

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)

asics PROMOTION

EVERY ASICS SHOE REDUCED – 13th – 26th FEBRUARY

RUNNING
TRAIL
CROSSTRAINING
NETBALL
FOOTBALL
RUGBY
HOCKEY
TRACK & FIELD



FREE PODIATRY CONSULTATIONS

We have Kirsten Harvey from Pro Podiatry in store on Saturday 18th, 9am- pm to help with any foot problems and shoe selections. Please book early to secure your consultation



**FREE \$50
RUNNING TEE**
with every pair of ASICS shoes
purchased



Shop 120, Westfield Mall,
Riccarton.
Phone 348 0841



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