



Canterbury Children's Athletic Association Inc.

Newsletter

Newsletter #4

This week Programme 4.
And Boys' Relays
Boys Grade 7-9 Mini Quad, make sure you do all 4 events to make the most of the points you will receive.
60m, 100m, Long Jump, Discus

Dates to Note:-

November 2017-

- 4th—Interclub Rawhiti, Boys 7-9 Mini quad
- 11th—Interclub—Rawhiti
- 18th—Interclub—Rawhiti
Quadrathon 10-14
Ribbon Meet 7-9
- 25th—Interclub—Rawhiti
Girls 7-9 Mini quad



Colgate Games—NI & SI

Time to get your entries in. Make sure you have your entries to your clubs in good time for them to enter online.

T-shirts will be available to order soon

South Island Colgates are in need of officials and Teen Team Members, so if you are dragging your Teens along and they are not competing, they may enjoy helping out to make the games a success.



Let's talk about **High Jump**



The wonderful news is that we have loads of children wanting to give High Jump a go, the only problem we encounter is that in some age groups we have such large numbers that it throws out the entire programme. 2 rules are in place to combat this.

The 1st rule is that all coaches make sure that their athletes can clear the starting height and have done so at their Club.

The 2nd rule is the 8 jump rule for Grades 12/13 and 14. The rule is applied until 3 competitors are left and then the standard rules will apply. So our advice to all the 12/13 & 14s is to know when you can come in and not to start too early and if you are unsure, have a chat with your coach.

Girls	Height		Boys	Height
10	0.95m		10	1.00m
11	1.00m		11	1.05m
12	1.10m		12	1.20m
13	1.15m		13	1.25m
14	1.20m		14	1.30m



Please clean up
your areas at the
end of the day.



Spikes can and have caused nasty injuries.

It is important that you take them off when not competing and when you are wearing them do not somersault around while waiting at events and be careful of other people's hands and feet.

11th & 12th of November at Aorangi Stadium in Timaru

Gr 14 & U16

Octathlon & Heptathlon

Entries close 9pm 4th Nov (Athletics Canty website)

CCAA are still running their competition on the 11th Nov at Rawhiti. Many officials will be in Timaru so we may need to call on extra helpers.

**Please do not park in the carpark area by the control room at Rawhiti.
This is for officials only.**

Manager's Meeting 10am by the control room.

All chiefs and parent helpers on events must sign in and out of the event. This sign in sheet will be attached to each clipboard at the event.

Remember also to have an attendance register for your club.

No phones in the arena, these will be confiscated until the end of the day and repeat offenders run the risk of receiving a yellow card.

WHO'S DOING WHAT AND WHEN

5 Nov Duty Club **LIAC**
Food **PRHL**

12 Nov Duty Club **PHOX**
Food **CANU**

This relay duty remains the same all season.

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

Coffee & Food

Please use the rubbish bins provided and do not leave coffee cups in the toilets!!!

PRHL will be selling food this Saturday so bring some change to support them





Shop 120, Westfield Mall, Riccarton
Phone 348 0841

Shoe Clinic is proud to be a sponsor of the
Canterbury Childrens Athletic Association

OCTOBER DEALS



ALL MERRELL FOOTWEAR REDUCED + A FREE CAMELBAK DRINK BOTTLE!

DRYMAX PERFORMANCE SOCKS — BUY 3 GET THE 4TH PAIR FREE!

20%- 50% OFF CANTERBURY'S BIGGEST RANGE OF TRACK AND FIELD SPIKES

asics HYPER ROCKET
GIRL



30% OFF
LIMITED STOCK

asics HYPER MD



30% OFF
LIMITED STOCK

asics HYPER SPRINT



30% OFF
LIMITED STOCK