

# Wellington Track and Field Programme 2007-8

Draft 4

7/10/2007



Produced by  
Wellington Track and Field Committee

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WELLINGTON

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Start Times	Officials @ 1.00pm. Track Walkers @ 1.30pm. General events @ 2.00pm with the exception of Regional Teams Competition Events whose start times are yet to be advised.
Entry	<b><u>Club or Secondary School Uniforms please. Club Uniforms only at National Teams Competition events in November . ALL SECONDARY SCHOOL STUDENTS WHO ARE NOT MEMBERS OF CLUBS CONTRIBUTING TO THE BULK LEVY SCHEME WILL BE ASKED TO PAY \$5 PER DAY (event entry fee) FROM 10 NOVEMBER 2007. Please show your ID card as proof of your entitlement to free entry.</u></b>

All athletes who are not members of clubs which participate in the Bulk Levy system will be asked to pay an Event Entry fee of \$5 per day, or in the case of families, also \$5 per day. This includes Secondary School athletes competing Secondary school uniforms at any part of the season after 3 November 2007 and athletes visiting from other Centres. Children wearing club uniform and Colgate patch will be allowed free entry. Participating Clubs at time of publication are: Wellington Harrier Athletic, Wellington Scottish Athletic, Valleys United, Olympic, Kiwi, Kapiti, Titahi Bay, Mana.

Date	Event	Venue	Comments
6 October 2007	Under Distances	Newtown Park	
6 October 2007	NZ Road Relay Championships	Timaru	
13 October 2007	<b>College Athletics League + Open Meet/ Official Opening Day</b>	<b>Newtown Park</b>	
20 October 2007	College Athletics League + Open Meet	Newtown Park	<i>Labour Weekend</i>
21 October 2007	Long Distance Walks Championships	Hastings	
27 October 2007	Officials Training Course/Exam - Administration	Sport Wellington	9.30am
27 October 2007	College Athletics League + Open meet	Newtown Park	
28 October 2007	Onslow Interclub (Juniors)	Newtown Park	
27 October 2007	NZ Half Marathon Championships	Nelson	
3 November 2007	Regional League First Round	Hastings	
5 November 2007	Wellington South Zone Primary Schools	Newtown Park	
6 November 2007	Wellington Central Zone Primary Schools	Newtown Park	
7 November 2007	Wellington Northern Zone Primary Schools	Newtown Park	
8 November 2007	Wellington Western Zone Primary Schools	Newtown Park	
9 November 2007	Wellington Eastern Zone Primary Schools	Newtown Park	
10 November 2007	Gold Programme	Newtown Park	
11 November 2007	Wairarapa Interclub (Juniors)	Masterton	
11 November 2007	<i>Team Wellington Soccer Match</i>	Newtown Park	2pm
17 November 2007	Regional League Second Round	Newtown Park	
24 November 2007	Black Programme	Newtown Park	
25 November 2007	<i>Team Wellington Soccer Match</i>	Newtown Park	2pm
25 November 2007	Paraparaumu Interclub (Juniors)	Paraparaumu	
28 November 2008	Wellington Interzone Primary Schools	Newtown Park	
1 December 2007	Regional League Third Round	Palmerston North	
1 December 2008	<i>National Women's League Final (Soccer)</i>	Newtown Park	
2 December 2007	Wellington Juniors Interclub	Newtown Park	
8 December 2007	Gold Programme	Newtown Park	
8 December 2007	Titahi Bay Juniors Interclub	Te Kura Park	
8-9 December 2007	New Zealand Secondary Schools Championships	Wanganui	
15 December 2007	Black Programme	Newtown Park	
15 December 2007	<i>Team Wellington Soccer Match</i>	Newtown Park	6pm
16 December 2007	Wellington Juniors Interclub	Newtown Park	
22 December 2007	Scottish Night of Miles	Newtown Park	5pm start
23 December 2008	<i>Team Wellington Soccer Match</i>	Newtown Park	2pm
<b>Merry Christmas</b>			
29 December 2007	Training sessions - No official timing - No Officials	Newtown Park	
<b>Happy New Year</b>			
4-6 January 2008	North Island Colgate Games	Inglewood	
11-13 January 2008	South Island Colgate Games	Christchurch	
12 January 2008	Gold Programme incorporating Kiwi Throwers Meet	Newtown Park	
13 January 2008	<i>Team Wellington Youth Fixture</i>	Newtown Park	1pm
13 January 2008	<i>Team Wellington Soccer Match</i>	Newtown Park	4pm
19 January 2008	Black Programme	Newtown Park	Anniversary W/E
19 January 2008	14/15 Interprovincials	Palmerston North	Anniversary W/E
20 January 2008	<i>Team Wellington Youth Fixture</i>	Newtown Park	1.30pm
20 January 2008	<i>Team Wellington Soccer Match</i>	Newtown Park	4pm
21 January 2008	Lower Hutt Medal Day (Juniors)	Hutt Rec	Anniversary W/E
26 January 2008	Gold Programme incorporating Wn Masters Multi Events	Newtown Park	
2 February 2008	Black Programme	Newtown Park	
2 February 2008	Technical Manager's Course	Sport Wellington	9.00am
3 February 2008	Wellington Masters Championships (Day 1)	Newtown Park	
<b>6 February 2008</b>	<b>Capital Classic</b>	<b>Newtown Park</b>	<b>TBC</b>
6 February 2008	Paraparaumu Ribbon Day (Juniors)	Paraparaumu	
9 February 2008	Gold Programme	Newtown Park	
10 February 2008	<i>Team Wellington Youth Fixture</i>	Newtown Park	12.30pm
10 February 2008	<i>Team Wellington Soccer Match</i>	Newtown Park	4pm

12 February 2008	Rongotai College Sports Day	Newtown Park
13 February 2008	St Patricks College Sports Day	Newtown Park
14 February 2008	Rongotai College Sports Day	Newtown Park
15 February 2008	St Catherines College	Newtown Park
16 February 2008	Black Programme	Newtown Park
18 February 2008	Wellington Boys College Sports Day	Newtown Park
19 February 2008	St Patricks College Sports Day	Newtown Park
20 February 2008	Scots College Sports Day	Newtown Park
21 February 2008	Samuel Marsden Collegiate Sports Day	Newtown Park
22 February 2008	Wellington Boys College Sports Day	Newtown Park
<b>23 February 2008</b>	<b>Wellington Championships (inc Masters Champs - Day 2)</b>	<b>Newtown Park</b> All day meet
24 February 2008	Mana Juniors Interclub	Adventure Park
25 February 2008	Scots College Sports Day	Newtown Park
26 February 2008	Queen Margaret College Sports Day	Newtown Park
27 February 2008	St Mary's College Sports Day	Newtown Park
28 February 2008	Wellington East College Sports Day	Newtown Park
28 Feb-3 March 2008	NZ Masters Track and Field Champs	Inglewood
29 February 2008	Wellington Girls College Sports Day	Newtown Park
1 March 2008	Gold Programme/Requested Events	Newtown Park
1-3 March 2008	Australian Track and Field Championships	Brisbane
3 March 2008	Western Zone Finals (CSW)	Newtown Park
4 March 2008	McEvedy Shield (CSW)	Newtown Park
5 March 2008	Athletes with a Disability (CSW)	Newtown Park
6 March 2008	Wellington Girls Zone Champs (CSW)	Newtown Park
7 March 2008	Brooklyn Primary School (alt 14th)	Newtown Park
<b>7 March 2008</b>	<b>Black Programme/Requested Events</b>	<b>Newtown Park</b> <b>Friday at 6pm</b>
8 March 2007	<b>No Meeting at Newtown Park</b>	
	<i>8 March 2008 Team Wellington Soccer Game</i>	<i>4pm kick off</i>
<b>9 March 2008</b>	<b>Wellington Junior Championships - Day 1</b>	<b>Newtown Park</b>
10 March 2008	St Marks Church School	Newtown Park
11 March 2008	South Wellington Intermediate (alt 13th)	Newtown Park
12 March 2008	CSW Regional Championships	Newtown Park
15 March 2008	Gold Programme/Requested Events	Newtown Park
<b>16 March 2008</b>	<b>Wellington Junior Championships (Day 2)</b>	<b>Newtown Park</b>
17 March 2008	St Marks Church School	Newtown Park
21-23 March 2008	Colgate Interprovincials	Wanganui EASTER
22 March 2008	BlackBoard Programme/Requested Events	Newtown Park
	<i>23 March 2008 Team Wellington Soccer Match</i>	<i>Newtown Park</i>
25 March 2008	Inter Intermediate Athletics	Newtown Park
27 March 2008	Inter Intermediate Athletics	Newtown Park
<b>28-30 March 2008</b>	<b>NZ Track and Field Championships</b>	<b>Auckland</b>
	<i>30 March 2008 Team Wellington Soccer Match</i>	<i>Newtown Park</i>
5-6 April 2008	North Island Secondary Schools	Waitakere, AKL
5-6 April 2008	South Island Secondary Schools	Timaru

Black Programme		
Time	Track	Field
1.30pm	3000m Track Walk	
2.00pm	80/100/110 hurdles on request	Triple Jump/ Pole Vault
2.10pm	800m	Shot Put
2.35pm	100/60m sprints	
2.55pm	400m	Long Jump
3.05pm	3000/5000m Men & Women	
3.25pm	200m	Discus

Gold Programme		
Time	Track	Field
1.30pm	5000m Track Walk	
2.00pm		High / Triple Jumps
2.10pm	300/400m Hurdles on request	Hammer
2.25pm	100/60m sprints	
2.45pm	1500m/1 mile/2000m	Long Jump
3.05pm	200m	Javelin
3.20pm	3000m/ 1500m/ 2000m steeplechase or other dist event on request	
3.40pm	400m (or if no steeplechase then on completion of 200m)	

**NOTES**

Only two throws per meeting have been programmed due to lack of sufficient officials to run the events. Athletes competing in any unscheduled throwing event are not entitled to any records which may be broken

All field events will commence at set start time. Warm up 15 minutes prior to start times please

Times for Black and Gold Programmes may be altered depending on attendances. Please do not assume that your favoured event will be run at the stated time

**Training sessions:** Track and Field Committee have every Monday to Thursday evening of each week during the season booked for Training sessions for all athletes. From time to time we are asked to allow other groups to have time on these evenings and we will consider these requests. However, during these times Track and Field Athletes have first use of all facilities. Others have to fit around you. **Sundays:** On Team Wellington Soccer match days would you please try to clear the ground by 12 noon. Thank you.

**College Athletics League - These are also Open meetings for senior athletes.**

13-Oct-07		21-Oct-07		28-Oct-07	
1.30pm	1,200m walk	1.30pm	2,000m walk	1.30pm	3,000m walk
<b>1.50pm</b>	<b>Official Season Opening)</b>				
2.00pm	60m sprint	2.00pm	60m sprint	2.00pm	100m sprint
2.00pm	Shot Put	2.00pm	Hammer	2.15pm	Discus
2.20pm	600m	2.00pm	Pole Vault	2.30pm	High Jump
2.20pm	Long Jump	2.20pm	1000m steeplechase	2.40pm	1500m Steeplechase
2.50pm	Sprint Hurdles	2.20pm	Triple Jump	3.00pm	Long Jump
3.10pm	High Jump	2.45pm	800m	3.15pm	Sprint Hurdles
3.15pm	150m Sprint	3.00pm	Javelin	3.30pm	Javelin
3.15pm	Discus	3.10pm	Long Hurdles	3.45pm	1500m
3.35pm	300m	3.20pm	150m sprint	4.00pm	200m
3.55pm	1000m	3.40pm	2000m	4.30pm	3000m
4.20pm	4x100m relay	4.15pm	4x400m relay	4.50pm	Medley relay
					100/200/400/800

**WELLINGTON CENTRE TEAM SELECTION CRITERIA FOR NATIONAL CHAMPIONSHIPS**

The Team will have a maximum size determined by the availability of finance but generally no more than 30.

The Team will include M/W M19/W19 and M16/W16 athletes or age grades as determined by Athletics New Zealand.

The Selectors will consider all performances in the current season, and all programmed disciplines will be represented subject to the following clause.

The Standard as determined by Athletics New Zealand shall be the minimum standard to be achieved for consideration for selection.

Achievement of the Standard does not guarantee and the Selectors reserve the right to include/exclude athletes, where considered appropriate.

All Team members will be required to compete in the Athletics Wellington Uniform.

Note: Any athlete not selected for the Wellington team may compete at Nationals as a representative of their club.

**HURDLES**

	Race Dist Metres	# of Hdls	Hurdle Hgt mm	St to Fin metres	Dist Betw Hdls metres	Last Hdl to Fin metres
Men	110	10	1067	13.72	9.14	14.02
	400	10	914	45	35	40.00
M19/M18	110	10	990	13.72	9.14	14.02
	400	10	914	45	35	40.00
M17/M16	110	10	914	13.72	9.14	14.02
	300	7	840	50	35	40.00
Women	100	10	840	13	8.5	10.50
	400	10	762	45	35	40.00
W19/W18	100	10	840	13	8.5	10.50
	400	10	762	45	35	40.00
W17/W16	100	10	762	13	8.5	10.50
	300	7	762	50	35	40.00