

OTAGO CHILDREN'S ATHLETIC COMMITTEE

2015/2016 Office Bearers

Chairman	Bevan Mears
Vice Chairmen	Michael Moffitt, Kevin Shaw
Secretary	Mike Jowsey
Treasurer	Vacant
Auditor	Brent Halley
Committee	Janne Miller, Michael Moffitt (HCTU), Jenny McNally, Angie Beattie (TAIR), Evelyn Armstrong (CAVH), Russell Lund, Kevin Shaw (ARIK), Jeff Spillane (North Otago)
Life Members	Beverley Findlay, Russell Findlay, Warren Deans, Malcolm Giles, Andrew Finn, Ross Garner, Lesley Schofield, Paul Tyson, Ken Johnston, Deidre Helm, Bryce Watt, Mike Jowsey

2015/2016 Competition Officials

Meeting Manager	Bryce Watt
Track Referee	Andrew Finn
Field Referee's	Throws: Peter Finnie, Jumps: Evelyn Armstrong
Starter	Bevan Mears, Michaela Watt
Photo Finish	Mike Jowsey, Paul Tyson.
Jury of Appeal	When required a Jury of Appeal will be formed by the Meeting Manager from suitably qualified people in attendance at the meeting. The Jury shall compromise at least 3 members and shall be formed in such a way as to avoid any conflicts of interest.

Acknowledgements

The 2015/2016 committee would like to thank everyone who assists with the organisation and operation of children's athletics in Otago. Without your involvement and commitment our young athletes would not have a sport.

We would also like to acknowledge the support we receive from:

Athletics Otago

Sport Otago

Colgate Palmolive Ltd

Otago Children's Club Committees

New Zealand Children's Athletics Association

Dunedin City Council

Caledonian Society of Otago

Otago Children's Athletic Clubs

Ariki Athletic and Harrier Club

Russell Lund | suzannelund@xtra.co.nz | 03 476 1011

Kevin Shaw | kev.shaw35@gmail.com | 027 358 9687

www.ariki-athletics.org.nz

Guthrie Pavilion, Shore Street, Anderson's Bay, Dunedin

Club Night: Monday; 6.00-7.00pm for 6-9 year olds; 6.45-8.00pm for 10-14 year olds.

Get Set Go program for Grade 4/5 time to be advised

Aspiring Athletes

Bronwyn Coers | bron@cambridgeestates.co.nz | 03 443 5576

www.aspiringathletes.nz

Wanaka

Club Night: Tuesday and Thursday, 3.30-5.30pm

Athletics Alexandra

Sue Brydges | athleticsalexandra@gmail.com | 021 852 355

www.athletics-alexandra.org.nz

Molyneux Park, Alexandra

Club Night: Monday 5.45-7.00pm

Athletics Taieri

enquiries@athleticstaieri.com

www.athleticstaieri.com

Memorial Park, Mosgiel

Club Night: Tuesday 5.30-6.30

Caversham Harrier and Athletic Club

Evelyn Armstrong | earmstrong@chemistry.otago.ac.nz | 021 176 1138

Ken McDonald | mcdonald0ken@gmail.com | 027 894 3722

www.cavershamharriers.co.nz

Top of Middleton Road, Corstorphine, Dunedin

Club Night: Tuesday 6.00-7.30pm

Hill City-University Athletic Club

Vicki Millar | kelvandvicki@xtra.co.nz | 03 489 3793 | 021 0236 1333

www.hillcity.org.nz

Logan Park, Dunedin

Club Night: Tuesday 6.00-7.15pm

Leith Harrier and Athletic Club

David Barton | daru@maxnet.co.nz | 03 473 1159 or 021 137 4491

www.leithharriers.com

Chingford Park, North Road, North East Valley, Dunedin

Club Night: Tuesday 5.30-6.45pm

North Otago Athletics

Jeff Spillane | thespillanes@yahoo.com | phone 03 4372337

Whitestone Stadium, Centennial Park, Oamaru

Club Night: Wednesday Under 12yrs 5.30-6.30pm; 12 yrs and above 6.00pm to 7.30pm

Remarkable Runners

remarkableathletics@gmail.com

www.remarkablerunners.co.nz

Queenstown Events Centre Fields - Frankton

Thursday's 4.30 - 6pm Club Night

Tuesday 5.30 - 7pm High School/Comp Squad

South Otago Athletics

Karen Sinclair | soathleticclub@gmail.com | 03 418 1834

Pearson Lane, Balclutha

Club Night: Tuesday 5.30-6.30pm

OTAGO CHILDREN'S ATHLETICS
PROGRAMME 2015-2016 SEASON

October	Saturday 10	Ribbon Day (School Holidays)	Caledonian	9.00-12.00
	Saturday 17	Interclub (Track C Field A)	Caledonian	9.00-12.00
	Saturday 31	Interclub (Track A Field B)	Caledonian	9.00-12.00
November	Saturday 7	SBS Mini-Multi's (Day 1)	Caledonian	9.00-12.00
	Saturday 14	Interclub (Track B Field A)	Caledonian	9.00-12.00
	Sunday 22	Paape Cup	Caledonian	10.00-4.00
	Saturday 28	SBS Mini-Multi's (Day 2)	Caledonian	9.00-12.00
December	Saturday 5	Interclub (Track C Field B)	Caledonian	9.00-12.00
	Saturday 12	Interclub (Modified TrackA FieldA) Otago Champ Medley Relays	Caledonian	9.00-12.00
January	Fri/Sat/Sun 8-10	N.I Colgate Games	Palmerston Nth	All Day
	Friday 15	S. I Colgate Games	Nelson	All Day
	Saturday 16	S. I Colgate Games	Nelson	All Day
	Sunday 17	S. I Colgate Games	Nelson	All Day
	Saturday 23	South Is Youth Teams	Invercargill	All Day
	Saturday 30	Interclub (Track B Field B) NZ Masters Games & combined events	Caledonian	9.00-12.00
February	Saturday 6	Interclub (Track C Field A)	Caledonian	9.00-12.00
	Saturday 13	Interclub (Selectors Choice)	Caledonian	9.00-12.00
	Saturday 21	Otago Champs Senior/Children	Caledonian	All Day
	Sunday 22	Otago Champs Senior/Children	Caledonian	All Day
	Weekend 26-28	NZ Masters Champs	Caledonian	All Day
March	Weekend 4-6	ANZ Track & Field Champs	Caledonian	All Day
	Saturday 12	Otago Sec. Schools	Caledonian	All Day
	Sunday 13	Interclub	Caledonian	TBA
	Saturday 19	Otago/Southland Sec. Schools	Caledonian	All Day
	Sunday 20	7-11 Team Meet-995	Timaru	10.00-4.00
	Sat/Sun 26-27	Colgate Interprovincials Grade 12 and 13 Team Meeting	Dunedin	All Day

Chairman's Message.

Welcome to the 2015/2016 athletic season.

This season we are hosting the Interprovincial event for 12 and 13 year olds.

Also this year you will be able to come and watch the cream of NZ athletes as Dunedin is hosting the NZ senior nationals in March.

The new track is ready to go and waiting for you to come and run on it.

In the meantime enjoy the coming season and make the most of the program we have put together for you.

Bevan Mears

Otago Children's Athletics Program Rotations

(Guide only...subject to change)

Field Program A

<u>Grade</u>	<u>Event</u>	<u>Event</u>
7	Kit/Vortex	Shot Put
8	Long Jump	Discus
9	Shot Put	Kit/Vortex
10	Long Jump	Discus
11	High Jump	Discus
12	Shot Put	Long Jump
13	Discus	High Jump
14	Long Jump	Shot Put

Field Program B

<u>Grade</u>	<u>Event</u>	<u>Event</u>
7	Long Jump	Discus
8	Kit/Vortex	Shot Put
9	Discus	Long Jump
10	High Jump	Shot Put
11	Long Jump	Shot Put
12	Discus	High Jump
13	Shot Put	Long Jump
14	Discus	High Jump

Track Program A

7,8,9 60m & 80m

10-14 100m/1500m/Relay

10-14 Race Walk on alternate Interclub weeks.

Track Program B

100m & Track Relay

200m/800m/Relay

Track Program C

200m & Kit Relay

Hurdles/400m/Relay



OTAGO CHILDREN'S ATHLETICS

GENERAL INFORMATION

1. Caledonian Ground Rules:

The following are **prohibited** at the Caledonian Ground:

- Skate boards, scooters and bikes ridden within the perimeter fences
- Coloured drinks anywhere within the track and field fences
- Spikes worn outside the track and field area
- Climbing on equipment/fences, gates and shelter constructions
- Climbing on equipment such as jump pads, motor bike, trolleys and trailers
- Playing in the trees around the Caledonian boundary fence
- Smoking
- Dogs

2. In some competitions, only the athletes competing in an event are permitted inside the track and field Area. This will be announced and club officials will be asked to monitor their athletes both inside and outside the arena.
3. **For safety reasons no athlete should be crossing the track, long jump run-ups and field event areas, especially when an event is being held. This includes the finish line area so that there is no interference with judges and camera equipment.**
4. **CLUBS ARE ASKED TO ENSURE THAT THEIR ATHLETES ABIDE BY THESE RULES. (The Committee reserves the right to deduct club points from particular competitions if they consider a breach of these rules warrants such action)**
5. **Parent Involvement/Assistance** is required to assist with the smooth operation of Club days, particularly when hurdles are programmed.
6. **Training** for officials is available and can be arranged with support from Joan Merrilees. Ask your club's committee members for details.
7. Each Club is assigned a field event duty **as well as** supplying people to assist with time keeping, judging, recording and marshalling athletes. It is the club's responsibility to have sufficient people available to ensure all athletes get a fair go.

The field events assigned this year are:

High Jump	<i>Caversham/Country Clubs</i>	Shot Put	<i>Hill City</i>
Discus	<i>Ariki</i>	Long Jump	<i>Taieri</i>

Please ensure the event is set-up 10 minutes before the start of the competition. Clubs are also required to return the equipment to the appropriate storage rooms

8. When hurdles are being run, we require Clubs to supply additional helpers as follows:
At least two additional people from Ariki, Hill City and Taieri
At least one additional person from Caversham

9. Cancellation Process

The cancellation committee will endeavour to ensure everyone is given sufficient time to be notified of the cancellation of the days competition. The decision is based on the knowledge of clubs travel, weather prospects, athletes safety and well-being plus consideration for officials and equipment.

1. We advise Radio Dunedin of the cancellation notice and this is broadcast on air.
2. There is a Facebook page called **Otago Children's Athletics** and a cancellation notice will be placed there.
3. A cancellation notice will also be placed on Otago Cancel at ...
<http://www.otagocancel.co.nz/> ...search under Dunedin and Athletics OR register to receive a text message.
4. A representative of each club is also advised and clubs may have their own system for making the information known to their members.

10. Best Performances

The Otago Children's Athletic Committee maintains a list of Otago athletes 'Best Performance' (BP) results achieved at any OCA, NZCAA or any other NZCAA affiliated Children's events. These lists are made available to Club's and are updated each year. An Otago BP must be ratified at any OCA inter club event by a graded official, Referee or Meeting Manager appointed by the OCAC. All track times must be fully automatic and all jumps and throws must be confirmed by tape measure.

11. Publication of Results

Results will be posted on results boards during the weekly competitions. Results are also posted each week on the Athletics Otago website.

www.athleticsotago.co.nz/Results-Records

12. Internet Sites

Athletics New Zealand...

Athletics Otago...

New Zealand Secondary School Sports Association...

Otago Secondary School Sports...

Sport Otago...

NZ Children's Athletics.

www.athletics.org.nz

www.athleticsotago.co.nz

www.nzssaa.org.nz

www.osssa.org.nz

www.sportotago.co.nz

www.nzchildrensathletics.co.nz

Facebook... search for...**Otago Children's Athletics**



13. Ground Amenities

To keep costs down for Clubs and athletes on Club competition days, we only hire a part of the amenities at the Caledonian. We therefore ask you to remain out of the facilities such as showers and toilets under the Grandstand. Toilets are provided for all the public at the rear of the grandstand around from the shop, near the main gates (100 metre start end).

We ask all clubs to maintain the area that your club uses in the grandstand in a reasonable and tidy condition. This is to ensure that our rental costs do not include additional cleaning expenses.

Annual Inter-Club and Provincial Competitions and Awards

1. Paape Grand Challenge Cup

This cup is for Inter-Club competition once per season. There is a set programme and Clubs are limited to the number of competitors that can be selected per event. The Caledonian Society of Otago are the hosts for this meeting and the OCA run the meeting. The trophy was first presented in 1937 by A.A. Paape Esq, for competition between Dunedin Schools and this continued until 1973 when the Caledonian Society of Otago asked OCA if they would continue the competition between Clubs. **Current holder: Hill City**

2. J. G. Duncan Shield

This trophy was presented by Gerald Duncan when he retired as Chairman of the OCA Committee in 1987/88 for Saturday Inter-Club competition. This is held on selected 'secret' Saturdays and excludes the Paape Cup, Mini-Multis and Otago Championships. **Current holder: Hill City**

3. The Glue Inter-Club Shield

This trophy was presented by the Glue Family of the Alhambra Athletic Club for the overall winner at the Otago Children's Track and Field Championships, held each season. It was presented in 1962 to the first winner which was the North Otago Athletic and Harrier Club. **Current holder: Hill City**

4. The Edna May Cup

This Cup was presented by Claude May (Town Clerk of Green Island for many years and a stalwart Secretary of the Greater Green Island Club) for competition at the Otago Championships. The Cup is presented to the Club with the highest aggregate points score at the Otago Children's Track and Field Championships. The Club that wins the Glue Shield is not included in this calculation. **Current Holder: Taieri**

5. Tyson Challenge Cup

This cup was presented by Mr Paul Tyson (past chairman of the OCA Committee) and Mrs Liz Tyson in 1999 for competition between Southland and Otago athletes Grade 7 to Grade 11. **Current holder: Otago**

6. Peterson Shield

This was presented by Mr Bill Peterson (Canterbury) in 1975 for competition between Otago and Canterbury athletes Grade 7 to Grade 13. This changed in 1979 to Grade 7 to Grade 11. Southland came into this competition in 1982 at the first Triangular Meeting which was held in Dunedin. **Current holder: Canterbury**

7. Nine Ninety Five

This was presented in 1992 by Russell and Beverley Findlay for Competition between Tasman, Canterbury, Southland and Otago athletes Grade 7 to Grade 11. (The reason behind the name of the trophy is that it is approximately 995 kilometres from Invercargill to Nelson.) **Current holder: Canterbury**

8. Bev Findlay Interprovincial Cups

Two cups were presented by the Otago Children's Athletic Committee in recognition of the work Mrs Findlay has contributed over many years to our involvement in this annual event. The cups are for the 'Best Performed' Girls Grade 12 and Girls Grade 13 athlete from the Otago Team competing at the annual Interprovincial Teams Meeting.

Current holders: G12: Tara McNally; G13: Hannah Ashton

9. **Russell Findlay Interprovincial Cups**

Two cups were presented by the Otago Children's Athletic Committee in recognition for the work Mr Findlay has given as a Selector and Overall Manager for OCA. The cups are for the 'Best Performed' Boys Grade 12 and Boys Grade 13 athlete from the Otago Team competing at the annual Interprovincial Teams Meeting.

Current holders: G12: Jack East; G 13: Jonathan Baker

10. **Andrew Finn Cup**

The award is made for all-round athletic achievement. This award is made each year to a Grade 13 or 14 athlete selected by the committee on the basis of their athletic achievements throughout their time with Otago Children's Athletics, not solely in these Grades. The selection process takes into account such attributes as fair play, teamwork and effort as well as a high level of achievement. The winner will have their name engraved on the cup and receive a smaller engraved replica to keep.

Current holder: Cameron Miller

11. **Certificates:** presented after the Paape Cup and Otago Track and Field Championships

12. **Medals:** presented in all grades from 7-14 for 1st, 2nd and 3rd places in the 2-day Mini-Multi competition.

Competitors Code of Behaviour

- Take part for the 'fun of it' and not just to please parents and coaches
- Abide by the rules
- Never argue with officials
- Show respect for equipment, facilities and grounds
- Control your temper
- Work equally hard for yourself and your Club team
- Be a good sport
- Treat others as you would like to be treated
- Co-operate with your coach, team mates, opponents and officials. Without them there would be no meeting.
- Challenge and develop your own athletic potential
- It is not whether you win or lose, but how you compete.

Managers, Coaches, Parents, Supporters Code of Behaviour

- Remember, children are involved in organised sport for their enjoyment, not yours
- Encourage children to abide by the rules
- Remember children take part for enjoyment and winning is only part of their motivation
- Avoid concentrating on talented youngsters. The 'average' athletes need and deserve equal time
- Focus upon the child's efforts and performances rather than the overall outcome of the event
- Never ridicule or shout at a child making a mistake or losing a competition.
- Children learn best by example, applaud good performances by everyone
- If you disagree with an official, raise the issue through the appropriate channel, (your team manager) rather than question the official in public
- Support all efforts to remove verbal and physical abuse from sporting activities

- Recognise the value and importance of volunteer managers, coaches and officials. They give their time and resources to provide sporting activities for children
- Remember officials are parents, temporarily performing a different function
- Understand that when requests are made for assistance to help with an event, or to move equipment etc. it is because there are not enough officials to do it. In cases when no helpers are available, that particular event may need to be cancelled for the day
- If you are not an official, or assisting the officials, then you are not permitted inside the track perimeter fence during competition.

Please remember the Caledonian Ground is a Dog Free and Smoke Free Facility



HEALTH AND SAFETY POLICY

It is our intention to advise all athletes, supporters and the general public of any potential hazards that we have identified in our Centre events and when using our equipment. We have listed below what we have identified and welcome any additional hazards you may have identified.

1. Clubs should advise all volunteers of the rules and the Health and Safety Policy at their events.
2. This is a smoke free area.
3. Rakes, shovels and brooms are to be used by helpers only.
4. No throwing of sand from the sandpits.
5. No running across the track or the inner field.
6. Stay with your age group until asked to move from one event to another, or back to the stand.
7. It is advisable that footwear be worn around the Stadium and in the carpark.
8. No playing with any equipment while waiting for your next turn at an event.
9. Clubs should teach children to use correct technique with all equipment – throws and jumps.
10. Warm up prior to training and competition.
11. All incidents should be reported to the Meeting Manager and/or any of the Referees. These should be recorded in the 'Incident Book'.
12. No climbing on Fences, Trolleys, Gates, Equipment, Shelters or playing in the trees.

Particular Event Rules of Safety:

All Clubs are required to supply a supervisor at their assigned event, to look after the athletes and to oversee behaviour in accordance with the OCA Code of Behaviour and the Health and Safety Policy.

Running: Spike shoes may only be worn by athletes Grade 10 and up. (Spike shoes must be removed immediately after each race before leaving the competition area).
All athletes from Grade 12 and up must use starting blocks
Beware of noise from the Starter's gun

- Long Jump: Footwear is optional
Wait for the signal to commence the run-up once the pit has been prepared
Do not throw sand
- Discus: Cage must be erected before the event commences
It is strongly advised that footwear be worn for this event
Only one athlete in the throwing circle at a time
The Official marking the distance must maintain visual contact with the throwing circle
The discus must be carried back, not thrown
- Shotput: It is strongly advised that footwear be worn for this event
Athletes must wait behind the throwing circle
Only one athlete in the throwing circle at a time
The Official marking the distance must stand outside the sector lines and maintain visual contact with the throwing circle
The shotput must be carried back, not thrown or rolled
- High Jump: Check the run-up for foreign objects
Spikes advised when (if) jumping off grass
Wait for the signal before attempting the jump
Check run-up surface for traction – wet, smooth etc.
No running across or behind the High Jump area
Official must stand at a safe distance from the uprights
Officials must replace the track running rail at the end of the programme
- Hurdles: You must only use hurdles when supervised
Hurdles MUST only be hurdled when facing the correct direction
Hurdles must be lifted properly to avoid injury

SUMMARY OF BASIC RULES

1. Age Grouping: The age is taken as at 31st December in the season of competition
e.g. Year of birth - 2001 age 14 at 31st Dec 2015, competes as Grade 14
Year of birth - 2008, age 7 at 31st Dec 2015, competes as Grade 7
2. No athlete shall compete in any event outside his or her registered grade, apart from relays where a younger athlete may be used to make up a team.
3. All athletes must wear their appropriate Club uniforms with their 'Colgate' Grade Patch on the front left-hand side. You will be given a label which has a competition number and Club Name written on it. This is to be adhered above the Colgate age patch number. **Do not pick it off**, as this is how your name will be recorded in the computer system for both track and field events. Write your name below the number (see example on page 22). **Do not swap patches or singlets with other athletes.**

4. Spike running shoes may only be worn by competitors in the 10, 11, 12, 13, and 14 Grades. They are subject to inspection to ensure they comply with the requirements for different tracks or run up surfaces and that they are not in a dangerous condition. If spike shoes are worn, they must be used only during warm up and competition. Spike shoes must be removed at the immediate completion of the athlete's events and before leaving the arena.
5. No warm ups are permitted on the front 100 metre straight of the track or the inside lane of the complete track. This is to ensure the track surface quality is maintained.
6. Starting blocks may be used by competitors in the 10 and 11 grades. Starting blocks are compulsory at the Caledonian for anyone wearing spikes and all grade 12-14 athletes.
7. Track Shoes - Grade 7-9
All shoes capable of taking spikes are banned from use by these grades at meetings organised by the OCAC and any NZ Children's organised events.
8. The Meeting Manager shall have the power to limit or increase the number of permissible attempts in any field event. The normal number of attempts in any field event shall be:

Long Jump	Three jumps
High Jump	Three attempts at each height, except where the total number of competitors exceeds 25 (male and female), then two attempts at each height until 5 competitors are left, then 3 attempts.
Discus	Three throws except where the total number of competitors exceeds 25 (male and female), then two throws.
Shotput	Three puts except where the total number of competitors exceeds 25 (male and female), then two throws.

Events will generally be run in the order of girls followed by boys to allow the Meeting Manager to control the number of permissible attempts. This will also facilitate earlier commencement of the next round of events (where possible) to ensure that the ground hire commitment is not exceeded.

9. Long Jump

Metre boards shall be used by athletes up to and including Grade 11 and all AWD athletes. As a guide, the front of the white centre band of the metre board should be placed 1m from the near edge of the pit for Grade 7, 8 and AWD, 1.5m for Grade 9 and 10 and 2m for Grade 11.

It is recommended that younger athletes restrict the length of their run up, so that they take off at full speed.

10. High Jump Starting Heights

Colgate Rules will apply for all Saturday meetings, Otago Championships and Paape Cup. These heights are indicated below in brackets.

The Mini-Multi starting heights will start at a lower level as follows:

<u>Grade</u>	<u>Mini Multi</u>	<u>Colgate/Centre</u>	<u>Grade</u>	<u>Mini Multi</u>	<u>Colgate/Centre</u>
10 Girls	0.95m	(1.05m)	10 Boys	1.00m	(1.10m)
11 Girls	1.00m	(1.10m)	11 Boys	1.05m	(1.15m)
12 Girls	1.10m	(1.15m)	12 Boys	1.15m	(1.20m)
13 Girls	1.15m	(1.20m)	13 Boys	1.20m	(1.25m)
14 Girls	1.20m	(1.25m)	14 Boys	1.25m	(1.30m)

Clubs are asked to ensure that all athletes have attempted or achieved the Centre starting heights as detailed above, at a Club night.

Time does not allow for involved coaching at any event.

11. Shot Put Weights

Grade 7 Girls and Boys	1.000 Kg
Grade 8 and 9 Girls and Boys	1.500 Kg
Grade 10, 11 Girls and Grade 10 Boys	2.000 Kg
Grade 12, 13, 14 Girls and Grade 11, 12 Boys	3.000 Kg
Grade 13 Boys	4.000 Kg
Grade 14 Boys	5.000 Kg
PARA*...weight for age	Up to 3.000 Kg

12. Discus Weights

Grade 7,8 and 9 Girls and Boys	0.500 Kg
Grade 10, 11, 12 Girls and Grade 10, 11 Boys	0.750 Kg
Grade 13, 14 Girls and Grade 12, 13 Boys	1.000 Kg
Grade 14 Boys	1.250 Kg
PARA*...weight for age	Up to 1.000 Kg

*Note: These weights can be adjusted on application to the Meeting Manager by a coach, parent or referee.

13. Length of Running Events

Otago Children's Athletics applies the recommended race distances as set by NZCAA without exception for the well-being of all athletes.

Track distances are:

Grade 7-9 Boys and Girls	60m, 80m, 100m, 200m
Grade 10-14 Boys and Girls	100m, 200m, 400m*,

800m*, 1500m*, Hurdles
G10-12:1200m*, G13:1600m*, G14:2000m*

Grade 10-14 **Walks** Boys and Girls

*** An athlete may only compete in 2 of these events per day as per NZCAA rules.**

Although Otago Children's Athletics does not run Cross Country or Road Race events they endorse NZCAA and Athletics Otago rulings on recommended distances for athletes of 10 - 14 years of age.

14. Hurdle Heights and Distances

Flights	Grade	Distance (M)	Height (M)	Start to 1 st Hurdle (M)	Distance between H (M)	Last Hurdle to finish (M)	Colour
5	G10 & 11	55	0.620	11	7	16	?
5	B10 & 11	55	0.620	11	7	16	?
8	G12	80	0.762	12	8	12	Black
8	G13 & 14	80	0.762	12	8	12	Black
8	B12 & 13	80	0.762	12	8	12	Black
10	B14	100	0.840	13	8.05	10.05	Yellow

15. Starting Procedures

60m to 400m inclusive and hurdles

- 15.1 Assembly Line** Athletes are placed on the assembly line by the Starter's Assistant(s). (A minimum of 2 metres behind the start line)
- 15.2 On your marks** All competitors then move forward to the Start line. Using a crouch start, the crouch position is taken up.
- 15.3 Set** The final starting position (normal set position) is taken up
- 15.4 Gun** **This will be fired when ALL the field is STILL**
- 15.5 False Start** **Athletes, after assuming a full and final set position, shall not commence their start until receiving the report from the gun, or approved starting apparatus. If, in the judgement of the Starters or Recalls, an athlete starts before the gun, it is deemed a false start. Except in Combined Events, any athlete responsible for a false start shall be disqualified.**

800m and 1500m races

- 15.6 **Assembly Line** Athletes are placed on the Assembly line by the Starter's Assistant(s). (A minimum of 2 metres behind the start line)
- 15.7 **On Your Marks** All competitors then move to the Start line.
A Standing Start is mandatory. The feet **MUST** be placed in the position from which they will **"PUSH OFF"** when the gun goes.
- 15.8 **Gun** This will fire when **ALL** the field is **STILL**.
- 15.9 **False Start (break)** Same rules for 60m to 400m

16. Determining Finalists

All races where heats are required to determine the finalists, will be based on the fastest times of the athletes over all the event heats and not on the place of the athlete in the heat.

17. Otago Relay Rules

4 x 100m

There must be two athletes in the race age group before a team can be entered in that event.

An athlete may, **where necessary**, compete in two relays

Ages for mixed teams will be Grades 7, 8, 9.

A mixed team of 2 girls and two boys, will be designated a boys team.

Medley Relay Grade 10-14

An athlete may compete in one relay only

A team consists of 5 athletes and must include at least 2 boys and 2 girls

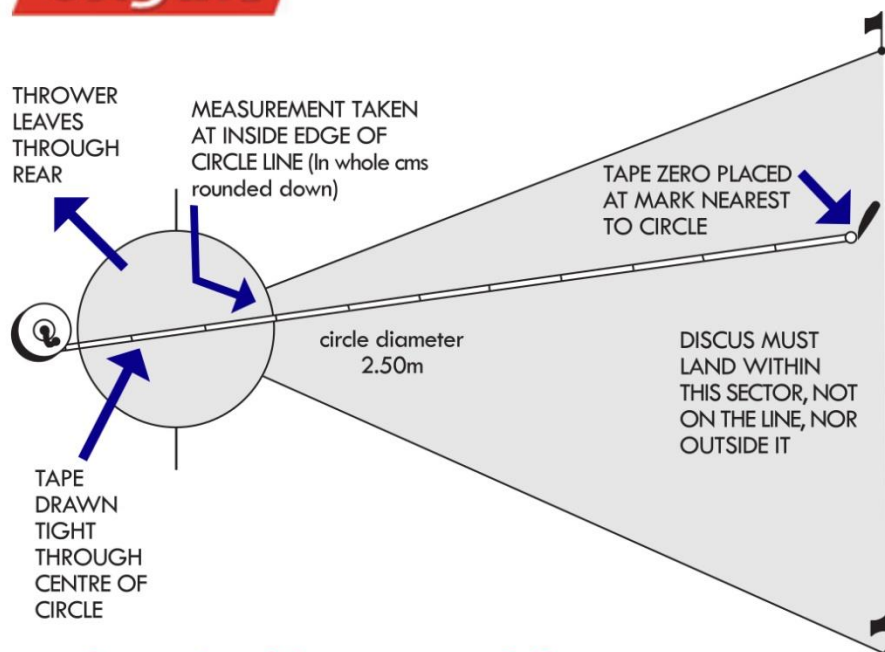
A Grade 7-9 athlete may be included in a team but may only run 100m or 200m

Note: These rules only apply to Otago competition, and are different from Colgate Games relay rules

18. **Uniforms.** The club uniform is the colours that your club is registered under and these colours must be worn. If an athlete wants to wear something under the uniform it needs to be predominately the club colour or black or white.
Branding on clothing worn under the uniform is allowed, **providing** the clothing is predominately the club colour.
19. PARA athletes are encouraged to compete. To facilitate this clubs are advised that all rules can and will be adjusted to suit the needs of these athletes. Please approach the Meet Manager first.

DISCUS

Colgate



**Supervise this event carefully;
the discus is a dangerous implement**

SAMPLE SCORE SHEET

A	X	1923	1984	3rd
B	20.45	19.96	20.38	2nd
C	17.28	17.43	16.80	4th
D	20.08	X	20.56	1st

X = Foul / No Throw

NZCAA WEIGHTS

500gm	Grades 7, 8 & 9
750gm	Grades 10, 11, 12 Girls
	Grades 10 & 11 Boys
1 Kg	Grade 12 & 13 Boys
	Grade 13 & 14 Girls
1.25 Kg	Grade 14 Boys

NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA DISCUS SHEET



**New Zealand Children's
Athletic Association Inc.**

IMPORTANT RULES

1. The throw must be commenced from a stationary position in the circle.
2. The thrower must not touch the top of the circle ring, nor the ground outside the circle.
3. The thrower must not leave the circle until the discus has landed, and only then through the rear half of the circle.

COMMON GRIP



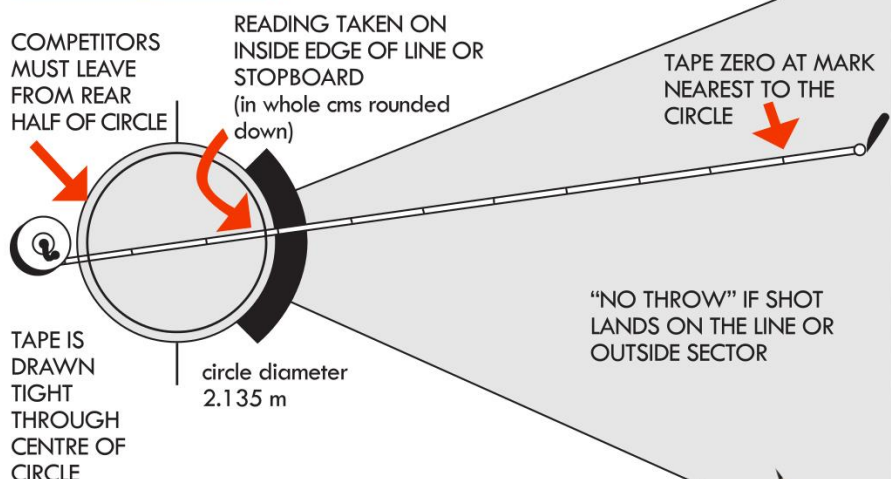
HINTS ON ORGANISING THE DISCUS

- Arrange competitors in throwing order
- Allow a practice throw if time permits
- Explain the rules at the start if necessary
- Specify the number of throws (generally 3)
- Record all throws in a tie, next best count and so on until there is a 'clear' winner

SHOT PUT



Colgate



SAMPLE SCORE SHEET

A	717	724	X	2nd
B	660	671	650	4th
C	724	715	712	3rd
D	717	724	732	1st

(2nd and 3rd decided on second best throws)
X = Foul / No Throw

NZCAA WEIGHTS

1.000kg	Grades 7
1.500kg	Grades 8 & 9
2.000kg	Grade 10 Girls & Boys, Grade 11 Girls
3.000kg	Grade 11 Boys, Grade 12 Girls & Boys
	Grade 13 & 14 Girls
4.000kg	Grade 13 Boys
5.000kg	Grade 14 Boys

NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA SHOT PUT SHEET



New Zealand Children's
Athletic Association Inc.

IMPORTANT RULES

1. The shot must be put from the shoulder with one hand.
2. The shot must remain close to the chin or neck right through the action.
3. The action of putting must start from a stationary position.
4. The thrower must not touch the ground outside the circle. The top of the stopboard or circle rim, may not be touched.
5. The thrower must leave the circle from the rear half, but only after the shot has landed.



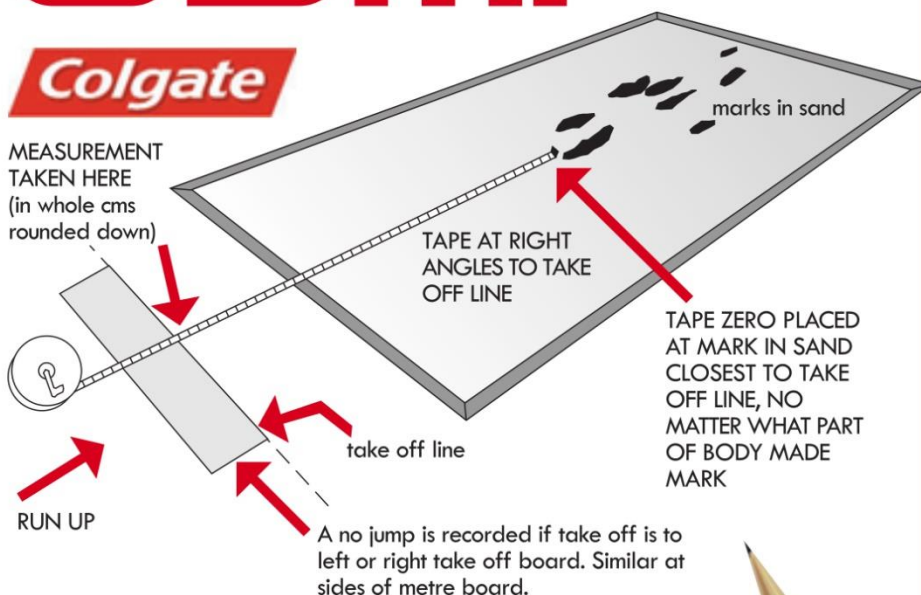
HINTS ON ORGANISING THE SHOT PUT

- Arrange competitors in throwing order
- Allow a practice throw if time permits
- List names and explain rules if necessary
- Specify the number of throws (generally 3)
- Record all throws

LONG JUMP

Colgate

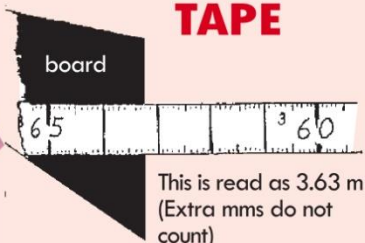
MEASUREMENT
TAKEN HERE
(in whole cms
rounded down)



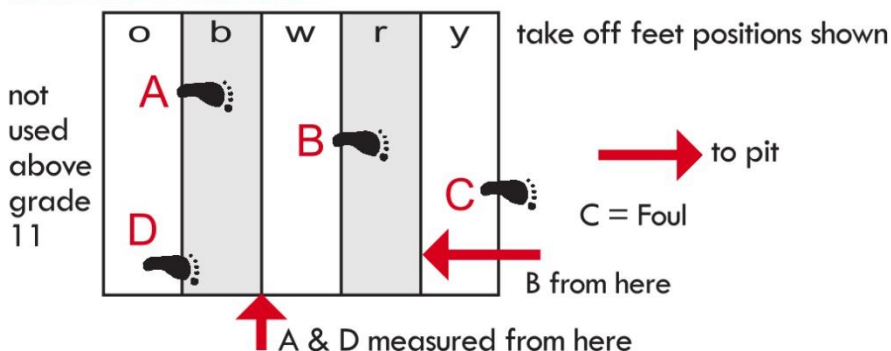
SAMPLE SCORE SHEET

A	204	205	X	2nd
B	X	X	1.62	4th
C	200	210	1.99	1st
D	185	1.92	1.73	3rd

CORRECT READING OF TAPE



METRE BOARD



NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA LONG JUMP SHEET



New Zealand Children's
Athletic Association Inc.

NO JUMPS or FAILS

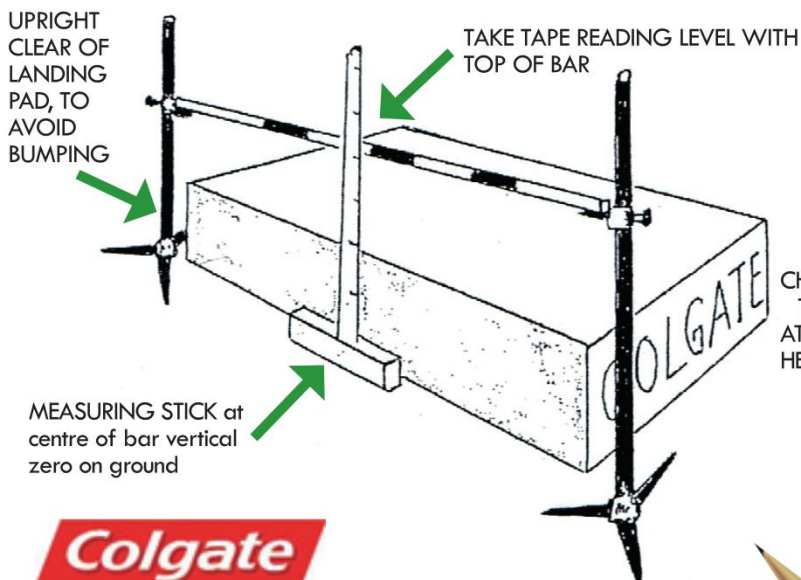
1. Foot in front of line at take off.
2. Walking back through the pit after the jump, when the first contact with ground outside, is closer to the take off line than the closest break in the sand.
3. Somersaulting
4. Landing on, or touching ground outside pit and closer to take off line than the mark in the pit.

HINTS ON ORGANISING THE LONG JUMP

- Arrange competitors in order
- Allow a practice jump if there is time
- Specify number of jumps (usually 3)
- Record all jumps - in a tie, the next best jump counts, and so on

HIGH JUMP

UPRIGHT
CLEAR OF
LANDING
PAD, TO
AVOID
BUMPING



TAKE TAPE READING LEVEL WITH
TOP OF BAR

MEASURING STICK at
centre of bar vertical
zero on ground

BEFORE
EACH
ROUND
CHECK THAT
THE BAR IS
AT CORRECT
HEIGHT AND
LEVEL

Colgate

SAMPLE SCORE SHEET

	1.10	1.15	1.20	1.23	1.26	1.29	
W	0	0	XO	XXX			4th
X	XO	XXO	0	XO	XO	XXX	1st
Y	0	XO	XXO	XXO	XXX		3rd
Z	0	0	XXO	XO	XXO	XXX	2nd

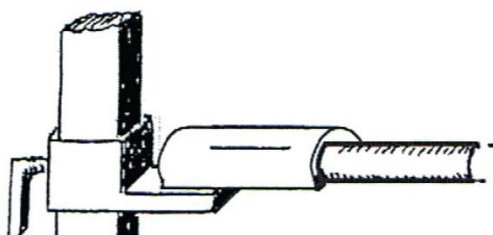
X WINS - lowest number of attempts at the
winning height

O = Clearance
X = Failure

FAILURES

- Knocking bar off, even if a landing is made before the bar falls
- Two-foot take off
- Touching ground or apparatus beyond plane of uprights before jumping

CORRECT SETTING OF CROSSBAR



NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA HIGH JUMP SHEET



**New Zealand Children's
Athletic Association Inc.**

COUNT BACK RULES

1. The winner is the competitor with the lowest number of jumps at the winning height.
2. If a tie remains, the winner is the competitor with the lowest number of failures throughout the event, including the last height cleared.
3. If a tie still remains (for first place only), jump off as follows:
 - (a) one jump each, at the next height above the last height cleared.
 - (b) If still tying, the bar shall be raised or lowered 2cm as appropriate and each competitor must attempt one jump at each height.

HINTS ON ORGANISING THE HIGH JUMP

- Enter names on result sheet in jumping order
- Allow practice jumps at a height below the starting level
- Announce the starting height and subsequent lifts
- Measure new heights at the start of each round
- Each competitor gets up to three attempts at each height
- A jumper is eliminated after three consecutive failures

SELECTION OF TEAMS

The OCA Committee have three panels of Selectors.

Grade 7–11(incl)	995 Meet (Timaru)	Sunday March 20th	2016
Grade 12 and 13	NZCAA Interprovincial Teams Meet (Dunedin)	March 26/27th	2016
Grade 14-17(incl)	South Island Youth Teams Meet (Invercargill)	January 23rd	2016

Selection of our Otago Representative Grade 7 to 11 and Grade 12 and 13 Inter-provincial are based on an athlete's ability to score points in **FOUR** events, which must be a mixture of both track and field.

Grade 14 (-17) team athletes must be able to do 3 events with a mixture of track and field.

Athletes may find they are selected for an event that they consider is not one of their favourites, or best, however the Selectors goal is to place everyone in their top scoring events from results achieved through the season in order to gain the maximum points for the Otago team.

Selectors must also make sure they have the minimum (and indeed maximum) numbers required in each event per age group.

We therefore encourage all athletes to compete in as many of the events as possible, both track and field, to show the Selectors that they are capable of doing a range of events, and also which ones they excel at.

Everyone must remember they are being selected for an **OTAGO TEAM** and must respect the Selectors decisions.

This year's selectors:

G12/13:	Bryce Watt, Peter Finnie, Michael Moffitt, Kevin Shaw
G7 – 11:	Russell Lund, Jeff Spillane, Evelyn Armstrong
G14-17:	Bryce Watt (Otago Children's rep on Athletics Otago panel)

Team Managers

Managers are required to assist with all teams, particularly at the 7 to 11 grade competitions. Help is required to assemble and organise the athletes during the competition. Nomination forms are sent to all Club Secretaries

A HISTORICAL PERSPECTIVE

NZ Interprovincial Grade 12 and Grade 13 Teams Event

This event started in Easter 1979 when the first meeting was held in Nelson. There were only 5 teams present, but over the years it has grown to where every athletic centre in New Zealand, has a team represented.

Each team consists of a maximum of 44 athletes and 8 adults. There are 11 male and 11 female athletes from each grade. (Part teams can be sent).

Every athlete must be able to compete in 4 events, excluding relays. They must also be a combination of track and field events. Athletes score points for each event and this goes towards the team total. Relays are included in the overall total. The points are based on the decathlon scoring system. There are no semi-finals, finals or individual placings.

Otago teams usually travel on the Thursday before Good Friday and return home on Easter Monday or Tuesday, depending on where they have had to travel. The team must stay together, even when the event is held locally as this helps to build good team spirit.

Otago track suits and a competition uniform are provided. They are the property of the OCA Committee.

To be held at Easter in Dunedin 26/27th March 2016

Grade 14 -17 South Island Teams Meeting:

Canterbury started this meeting for grades 14 and 15 in the 1986/87 season to meet the needs of athletes between the children and senior level. In 2014 the event was expanded to include Grades 16 and 17.

The competition is between Southland, Otago, Canterbury and Tasman and is held annually in late January. There are 10 male and 10 female athletes to a team and centres can enter as many teams as they wish.

Athletes must be able to do 3 events being a mixture of track and field. The meeting is held over one day and points are scored based on the decathlon system.

Managers are appointed through Otago Athletics.

To be held in Invercargill 23rd January 2016

Colgate Games

In January 1973, one year before the Commonwealth Games in Christchurch, the Canterbury Children's Athletic Association decided to hold a South Island Mini-Olympics for athletes in Grade 7 to 13. This was followed by another meeting about 2 years later. Nothing more happened until 1979 when **Colgate Palmolive Ltd** became the sponsor of New Zealand Children's Athletics.

The first official Colgate Games were held in Christchurch in January 1979, then again in 1981. In 1982 a New Zealand Colgate Games was held in Wellington. Since 1982, both Islands have hosted a Colgate Games at various venues, with a New Zealand Games being held every third year until 2000. It was then decided to do away with the New Zealand Meeting and to continue with meetings in both Islands every year.

During the years Grade 14's were added to the competition.

Now each South Island Centre gets to hold the South Island Colgate Games, on a rotational basis.

The competition is for club athletes. Grades 7, 8 and 9 compete in divisions and receive at least a competitor pendant. Grades 10, 11, 12, 13 and 14 compete in heats, finals etc, with finalists receiving a ribbon. Gold, silver and bronze medals are also awarded to the 1st, 2nd and 3rd place getters respectively in each final.

With over 700 competitors normally involved, this is one of the biggest athletic meetings held in New Zealand.

South Island Colgate games – Nelson 15/16/17 January 2016

Otago Best Performances as at 1st May 2015

	Girls Grades highlights= new BP's 2014/15							
Event	7	8	9	10	11	12	13	14
60m	9.51s	9.34s*	9.04s*					
80m	12.99s	12.79	12.50s					
100m	15.94s*	15.50s*	15.00s*	14.42s	13.65s	13.06s	12.81s	12.73s
200m	33.61s	32.50*	31.50s*	30.50s*	27.07s	26.76s	26.14s*	26.53s
400m				66.74s*	64.44s*	61.84s*	60.34s*	59.27s
800m				2:33.18	2:34.75	2:22.10	2:19.13	2:23.60
1500m				5:03.04*	4:50.14*	4:54.02	4:52.63	4:55.20
55m H				10.10s*	9.60s*			
80m H						13.71s	12.68s	12.02s
1200m W				7:25.00*	7:17.00*	7:09.00*		
1600m W							8:45.00*	
2000m W								10:36.48
Shotput	6.31m*	8.10m*	9.50m*	8.70m*	11.31m	10.34m	11.55m	10.76m*
Discus	19.05m	20.70m	25.79m	21.72m	25.67m	33.39m	31.50m	32.53m
Longjump	3.35m	3.76m	4.35m	4.42m	4.66m	4.88m	5.10m	5.00m
Highjump				1.35m	1.45m	1.55m	1.57m	1.63m
4 x 100m	66.34s*	65.34s*	60.24s*	58.12s	57.54s*	55.74s*	52.26s	52.73s

	Boys Grades highlights= new BP's 2014/15							
Event	7	8	9	10	11	12	13	14
60m	9.14s*	9.04s*	8.84s					
80m	12.39s	12.29s	11.66s					
100m	15.24s*	14.44s*	13.40s	13.44s*	13.28s	12.33s	11.91s	11.56s
200m	32.14s*	30.84s*	29.79s	28.01s	27.41s	25.06s	24.13s	23.74s
400m				63.08s	60.26s	56.59s	53.68s	52.62s
800m				2:29.54*	2:22.74*	2:13.69	2:09.14*	2:05.64*
1500m				5:04.04*	4:55.64*	4:38.16	4:21.64*	4:19.48
55m H				9.59s	9.40s*			
80m H						12.75s	12.03s	
100m H								14.19s
1200m W				7:17.00*	7:09.00*	6:57.90		
1600m W							8:22.50	
2000m W								11:53.09
Shotput	7.59m*	8.80m*	11.24m*	11.35m*	10.20m*	12.20m*	12.62m	12.33m
Discus	18.92m	24.95m	33.90m	30.04m	33.76m	37.10m	48.50m	45.14m
Longjump	3.60m	3.96m	4.41m	4.67m	5.01m	5.21m	5.67m	6.28m
Highjump				1.46m	1.50m	1.69m	1.74m	1.86m
4 x 100m	64.68s	63.98s	60.54s	57.11s	55.97s	53.47s	50.27s	47.23s
Mixed Medley				5:11.03	4:39.18	4:31.91	4:24.34	4:10.93

* New standard due to the new weights and electronic timing equipment

Otago Children's Best Performances 2014-15

Girls					
80m	8	Neve Beattie	Taieri	12.79 (-0.3)	07.02.2015
Discus	9	Nirvana Hepi-Breen	Hill City Uni	25.79m	22.03.2015
High Jump	11	Sarah Langsury	Ariki	1.45m	14.03.2015
Boys					
100m	11	Duncan Trevithick	Ariki	13.30 (4.9)	SI Colgates Dn. 16.01.2015
100m	11	Duncan Trevithick	Ariki	13.28 (2.1)	SI Colgates Dn. 16.01.2015
100m	13	Nico Bowering	Aspiring	11.94s (2.4)	I-P Hamilton 04.04.14
100m	13	Jonathon Baker	Hill City Uni	11.91s (2.4)	I-P Hamilton 04.04.15
400m	12	Jack East	Aspiring	56.59	I-P Hamilton 04.04.15
80m Hurdles	12	Jackson Toms	Alexandra	12.75s (0.7)	I-P Hamilton 05.04.15
80m Hurdles	13	Hamish Mears	Hill City-Uni	12.03 (5.1)	SI Colgates Dn. 16.01.2015
2000m Race Walk	14	Alex Browne	Caversham	11m53.09	SI Colgates Dn. 18.01.2015
4X100m Relay	14	Jack Addis	Hill City-Uni	47.23s	SI Colgates Dn. 18.01.2015
		Josiah Lesa			
		Cameron Miller			
		Timothy Horton			
Shot Put	13	Hamish Mears	Hill City-Uni	12.62	14.02.2015
Discus	8	Jaxon Thompson	Taieri	24.95	14.02.2015
Discus	13	Hamish Mears	Hill City-Uni	45.50m	03.01.2015
Discus	13	Hamish Mears	Hill City-Uni	48.50m	I-P Hamilton 04.04.15
Mixed					
Medley Relay	11	Duncan Trevithick	Ariki	4m39.18s	SI Colgates Dn. 18.01.2015
		Sarah Langsbury			
		Riley Shaw			
		Holly Cook			
		Sam Cosgrove			
	12	George Bates	Hill City-Uni	4m31.91	13.12.2014
		Sophie Miller			
		Dominic Morrison			
		Xanthe Maole			
		William Scharpf			
Representative					
Boys 4x100	13	Matthew Wong	Caversham	49.26	I-P Hamilton 05.04.15
		Jonathan Baker	Hill City-Uni		
		Sam Knight	Aspiring		
		Nico Bowering	Aspiring		

A GRADE PATCH, CORRECT CLUB UNIFORM AND COMPETITION NUMBER must be worn at ALL Otago Children's Athletic Interclub Meetings and Competitions.

The GRADE PATCH must be worn at Colgate Games

The GRADE PATCH must be either sewn or securely fastened to the LEFT FRONT of the athlete's club singlet or tee shirt as shown below.

The COMPETITION NUMBER must be pinned in the CENTRE of the shirt below the number.

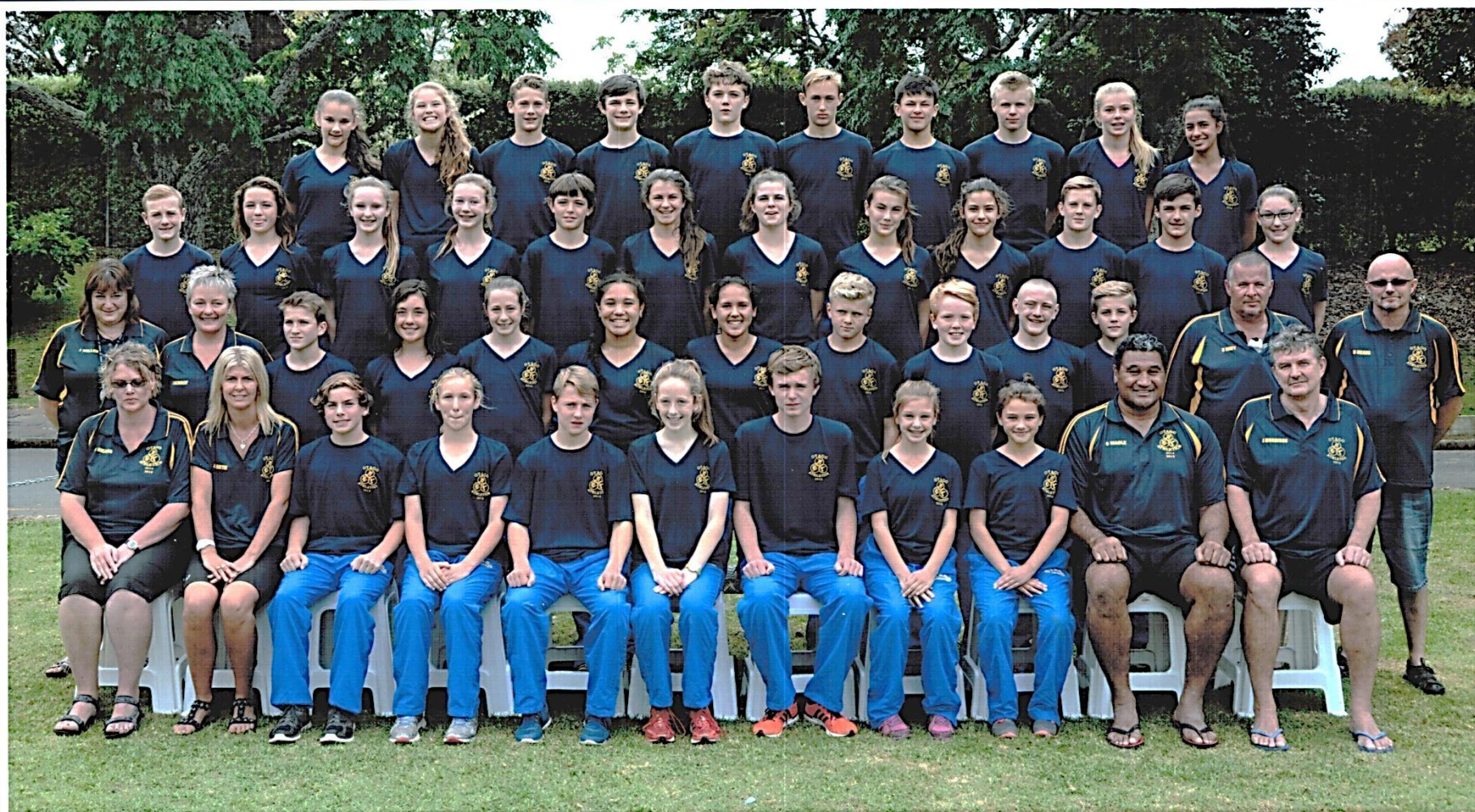
NUMBERS should be removed before washing and with reasonable care should last at least 2-3 seasons.



NEW ZEALAND GRADE 12-13 INTERPROVINCIAL TEAMS EVENT

Porritt Stadium, Hamilton, April 4th-5th 2015

Otago



4th Row:- Emily Finnie, Beryn Abbott, Jack East, Nathan Harrison, Dominic Morrison, Nico Bowering, Matthew Wong, Jonathon Baker, Zharna Beattie, Eva Meeuws
 3rd Row:- Jackson Toms, Pyper Johnson, Tara McNally, Sarah McLennan, Max Milne, Hannah Ashton, Amelia Scully, Sophie Miller, Sophie Woodham, Sam Knight, Cameron O'Connell, Sophie Sinclair
 2nd Row:- Janne Miller (Manager), Jenny McNally (Manager), Jake Lyders Anika Fouchee, Tahlia Roome, Storm Maole, Xanthe Maole, Fergus Read, Teddy George, George Bates, Shea Darwen, Bryce Watt (Manager), Bevin Mears (Manager)
 1st Row:- Dianne Mears (Manager), Angie Beattie (Manager), Jude Molloy, Catherine Mason, Flynn Murdoch, Eila Chirnside, Hamish Mears, Serena Paine, Eva Te Hiwi, Simon Maole (Manager), Jeffrey Morrison (Manager)

Otago Grade 7-11 Team
Tyson Challenge 2015
Invercargill

