

## Northwest and South Waikato and King Country Secondary Schools Zone Athletics Championships

**Thursday 9 March 2023 – Te Awamutu Domain, Te Awamutu**  
**Organising School: Te Awamutu College**

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

<b>Timeline</b>	
<b>Thursday 8 February</b>	Entry information to schools Online Entry open at EnterNOW <a href="http://www.enternow.co.nz/sportwaikato">www.enternow.co.nz/sportwaikato</a>
<b>Monday 4 March</b>	<b>5.00pm Online ENTRIES CLOSE</b>
<b>Thursday 7 March</b>	<b>Northwest &amp; South Waikato &amp; King Country Zone Athletic Championships, Te Awamutu Domain, Te Awamutu</b>
<b>NOTE: Tuesday 26 March</b>	<b>Waikato-Bay of Plenty Secondary Schools Track &amp; Field Championships, Tauranga Domain, Tauranga</b>
<b>Sat -Sun 6-7 April</b>	<b>North Island Secondary School Track &amp; Field Championships, Palmerston North</b>
<b>Secretaries:</b>	<b>Sarah Watson Te Awamutu College</b> <a href="mailto:swatson@tac.school.nz">swatson@tac.school.nz</a> WSSS Coordinator Ella Major <a href="mailto:administrator@wsssa.org.nz">administrator@wsssa.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 Thursday 7 March</b>	<b>9.15am:</b> All athletes scratching from laned events to be declared to TIC <b>9.30 am:</b> Managers/Officials briefing <b>10.00 am:</b> Events begin - please refer to Timetable for Order of Events
	<b>Postponement:</b> Any cancellation notice will be notified to schools first thing in 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>	Entry fees for North, South, West & King Country Zone athletes are <u>\$2.00 per athlete</u> Invoices will be generated by EnterNOW Entry site as you enter your athletes. Schools will be invoiced following the championships with only those who participated being charged.
<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>	<u>As at 1st January 2024:</u> (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: Events Not Held at Northwest and South Waikato and King Country Zones</b>	<b>Hurdles, Hammer, Pole Vault, Walks and Steeplechase</b> events will not be held at the Northwest and South Waikato & King Country Zone meet. Managers must Enter athletes who wish to compete at the WBOPSSAA Championships on <b>Tuesday 26 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 200m /300m /400metres</b>	<b>TIMED FINALS</b> will be held at North, South & King Country Zone for 200 metres, 300 metres and 400 metres. 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

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	age group (using the appropriate para weight in the throws). Results will be collated at the end of the day
<b>GENERAL INFORMATION</b>	
<b>Starts</b>	<p>A crouch start must be used for events up to and including the 400m. Starting blocks are optional. 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</p> <p>a) 'On your marks' to bring competitors to their starting location.</p> <p>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</p>
<b>Warming Up</b>	All warming up must be done on the grass area outside on the main track area including outside lanes. Please do NOT warm up in the area of the Javelin competition.
<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>	<p>It is strongly recommended that all athletes wear some type of footwear on the track to prevent injury.</p> <p><b>Each School's own first aid kits</b> should be made available for minor injuries for their own student athletes.</p> <p>Schools are to bring their own <b>icepacks</b> for injuries.</p> <p>School should prepare their athletes with advice for <b>SUN</b> protection and <b>HYDRATION</b>. <b>There will be no St Johns onsite. The medical Centre will be notified of the event in case of serious injury</b></p>
<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 you are advised to add another adult official to your crew.
<b>Food and Refreshments</b>	<p>Officials and Team Managers will be provided with morning tea and lunch.</p> <p>Athletes: There will be a canteen available for athletes and spectators to purchase food and drink.</p>
<b>Waikato- Bay of Plenty Secondary Schools Track and Field Championships</b>  <b>Tuesday 26 March 2024</b> <b>Tauranga Domain, Tauranga</b>	<p><b>Qualifying Process</b></p> <p>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></p> <p>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></p> <p>Check <a href="https://wsss.org.nz/athletics/track-field/">https://wsss.org.nz/athletics/track-field/</a> for WBOPSSAA Championships information.</p>

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### Notes to Manager:

- For **All General Information for Competitors** see the following
  - [2023-2024-Summer-Handbook-V1.pdf \(athleticswaikatobayofplenty.org.nz\)](https://athleticswaikatobayofplenty.org.nz/2023-2024-Summer-Handbook-V1.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 NORTHWEST and SOUTH WAIKATO and KING COUNTRY ZONE

SCHOOL	CODE	UNIFORM
Forest View High School	FORE	Sky and royal Blue shirt, White or Blue shorts
Huntly College	HUNT	Light Blue & dark Blue
Maniapoto	MANI	
Ngapuke	NGAP	Purple
Ngaruawahia High School	NGAR	Green, Black & White
Nga Taiatea Wharekura	NGTW	Orange singlet, Black shorts
Otorohanga College	OTOR	Maroon & Gold
Piopio College	PIOP	Red, White & Black
Putaruru College	PUTA	White, Maroon and black
Raglan Area School	RAGL	Royal Blue & light Blue
Taumarunui High School	TMNH	Navy, Blue & Gold
Te Awamutu College	TEAW	Navy & Silver
Te Kuiti High School	TEKU	Green & Gold
Te Wharekura O Te Kaokaoroa O Patetere	TKKP	Blue, White and Black
Tokoroa High School	TKRA	Green singlets with Gold horizontal band, Black or Green shorts