11.45am / 12.15pm
	Grade 11 Girls 200m	G13 Girls Discus (Circle 1)		Catalogue Coula Pour Cal The Contact County
	Grade 12 Boys 200m	G13 Boys Discus (Circle 2) G14 Boys Long Jump (Pit 1)	12.30pm	G8 Boys Long Jump (Pit 2)
		G14 Girls High Jump	12.45pm	G7 Boys 60m
		or moreover passes are swe		G8 Girls 60m
				G9 Girls 60m
				Grade 7 – 9 athletes winning ribbons, please wea them for the rest of the Meeting.

Shot Put: Circle 1 (North End) Circle 2 (South End)

High Jump: On 'D' South End

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#### Duties for 17rd Feb

Duty Club PRHL/SUMN Food PTOC

#### Relay duties

Change 1 LIAC, PRHL, NCAN
Change 2 NBOL, CANU, PHOX
Change 3 SELW, SUMN, PTOC

Please ensure your children to get to the track marshalling areas on time, it would be a shame if they missed their race!!



Only 2 more meetings at Rawhiti before Champs!! Keep calm and do your best.

All clubs will have their usual duties at Champs. There will be some minor changes to include the South Canterbury helpers.

More info soon

Thanks in advance for your help.

ប់ CCAA is very short of walks judges. At any event we should have 4 judges and this can be an issue if walkers are getting close to breaking records. Please think about this for the future of this event

We have some red shirts moving on at the end of this season so also on the lookout for keen volunteers to don a red shirt.

Contact secretaryccaa1@gmail.com for more info.

Availability sheets for Rep teams are due in this Saturday. Club Captains please email to Sue or drop off in the control room.

A huge thank you for another season to our sponsor Shoe Clinic.

Thank them by shopping with them.



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ASICS, \$50 ON SELECTED KIDS



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FREE ASICS

GIFT

#### Shop 120, Westfield Mall, Riccarton. Phone 348 0841





#### FREE PODIATRY CONSULTATIONS

We have Ben Lamb from Health and Sport Central in store on Saturday17th, 9am- pm to help with any foot problems and shoe selections. Please book early to secure your consultation

You are always responsible for how you act, no matter how you feel.

**Robert Tew** 

BEHAVIOR IS A
MIRROR IN WHICH
EVERY ONE
DISPLAYS HIS OWN
IMAGE.



# Girls Mini Quad Medal Winners



The fitting choice

