



Newsletter

13 Dec.2017



Duties for 16th Dec

Duty Club CANU
Food NBOL

Relay duties

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

In the New Year we will be asking for nominations for assistant managers for the end of season rep teams. Please think about it!!

What's coming up

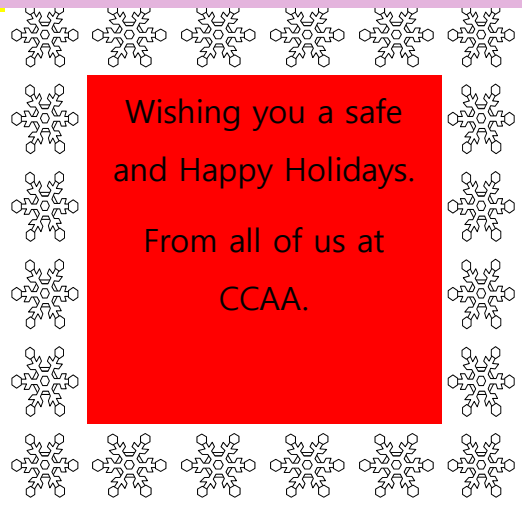
December 2017:-

16th—Interclub—Rawhiti
High Performance Throwers at Rawhiti from 1.30pm. Stay and watch!!

January 2018

6th Jan 2017 Lovelock Meeting , Timaru
5-7th Jan, North Island Colgate Games
12-14th Jan, South Island Colgate Games
20th Jan, Grade 14-18 Teams Event, Dunedin

27th Jan, CCAA Interclub begins again.



Wishing you a safe and Happy Holidays.
From all of us at CCAA.



Please support our generous sponsors when you can.
Maybe a spot of Christmas shopping at Shoe Clinic!!



**BUY 3
GET 1
FREE!**

Only at



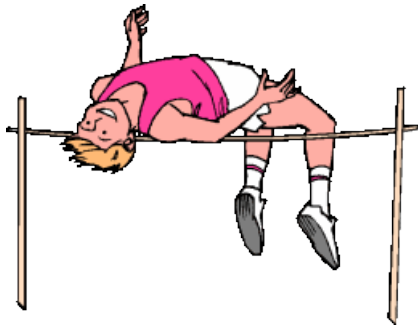
OFFER ENDS 31ST DECEMBER 2017



★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
★ **DO YOUR** ★
★ **BEST TO** ★
★ **TURN UP** ★
★ **TO** ★
★ **EVENTS** ★
★ **ON TIME** ★
★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★



Sometimes errors are made in the results, if you see an error on the day please speak nicely to the control room so it can be corrected asap. If you see it once the results are on the website please send an email to your club captain who knows to contact Shona.



Please remember to send the names of any athletes who can now meet the starting height for high jump to Shona Brown by Thursday or bring a signed note to the high jump chief on the day.

You might have noticed we have had double up weekends for girls and boys and while it might seem you are missing out please be assured all programmes have now been run twice so all events have been on offer . Over the season Prog 1 does run one more than any other.

This programme was agreed at the AGM . If you have any feedback about the programme you can email the CCAA secretary or tell your club rep who comes to the meetings.

We do our best to provide as much as we can with the venue we have. We hope that clubs can also provide the extras athletes require to get them ready for competition and that life will be easier with Nga Puna Wai.

This weekend the High Performance Throwers will be competing in the afternoon so it is crucial that we run on time. Please do your best to turn up on time to your events, the 30sec rule will be imposed at field events.

Stick around at 1.30pm to see throwers from around the country as well as our favourite local heroes.

Reminder that parking in the area by the control room is for officials only.



Now a little test, how many athletes read this newsletter.!!

The first 50 athletes to turn up to the control room before 10am with the code word will receive a small prize.

The code word is cabbage.

No parents can claim prizes.

NOTICE TO ATHLETES YOUTH AND JUNIOR INTER-CENTRE TEAMS COMPETITION

COMPETITION DETAILS

DATE: Saturday 20th January 2018

TIME: 9.00 am, first event

VENUE: Surrey Park - Invercargill

ELIGIBILITY: Teams will be selected from registered athletes aged 14 to 19 as at 31/12/17 (15-20 as at 31/12/18).

TEAMS: Southland, Otago, Canterbury, Queensland and hopefully Tasman

NOMINATIONS: Athletes to nominate by filling in the attached form and returning it to Marika Naylor by the 16th December. (earlier appreciated) Forms can also be emailed to paulmiks21@gmail.com.

Please do not be hesitant in nominating. All athletes who wish to go will be placed in a team!

ESTIMATED COST: Accommodation is anticipated to be at Southland Gils High and Travel will be in Minivans travelling to Invercargill on the Friday (19th) and returning on the Sunday (21st). I need to get confirmed details of costs. What is below is based on a best guess estimate based on previous years costings – I will work to keep the final total as close to this as possible. I will also look into providing a team t-shirt which would be a small additional cost.

- **Estimated Cost breakdown** **\$250**
 - Entry/Saturday lunch and dinner \$50 per athlete
 - Accommodation/Meals \$120
 - Travel \$80

PAYMENT

Please include a \$50 deposit with your nomination form – this can be made to account number 03 0802 0046350 00 - use your surname and SITM as a reference. The remainder of the cost will be expected prior to departure. If cost is a factor in deciding whether or not to nominate please contact me to discuss this. We can arrange for the trip to be paid off over time rather than athletes miss out on representing their province and having a great trip away.

All athletes, who wish to attend, will be put into teams and wear the Canterbury uniform. If there are athletes who have not made one of the main Canterbury teams they will be combined with athletes from other centres to form another team.

Travel and Accommodation policy

It is expected that all athletes travel and stay with the team. This is to ensure all athletes are on time for events, that they are there for the prizegiving and that a team atmosphere is developed to provide maximum opportunity for team success. Exceptions to this (mainly travel component) will be considered if adequate time is given to discuss the options and implications for overall team costings.

RULES AGE 14/15 ATHLETES (age at 31/12/2017)

- a) All athletes performances will be scored from Modified scoring tables (except for relays which will be scored using the NZCAA tables from the Easter Interprovincial meeting).
- b) Team Composition - 10 Girls, 10 Boys**
Each team member competes in **3 individual events** of which one must be either a track or field event - i.e. a competitor cannot compete in 3 track or 3 field events 9 of the 10 team members will compete in a relay
- c) **Events:** 100m, 200m, 400m, 800m, 1500m, 80m Hurdles (Girls), 100m Hurdles (Boys), Shot Put, Discus, Javelin Throw, Long Jump, Triple Jump, High Jump. 4 x 100m Relay, Medley Relay (2x100m, 1x200m, 1x400m & 1x800m).
- d)) **Implement weights and hurdle heights as for Grade 14** (NOTE: Athletes selected to run the 1500m, may be selected to run either the 800m individual event or the 800m leg in the Medley Relay - not both.

RULES AGE 16-19 ATHLETES (as at 31/12/2017)

- a) As many events as you wish (no more than four recommended), with your best three scoring events counting. Performances will be scored from Modified scoring tables
- b) Team composition** - 4 males and 4 females. Multiple teams will be entered if available.
- c) Events: 100, 200m, 400m, 800m, 1500m, 100m Hurdles (Girls), 110m Hurdles (Boys), 300m/400m Hurdles, Steeplechase Shot Put, Discus, Javelin, Hammer, Long Jump, Triple Jump, High Jump, Pole Vault, 4x100m Relay, Medley Relay (100, 200m, 300m, 400m). Mixed gender relays (2 male, 2 female in each. In the Medley relay one female must do either the 300m or 400m)

We will also be looking for team managers/van drivers. If a parent would like to be involved please email Marika Naylor at Paulmiks21@gmail.com.



CANTERBURY NOMINATION FORM

Nominations are invited from eligible athletes wishing to compete for Canterbury at this meeting. Fill in the form below and return to Marika Naylor by 16th of December so we can advise how teams are looking prior to Christmas and families departing for holidays. You can also email the form to paul-miks21@gmail.com.

Please return the form as soon as possible to allow time for the teams to be selected, athletes advised (by email and teams placed on the Athletics Canterbury website), entries made and athletes kept informed leading up to the competition.

NAME: PHONE:

EMAIL:.....

Date of Birth:.....

PREFERRED EVENTS (in order)

All athletes will be selected in three events. For Grade 14/15 athletes at least one must be either a field event or a track event. For older athletes you can do more but it is recommended you do no more than four in the day. Almost all athletes will be selected for a relay - either 4x100 or Medley.

EVENT	Personal Best	Season Best

I, _____ am available and wish to be considered for selection for this meeting. I agree to abide by the meeting rules and the instructions given by the team managers.

Athlete Signature

Date

Parent Signature (if athlete is under age)

Date