

# Thames Valley Secondary Schools Zone Athletics Championships

Tuesday 14 March 2023 – Paeroa Domain

Organizing School: Whangamata Area 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>Thursday 9 March</b>	<b>5.00pm Online ENTRIES CLOSE</b>
<b>Tuesday 14 March</b>	<b>Thames Valley Zone Athletic Championships, Paeroa Domain</b>
<b>NOTE: Tuesday 21 March</b>	<b>Waikato-Bay of Plenty Secondary Schools Track &amp; Field Championships, Porritt Stadium, Hamilton</b>
<b>Sat-Sun 1 - 2 April</b>	North Island Secondary School Track & Field Championships, <b>Palmerston North</b>
<b>Secretaries:</b>	<b>Jennifer Taylor, Whangamata AS</b> <a href="mailto:jennifert@whangamata.school.nz">jennifert@whangamata.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 14 March</b>	<b>9.15 am:</b> Managers/Officials briefing All athletes scratching from laned events to be declared to TIC <b>9.30 am:</b> Events begin - refer to Timetable for Order of Events
	<b>Postponement:</b> Any cancellation notice will be notified to schools first thing the morning at <a href="https://athleticswaikatobayofplenty.org.nz/">https://athleticswaikatobayofplenty.org.nz/</a> . It is extremely unlikely this will occur
<b>Entry Fee:</b>	Your School's annual Affiliation fee of <b>\$20.00</b> to Wai-Bop SSAA will be generated when you go Online at EnterNOW for Thames Valley Zone. Entry fees for Thames Valley zone are <b>\$2.00 per athlete</b> They will be generated by the EnterNOW site as you enter your athletes
<b>Conditions of Entry</b>	Schools may enter <b>two [2]</b> competitors in each event. An athlete may be entered for a maximum of <b>three [3] events plus the relay</b> . An athlete can <b>run</b> a maximum of <b>two [2]</b> track events over 200 metres. <b>Junior</b> athletes are restricted to <b>two [2]</b> of the <b>three [3]</b> sprint races. All athletes must wear correct school sports uniform. Officials will be asked to enforce these rules.
<b>Age Groups</b>	<b>As at 1st January 2023:</b> (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 Thames Valley Zone</b>	<b>Hurdles, Hammer, Pole Vault, Walks and Steeplechase</b> events will not be held at the Thames Valley Zone meet. Managers must enter athletes who wish to compete at the WBOPSSAA Championships at Porritt Stadium on <b>Tuesday 21 March</b> in the above events through the Enter NOW portal available for Waikato Secondary Schools at <a href="http://www.enternow.co.nz/sportwaikato">www.enternow.co.nz/sportwaikato</a> Zone records for the above events can be established at the WBOPSSAA Championships.
<b>Timed Finals</b> <b>200 m /300 m /400 metres</b>	<b>TIMED FINALS</b> will be held at Thames Valley Zone for 200 metres, 300 metres and 400 metres (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). Results will be collated at the end of the day



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<b>GENERAL INFORMATION</b>	
<b>Points</b>	The points system that is used for this event is 1 <sup>st</sup> = 40; 2 <sup>nd</sup> = 30; 3 <sup>rd</sup> = 20; 4 <sup>th</sup> = 10. For the relays, points will be doubled
<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. 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 at the eastern end of the ground between the track and the trees. Throws can only occur at the event site under the control of the officials.
<b>Spike lengths</b>	The maximum length of spikes must not be more than 9mm except for High Jump, Long Jump, Triple Jump and Javelin where they may be 12mm. Safety is urged for non-laned track events at grass track venues
<b>First Aid</b>	It is strongly recommended that all athletes wear some type of footwear on the track to prevent injury. <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 <b>SUN Protection and HYDRATION. There will be no St Johns onsite. The medical Centre will be notified of the event in case of serious injury</b>
<b>Officials (staff):</b>	All schools will be allocated events to officiate. We have provided the recommended number of staff [officials], however if you wish to have a break or support your athletes, I would advise you add another adult official to your crew.
<b>Food and Refreshments</b>	Officials and Team Managers will be provided with morning tea & lunch. Athletes and Spectators: There is unlikely to be a canteen operating but there are food and refreshment outlets close to the Domain.
<b>Waikato- Bay of Plenty Secondary Schools Track and Field Championships</b>  <b>Tuesday 21 March 2023</b> <b>Porritt Stadium, Hamilton</b>	<b>Qualifying Process</b> The first three [3] place getters will qualify for the WBOPSSAA Championships. If an athlete does not finish in the top 3 but is of a suitable standard to compete at the WBOPSSAA Championships a 4 <sup>th</sup> athlete may be entered with the approval of the WBOPSSAA Secretary Ange Russek . Please email all requests to <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.



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## 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
- **Centre of track** to be kept as clear as possible – **NO** spectators in the Centre of the track. Athletes in Centre at Field sites must be sitting down at event site. **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
- Rubbish bins are provided
- 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.

## SCHOOLS in THAMES VALLEY ZONE

SCHOOL	CODE	UNIFORM
Coromandel Area School	CORO	Black and gold
Hauraki Plains College	HAUR	Black Shirt with White Print Black Shorts
Katikati College	KATI	Yellow Shirt, Black Shorts
Matamata College	MATA	Maroon and Gold
Mercury Bay Area School	MERC	White shirt with blue band Blue shorts
Morrinsville College	MORR	Blue singlet, Gold Shorts
Paeroa College	PAER	Green and Gold Shirt Black shorts
Te Aroha College	TEAR	Maroon and yellow
Te Kauwhata College	TEKC	White, Green and Red
Te Kura o Manaia	MANA	
Thames High School	THAM	Yellow and Royal Blue
Waihi College	WHIC	White shirt, Black shorts
Whangamata Area School	WHGM	Green shirt, Green or black shorts



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