

## ***Athletics Southland TRACK & FIELD PROGRAMME 2009 - 10***

***Children's Events:*** to give Southland's younger athletes extra competition experience, the ***Saturday Surrey Park meetings will start at 1pm with selected events for children age 8 up. Races will be seeded by ability, not by age so boys will possibly be in the same heat as girls and racing against other age groups. Older ones (12 -14) will compete in the senior programme as G14. Note, No children's events on the Friday programmes.***

*All events Surrey Park unless indicated otherwise. Children's events start at 1.00pm, senior programme follows straight on.*

### **Oct**

Sat	3	Working Bee and impromptu
Wed - Fri	7,8,9	Holiday programme
Sat	10	Underdistance Surrey Park: 60m, 600m, 300m, 2000m, HJ, DT, LJ (+ Children's B)
Sat	17	Prog A (+ Children's A) with 100/110 hds. <b>GP Hdls, 3k walk</b>
Sun	18	Children's Ribbon Day plus senior 100, HJ, LJ, SP, 1000
Fri	23	Prog B with stpl. <b>GP 100, HT</b>
Fri	30	Prog A with 300/400 hds. <b>GP 800m</b>
Sat	31	Dunedin Prog A

### **Nov**

Sun	1	Waverley Shield
Sat	7	St Pauls War Memorial (+ Children's B). <b>GP 400m, HJ</b>
Fri	13	Prog A with 300/400m hds. <b>GP 3000m, LJ</b>
Sat	14	Dunedin Prog A
Sun	15	Waverley Shield
Fri	20	Prog B with stpl. <b>GP JT, stpl</b>
Sun	22	Sth Marathon
Sat	28	Otago v Sth at Dunedin
Sun	29	Waverley Shield

### **Dec**

Fri	4	SI Masters, Mosgiel
Sat	5	Underdistance, Surrey Park (+ Children's A), SI Masters Mosgiel
Sun	6	SI Masters
Fri	11	Impromptu Surrey Park
Sat-Sun 12, 13		NZSS Timaru
Sun	13	Waverley Shield
Sat	19	Prog B Winton G/S (+ Children's B) <b>GP TJ.</b>

### **Jan**

Fri	1	100 <sup>th</sup> Tuatapere Sports Day
Sat	9	Pre Colgate meet and seniors selected events, Browns Sports Day
Fri – Sun	15-17	SI Colgate Games
Sat	16	Prog A with 100/110 hds. (No Children's events) <b>GP 200m</b>
Fri	22	Capital Classic, Wgtn
Sat	23	Prog B (+ Children's B) with 300/400 hdl. <b>GP 5000m</b>
Sun	24	Inter Centre Chch
Mon	25	Cooks Classic, Wanganui
Fri	29	Sylvia Potts Classic, Hastings
Fri-Sun	29-31	NZ Masters Games, Dunedin
Sat	30	Prog A (+ Children's A) with stpl. <b>GP DT, PV</b>

### **Feb**

Sat	6	Gore Presidents Shield <b>GP SP</b>
Sun	7	Waverley Shield
Fri	12	Prog B with 100/110hds. <b>GP 1500m</b>
Sat	13	Dunedin Prog B and NZ M/W19 3000m Champs
Fri	19	IAAF Permit meet
Sat	20	Prog A with 300/400m hds. (No Children's events) <b>GP hdls</b>

Sun	21	Waverley Shield
Sat-Sun	27 – 28	Southland T & F Champs
<b>March</b>		
Fri	5	Sth SS Champs
Sat-Sun	6 – 7	Sth Children's Champs
Wed- Sat	11-13	Oceania U18 Sydney
Wed-Sun	11-14	Aust U20 Champs
Sat	13	Otago-Sth SS Champs, Invercargill
Thurs	18	Chch International
Sat	20	Southland Primary School Championships
Sat – Sun	20 – 21	SI SS Champs, Dunedin
Fri – Sun	26 – 28	NZ T & F Camps, Chch
<b>April</b>		
Sat – Sun	3-4	NZ Masters T & F
Easter		Interprovs, Inv.

## Events Programme

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### Track A (in order)

100m  
3000m (run and walk combined.)  
Hurdles  
200m  
800m.

### Field A (in order)

Shot Put  
Pole Vault  
Discus  
Long Jump  
*Children's – 100m, 300m, SP, LJ*

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### Track B (in order)

Hurdles  
100m  
1500m  
400m  
5000m

### Field B (in order)

Hammer  
High Jump  
Javelin  
Triple Jump  
*Children's – 60m, 200m, DT, HJ*

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Hurdles (incl. Steeplechase) specified in weekly programme.

*Events may be added to the programme by request at the meeting manager's discretion providing at least 1 week notification is given. Note that field events will be limited to 3 attempts only unless time and availability of officials allow otherwise. Whether athletes have extra attempts and how many is at the discretion of the chief official at each event*

*Check the Sports Draws in Wednesdays Southland Times for details each week, including changes to the programme.*

