



Number 11

8.Feb.2017

Please bring last years trophies in !!
Please drop them off at the Control Room
this Saturday



What's coming up

February 2017:-

- 11th — Interclub—Rawhiti
- 18th — Rawhiti- Quadrathon No 2, Boys and Girls
Grade 10-14
Ribbon Meeting Grades 7-9
- 19th — Mid South Canterbury Champs, Timaru
The Big Shot and The Fast K
- 25th — Last Interclub—Rawhiti
- 25/26th — Senior Track and Field Champs, Timaru

March 2016

- 4/5th — CCAA Canterbury Champs– Timaru

CCAA

Registrations close on the 18th February at 5pm so please have all children entered in the system and paid up by then.

Entries for Champs close on 20th Feb.



Programme 3 and Girls relays this week.

This week's



From the IP selectors

Interprovincial Selection Tips and Tricks

Try all these events even if you haven't done them before – 100m, 200m, 400m, 800m, 1500m, all the field events - forget 60m and walks as these are not Interprovincial events so won't help you get selected. They can also exclude you from doing another event as remember you can only compete in 4 events each week.

If the selectors suggest you need to do a particular event then have a go at it as it may be the difference between being selected or not. All club captains have been given information on all athletes on what they need to do.

There are several athletes that haven't done either a track or a field event so to have any chance of being selected you must do this. The team is selected on the best four scoring events but must include at least one track or one field so the better your results the more points you get.

The same applies if you are strong in field or strong in track only, you should look to improve in the opposite

4 more opportunities to improve your times and distances (as long as it doesn't rain!)

The team usually changes right up to the last event at the Canterbury Champs. However don't leave it to the Champs for a great performance as if the weather is not so good it could hamper chances of a personal best.

A positive attitude and effort often gets athletes over the line.

If you are injured please get treatment from a health professional as soon as possible.

Train well but don't over train. Take advice from your coach/club.

Balance your participation in winter sport trials as we have seen many gutted athletes over the years that have **been injured at a trial for winter sports and then can't go. It is still summer!**

Your club captain should have already asked about your availability.

Duties for 11th Feb

Duty Club NBOL

Food PTOC

To all those on Duty club, please take advice from the Shed Duty Staff as to what goes out. Please do not go in and start without their advice.

Help!!! Help!!! Help!!

In order to run the meeting on the 25th February we need extra help with timers and referees at events. We will be asking for helpers.

As there will only be hand timed track events for this meeting no points will be given.

Many officials will be in Timaru for Seniors Champs.



Athletes at an event are not to cross the track at Rawhiti to talk to parents/coaches. This is a hazard to runners on the track.

It is preferred that no food is taken to events however we understand that sometimes there is little time to refuel between events and so if you do need to eat at an event please **take away all your rubbish with you.**

Officials/parent helpers **please do not use your phones at events.** You are there to concentrate on your duty and provide a fair playing field for all athletes.

Athletes **do not take your devices to events,** they will be confiscated.

When using the track for warm up in the morning **please do not use lanes 1 and 2** and be aware of others using the track.

Please **do not dig holes** in the sand while waiting at events.

A brush up on the rules....

As far as DQs and uniforms go we can be lenient to start the season and give warnings to children for small infringements. Now we are getting to the business end of the season we will begin to enforce the rules.

Let's start with the uniforms, it is stated that correct uniform be worn to compete. If your shorts are the correct colour with a small logo that is acceptable. However if the logo is large and in a strip of a different colour, such as the new skins, you will be asked to change them or not race. You may turn them inside out? Or wear shorts over the top.

You must wear your age patch and registration number, with the sponsors logos on them.

The 200m is causing issues for some age groups, many children are swapping lanes. At champs this may lead to a DQ so please get some practice in before then.

Do not wear spikes outside of the track area, yes even on grass!!

Referees can give yellow cards for this and 2 yellow cards means no more competing for the day.

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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



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MIKE GREER HOMES BIG SHOT and THE FAST K

19 FEB 2017, FROM 2PM

We have some exciting developments in store for 2017, which will include greater opportunities for the public to get more involved, and some really big names.

Olympic gold medallist, Ryan Crouser of the USA, will be here to take on big Tom Walsh in the Mike Greer Homes Big Shot, along with our 2015 & 2016 winners, Ryan Whiting (USA) & Jacko Gill, and Aussie Olympian Damien Birkenhead. The Street Mile has been replaced by the Fast K – a 1-kilometre street race that will be open to the public, which is your chance to measure your best effort against world class middle distance talent.

Entries for the Fast K are OPEN NOW!! Download your entry form [here](#), or contact raig@internationaltrackmeet.co.nz for entry details, and be part of this historic event.

Kiwi Olympians Hamish Carson and Angie Petty headline the local hopes, up against five top Australians and a host of other NZ challengers. Petty holds the NZ 1000m record for women at 2min37, and the great Sir John Walker holds the men's mark at 2min16 – how fast can YOU go?

We're part of the exciting new three-event series that Athletics New Zealand are pulling together, in conjunction with the Vertical Pursuits Pole Vault in Britomart and the Auckland Track Challenge.

Hosting and sponsorship packages are still available – to secure your spot and help us make this happen, contact Paul Coughlan on 027-2233-028, or paul@internationaltrackmeet.co.nz