

# Wellington Track and Field Programme 2006-7



Produced by  
Wellington Track and Field Committee

Secretary  
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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

**Club or Secondary 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 11 NOVEMBER 2006. Please show your ID card as proof of your entitlement to free entry.**

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 5 November 2006 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
1 October 2006	Working Bee to get equipment unpacked/ready	Newtown Park	<b>Sunday at 11am</b>
7 October 2006	Under Distances	Newtown Park	
7 October 2006	NZ Road Relay Championships	Feilding	
14 October 2006	College Athletics League + Open meet	Newtown Park	
15 October 2006	Team Wellington Soccer Match	Newtown Park	3.00pm
<b>21 October 2006</b>	<b>College Athletics League + Open Meet/ Official Opening Day</b>	<b>Newtown Park</b>	<b>Labour Weekend</b>
22 October 2006	Long Distance Walks Championships	Hastings	
23 October 2006	Team Wellington Soccer Match	Newtown Park	6.00pm
28 October 2006	College Athletics League + Open meet	Newtown Park	
4 November 2006	NTC First Round Qualifier	Hastings	
4 November 2006	Team Wellington Soccer Match	Newtown Park	6.00pm
11 November 2006	Officials Throws Training Course	Sport Wellington	Morning
11 November 2006	Black Programme	Newtown Park	
11 November 2006	Team Wellington Soccer Match	Newtown Park	6.00pm
12 November 2006	Wairarapa Juniors Interclub	Featherston	
18 November 2006	NTC Second Round Qualifier	Newtown Park	
24-26 November 2006	South Island Masters Championships	Timaru	
25 November 2006	Officials Jumps Training Course	Sport Wellington	Morning
25 November 2006	Gold Programme	Newtown Park	
26 November 2006	Paraparaumu Juniors Interclub	Paraparaumu	
1-3 December 2006	North Island Masters Championships	Whakatane	
2 December 2006	NTC Third Round Qualifier	Palmerston North	
2 December 2006	Team Wellington Soccer Match	Newtown Park	6.00pm
3 December 2006	Officials Walks Course	Sport Wellington	
9 December 2006	Black Programme	Newtown Park	
9 December 2006	Titahi Bay Juniors Interclub	Te Kura Park	
9-10 December 2006	New Zealand Secondary Schools Championships	Christchurch	
7-10 December 2006	Australian All Schools Championships	Sydney	
16-17 December 2006	NTC Finals	Wanganui	
16 December 2006	Team Wellington Soccer Match	Newtown Park	6.00pm
17 December 2006	Wellington Juniors Interclub	Newtown Park	
16-17 December 2006	Australian U18/16 Combined Events Championships	Canberra	
23 December 2006	Scottish Night of Miles	Newtown Park	5pm start
<b>Merry Christmas</b>			
30 December 2006	Training sessions - No official timing - No Officials	Newtown Park	
<b>Happy New Year</b>			
1 January 2007	Tauranga Twilight Meeting	Tauranga	
5-7 January 2007	North Island Colgate Games	Newtown Park	
12-14 January 2007	South Island Colgate Games	Nelson	
13 January 2007	Kiwi 80th Jubilee Meeting, incorporating Gold Programme	Newtown Park	
19-20 January 2007	Olympic Youth Festival	Sydney	
20 January 2007	Black Programme	Newtown Park	
20 January 2007	Team Wellington Soccer Match	Newtown Park	6.00pm
22 January 2007	Lower Hutt Medal Day (Juniors)	Hutt Rec	
<b>24 January 2007</b>	<b>Black Singlet Meeting - Caledonian Classic</b>	<b>Dunedin</b>	
27 January 2007	14-15 Colgate Interprovincials	Hamilton	
27 January 2007	No Programme at Newtown Park	Newtown Park	
<b>27 January 2007</b>	<b>Black Singlet Meeting - Cooks Gardens Classic</b>	<b>Wanganui</b>	
27 January 2007	Team Wellington Soccer Match	Newtown Park	6.00pm

3 February 2007	Gold Programme <i>3 February 2006 Team Wellington Soccer Match</i>	Newtown Park Newtown Park	6pm
3 February 2007	Sylvia Potts Classic	Hastings	
4 February 2007	Wellington Masters Championships (Day 1)	Newtown Park	
6 February 2007	Paraparaumu Ribbon Day (Juniors)	Paraparaumu	
<b>6 February 2007</b>	<b>Black Singlet Meeting - Porritt Classic</b>	<b>Hamilton</b>	
9 February 2007	Queen Maragret's College Athletics Day	Newtown Park	
9-11 February 2007	Australian U20/23 Championships	Hobart	
<b>10 February 2007</b>	<b>Black Singlet Meet - Capital Classic</b>	<b>Newtown Park</b>	
11 February 2007	Karori Juniors Interclub	Newtown Park	
12 February 2007	Rongotai College Athletics Day	Newtown Park	
13 February 2007	St Pat's Town Athletics Day	Newtown Park	
16 February 2007	St Catherine's College Athletics Day	Newtown Park	
<b>17 February 2007</b>	<b>Wellington Championships inc Masters Day 2</b>	<b>Newtown Park</b>	All day meet
	<i>18 February 2007 Team Wellington Soccer Match</i>	Newtown Park	2.00pm
19 February 2007	Samual Marsden Collegiate Athletics Day	Newtown Park	
20 February 2007	St Pat's Silverstream Athletics Day	Newtown Park	
<b>21 February 2007</b>	<b>IAAF Permit Meet</b>	<b>Christchurch</b>	
21 February 2007	Scots College Athletics Day	Newtown Park	
22 February 2007	St Mary's College Athletics Day	Newtown Park	
23 February 2007	Wellington Girls College Athletics Day	Newtown Park	
24 February 2007	Blackboard Programme/ Requested Events	Newtown Park	
25 February 2007	Mana Juniors Interclub	Adventure Park	
27 February 2007	Wellington East Girls College Athletics Day	Newtown Park	
<b>2-4 March 2007</b>	<b>NZ Track and Field Champs incl 10K, W19 3000m and Combined Events</b>	<b>Inglewood</b>	
<b>2-4 March 2007</b>	<b>NZ Masters Track and Field Championships</b>	<b>Christchurch</b>	
5 March 2007	Western Zone Finals (Sec Schools)	Newtown Park	
6 March 2007	McEvedy Shield	Newtown Park	
6 March 2007	Hutt Zone Finals	Hutt Rec	
7 March 2007	Wellington Girls Interzones (Secondary Schools)	Newtown Park	
9-11 March 2007	Australian Track and Field Championships	Brisbane	
10 March 2007	Mayor's Mile Race	Wanganui	
10 March 2007	Black Programme	Newtown Park	
	<i>10 March 2007 Team Wellington Soccer Match</i>	Newtown Park	6pm
13 March 2007	CSW Regional Championships	Newtown Park	
17-18 March 2007	Wellington Junior Championships	Newtown Park	
24 March 2007	World Cross Country Championships	Mombasa, Kenya	
24-25 March 2007	South Island Secondary Schools		
31 March-1 April 2007	North Island Secondary School Championships	Auckland	
7-8 April 2007	Colgate Interprovincials	Christchurch	

### Forthcoming Events of Note

11-15 July 2007	IAAF World Youth Championships	Ostrava, Czech Republic
8-18 August 2007	World University Games	Bangkok, Thailand
25 Aug-2 Sept 2007	IAAF World Championships	Osaka, Japan

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	
3.20pm	3000m/ 1500m/ 2000m steeplechase or other dist event on request	
3.40pm	400m (or if no steeplechase then on completion of 200m)	Javelin

**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.

**Under Distances - 7 October 2006**

Time	Track	Field
2.00pm	1500m Walk	High Jump
2.20pm	60m all grades	Shot Put
2.40pm	600m all grades	Long Jump
3.00pm	150m all grades	
3.20pm	1000m all grades	Discus

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

14-Oct-06		21-Oct-06		28-Oct-06	
1.30pm	1,200m walk	1.30pm	1,500m walk	1.30pm	3,000m walk
2.00pm	60m sprint	<b>1.50pm</b>	<b>Official Season Opening</b>	2.00pm	100m sprint
2.00pm	Shot Put	2.00pm	60m sprint	2.15pm	Discus
2.20pm	600m	2.00pm	Hammer	2.30pm	Long Jump
2.20pm	Long Jump	2.20pm	1000m steeples*	2.40pm	1500m Steeples*
2.50pm	80m Hurdles	2.20pm	Pole Vault*	3.00pm	High Jump
3.10pm	150m sprint	2.20pm	Triple Jump	3.15pm	300m Hurdles*
3.10pm	High Jump*	2.20pm	800m	3.30pm	Javelin
3.15pm	Discus	2.50pm	100m Hurdles	3.45pm	800m
3.35pm	300m	3.00pm	Javelin	4.00pm	200m
3.55pm	1000m	3.15pm	150m sprint	4.30pm	3000m
4.20pm	4x100m relay	3.20pm	Long Jump (non-CAL)	4.50pm	Medley relay
		3.45pm	2000m		
		4.20pm	4x400m relay		

**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	# of Hdls	Hurdle Hgt	St to Fin	Dist Betw Hdls	Last Hdl to Fin
	Metres		mm	metres	metres	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
B14	100	10	840	13	8.5	
B12/13	80	8	762	8	12	
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
G13/14	80	8	762	12	8	
G12	70	7	762	11	7	