





☆

15.Feb.2017

☆

☆

☆

 $\stackrel{\wedge}{\Rightarrow}$ 

Still more cups to come in.

Clubs have been sent names to remind last year's winners, please!!!

To the control room this Saturday



## What's coming up

February 2017:-

18th — Rawhiti- Quadrathon No 2, Boys and Girls

Grade 10-14

Ribbon Meeting Grades 7-9

<mark>19th — The Big Shot and Fast K</mark>

Mid South Canty Champs

25th -Last Interclub—Rawhiti

Senior Champs-Timaru

March 2017

4/5th — CCAA Canterbury Champs- Timaru



Entries close on the

20th February at 5pm

We will need extra helpers to time on the 25th at Rawhiti...

This meeting will all be hand timed due to the lack of trained photo finish opera-

To avoid this situation next year we will need some volunteers to learn this skill.

Any clubs that can supply extra timers please inform the finish line red shirt this Saturday. You will also need to bring some stop watches.



No relays, hurdles or walks this week



## MORE



# From the Interclub Booklet

### Competitors Code of Behaviour

- Take part for the 'fun of it' and not just to please parents and coaches.
- Abide by the rules.
- ✓ Never argue with officials.
- Control your temper.
- ✓ Work equally hard for yourself and your Club Team.
  - Be a good sport.
- Treat others as you would like to be treated.
- Co-operate with your coach, team-mates, opponents and officials. Without them there
  would be no meeting.
- Show respect for equipment and the facilities.

Any athlete who damages the track or equipment will be removed from that days competition immediately.

IT ISN'T WHETHER YOU WIN OR LOSE, BUT HOW YOU COMPETE AT THE MEETING.





#### Fast K

- 2.00pm Future Stars Boys & Girls
- 2.10pm Open race for the public depending on entries there may be more than one race
- 2.30pm Elite Women "Fast K"
- 2.35pm Elite Men "Fast K"

#### Shot Put

- 2.00pm Future Stars Boys and Girls 3kg
- 3-00pm "Tradies Have a Go"
- 3.20pm Junior Men Under 20 (6kg)
- 4.00pm "The Big Shot" (7.26kg)

### Duties for 18th Feb

Duty Club CANU Food SELW

Several yellow cards were issued last week for wearing spikes out of the track area.

Let's see if we can have none this week.

- Please remind your children to take off their spikes when not on the track. Yes even at Rawhiti, it is dangerous to be walking around and playing with spikes on when not competing.
- The areas under the trees at the North end of the track are considered out of bounds for several reasons so please keep your children out of these areas.
- The old pieces of track near the control room is also an out of bounds area.



Be proud of your uniform.

Please make sure your correct club uniform is being worn, no stripey thermals, no franchise shorts.

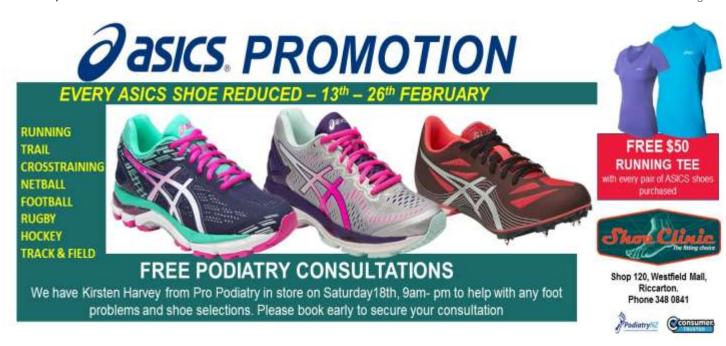
This will be checked leading up to Canterbury champs.

Thank you... 2 words that are easy to say.

Give it a go this weekend....

- thank your parents for bringing you,
- thank the volunteers for standing at an event,
- thank the officials for their time

It really does make someone's day to feel appreciated.

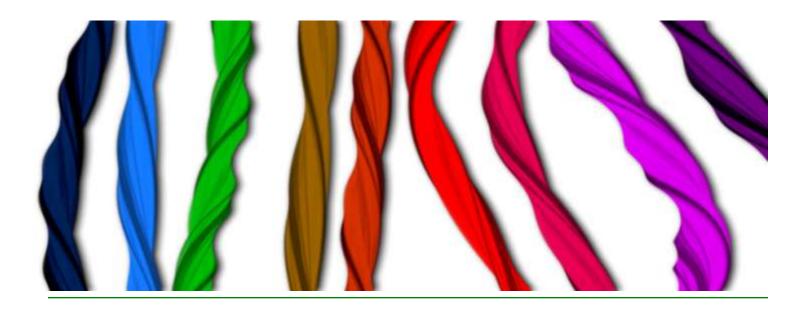


Medals for grade 10-14 Quadrathon will be presented on the 25th February.



# Grade 7-9 Girls and Boys Ribbon Meeting

Ribbons will be presented at the completion of each event.



## Canterbury Children's Athletics Association Inc Quadrathon & Ribbon Meeting Rawhiti Domain February 18th, 2017



Time Quadratho	n Meeting Events	Time Ribbon Meeting Events
Track 9.00am G10 Boys 1500m G14 Boys 1500m G10 Girls 800m G14 Girls 800m	Field G11 Boys High Jump (Pit 1) G11 Girls Long Jump G12 Boys Discus (Circle 2) G12 Girls Discus (Circle 1)	9.00am G9 Boys Long Jump (Pit 2)
	G13 Girls Shot Put (Circle 2)	9.35am G7 Girls 100m
	G13 Boys Shot Put (Circle 1)	G8 Girls 100m G9 Girls 100m
		"Have a Go" Grade 7B & 7G 9.45am / 10.15am
9.50am G11 Girls 1500m G13 Girls 1500m	G10 Boys Long Jump (Pit 1) G10 Boys High Jump	9.50am G9 Girls Long Jump (Pit 2)
G11 Boys 800m	G12 Boys Shot Put (Circle 1)	
G13 Boys 800m	G12 Girls Shot Put (Circle 2)	10.25am G7 Boys 100m
	G14 Boys Discus (Circle 2) G14 Girls Discus (Circle 1)	G8 Boys 100m G9 Boys 100m
10.40am Grade 14 Girls 100m Grade 14 Boys 200m	G10 Boys Discus (Circle 2) G10 Girls Discus (Circle 1)	10.40am G7 Girls Long Jump (Pit 2)
Grade 12 Boys 1500m	G11 Girls Shot Put (Circle 2)	
Grade 12 Girls 800m	G11 Boys Shot Put (Circle 1)	"Have a Go" Grade 8B & 9B 11.00am / 11.30am
	G13 Girls Long Jump (Pit 1) G13 Boys High Jump	
11.30am Grade 10 Boys 200m	G11 Girls Discus (Circle 1)	11.30am G8 Girls Long Jump (Pit 2)
Grade 13 Girls 200m Grade 10 Girls 100m	G11 Boys Discus (Circle 2) G12 Boys Long Jump (Pit 1)	12.05pm G7 Girls 60m
Grade 13 Boys 100m	G12 Girls High Jump	G8 Boys 60m
	G14 Boys Shot Put (Circle 1)	G9 Boys 60m
	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) G13 Boys Discus (Circle 2) G14 Boys Long Jump (Pit 1) G14 Girls High Jump	·
Grade 12 Boys 200m		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.