

Athletics Wellington
CHILDREN'S CHAMPIONSHIPS
Newtown Park Wellington
Sunday 11th, 18th March 2018
(Reserve Day Sunday 25 March 2018)

TIMETABLE

11 March	Chief Officials meeting (Social Room at end of grandstand)	9.00am
	Competition Begins	9.30am
18 March	Competition Begins	9.30am

DUTY CLUBS

Track Marshalling	Karori
Finish Line	WHAC
Discus 1	Titahi Bay
Discus 2	Mana
Shot Put 1	Athletics Wairarapa & Wairarapa Track & Field
Shot Put 2	Upper Hutt
Long Jump 1	Lower Hutt
Long Jump 2	Olympic
High Jump	Paraparaumu

MEETING RULES

GENERAL

- 1 Where not specifically set out in these rules, the NZCAA By-Laws will apply.
- 2 Only Meeting Officials, Activity Assistants and Athletes marshalling for events, or competing in an event should be in the centre of the Arena.
It is a rule of all athletic competitions that no coaching is allowed inside the competition arena. Athletes are expected to remain in the marshalling area for their events, and parents and coaches must remain outside the fence. If any coach or parent breaks this rule, both they and the athlete may be evicted from the arena (resulting in the athlete's exclusion from further participation in that event).
- 3 Every effort will be made to ensure the programme runs to time and in the order laid down. However, the Organising Committee reserves the right to make any alterations it deems necessary. The Organising Committee also reserves the right to allow the programme to run up to 15 minutes early, if the situation arises.
- 4 **AGE GRADE NUMBERS**
Age Grade Numbers must be worn on the front of athlete's uniform singlets. Failure to do so will mean an athlete will not be able to compete. The athlete's first initial and surname and their athlete number to be printed clearly on the patch under the number with a permanent marker pen.
- 5 **UNIFORMS**
All athletes must compete in their official Club Uniform. This is particularly important for the running tops. Each Team Manager should carry a supply of spare competition tops. If bike shorts are worn, they should preferably be the predominant colour of the uniform shorts, otherwise black must be worn. The bike shorts must be no longer than just above the knee.
- 6 **PROTESTS**
Problems and queries, in the first instance, should be discussed by Team Managers with the appropriate Referee or the Meeting Manager. If the explanation given or action taken does not satisfy the Team Manager, then he or she may lodge a formal protest. **Protests will only be accepted from Team Managers.** Protests must be in writing, setting out the details and grounds for the protest and must be accompanied by a \$20 fee. The fee will be forfeited if the protest is considered to be frivolous. A written protest must be conveyed to the **Meeting Manager, Track Referee or Field Referee** within 15 minutes of the official result being posted or announced.
- 7 **SECURITY**
The Organising Committee accepts no responsibility. There have been instances in past years where cars have been broken into and items stolen. Remember to cover/hide/lock any valuables if you must leave them in the car.
- 8 **MEDALS & RIBBONS**
Medals will be awarded to the first three placings in all Grade 7 - 15 Finals.
Athletes registered with other Centres are not eligible for AWJC Children's Championship records or titles.
Finalist ribbons will be awarded to:
the top 8 placed competitors in all Field events,
All Finalists per 60m/100m/Hurdle/200m/400m final,
All other track Finalists who have had to compete in a preliminary round to progress through to their Final, otherwise to the 4th - 8th Finalists.
Finalist ribbons will not be awarded to relay competitors.

TRACK

- 1 **SPIKES**
Spikes may only be worn during competition, by athletes in Grades 10 – 15.
Maximum Spike length allowed: 6mm on Track / 6mm at Long Jump / 9mm at High Jump. Only cone, pyramid or xmas tree spikes are allowed, NO needle spikes.
- 2 **ASSEMBLY**
Athletes **must not go** to the assembly area or marshalling tents **until called** by the Meeting Announcer.
- 3 **HURDLES**

Age & Grade	Distance	Hurdle Height	Start to 1 st Hurdle	Distance Between Hurdles and No
12G, 13G, 14G, 15G 12B & 13B	80m (Black)	0.762m	12m	8m – 8 hurdles

14B & 15B	100m (Yellow)	0.840m	13m	8.5m – 10 hurdles
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4 **METHOD OF FINDING FINALISTS (Grade 7-15 inclusive)**

60m, 100m, 200m, 400m, 80m Hurdles, 100m Hurdles and all Relays will be determined by times. 800m and 1500m will be determined by placings and fastest losers in the qualifying heats.

Wherever possible, if a race is to go directly to a final, the Track Marshall will run the final **at the scheduled heat time**. All competing athletes must register at the Marshalling tent at the scheduled heat time, to allow them to compete in a final.

60m, 100m, Hurdles

Up to 9 confirmed starters	Final
More than 9 confirmed starters (Fastest 9 to the Final)	Heats, Final

200m, 400m

Up to 8 confirmed starters	Final
More than 8 confirmed starters (Fastest 8 to the Final)	Heats, Final

800m & 1500m

Up to 16 confirmed starters	Final	(This number may be increased after consultation with Team Managers, Meeting Manager and Track Referee, to avoid running heats to eliminate a few athletes)
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Over 16 confirmed starters	Heats, Final
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2 Heats - First 6 in each Heat, plus the 4 fastest losers to qualify for the Final

3 Heats - First 4 in each Heat, plus the 4 fastest losers to qualify for the Final

5 **NOTIFICATION OF QUALIFIERS AND RESERVES**

Qualifiers for finals will be notified in the following way:

(a) Finals sheets will be posted on noticeboards.

(b) Two reserve athletes shall be named and ranked for each final. These reserves should report to the Track Marshalling Tent when the qualifiers are called.

In the event of a withdrawal or non-appearance of a finalist, the Track Marshals shall place a reserve in rank order in the final and once in place, that decision cannot be reversed.

6 **LANE DRAWS**

All lanes in heats, and finals when no preliminary races are necessary, shall be pre-drawn. Lane draws for all finals where a preliminary round has been run will be drawn by ballot and posted on noticeboards.

If there is an excessive number of withdrawals in any event, heats may be redrawn by the Track Marshalls.

Athletes competing in laned events must remain in their lanes and return to the finish line at the completion of events, until dismissed. Any athlete found to have run in an incorrect lane will be disqualified.

7 **QUALIFIERS FOR FURTHER ROUNDS**

Any athlete having qualified for a final, who fails to compete in that final, becomes ineligible for further competition on that day. Likewise, any competitor starting in a final and making no significant effort, could also face disqualification. These decisions will be the sole responsibility of the Track Referee.

8 **STARTING PROCEDURE / FALSE STARTS**

A competitor in Grades 7 to 9 may use a crouch or standing start for races.

A competitor in Grades 10 & 11 must use a crouch start for races up to 400m inclusive.

A competitor in Grades 12 to 15 must use a crouch start off blocks for races up to 400m inclusive.

Crouch starts with spiked shoes **WITHOUT** starting blocks **WILL NOT BE ALLOWED**.

Starting blocks will be supplied by the Wellington Centre. Use of athletes own blocks will not be permitted.

For races 800m and greater, a standing start will be used.

Standing starts will be used by athletes running 800m as the first leg in medley relays.

For Grade 7 to 9 the false start will be called on the athlete(s) responsible. If the same athlete(s) make further false starts, they will be disqualified.

For Grade 10 to 15 the false start will be called on the whole field. ANY athlete(s) making further false starts shall be disqualified.

Any matters relating to the start will be at the absolute discretion of the Starter, Track Referee or delegated official. It will be his or her responsibility to ensure all competitors receive a fair start.

RELAYS

- 1 Athletes may be entered in maximum of ONE relay of EACH TYPE (4 x 100m and Medley). All athletes in a relay team must:
 - (a) be a registered member of the Centre and the Club that enters the Team.
 - (b) wear that Club's uniform.
 - (c) Grade 7, 8 and 9 athletes are permitted to compete up to a maximum of 3 grades higher in a 4 x 100m Relay and/or Medley Relay. Eg a Grade 7 athlete may be a member of up to a Grade 10 relay, a Grade 9 athlete may be a member of up to a Grade 12. Athletes running up an age grade will compete under that age grade rules eg: 9 yr adhering to 12 yr rules if running in a 12 yr race
 - (d) The maximum distance that a Grade 7, 8, 9 athletes may run in a Medley Relay is the 400m leg.
 - (e) Any athlete having qualified for a track final and who fails to compete in that final, is ineligible to compete in any relays.

- 2 **4x100m RELAYS**
 - (a) Relay teams may include athletes from a younger age grade except as restricted by Clause 1(c) above. Younger Age Grade athletes competing in Grade 10 or above 4 x 100m Relays, if running the first leg, must comply with the starting rules for the Grade being competed.
Clubs may enter up to two teams per 4x100m relay race, provided there are lanes available and it is not forcing a second heat.
 - (b) All team members must be of the same sex, except in Grades 7, 8 and 9, where clubs may enter composite teams of boys and girls. The following conditions apply:
 - (1) 1 boy, 3 girls = Girls Team
 - (2) 2 boys, 2 girls - Boys or Girls Team
(Clubs choice, but may compete in only one event)
 - (3) 3 boys, 1 girl = Boys Team
 - (d) For Grade 10 or 11, clubs may enter a composite team but must compete in Boys 10 or 11.
 - (e) There will be no finals for 4 x 100m Relays. 1st, 2nd and 3rd places will be determined from the three fastest times in the heats.

- 3 **MEDLEY RELAYS**
 - (a) Medley relays are open to athletes in Grades 10 - 15.
 - (b) Clubs may enter up to two teams per Medley relay race, provided there are lanes available and it is not forcing a second heat.
 - (c) Athletes from a younger grade may be used in a Medley Relay except as restricted by Clause 1(c) or (d) above. Younger Age Grade athletes competing in Grade 10 or above Medley Relays, if running the first leg, must comply with the starting rules for the Grade being competed.
 - (b) Teams must comprise of either two girls and three boys or vice versa, with one girl running either the 400m leg or the 800m leg.
 - (e) There is no stipulation as to the order in which a team runs their relay. Each team must run the prescribed legs: 2 x 100m, 1 x 200m, 1 x 400m and 1 x 800m
 - (f) Medley relays start from the 400m stagger, and all teams may break lanes at the completion of the second curve (where the athletes enter the home straight on the first lap).
 - (g) Runners are to be marshalled on the outside of the track at each change zone. Lane 1 is to be kept clear for runners not changing the baton at that zone to pass through unimpeded. The baton is to be changed in Lane 2, except for simultaneous changes where outer lanes are to be used as required.
 - (h) There will be no finals for Medley Relays. 1st, 2nd and 3rd places will be determined from the three fastest times in the heats.

FIELD

- 1 **ORDER OF COMPETITION**

Competitors will be randomly sorted into an order of competition and this will be available at the respective activity desk.

- 2 **NUMBER OF ATTEMPTS**

Age Grade 7-13: 3 x Throws, Puts and Jumps will apply to the Discus, Shot and Long Jump respectively and, if valid, each must be measured.
Age Grade 14 & 15: 6 x Throws, Puts and Jumps will apply to the Discus, Shot and Long Jump respectively and, if valid, each must be measured.
Three attempts at each height will be allowed at the High Jump, but three consecutive failures mean elimination.

- 3 **COUNTBACKS**

There will be no countbacks to determine placings apart from High Jump.
The athlete will be awarded on their best valid attempt.

4 **LONG JUMP**

Metre boards will be used up to and including Grade 11.

For Grade 7, 8 the front of the white coloured band will be placed 1m from the leading edge of the pit.

For Grade 9, 10 the front of the white coloured band will be placed 1.5m from the leading edge of the pit.

For Grade 11 the front of the white coloured band will be placed 2m from the leading edge of the pit.

Grades 12 - 15 will use the standard take off board. The standard take off board at Newtown Park is 2.00m from the leading edge of the pit.

5 **HIGH JUMP STARTING HEIGHTS**

<i>Grade</i>	<i>Girls</i>	<i>Boys</i>
10	1.00m	1.05m
11	1.05m	1.10m
12	1.10m	1.15m
13	1.15m	1.20m
14, 15	1.20m	1.25m

6 **DISCUS WEIGHTS**

<i>Grade</i>	<i>Girls</i>	<i>Boys</i>
7, 8, 9	500gms	500gms
10, 11	750gms	750gms
12	750gms	1.000kg
13	1.000kg	1.000kg
14, 15	1.000kg	1.250kg

7 **SHOT WEIGHTS**

<i>Grade</i>	<i>Girls</i>	<i>Boys</i>
7	1.000kg	1.000kg
8, 9	1.500kg	1.500kg
10	2.000kg	2.000kg
11	2.000kg	3.000kg
12	3.000kg	3.000kg
13	3.000kg	4.000kg
14	3.000kg	5.000kg
15	3.000kg	5.000kg

8 Only implements supplied by the Meeting Organising Committee will be allowed in the competition.

CHAMPS PROGRAMME 2018

DAY ONE - Sunday 11 March

Listen carefully to the Ground Announcer for your event to be called.

1= Zoo end 2= Finish Line end

	9.30am	12	Girls	80m Hurdles	Heats
		13	Girls	80m Hurdles	Heats
	9.30am	14	Boys	Shot 2	Final
		15	Boys	Shot 2	Final
	9.35am	14	Girls	80m Hurdles	Heats
		15	Girls	80m Hurdles	Heats
	9.40am	9	Boys	Shot 1	Final
		11	Girls	Discus 2	Final
	9.45am	11	Boys	1500m	Final
		12	Girls	High Jump	Final
	9.55am	13	Boys	1500m	Final
	10.05am	12	Boys	1500m	Final
	10.10am	11	Boys	Long Jump 2	Final
	10.15am	10	Boys	1500m	Final
	10.20am	13	Boys	Long Jump 1	Final
	10.25am	14	Boys	1500m	Final
		15	Boys	1500m	Final
	10.30am	12	Boys	Shot 2	Final
	10.30am	7	Girls	60m	Heats
	10.40am	10	Boys	Shot 1	Final
		13	Girls	Discus 1	Final
	10.40am	8	Girls	60m	Heats
	10.50am	9	Girls	60m	Heats
	11.05am	7	Girls	Discus 2	Final
		14	Girls	High Jump	Final
		15	Girls	High Jump	Final
	11.15am	14	Boys	100m	Heats
		15	Boys	100m	Heats
	11.20am	7	Boys	100m	Heats
	11.30am	9	Boys	100m	Heats
	11.40am	12	Boys	100m	Heats
		14	Boys	Long Jump 2	Final
		15	Boys	Long Jump 2	Final
	11.50am	8	Boys	100m	Heats
		10	Girls	Discus 1	Final
	12.00pm	10	Boys	100m	Heats
	12.10pm	11	Boys	100m	Heats
		8	Girls	Discus 2	Final
		12	Boys	Long Jump 1	Final
		13	Boys	100m	Heats
	12.35pm	13	Girls	200m	Heats
	12.45pm	12	Girls	200m	Heats
		11	Boys	Shot 2	Final
	12.55pm	14	Girls	200m	Heats
		15	Girls	200m	Heats
	1.00pm	9	Boys	Long Jump 2	Final

	Day 1 -	Cont			
	1.00pm	11	Girls	200m	Heats
		13	Boys	Shot 1	Final
		13	Girls	High Jump	Final
	1.10pm	9	Girls	200m	Heats
	1.15pm	14	Girls	Discus 1	Final
		15	Girls	Discus 1	Final
		12	Girls	Discus 2	Final
	1.20pm	10	Girls	200m	Heats
	1.30pm	7	Boys	Long Jump 1	Final
		7	Girls	200m	Heats
	1.40pm	8	Girls	200m	Heats
	1.50pm	8	Boys	Shot 2	Final
	1.55pm	10	Boys	400m	Heats
	2.00pm	11	Boys	400m	Heats
	2.05pm	12	Boys	400m	Heats
	2.10pm	14	Boys	400m	Heats
	2.15pm	9	Girls	Discus 1	Final
		15	Boys	400m	Heats
	2.20pm	11	Girls	High Jump	Final
	2.20pm	13	Boys	400m	Heats
	2.30pm	12	Girls	1K Stpl	Final
		13	Girls	1K Stpl	Final
		14	Girls	1K Stpl	Final
		15	Girls	1K Stpl	Final
	2.40pm	12	Boys	1K Stpl	Final
		13	Boys	1K Stpl	Final
		14	Boys	1K Stpl	Final
		15	Boys	1K Stpl	Final
	2.50pm	12	Girls	80m Hurdles	Final
		13	Girls	80m Hurdles	Final
	2.55pm	14	Girls	80m Hurdles	Final
		15	Girls	80m Hurdles	Final
	3.05pm	7	Boys	100m	Final
		8	Boys	100m	Final
	3.10pm	9	Boys	100m	Final
		10	Boys	100m	Final
	3.15pm	11	Boys	100m	Final
		12	Boys	100m	Final
	3.20pm	13	Boys	100m	Final
		14	Boys	100m	Final
	3.25pm	15	Boys	100m	Final
	3.30pm	7	Girls	60m	Final
	3.30pm	8	Girls	60m	Final
		9	Girls	60m	Final
	3.35pm	8	Boys	Long Jump 2	Final
		10	Girls	800m	Final
		7	Boys	Shot 1	Final
	3.40pm	13	Girls	800m	Final
	3.45pm	12	Girls	800m	Final

	Day 1 -	Cont			
	3.50pm	14	Girls	800m	Final
	3.55pm	15	Girls	800m	Final
	4.00pm	11	Girls	800m	Final
	4.10pm	10	Girls	200m	Final
		7	Girls	200m	Final
	4.15pm	8	Girls	200m	Final
		9	Girls	200m	Final
	4.20pm	13	Girls	200m	Final
		12	Girls	200m	Final
	4.25pm	14	Girls	200m	Final
		15	Girls	200m	Final
	4.30pm	11	Girls	200m	Final
		10	Girls	High Jump	Final
	4.40pm	10	Boys	400m	Final
		11	Boys	400m	Final
	4.45pm	12	Boys	400m	Final
		13	Boys	400m	Final
	4.50pm	14	Boys	400m	Final
		15	Boys	400m	Final
	4.55pm	10	Boys	Long Jump 1	Final
		7	Girls	4 x 100m Relay	Final
	5.05pm	7	Boys	4 x 100m Relay	Final
	5.15pm	8	Girls	4 x 100m Relay	Final
	5.25pm	8	Boys	4 x 100m Relay	Final
	5.35pm	9	Girls	4 x 100m Relay	Final
	5.45pm	9	Boys	4 x 100m Relay	Final
	5:55pm	11	Mixed	Medley	Final
	6:05pm	12	Mixed	Medley	Final
	6:15pm	13	Mixed	Medley	Final
	6:25pm	14	Mixed	Medley	Final
		15	Mixed	Medley	Final
	6:35pm	10	Mixed	Medley	Final

6.40pm

Finish

Day 1

Notes:

- Every effort will be made to keep the program running to time and in the order advised but we also reserve the right to run events up to 15minutes earlier than the advertised time.

CHAMPS PROGRAMME 2018

DAY TWO – Sunday 18 March

Listen carefully to the Ground Announcer for your event to be called.

1= Zoo end 2= Finish Line end

	9.30am	12	Boys	80m Hurdles	Heats
		13	Boys	80m Hurdles	Heats
	9.30 am	14	Girls	Shot 1	Final
		15	Girls	Shot 1	Final
	9.35am	14	Boys	100m Hurdles	Heats
		15	Boys	100m Hurdles	Heats
	9.40am	9	Girls	Shot 2	Final
		11	Boys	Discus 1	Final
	9.45am	11	Girls	1500m	Final
		12	Boys	High Jump	Final
	9.55am	13	Girls	1500m	Final
	10.05am	12	Girls	1500m	Final
	10.10am	11	Girls	Long Jump 1	Final
	10.15am	10	Girls	1500m	Final
	10.20am	13	Girls	Long Jump 2	Final
	10.30am	14	Girls	1500m	Final
		15	Girls	1500m	Final
	10.30am	12	Girls	Shot 1	Final
	10.40am	10	Girls	Shot 2	Final
		13	Boys	Discus 2	Final
	10.45am	7	Boys	60m	Heats
	10.55am	8	Boys	60m	Heats
	11.05am	9	Boys	60m	Heats
		7	Boys	Discus 1	Final
		14	Boys	High Jump	Final
		15	Boys	High Jump	Final
	11.15am	14	Girls	100m	Heats
		15	Girls	100m	Heats
	11.20am	7	Girls	100m	Heats
	11.30am	9	Girls	100m	Heats
	11.40am	12	Girls	100m	Heats
		14	Girls	Long Jump 1	Final
		15	Girls	Long Jump 1	Final
	11.50am	8	Girls	100m	Heats
		10	Boys	Discus 2	Final
	12.00pm	11	Girls	100m	Heats
	12.10pm	8	Boys	Discus 1	Final
		12	Girls	Long Jump 2	Final
	12.10pm	13	Girls	100m	Heats
	12.20pm	10	Girls	100m	Heats
	12.35pm	13	Boys	200m	Heats
		11	Girls	Shot 1	Final
	12.45pm	12	Boys	200m	Heats
	12.55pm	14	Boys	200m	Heats
		15	Boys	200m	Heats

	DAY 2 -	Cont			
	1.00pm	11	Boys	200m	Heats
		13	Girls	Shot 2	Final
		13	Boys	High Jump	Final
		9	Girls	Long Jump 1	Final
	1.10pm	9	Boys	200m	Heats
	1.15pm	14	Boys	Discus 2	Final
		15	Boys	Discus 2	Final
	1.20pm	10	Boys	200m	Heats
		12	Boys	Discus 1	Final
	1.30pm	8	Boys	200m	Heats
		7	Girls	Long Jump 2	Final
	1.40pm	7	Boys	200m	Heats
	1.50pm	8	Girls	Shot 1	Final
	1.55pm	10	Girls	400m	Heats
	2.00pm	11	Girls	400m	Heats
	2.05pm	12	Girls	400m	Heats
	2.10pm	14	Girls	400m	Heats
	2.15pm	9	Boys	Discus 2	Final
		15	Girls	400m	Heats
	2.20pm	13	Girls	400m	Heats
	2.30pm	10	Boys	1200m Walk	Final
		11	Boys	1200m Walk	Final
		12	Boys	1200m Walk	Final
		13	Boys	1600m Walk	Final
		14	Boys	2000m Walk	Final
		15	Boys	2000m Walk	Final
	2.45pm	10	Girls	1200m Walk	Final
		11	Girls	1200m Walk	Final
		12	Girls	1200m Walk	Final
		13	Girls	1600m Walk	Final
		14	Girls	2000m Walk	Final
		15	Girls	2000m Walk	Final
	2.50pm	11	Boys	High Jump	Final
	3.00pm	12	Boys	80m Hurdles	Final
		13	Boys	80m Hurdles	Final
	3.05pm	14	Boys	100m Hurdles	Final
		15	Boys	100m Hurdles	Final
	3.10pm	9	Girls	100m	Final
		10	Girls	100m	Final
	3.15pm	7	Girls	100m	Final
		8	Girls	100m	Final
	3.20pm	11	Girls	100m	Final
		12	Girls	100m	Final
	3.25pm	13	Girls	100m	Final
		14	Girls	100m	Final
		10	Girls	Long Jump 1	Final
	3.30pm	15	Girls	100m	Final
	3.35pm	7	Boys	60m	Final
		8	Boys	60m	Final

	DAY 2 -	Cont			
	3.35pm	9	Boys	60m	Final
	3.40pm	10	Boys	800m	Final
	3.45pm	13	Boys	800m	Final
		7	Girls	Shot 2	Final
		8	Girls	Long Jump 2	Final
	3.50pm	12	Boys	800m	Final
	3.55pm	14	Boys	800m	Final
	4.00pm	15	Boys	800m	Final
	4.05pm	11	Boys	800m	Final
	4.15pm	10	Boys	200m	Final
		7	Boys	200m	Final
	4.20pm	8	Boys	200m	Final
		9	Boys	200m	Final
	4.25pm	13	Boys	200m	Final
		12	Boys	200m	Final
	4.30pm	14	Boys	200m	Final
		15	Boys	200m	Final
	4.35pm	11	Boys	200m	Final
		10	Boys	High Jump	Final
	4.45pm	11	Girls	400m	Final
		12	Girls	400m	Final
	4.50pm	13	Girls	400m	Final
		14	Girls	400m	Final
	4.55pm	15	Girls	400m	Final
		10	Girls	400m	Final
	5.15pm	11	Girls	4 x 100m Relay	Final
	5.20pm	11	Boys	4 x 100m Relay	Final
	5.25pm	12	Girls	4 x 100m Relay	Final
	5.30pm	12	Boys	4 x 100m Relay	Final
	5.35pm	13	Girls	4 x 100m Relay	Final
	5.40pm	13	Boys	4 x 100m Relay	Final
	5.45pm	10	Girls	4 x 100m Relay	Final
	5.50pm	10	Boys	4 x 100m Relay	Final
	5.55pm	14	Girls	4 x 100m Relay	Final
	6.00pm	14	Boys	4 x 100m Relay	Final
	6.05pm	15	Girls	4 x 100m Relay	Final
	6.10pm	15	Boys	4 x 100m Relay	Final

6.15pm

Finish

Day 2

Notes:

- **Every effort will be made to keep the program running to time and in the order advised but we also reserve the right to run events up to 15minutes earlier than the advertised time.**

BEST PERFORMANCES

Note: pre 2010 Electronic timing was not available in some years

After 2010 – only Electronic timing can be accepted for track events Best Performances

BOYS TRACK

Grade	Event	Name	Club	Time or Distance	Year
7	60m	A Curtis	Kiwi Wellington	9.09	2000
8	60m	R. Brown	Paraparaumu	8.82	1991
9	60m	A Brewster	Titahi Bay	8.53	2000
7	100m	A. Curtis	Kiwi Wellington	14.63	2000
8	100m	J. Donnelly	Titahi Bay	14.30	1983
9	100m	A. Brewster	Titahi Bay	13.47	2000
10	100m	A. Schroder	Richmond	13.33	1981
11	100m	Mafutaga Tau	Titahi Bay	12.47	2010
12	100m	Mafutaga Tau	Titahi Bay	11.96	2011
13	100m	Mafutaga Tau	Titahi Bay	11.55	2012
14	100m	Nick Smith	Lower Hutt	11.23	2014
15	100m	M. Coad	Kiwi	11.32	1991
7	200m	N. Willis	Lower Hutt	30.96	1991
8	200m	A. Steinmetz	Paraparaumu	30.07	1990
9	200m	A Brewster	Titahi Bay	28.30	2000
10	200m	A. Brewster	Titahi Bay	27.18	2001
11	200m	A. Brewster	Titahi Bay	25.40	2002
12	200m	Mafutaga Tau	Titahi Bay	24.69	2011
13	200m	M. Beldham	Paraparaumu	23.21	1989
14	200m	Nick Smith	Lower Hutt	23.12	2014
15	200m	R. Bade	Paraparaumu	23.20	1995
10	400m	B. Mohamed	Titahi Bay	63.37	2007
11	400m	Barkhad Mohamed	Titahi Bay	58.71	2008
12	400m	G. Stone	Maidstone	56.50	1983
13	400m	G. Stone	Maidstone	53.50	1984
14	400m	D. Laterveer	Johnsonville	51.90	1986
15	400m	M. Beldham	Paraparaumu	51.63	1991
10	800m	B. Mohamed	Titahi Bay	02:20.80	2007
11	800m	Barkhad Mohamed	Titahi Bay	02:12.64	2008
12	800m	Finlay Seeds	Upper Hutt	02:07.93	2016
13	800m	J. Oliver	Titahi Bay	02:02.96	2007
14	800m	C. Casey	Carterton	02:00.02	2006
15	800m	Max Spencer	Athletics Wairarapa	01:58.01	2016
10	1500m	B. Mohamed	Titahi Bay	04:48.24	2007
11	1500m	Barkhad Mohamed	Titahi Bay	04:31.31	2008
12	1500m	Finlay Seeds	Upper Hutt	04 :24.71	2016
13	1500m	Finlay Seeds	Upper Hutt	04:15.88	2017
14	1500m	C. Casey	Carterton	04:07.79	2006
15	1500m	Kieron McDonald	WHAC	04:10.90	2010

12	80m Hurdles	M. Walker-Tepania	Titahi Bay	12.21	2006
13	80m Hurdles	M. Walker-Tepania	Titahi Bay	11.62	2007
14	80m Hurdles	J. Higgs	Paraparaumu	12.72	1995
14	100m Hurdles	Jordan Brown	Paraparaumu	14.25	2011
15	100m Hurdles	Roderick Solo	Titahi Bay	13.91	2017
10	1000m Walk	Matthew Rowling	Wellington	06:31.00	2012
11	1000m Walk	Matthew Leikis	Karori	06:33.27	2012
12	1000m Walk	K. Gibson	Lower Hutt	05:49.19	2003
13	1000m Walk	Andrew Paton	Upper Hutt	05:31.26	2012
14	1000m Walk	Fraser Sampson	WHAC	05:30.99	2011
15	1000m Walk	Stuart Hood	Maidstone	04:29.79	2011
10	1200m Walk	Liam Dunlop-Brown	Mana	07:12.27	2017
11	1200m Walk	Matthew Rowling	WHAC	07:22.66	2013
12	1200m Walk	Daniel Du Toit	Upper Hutt	06:18.40	2016
13	1600m Walk	Daniel Du Toit	Upper Hutt	07:34.02	2017
14	2000m Walk	Cameron Draper	Mana	13:16.66	2016
15	2000m Walk				
12	1000m Steeple	C. Casey	Carterton	03:16.80	2004
13	1000m Steeple	Tom Quinn	Carterton	03:01.60	2009
14	1000m Steeple	C. Casey	Carterton	02:52.18	2006
15	1000m Steeple	Gerard Hickey	Athletics Wairarapa	02:54.59	2016

BOYS FIELD

Grade	Event	Name	Club		Year
7	Long Jump	F. Meo	Wellington	3.92m	2005
8	Long Jump	K. Kuzmicich	Eastern Suburbs	4.27m	1982
9	Long Jump	A. Brewster	Titahi Bay	4.77m	2000
10	Long Jump	A. Steinmetz	Paraparaumu	4.99m	1992
11	Long Jump	A. Brewster	Titahi Bay	5.30m	2002
12	Long Jump	Manaaki Walker-Tepania	Titahi Bay	5.65m	2006
13	Long Jump	Ben Murdoch	Olympic	5.96m	2014
14	Long Jump	Manaaki Walker-Tepania	Titahi Bay	6.48m	2008
15	Long Jump	Roderick Solo	Titahi Bay	6.44m	2017
10	High Jump	Mate Poduje	WHAC	1.51m	2009
11	High Jump	Barkhad Mohamed	Titahi Bay	1.65m	2008
12	High Jump	Hoani Walker-Tepania	Titahi Bay	1.69m	2007
13	High Jump	Hoani Walker-Tepania	Titahi Bay	1.82m	2008
14	High Jump	J. Edwards	Titahi Bay	1.95m	1986
15	High Jump	S. Rongo	Kiwi	1.85m	1994

7	Shotput 1.375kg	J. Singleton	Paraparaumu	7.91m	1993
7	Shotput 2009 1.0kg	Va'a Tui	Titahi Bay	10.49m	2014
8	Shotput 1.375kg	Broadus Melvin	Titahi Bay	9.61m	2008
8	Shotput 2009 1.5kg	Nelsson Tiumolo	Titahi Bay	9.57m	2017
9	Shotput 1.375kg	A. Davis	Porirua	11.62m	1984
9	Shotput 2009 1.5kg	Nathan Giles	Mana	10.77m	2010
10	Shotput 1.92kg	A. Brewster	Titahi Bay	12.62m	2001
10	Shotput 2009 2.0kg	Va'a Tui	Titahi Bay	11.41m	2017
11	Shotput 2.72kg	Manaaki Walker-Tepania	Titahi Bay	11.62m	2005
11	Shotput 2009 3.0kg	Mafutaga Tau	Titahi Bay	11.03m	2010
12	Shotput 3.25kg	Manaaki Walker-Tepania	Titahi Bay	13.44m	2006
12	Shotput 2008 3.0kg	Johannes Akapita	Maidstone	13.01m	2008
13	Shotput 4.0kg	Zion Trigger- Faitele	Titahi Bay	15.44m	2016
14	Shotput 5.0kg	Zion Trigger- Faitele	Titahi Bay	15.80m	2017
15	Shotput 5.0kg	T. Smith	Titahi Bay	13.19m	2000
7	Discus	S. Williams	Porirua	24.17m	1984
8	Discus	Josh Ingham	Olympic	28.89m	2016
9	Discus	Dante Ford- Tuveve	Titahi Bay	33.39m	2017
10	Discus	Manaaki Walker-Tepania	Titahi Bay	32.80m	2004
11	Discus	T. Waldrom	Wainuiomata	35.44m	1995
12	Discus	T. Waldrom	Wainuiomata	38.54m	1996
13	Discus	T. Waldrom	Wainuiomata	49.89m	1997
14	Discus	Zion Trigger- Faitele	Titahi Bay	51.93m	2017
15	Discus	Gerard Ahnau	Titahi Bay	48.99m	2015

GIRLS TRACK

Grade	Event	Name	Club	Time	Year
7	60m	Ruby Stirling	Titahi Bay	9.46	2007
8	60m	L. Read	Titahi Bay	9.20	1982
9	60m	C. Marshall	Maidstone	8.80	1987
7	100m	A. Birch	Onslow	15.52	2000
8	100m	K. Cusin	Maidstone	14.80	1986
9	100m	A. Watson	Titahi Bay	14.20	1981
10	100m	A. Piper	Paraparaumu	13.93	1989
11	100m	Danielle Choat	Karori	13.15	2003
12	100m	A. Atkinson	Mana	12.90	1984
13	100m	Sarah Buchanan	Karori	12.68	2000
14	100m	K Kalivati	Lower Hutt	12.59	2000
15	100m	M. Maunder	Paraparaumu	12.40	1993

7	200m	A. Conroy	Mana	33.48	2000
8	200m	E. MacIntyre	Otaki	31.90	1984
9	200m	K. Cusin	Maidstone	29.70	1987
10	200m	T. Waikari	Titahi Bay	28.50	1987
11	200m	Catherine Faumuina	Titahi Bay	27.28	2004
12	200m	A. Atkinson	Mana	26.50	1984
13	200m	L. Bogiwalu	Johnsonville	26.09	1991
14	200m	K. Kalivati	Lower Hutt	25.82	2000
15	200m	E. MacIntyre	Otaki	26.23	1990
10	400m	Emily Eastgate	Karori	66.81	2005
11	400m	Emily Eastgate	Karori	63.12	2006
12	400m	Anna Roche	Wellington	60.78	2005
13	400m	Stevie Paine	Masterton	58.85	2009
14	400m	Izzy Hegan	Olympic	58.52	2014
15	400m	Vicky Paine	Masterton	60.17	2007
10	800m	G. Smith	Masterton	02:29.53	1986
11	800m	W. Driver	Titahi Bay	02:25.50	1983
12	800m	A. Stuart	Otaki	02:19.90	1982
13	800m	A. Stuart	Otaki	02:14.70	1983
14	800m	A. Stuart	Otaki	02:12.80	1984
15	800m	Alison Andrews-paul	Athletics Wairarapa	02:18.60	2013
10	1500m	Maia Wilkinson	WHAC	05:15.87	2016
11	1500m	Phoebe McKnight	Lower Hutt	04:55.60	2013
12	1500m	Stevie Paine	Masterton	04:47.60	2008
13	1500m	A. Stuart	Otaki	04:39.00	1983
14	1500m	A. Stuart	Otaki	04:32.00	1984
15	1500m	Bridget Kiddle	Karori	04:53.06	2012
12	70m Hurdles	H. McEwan	Kiwi Wellington	12.37	1999
12	80m Hurdles 2008	Bernadine Solo	Titahi Bay	13.45	2015
13	70m Hurdles	H. McEwan	Kiwi Wellington	11.30	2000
13	80m Hurdles 2008	April Campbell	Carterton	12.81	2008
14	80m Hurdles	K. Kalivati	Lower Hutt	12.22	2000
15	80m Hurdles	C. Dunning	Onslow	12.20	1995
15	100m Hurdles 2004 ?	Lucy White	Paraparaumu	17.43	2013
10	1000m Walk	McKenzie Jacques	Maidstone	06:36.97	2011
11	1000m Walk	McKenzie Jacques	Upper Hutt	05:59.09	2012
12	1000m Walk	T. Heenan	Kiwi Wellington	05:15.68	2000
13	1000m Walk	Rachael Witkowski	Wellington	05:53.01	2012
14	1000m Walk	Michaela Housiaux-Andrews	Otaki	05:06.26	2010
15	1000m Walk	A. Sampson	Wellington	05:37.95	2006
10	1200m Walk	Chille Murphy	WHAC	8:40.89	2017

11	1200m Walk	Sam MacKinder	Upper Hutt	7:41.60	2014
12	1200m Walk	Ilena Shadbolt	WHAC	7:42.98	2014
13	1600m Walk	McKenzie Jacques	Upper Hutt	10:29.58	2014
14	2000m Walk				2013
15	2000m Walk	McKenzie Jacques	Upper Hutt	14:38.79	2016
12	1000m Steeple	Kelsey Forman	WHAC	03:30.82	2011
13	1000m Steeple	Ariana Blackwood	Carterton	03:26.72	2008
14	1000m Steeple	Alison Andrews-Paul	Masterton	03:18.46	2012
15	1000m Steeple	Alison Andrews-Paul	Athletics Wairarapa	03:22.97	2013

GIRLS FIELD

Grade	Event	Name	Club		Year
7	Long Jump	I. Iota	Naenae	3.46m	1983
8	Long Jump	T. Catchpole	Eastern Suburbs	4.04m	1982
9	Long Jump	L. Platt	Paraparaumu	4.27m	1981
10	Long Jump	A. Birch	Onslow	4.55m	2003
11	Long Jump	Rylee Watt	Lower Hutt	4.82m	2017
12	Long Jump	Emily Eastgate	Karori	4.95m	2007
13	Long Jump	BobbyRose Girven-Russell	Wellington	5.11m	2007
14	Long Jump	D. Judd	Maidstone	5.30m	1985
15	Long Jump	B. Beazer	Lower Hutt	5.28m	1994
10	High Jump	Tiana Lewis	Titahi Bay	1.42m	2006
11	High Jump	Siena Cockburn	Athletics Wairarapa	1.48m	2016
12	High Jump	Tiana Lewis	Titahi Bay	1.56m	2008
13	High Jump	Phoebe Edwards	Wellington	1.60m	2012
14	High Jump	Keeley O'Hagan	Paraparaumu	1.70m	2009
15	High Jump	Keeley O'Hagan	Paraparaumu	1.75m	2010
7	Shotput 1.375kg	N. Cox	Titahi Bay	6.86m	1984
7	Shotput 2009 1.0kg	Mikayla Solo	Lower Hutt	6.76m	2014
8	Shotput 1.375kg	Terrelle Onesemo	Lower Hutt	8.46m	2008
8	Shotput 2009 1.5kg	Kyrah Whitman	Titahi Bay	7.58m	2013
9	Shotput 1.375kg	O. Baker	Titahi Bay	9.19m	1989
9	Shotput 2009 1.5kg	Kyrah Whitman	Titahi Bay	9.18m	2014
10	Shotput 1.92kg	G. Isaacs	Paraparaumu	10.82m	1985
10	Shotput 2009 2.0kg	Falasia Lupo	Titahi Bay	9.55m	2011
11	Shotput 2.72kg	G. Isaacs	Paraparaumu	10.76m	1986
11	Shotput 2009 2.0kg	Elizabeth Hewitt	Mana	11.63m	2016
12	Shotput 2.72kg	O. Baker	Titahi Bay	11.87m	1992

12	Shotput 2008 3.0kg	Rebecca Toimata	Karori	11.58m	2013
13	Shotput 3.25kg	S. Curtis	Kiwi	10.40m	1991
13	Shotput 2008 3.0kg	Rebecca Toimata	Karori	11.71m	2014
14	Shotput 3.25kg	G. Isaacs	Paraparaumu	12.83m	1988
14	Shotput 2008 3.0kg	Leesa Lealaisalanoa	Titahi Bay	13.13m	2008
15	Shotput 3.25kg	O. Baker	Titahi Bay	11.25m	1995
15	Shotput 2008 4.0kg	Leesa Lealaisalanoa	Titahi Bay	11.81m	2009
7	Discus	J. Akavi	Mana	18.10m	2003
8	Discus	Terrelle Onesemo	Lower Hutt	23.32m	2008
9	Discus	M. Ngatai	Porirua	24.88m	1986
10	Discus	Amanda Holmes	Titahi Bay	26.74m	2012
11	Discus	G. Isaacs	Paraparaumu	30.00m	1986
12	Discus	Jessika Akavi	Titahi Bay	33.17m	2008
13	Discus	M. Ngatai	Porirua	33.12m	1990
14	Discus	Courtney Fafeita	Carterton	40.34m	2008
15	Discus	Leesa Lealaisalanoa	Titahi Bay	46.40m	2009

RELAYS

7	Boys Relay	4 x 100m	Porirua	63.90	1983
8	Boys Relay	4 x 100m	Paraparaumu	59.70	1984
9	Boys Relay	4 x 100m	Paraparaumu	58.80	1985
10	Boys Relay	4 x 100m	Titahi Bay	57.20	1987
11	Boys Relay	4 x 100m	Paraparaumu	54.20	1987
12	Boys Relay	4 x 100m	Titahi Bay	49.89	2011
13	Boys Relay	4 x 100m	Titahi Bay	47.74	2007
14	Boys Relay	4 x 100m	Karori	46.80	2014
15	Boys Relay	4 x 100m	Titahi Bay	46.36	2014
7	Girls Relay	4 x 100m	Paraparaumu	66.40	1987
8	Girls Relay	4 x 100m	Paraparaumu	63.10	1982
9	Girls Relay	4 x 100m	Olympic	60.60	2017
10	Girls Relay	4 x 100m	Paraparaumu	59.10	1982
	Girls Relay	4 x 100m	Paraparaumu	59.10	1984
11	Girls Relay	4 x 100m	Karori	56.07	2003
12	Girls Relay	4 x 100m	Titahi Bay	52.93	2013
13	Girls Relay	4 x 100m	Paraparaumu	52.12	1981
14	Girls Relay	4 x 100m	Titahi Bay	51.94	2015
15	Girls Relay	4 x 100m	Paraparaumu	51.26	1992
10	Medley Relay	(Mixed)	Olympic	04:50.71	2015
11	Medley Relay	(Mixed)	Olympic	04:37.95	2015
12	Medley Relay	(Mixed)	Olympic	04:28.16	2013
13	Medley Relay	(Mixed)	Lower Hutt	04:13.78	2015
14	Medley Relay	(Mixed)	Olympic	04:09.41	2015
15	Medley Relay	(Mixed)	Carterton	03:55.25	2006