



Number 12

11 Feb.2018

Time to hand in last seasons CCAA Canty Champs Trophies. Please drop them off at the Control Room at Rawhiti.



### What's coming up

#### 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  
 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.

No relays this week



Canterbury Children's Athletics Association Inc  
**Quadrathon & Ribbon Meeting**  
**Rawhiti Domain**  
**February 17th, 2018**



Quadrathon Meeting Events			Ribbon Meeting Events	
Time	Track	Field	Time	
9.00am	B10 1500m B14 1500m G10 800m G14 800m	B11 High Jump (Pit 1) G11 Long Jump B12 Discus (Circle 2) G12 Discus (Circle 1) G13 Shot Put (Circle 2) B13 Shot Put (Circle 1)	9.00am	B9 Long Jump (Pit 2)
			9.35am	G7 100m G8 100m G9 100m  "Have a Go" Grade 7B & 7G 9.45am / 10.15am
9.50am	G11 1500m G13 1500m B11 800m B13 800m	B10 Long Jump (Pit 1) G10 High Jump B12 Shot Put (Circle 1) G12 Shot Put (Circle 2) B14 Discus (Circle 2) G14 Discus (Circle 1)	9.50am	G9 Girls Long Jump (Pit 2)
			10.25am	G7 Boys 100m G8 Boys 100m G9 Boys 100m
10.40am	G14 100m B14 200m B12 1500m G12 800m	B10 Discus (Circle 2) G10 Discus (Circle 1) G11 Shot Put (Circle 2) B11 Shot Put (Circle 1) G13 Long Jump (Pit 1) B13 High Jump	10.40am	G7 Girls Long Jump (Pit 2)  "Have a Go" Grade 8B & 9B 11.00am / 11.30am
11.30am	B10 200m G13 200m Grade 10 Girls 100m Grade 13 Boys 100m	G11 Girls Discus (Circle 1) G11 Boys Discus (Circle 2) G12 Boys Long Jump (Pit 1) G12 Girls High Jump G14 Boys Shot Put (Circle 1) G14 Girls Shot Put (Circle 2)	11.30am	G8 Long Jump (Pit 2)
			12.05pm	G7 60m G8 Boys 60m G9 Boys 60m G7 Boys Long Jump (Pit 2)
12.20pm	Grade 11 Boys 100m Grade 12 Girls 100m Grade 11 Girls 200m Grade 12 Boys 200m	G10 Boys Shot Put (Circle 1) G10 Girls Shot Put (Circle 2) G13 Girls Discus (Circle 1) G13 Boys Discus (Circle 2) G14 Boys Long Jump (Pit 1) G14 Girls High Jump		"Have a Go" Grade 8G & 9G 11.45am / 12.15pm
			12.30pm	G8 Boys Long Jump (Pit 2)
			12.45pm	G7 Boys 60m G8 Girls 60m G9 Girls 60m  Grade 7 – 9 athletes winning ribbons, please wear them for the rest of the Meeting.

**NOTE:** Long Jump: Pit 1 (South End) Pit 2 (North End)  
Discus: Circle 1 (South End) Circle 2 (North End)  
Shot Put: Circle 1 (North End) Circle 2 (South End)  
High Jump: On 'D' South End

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.

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](mailto: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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**FREE PODIATRY CONSULTATIONS**

We have Ben Lamb from Health and Sport Central in store on Saturday 17<sup>th</sup>. 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

FACEBOOK/ZERODEAN

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



# Girls Mini Quad Medal Winners

