

Central Waikato Secondary Schools Zone Athletics Championships



Tuesday 5 March 2024

Porritt Stadium, Hamilton

Hosted by Waikato Diocesan School

OFFICIALS & Event Duty Allocation for Schools

DESIGNATION	SCHOOL	#'s of Officials
Meeting Director	John Tylden	
Meeting Manager	Anna White Waikato Diocesan School	
Announcer	Murray Green	
Track Referee	John Tylden	
Field Referee	Alan McDonald	
TRACK EVENTS		
Starter	John Tylden / Stewart Foster	
Starters Assistant [Marshalls]	St Peter's School	3 people
Photo Finish	Charles Annals and team	
Lap Counter and Final lap Bell	Ray Wakeford	
Runners to assist Meeting Manager	Waikato Diocesan School	2 people
Results Management	Brett Addison	2 people
Recorder at Finish for non laned events	St Peter's School	2 people
Photocopier/ Printing	Brett Addison and Waikato Diocesan School	2 people
Hurdles and Track Umpires	St Pauls Collegiate (Des Johnston, Malcolm Taylor, Ray Wakeford)	8 people
Relay Stewards	(Start/Marshalls) St Peters School (1 st Zone) St Pauls Collegiate (2 nd Zone) Hamilton Girls High (3 rd Zone) Hamilton Boys High	
FIELD EVENTS		
Discus (Sarah Van Marrewijk)	Hamilton Boys High & Fraser High School	2-4 people
Shotput (Sheryl Gower)	Hillcrest High School & Tai Wananga	2-4 people
High Jump	Rototuna High & Hamilton Christian	2-4 people
Long Jump (Robin Knowles)	Hamilton Girls High & Waikato Diocesan	2-4 people
Triple Jump	Mangakōtukutuku College & Fairfield College	2-4 people
Javelin	St Johns College and Sacred Heart GC	2-4 people
NOTE: Where schools are paired please determine a roster to share responsibilities		
EQUIPMENT		
Relay BATONS	Provided	
Food	Waikato Diocesan School	6 people
Radios	Dianne Rodger	
IMPLEMENTS **	<p>Please remember to ensure the equipment you require for your event is set up before the start eg wind gauges, tape measures, rakes, brooms, clipboards. The Gear Steward of Athletics WBOP will help with equipment distribution on the day.</p> <p>These numbers are a minimum guide – please feel free to bring extra help along so more regular breaks can be taken and there are extra hands for helping your team out – remember it is a long day in the sun.</p>	

INSTRUCTIONS TO COMPETITORS

1. This meeting is conducted under the rules of the Athletics New Zealand
2. **Dress:** Competitors must compete in their school's correct athletic uniform. On all weather tracks (Hamilton and Tauranga) spikes must not be more than 6mm in length except for High Jump/Javelin where they may be 9mm.
3. **Starting:** A crouch start is encouraged for events up to and including the 400m. On all weather tracks starting blocks must be used by athletes wearing spikes for 100m, 200m, 400m and Hurdle races. 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.

The starter will give **one command** 'on your marks' for all events over 400m and **two commands** for all events up to and including the 400m

- a) 'On your marks' to bring competitors to their starting location.
 - b) 'Set' to bring all competitors to the set position ready to start. When all competitors are steady in the set position the gun will be fired. Any competitor who false starts will be disqualified unless the starter determines it was not the athlete's fault. Athletes may run 'under protest' and have their disqualification reviewed by the Referee whose decision will be final
4. **Withdrawing from a Final:** Anyone who qualifies for a final and then does not compete may be ineligible for any further competition if the Referee determines there was no reasonable explanation for the failure to compete. This rule shall also apply to anyone withdrawing whilst a race is in progress or not making a genuine attempt.
 5. **Staying in your lane:** Competitors in track events, up to and including 400m must run between the lines not on the lines - this includes relays. Competitors must stay in their lane for the first curve of the 800m if the race is started in lanes.
 6. **Marshalling:** Competitors must report to the Marshals **10 minutes before the start of the event**. Failure to do this may result in disqualification.
 7. **Progression to finals:**
 - 4 heats – first 1 in each heat and the next 4 fastest qualify
 - 3 heats – first 2 in each heat and the next 2 fastest qualify
 - 2 heats – first 3 in each heat and the next 2 fastest qualify
 8. **Protests:** All protests shall be in writing and shall be handed to the Secretary within 30 minutes of the completion of the event.
 9. **Track events take precedence over field events:** Report to the field event officials first and compete if possible and then go to the track event 10 minutes before start time. Athletes may re-join the field event after track event although not necessarily in the round or height they were up to.
 10. **Timed Finals:** 200m/300m/400m and all hurdle events will be timed finals
 11. **Event times:** The organisers will make every effort to carry through the programme in the order and at the times stated but reserve the right, should the necessity arise, to make any alterations.
 12. **Non-Availability:** Managers indicate in writing an athlete's non-availability for the Waikato BOP SS Championships to the Results Coordinator by the conclusion of the day's events.
 13. **Entry restrictions:** An athlete may be entered in a maximum of 4 events plus the relay. They can only run a maximum of 2 events over 200m. Junior athletes are restricted to 2 of the 3 sprint events.
 14. **Hammer, Pole Vault, Walks and Steeplechase events:** These will not be held at the zone meet. Managers must indicate in writing any athletes who wish to compete at the Waikato BOP SS Championships to the Results Coordinator by the conclusion of the day's events.
 15. **Events for Para Athletes:** 100, 200, 400, 800, 1500, Shot put, Discus, Javelin, Triple Jump, High Jump and Long Jump. For field events these athletes will compete with their age group (U16 with Intermediates, U19 with Seniors) using the appropriate para weight in the throws.
 16. **Qualifying for WBOPSS Championships:**

Central Zone: The **first 6 final places** in this zone qualify for the Waikato/Bay of Plenty Secondary School Athletics championships.

ORDER OF EVENTS

Order	Time (approx.)	Event	Grade
	8.45	Managers Meeting. All Scratchings for LANED Events to be handed in at least 40 minutes before the event at TIC.	
1	9.05	3000m	Girls (All Grades)
2	9.25	3000m	Boys (All Grades)
3	9.45	200/300M Hurdles	Junior/Intermediate/Senior Boys/Girls (Timed Finals)
4	9.45	Shot Put	Senior Boys
5	9.45	Discus	Senior Girls
6	9.45	Javelin	Junior Boys
7	9.45	Triple Jump (Pit 1)	Intermediate Girls
8	9.45	Long Jump (Pit 2)	Intermediate Boys
9	9.45	High Jump	Junior Girls
10	9.55	100m	Junior Girls (Heats)
11	10.05	100m	Junior Boys (Heats)
12	10.15	100m	Intermediate Girls (Heats)
13	10.25	100m	Intermediate Boys (Heats)
14	10.35	100m	Senior Girls (Heats)
15	10.40	100m	Senior Boys (Heats)
16	10.40	Shot Put	Senior Girls
17	10.40	Discus	Intermediate Boys
18	10.40	Javelin	Junior Girls
19	10.40	Triple Jump (Pit 1)	Junior Boys
20	10.40	High Jump	Senior Boys
21	10.40	Long Jump (Pit 2)	Intermediate Girls
22	10.50	100m	Para Athletes (F)
23	11.00	800m	Junior Girls (F)
24	11.05	800m	Junior Boys (F)
25	11.12	800m	Intermediate Girls (F)
26	11.18	800m	Intermediate Boys (F)
27	11.23	800m	Senior Girls (F)
28	11.26	800m	Senior Boys (F)
29	11.30	Shot Put	Intermediate Boys
30	11.30	Discus	Intermediate Girls
31	11.30	Javelin	Senior Boys
32	11.30	Triple Jump (Pit 1)	Junior Girls
33	11.30	High Jump	Senior Girls
34	11.30	Long Jump (Pit 2)	Junior Boys

35	11.35	200m	Junior Girls (Timed Final)
36	11.45	200m	Junior Boys (Timed Final)
37	11.50	200m	Intermediate Girls (Timed Final)
38	11.55	200m	Intermediate Boys (Timed Final)
39	12.05	200m	Senior Girls (Timed Final)
40	12.10	200m	Senior Boys (Timed Final)
41	12.15	200m	Para Athletes (F)
	12.25	LUNCH BREAK - For FIELD Event Officials	
42	12.30	80m Hurdles	Junior Girls (Timed Final)
43	12.35	80m Hurdles	Junior Boys (Timed Final)
44	12.40	80m Hurdles	Intermediate Girls (Timed Final)
45	12.50	100m Hurdles	Senior Girls (Timed Final)
46	12.45	Discus	Junior Boys
47	12.45	Javelin	Senior Girls
48	12.45	Triple Jump (Pit 1)	Senior Boys
49	12.45	High Jump	Intermediate Boys
50	12.45	Long Jump (Pit 2)	Junior Girls
51	12.45	Shot Put	Intermediate Girls
52	12.55	100m Hurdles	Intermediate Boys (Timed Final)
53	1.00	110m Hurdles	Senior Boys (Timed Final)
		LUNCH BREAK - For Track Events Officials	
54	1.20	300m	Junior Girls (Timed Final)
55	1.26	300m	Junior Boys (Timed Final)
56	1.30	Shot Put	Junior Boys
57	1.30	Discus	Junior Girls
58	1.30	Javelin	Intermediate Boys
59	1.30	Triple Jump (Pit 1)	Senior Girls
60	1.30	High Jump	Intermediate Girls
61	1.30	Long Jump (Pit 2)	Senior Boys
62	1.32	400m	Intermediate Girls (Timed Final)
63	1.36	400m	Intermediate Boys (Timed Final)
64	1.42	400m	Senior Girls (Timed Final)
65	1.45	400m	Senior Boys (Timed Final)
66	1.50	400m	Para Athletes (Timed Final)
67	1.55	100m	Junior Girls (Final)
68	2.00	100m	Junior Boys (Final)
69	2.03	100m	Intermediate Girls (Final)
70	2.06	100m	Intermediate Boys (Final)
71	2.09	100m	Senior Girls (Final)
72	2.12	100m	Senior Boys (Final)

73	2.15	1500m	Junior Girls(F)
74	2.15	Shot Put	Junior Girls
75	2.15	Discus	Senior Boys
76	2.15	Javelin	Intermediate Girls
77	2.15	Triple Jump (Pit 1)	Intermediate Boys
78	2.15	High Jump	Junior Boys
79	2.15	Long Jump (Pit 2)	Senior Girls
80	2.22	1500m	Junior Boys(F)
81	2.28	1500m	Intermediate Girls(F)
82	2.28	1500m	Senior Girls(F)
83	2.36	1500m	Intermediate Boys(F)
84	2.43	1500m	Senior Boys(F)
85	2.50	4 x 100m Relay	Junior Girls
86	2.55	4 x 100m Relay	Junior Boys
87	3.00	4 x 100m Relay	Intermediate Girls
88	3.05	4 x 100m Relay	Intermediate Boys
89	3.10	4 x 100m Relay	Senior Girls
90	3.15	4 x 100m Relay	Senior Boys

NOTES:

All times may be subject to delays and change on the day.

Where numbers are low in track events grades may be combined and run concurrently

Para Athletes who are competing in field events will compete at the same time as their age group (Para Juniors (U16) with Intermediates).

Results will be combined at the end of the day.

Please check that the appropriate weight is being used.

TRACK EVENTS TAKE PRECEDENCE OVER FIELD EVENTS

Report to the field event officials first & compete if possible and then go to the track event **10 minutes before start time**. Athletes may rejoin the field event after track event although not necessarily in the round or height they were up to.

TIMED FINALS

All 200 metres / 300 metres / 400metres and all Hurdle events will be timed finals seeded to best ability of Meeting Manager of athlete's previous best-known performances

PROGRESSION TO FINALS

4 heats – first 1 in each heat and the next 4 fastest qualify

3 heats – first 2 in each heat and the next 2 fastest qualify

2 heats – first 3 in each heat and the next 2 fastest qualify

Age Groups

As on the 1st January in the year of the championships, athletes with 1st January birthdays fall into the younger age group

Senior - Under 19

Intermediate - Under 16

Junior - Under 14

Para Senior -Under 19 (Under 21 ORS funded) **Para Junior** -Under 16

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

Event Specifications for Secondary School Track and Field Implement Weights

	Javelin	Discus	Shot Put	Hammer
	(gm)	(kg)	(kg)	(kg)
Senior Boys	700	1.50	5.00	5.00
Intermediate Boys	700	1.25	5.00	4.00
Junior Boys	600	1.00	4.00	4.00
Senior Girls	500	1.00	3.00	3.00
Intermediate Girls	500	1.00	3.00	3.00
Junior Girls	500	1.00	3.00	3.00

Hurdle Measurements

	Distance (metres)	Height (mm)	No. of Hurdles	Distance to first (metres)	Distance between (metres)	Run off (metres)
Senior Boys	110	914	10	13.72	9.14	14.02
Intermediate Boys	100	838	10	13	8.5	10.5
Junior Boys	80	762	8	12m	7.5	15.5
Senior Girls	100	762	10	13m	8.5	10.5
Intermediate Girls	80	762	8	12m	8.0	12.0
Junior Girls	80	686	8	12m	7.5	15.5
Senior Boys	300	838	7	50m	35	40.0
Intermediate Boys	300	762	7	50m	35	40.0
Junior Boys	200	762	5	20m	35	40.0

Senior Girls	300	762	7	50m	35	40.0
Intermediate Girls	300	762	7	50m	35	40.0
Junior Girls	200	686	5	20m	35	40.0
Senior Boys	2000 Stpch	838				
Under 16 Boys	2000 Stpch	762				
Senior Girls	2000 Stpch	762				
Under 16 Girls	2000 Stpch	762				

Event Qualifying and Measurement Distances for Zones

Measurement distances

These are the guide distances to be the minimum distance achieved to be measured. This will be marked out by officials on the throwing sector or alongside the jumping pit prior to the event.

Qualifying distances

This is the distance that is required to be achieved for **extra throws** beyond the first three trials. If more than 8 competitors achieve this mark, only the top 8 will be awarded extra attempts.

See Table Below for each Event and Grade

	Shot Put		Discus		Javelin		Long Jump		Triple	
GRADE	Qualify Mark	Measure Mark	Qualify Mark	Measure Mark	Qualify Mark	Measure Mark	Qualify Mark	Measure Mark	Qualify Mark	Measure Mark
JUNIOR BOYS	9.75m	8.00m	28.50m	20.0m	26.00m	21.00m	4.90m	4.20m	10.00m	9.20m
JUNIOR GIRLS	8.00m	6.50m	19.00m	15.00m	15.50m	10.00m	4.20m	3.60m	8.70m	7.70m
INTERMEDIATE BOYS	11.50m	9.50m	32.00m	23.00m	35.00m	25.00m	5.30m	4.70m	11.10m	10.00m
INTERMEDIATE GIRLS	9.00m	7.00m	22.00m	16.00m	23.00m	16.00m	4.50m	3.80m	9.20m	8.00m
SENIOR BOYS	12.00m	10.00m	33.00m	25.00m	40.00m	33.00m	5.60m	4.80m	11.50m	10.00m
SENIOR GIRLS	8.00m	7.00m	23.00m	18.00m	23.00m	18.00m	4.40m	3.80m	9.50m	8.00m

Information for Para Athletes

Events for Para athletes are listed in Event information Sheet for your Zone

(Please make sure you provide appropriate supervision and assistance for your athletes)

Athletes will compete in the unimpaired Intermediate (Under 16) or Senior (Under 19) grades for field events using the Para Athletes weights. Track events will be run separately as scheduled unless low numbers make it sensible to compete in combined races.

Para athletes will have a track classification (T) and/or a field classification (F). The following track and field classifications relate to the following impairments.

- T11 – T13 and F11 – F13 Visual Impairment (VI)
- T20 and F20 Intellectual Impairment (II)
- T32 – T38 and F31 – F38 Cerebral Palsy and Neurological Impairments (CP)
- T40 – 41 and F40 - 41 Short Stature (SS)
- T42 – T47 and F42 – F46 Amputees and Other Impairments (AO)
- T51 – T54 and F51 – F57 Wheelchair and throwing frame user (WC)

- T61 – T64 and F61 – F64 Athletes who compete using prosthetic lower limbs (PL)
- T71 - T72 Frame running for coordination impairments (PI)

For athletes wishing to compete with an official classification please contact Rebecca Foulsham rebecca@athletics.org.nz for information on classification. Para Athletes intending to go onto compete at the North Island Championships must have a provisional classification.

Para Athletes should come through the school's athletics qualifying program. This is not a "Have a Go" event.

Please contact Waikato Bay of Plenty Secondary Schools Athletics Association if your athlete requires extra equipment or information on assistance for Para Athletes.

When entering Para Athletes online please indicate, if possible, their classification or impairment from the drop down box even if not officially or provisionally classified.

Implement Weights for Para Athlete Classes

Boys					Girls			
Discus	Javelin	Shot Put	Club		Club	Shot Put	Javelin	Discus
JB 1.25kg	700g	5.00kg		F11-13		3.00kg	500g	1.00kg
SB 1.50kg	700g	5.00kg		F11-13				
JB 1.25kg	700g	5.00kg		F20		3.00kg	500g	1.00kg
SB 1.50kg	700g	5.00kg		F20				
NE	NE	NE	397g	F31	397g	NE	NE	NE
750g	NE	1.00kg	397g	F32	397g	1.00kg	NE	750g
750g	500g	2.00kg	NE	F33	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	F34	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	F35	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	F36	NE	2.00kg	500g	750g
750g	500g	4.00kg	NE	F37	NE	2.00kg	500g	750g
1.00kg	600g	4.00kg	NE	F38	NE	2.00kg	500g	750g
1.00kg	500g	3.00kg		F40,41		2.00kg	400g	750g
1.00kg	700g	5.00kg		F42		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		F43,44		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		F45,46		3.00kg	500g	1.00kg
750g	NE	NE		F51		NE	NE	750g
750g	500g	2.00kg		F52		2.00kg	500g	750g
750g	500g	2.00kg		F53		2.00kg	500g	750g
750g	500g	3.00kg		F54		2.00kg	500g	750g
750g	500g	3.00kg		F55		2.00kg	500g	750g
750g	500g	3.00kg		F56		2.00kg	500g	750g
1.00kg	500g	3.00kg		F57		2.00kg	500g	750g
1.00kg	700g	5.00kg		F61,63		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		F62,64		3.00kg	500g	1.00kg

CENTRAL ZONE ATHLETIC RECORDS @ 1 FEBRUARY 2024

Event	Junior Girls	Intermediate Girls	Senior Girls
100m	P Coxon HLCR 12.6s 1980	R Nhemachena SHGH 12.46s 2021	Aimee Lynch FAIR 11.9s 1996
200m	M Waddell STPC 25.38 2021	M Waddell STPC 25.45 2023	D de Leeuw SHGH 24.2s 1976
300m/400m	S Hockley HAMG 41.5 2001	T Horgan CAMB 55.40 2012	A Kalma STPC 55.67 2021
800m	K Soloman SHGC 2.18.17 2017	A Lord STPC 2.16.53 2013	M Unternahrer HAMG 2.13.35 2012
1500m	B Ritchie STPS 4.45.06 2021	B Ritchie STPS 4.39.10 2023	C Millar STPS 4.28.79 2020
3000m	C Miller STPC 10.13.75s 2016	J Antoniazzi STPC 10.19.25s 2019	C Buscomb STPC 9.34.87 2007
70m/80m/100m Hurdles.	K Olsen SHGH 11.40s 2002	M Wade HLCR 12.07s 1996	K Goodwin SHGC 14.58s 2018
300m Hurdles (U16/Sen grades only)		S Hancock ROTO 45.23 2021	S Hancock ROTO 44.55 2023
2000m Steeples (U16/Sen grades only)		B.Rees-Jones CAMB 7.56.43 2023	S Jury HAMG 7.35.98 2023
Shot Put	L Lose HAMG 11.10m 2021	A Brown STPC 13.02m 2014	M Faumui STPC 13.25m 2021
Discus	L Lose HAMG 37.54 2021	L Lose HAMG 47.10 2023	F Bennett CAMB 35.30 1984
Javelin	A McBride STPC 31.46 1996	S Parker SPLH 35.04 2015	M Hamilton STPC 40.76 1984
Hammer		L Lose HAMG 47.70 2023	J Ratcliffe WKDS 60-18 2011
High Jump	J Taane HLCR 1.59 1989	S Scown HLCR 1.70 1988	T McGarva / J Taylor HGHS/SPLH 1.70m 1996/2020
Long Jump	P Coxon HLCR 5.44m 1980	A Neischmidt CAMB 5.6m 1984	T Spedding HLCR 5.77 1989
Triple Jump	C Lowther STPC 10.37m 2020	K Goodwin SHGC 11.22m 2016	K Goodwin SHGC 11.67 2018
Pole Vault (U16/Sen grades only)			M Hamilton STPC 3.45 1994
Relay 4 X 100m	STPC 53.12 2021	WKDS 51.00s 2001	SPLH 50.74 2016

Event	Junior Boys	Intermediate Boys	Senior Boys
100m	C Dempsey MELV 11.20 1975	S Heslop HAMB 11.0 1993	T Blythe HAMB 10.50s 1992
200m	B Gordon SPHL 23.45 2010	T Hilton HAMB 22.28s 2018	D McClunie HAMB 21.50s 1984
300m/400m	R Ballantyne SPLH 39.15 2013	T Smith STPC 50.32 2012	J Enright SPLH 49.60 1980
800m	B Maxwell HAMB 1.59.6s 1972	M Graveson SPLH 1.59.02s 2005	M Eggleton SPLH 1.54.5 2010
1500m	B Maxwell HAMB 4.26.6 1972	J Priddey HAMB 4.05.96s 2012	Z Robertson FAIR 3.59.55s 2006
3000m	S Montgomerie HAMB 9.35.82 2014	J Priddey HAMB 8.48.45s 2012	Z Robertson FAIR 8.41.75s 2006
80m/100m Hurdles.	C Fawcett SPLH 11.50s 1969	C Annals HAMB 13.87s 2018	D Buchanan MELV 13.30s 1975
300m Hurdles (U16/Sen grades only)		L McKee HAMB 42.23 2019	N O'Brien SPLH 37.40 1997
2000m Steeples (U16/Sen grades only)		J Lomas STPC 6.46.24 2023	K Goodhue HUNT 6.39.4 1987
Shot Put	R Ballantyne SPLH 14.87 2013	R Ballantyne SPLH 19.02 2015	R Ballentyne SPLH 19.04 2016
Discus	J Humberstone Kara HAMB 48.44m 2021	R Ballantyne SPLH 51.29s 2015	P Jensen HAMB 48.28 1985
Javelin	S Farquhar STPC 48.77 1996	S Farquhar STPC 63.11 1998	G Lovegrove HLCR 66.02 1985
Hammer	C.Garland SPLH 35.12 2017	K Gordon HAMB 28.68 2023 BP	P Gibbs FRAS 67.4 1989
High Jump	J Docos HAMB 1.76m 2004	C Goodwin HAMB 1.90 2014	D Geddes HAMB 2.08m 1993
Long Jump	C Dempsey MELV 6.03 1975	R Cocklin HAMB 6.41m 1998	S Dwight FAIR 6.52m 1986
Triple Jump	C Rowe MORR 11.80m 1975	H Chase CCNZ 13.72 1971	G Andrews HLCR 13.60 1986
Pole Vault (U16/Sen grades only)			K Saunderson STPC 4.30 1994
Relay 4 X 100m	HAMB 48.99 2016	HAMB 44.43s 2018	SPLH 42.61 2005

CENTRAL ZONE PARA ATHLETIC RECORDS

EVENT	PARA Athlete
100m	M Tauaika HLCR 13.42s 2019
200m	I Boutkam HLCR 27.06s 2019
400m	A Soria FAIR 1.12.14s 2019

Play Hard, Play Fair!

Good sport is about positive attitude.

You can set the right tone and help make the championships a success.

Play Your Part – Play Fair.

- Respect that people are involved in sport for fun and enjoyment
- Support good play and applaud good performance from all competitors
- Learn the difference between supportive and abusive comments and rule out the latter
- Display self-control on the side line. Always be positive. Never shout at or ridicule players or officials
- Attempt to understand the rules of athletics
- Accept the decisions of officials and coaches
- Show your appreciation to people who volunteer their time to make sport happen
- Remember that we are all capable of making mistakes
- Give it heaps but don't get ugly

