

# Central Waikato Secondary Schools Zone Athletics Championships

Tuesday 7 March 2023 - Porritt Stadium, Hamilton

Organizing School: Cambridge High School

The following information will be of value to you as you prepare for the meeting.

<b>Timeline:</b>	
<b>Tuesday 7 February</b>	Entry information into schools Online Entry open at Enter Now <a href="http://www.enternow.co.nz/sportwaikato">www.enternow.co.nz/sportwaikato</a>
<b>Tuesday 28 February</b>	<b>5.00pm Online ENTRIES CLOSE</b>
<b>Tuesday 7 March</b>	<b>Central Zone Athletic Championships, Porritt Stadium</b>
<b>NOTE: Tuesday 21 March</b>	Waikato-Bay of Plenty Secondary Schools Track & Field Championships, <b>Porritt Stadium, Hamilton</b>
<b>Sat-Sun 1-2 April</b>	North Island Secondary Schools Athletics Association Championships, <b>Palmerston North</b>
<b>Secretaries:</b>	<b>Steve Rees-Jones</b> <a href="mailto:SRS@camhigh.school.nz">SRS@camhigh.school.nz</a> WSSS Coordinator not yet appointed. Contact Amigene Metcalfe if necessary: <a href="mailto:amigenem@sportwaikato.org.nz">amigenem@sportwaikato.org.nz</a>
<b>Team Managers:</b>	Each school is to nominate a Team Manager who is <b>NOT</b> to be an Official
<b>Event Day</b> <b>Tuesday 7 March</b>	8.45 am Managers/Officials briefing <b>ALL ATHLETE SCRATCHINGS for LANED</b> track events to be declared at TIC 40 minutes before the event. 9.05 am Events begin - please refer to Timetable for Order of Events
<b>Postponement/Cancellation</b>	<i>Any cancellation notice will be made first thing on the morning of the championships at <a href="https://athleticswaikatobayofplenty.org.nz/">https://athleticswaikatobayofplenty.org.nz/</a>. It is extremely unlikely this will occur.</i>
<b>Entry Fee:</b>	Your School's Annual Affiliation fee of <b>\$20.00</b> to WBOPSSAA will be generated when you go Online at Enter Now for Central Zone Entry fees for Central zone are <b>\$3.00 per athlete</b> They will be generated by Enter Now Entry site as you enter your athletes
<b>Conditions of Entry</b>	Schools may enter <b>three [3]</b> competitors in each event. An athlete may be entered for a maximum of <b>four [4] events plus the relay</b> . An athlete can <b>run</b> a maximum of <b>two [2]</b> track events over 200 metres. Junior athletes are restricted to two [2] of the three [3] sprint races. All athletes must wear correct school sports uniform. Officials will be asked to enforce these rules
<b>Age Groups</b>	<i>As at 1st January 2023:</i> (athletes with their birthday on the 1 <sup>st</sup> are in the younger age group). <b>Juniors</b> Under 14 years <b>Intermediate</b> Under 16 years <b>Senior</b> Under 19 years (ORS funded Para Athletes Under 21)
<b>EVENTS:</b> <b>Events Not Held at Central Zones</b>	<b>Hammer, Pole Vault, Walks and Steeplechase</b> events will not be held at the Central Zone meet. Managers must Enter athletes who wish to compete in the above events at the WBOPSSAA Championships direct through the ENTER NOW portal available for the WBOPSSAA Championships at <a href="http://www.enternow.co.nz/sportwaikato">www.enternow.co.nz/sportwaikato</a> The WBOPSSAA Championships are on <b>TUESDAY</b> 21 March at Porritt Stadium, Hamilton. Zone records for these events can be established at the WBOPSSAA meeting.
<b>Timed Finals</b> <b>200m /300m /400m &amp; Hurdles</b>	<b>TIMED FINALS</b> will be held at Central Zone for 200 metres, 300 metres and 400 metres and all Hurdles races including 300 metres Hurdles events (i.e. no heats) The timed final divisions will be seeded as much as possible

<b>Para Athletes Events</b>	100, 200, 400, 800, 1500, 3000, Shotput, Discus, Javelin, High Jump, Triple Jump and Long Jump. For field events these athletes, if they are Juniors (Under 16) will compete with the Intermediate age group or if Seniors, with the Senior age group (using the appropriate para weight in the throws).
<b>GENERAL INFORMATION</b>	
<b>Starts</b>	A crouch start must be used for events up to and including the 400m. On all weather tracks starting blocks must be used for 100m, 200m, 400m and Hurdle races for athletes wearing spikes. They are optional on grass tracks. Assistance will be given to athletes using starting blocks for the first time. Para Athletes may use a standing start if their impairment makes a crouch start difficult.
<b>Warming Up</b>	All warming up must be done on the grass area outside on field number 3 to the East of the grandstand. <b>(NOT ON THE FOOTBALL PITCH DIRECTLY BEHIND THE STAND)</b>
<b>Spike lengths</b>	On all weather tracks like Porritt Stadium, spikes must <b>NOT</b> be more than <b>6mm</b> in length except for High Jump/Javelin where they maybe 9mm.
<b>First Aid</b>	It is strongly recommended that all athletes wear some type of footwear on the track to prevent blisters. <b>Each School's own first aid kits</b> should be made available for minor injuries for their own student athletes. Schools are to bring their own <b>icepacks</b> for injuries. School should prepare their athletes with advice for <ul style="list-style-type: none"> <li>✓ <b>SUN</b> protection</li> <li>✓ <b>HYDRATION</b></li> </ul>
<b>Officials (staff):</b>	All schools will be allocated events to officiate by the Host school. We have provided the recommended number of staff, however if you wish to have a break or support your athletes, we would advise you add another adult official to your crew.
<b>Food and Refreshments</b>	Officials & Team Managers will be provided with morning tea and lunch. Athletes: There will be a canteen available for athletes and spectators to purchase food and drink from on the day.
<b>Waikato Bay of Plenty Secondary Schools Athletics Association Championships</b>  <b>Tuesday 21 March 2023</b> <b>PORRITT STADIUM</b>	<b>Qualifying Process</b> The first <b>six [6]</b> place getters from the Central Zone will qualify for the WaiBop regional Championships. If an athlete does not finish in the top 6 but is of a suitable high standard to compete at the WBOPSSAA Championships and all 6 qualifying spots are not filled, they may be entered with the approval of WBOP Secondary School Athletics Association Secretary Ange Russek . Please email all requests to Ange Russek <a href="mailto:angelar@stpeters.school.nz">angelar@stpeters.school.nz</a> Dispensation requests to enter the WBOPSSAA championships for any athlete/s who did not compete at the zones (eg. injured, sick, another obligation) must be emailed by the athletes sports coordinator/person in charge of athletics to Ange Russek <a href="mailto:angelar@stpeters.school.nz">angelar@stpeters.school.nz</a> Check <a href="https://wsss.org.nz/athletics/track-field/">https://wsss.org.nz/athletics/track-field/</a> for WBOPSSAA Championships information.

## Notes to Manager:

- For **All General Information for Competitors** see the following
  - **ATHLETICS WBOP Summer Handbook** <https://athleticswaikatobayofplenty.org.nz/wp-content/uploads/2023/01/2022-2023-Summer-Handbook-V3.pdf>
- For **Athlete Event Specifications, Implements Qualification and Measuring Guides** see the following: <https://wsss.org.nz/athletics/track-field/>
- You must enter your relay teams with the meet manager before lunchtime on the day of the event
- **Athletes cannot cross the grassed infield.** They are to walk around the perimeter of the track to access their competition area.
- The programme will start on time - no provision will be made for latecomers to events
- **Council rubbish bins are not provided. Please bring rubbish bags to collect your own athletes rubbish and take the bags with you for disposal. Please help with ensuring the stadium and grandstand is left in a tidy state.**
- In field events competitors are entitled to three trials. The six competitors with the best performances after three trials will be allowed three extra attempts.
- This athletics meeting finishes at the completion of the relays. All athletes are asked to remain on site to support the relay runners.

## CENTRAL ZONE SCHOOLS

School	Code	Uniform
Cambridge High School	CAMB	Navy & White
Fairfield College	FAIR	Royal blue singlet with red and white detail, blue shorts
Fraser High School	FRAS	Navy, Royal and White singlet, Navy Shorts
Hamilton Boys' High School	HAMB	Red/Black singlet, Black Shorts
Hamilton Christian School	HAMC	Dark Blue & Red/White strip
Hamilton Girls' High School	HAMG	Maroon/Black singlet, Black shorts
Hamilton Junior/ Berkley/ Cambridge Middle Schools	HJHS, BERK, CAMM	Appropriate school P.E uniform
Hillcrest High School	HLCR	Navy, Gold & White
Melville High School	MELV	Green, Black & White
Morrinsville College	MORR	Blue singlet, Gold Shorts
Nga Taiatea Wharekura	NTWK	TBC
Rototuna High Schools	RJHS	Blue & Orange
Sacred Heart Girls College	SHGC	Maroon Shirt, Black Shorts
St John's College	SJHM	Blue & Gold singlet, Blue shorts
St Paul's Collegiate	SPLH	Black, White & Gold
St Peter's School, Cambridge	STPC	Navy, Red & Sky Blue
Tai Wānanga	TAIW	Blue top, black shorts
Te Kōupuku High	TKPU	TBC
Te Wharekura o Kirikiriroa	TWKK	TBC
Waikato Diocesan School	WKDS	White, red & navy singlet, Navy shorts