

Central Waikato Secondary Schools Zone Athletics Championships

Tuesday 5 March 2024 - Porritt Stadium, Hamilton

Organizing School: Waikato Diocesan School

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

Timeline:	
Thursday 8 February	Entry information into schools Online Entry open at Enter Now www.enternow.co.nz/sportwaikato
Friday 1 March	5.00pm Online ENTRIES CLOSE
Tuesday 5 March	Central Zone Athletic Championships, Porritt Stadium
NOTE: Tuesday 26 March	Waikato-Bay of Plenty Secondary Schools Track & Field Championships, Tauranga Domain, Tauranga
Sat-Sun 6-7 April	North Island Secondary Schools Athletics Association Championships, Palmerston North
Secretaries:	Anna White annawhite@wdsg.school.nz
Team Managers:	Each school is to nominate a Team Manager who is NOT to be an Official
Event Day Tuesday 5 March	8.45 am Managers/Officials briefing ALL ATHLETE SCRATCHINGS for LANED 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
Postponement/Cancellation	Any cancellation notice will be made first thing on the morning of the championships at https://athleticswaikatobayofplenty.org.nz/ . It is extremely unlikely this will occur.
Entry Fee:	Entry fees for Central zone are \$3.00 per athlete They will be generated by Enter Now Entry site as you enter your athletes. Schools will be invoiced following the championships with only those who participated being charged.
Conditions of Entry	Schools may enter three [3] competitors in each event. An athlete may be entered for a maximum of four [4] events plus the relay . An athlete can run a maximum of two [2] 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
Age Groups	As at 1st January 2024: (athletes with their birthday on the 1 st are in the younger age group). Juniors Under 14 years Intermediate Under 16 years Senior Under 19 years (ORS funded Para Athletes Under 21)
EVENTS: Events Not Held at Central Zones	Hammer, Pole Vault, Walks and Steeplechase 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 www.enternow.co.nz/sportwaikato The WBOPSSAA Championships are on TUESDAY 26 March at Tauranga Domain, Tauranga. Zone records for these events can be established at the WBOPSSAA meeting.
Timed Finals 200m /300m /400m & Hurdles	TIMED FINALS will be held at Central Zone for 200 metres, 300 metres and 400 metres and all Hurdles races (i.e. no heats). The timed final divisions will be seeded as much as possible

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Para Athletes Events	100, 200, 400, 800, 1500, 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).
GENERAL INFORMATION	
Starts	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.
Warming Up	All warming up must be done on the grass area outside on field number 3 to the East of the grandstand. (NOT ON THE FOOTBALL PITCH DIRECTLY BEHIND THE STAND)
Spike lengths	On all weather tracks like Porritt Stadium, spikes must NOT be more than 6mm in length except for High Jump/Javelin where they maybe 9mm.
First Aid	It is strongly recommended that all athletes wear some type of footwear on the track to prevent blisters. Each School's own first aid kits should be made available for minor injuries for their own student athletes. Schools are to bring their own icepacks for injuries. School should prepare their athletes with advice for <ul style="list-style-type: none"> ✓ SUN protection ✓ HYDRATION
Officials (staff):	All schools will be allocated events to officiate by the Host school. We have provided the recommended number of staff and student helpers, however if you wish to have a break or support your athletes, we would advise you add another adult official to your crew.
Food and Refreshments	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.
Waikato Bay of Plenty Secondary Schools Athletics Association Championships Tuesday 26 March 2024 Tauranga Domain	Qualifying Process The first six [6] place getters from the Central Zone will qualify for the WBOPSSAA 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 angelar@stpeters.school.nz 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 athlete's sports coordinator/person in charge of athletics to Ange Russek angelar@stpeters.school.nz Check https://wsss.org.nz/athletics/track-field/ for WBOPSSAA Championships information.

Notes to Manager:

- For **All General Information for Competitors** see the following
 - 2023-2024-Summer-Handbook-V1.pdf (athleticswaikatobayofplenty.org.nz)
- 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 meeting 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
Mangakōtukutuku College	MKTK	TBC
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