

# King Country, Northwest and South Waikato Zone



## Secondary Schools Athletics Championships



**Thursday 7 March 2024**

10.00am Start

**Te Awamutu Domain, Armstrong Ave,  
Te Awamutu**

**Hosted by Te Awamutu College**

[www.wsss.org.nz/track-field/](http://www.wsss.org.nz/track-field/)



## Officials and Event Duty Allocation for Schools

DESIGNATION	SCHOOL	#'s of Officials
<b>Meeting Director</b>	John Tylden	
Meet Manager	Sarah Watson Te Awamutu College	
Announcer	Murray Green	
Track Referee	John Tylden	
Field Referee	Alan McDonald	
<b>TRACK EVENTS</b>		
Starter	John Tylden	2
Starters Assistant [Marshalls]	Te Awamutu College/Malcolm Taylor	2
Track Umpires	TBC	2
Photo Finish	Charles Annals	1
Bell/Lap Counter	Ray Wakeford	1
Runners	Te Awamutu College	4
Results	Charles Annals, Linda Green	1
Recorder at Finish for non laned events	Te Awamutu College	2
Photocopier	Linda Green	1
Relay Stewards	(Start/Marshalls), Te Awamutu, (1 <sup>st</sup> Zone), Otorohanga (2 <sup>nd</sup> Zone) Huntly College, (3 <sup>rd</sup> Zone) Piopio College	
<b>FIELD EVENTS</b>		
Discus	Otorohanga College, Piopio School,	2-4 people
Shotput	Tokoroa High, Taumarunui High	2-4 people
High Jump	Huntly College, Te Wharekura o Te Kaokaoroa o Patetere	2-4 people
Long Jump	Ngaruawahia College, Forest View High	2-4 people
Triple Jump	Nga Taiatea Wharekura, Putaruru College	2-4 people
Javelin	Te Kuiti, Te Wharekura o Maniapoto	2-4 people
<b>EQUIPMENT</b>		
Relay BATONS	Te Awamutu College	
Food	Te Awamutu College	
Radios	John Tylden	
<b>IMPLEMENTS **</b>	<b>These will be provided.</b>	

If you have a disabled athlete, make sure you bring the correct weighted equipment for them if it is different from the able athletes' equipment weight.

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. We will provide you with our 'how to guide' for your event but make sure people who are on field events have had some experience.

The schools that have not been assigned an event but are able to help, please assist another school where required.

## 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 stay in their lane at the end of the race until dismissed by the Chief Judge. You 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 starting 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 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, 3000, 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:**

The **first 3 final places** in this zone qualify for the Waikato/Bay of Plenty Secondary School Athletics 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 [angelar@stpeters.school.nz](mailto:angelar@stpeters.school.nz)

## ORDER of EVENTS TRACK – Start 10.00am

1	100m	Junior Boys	Heats
2	100m	Junior Girls	Heats
3	100m	Intermediate Boys	Heats
4	100m	Intermediate Girls	Heats
5	100m	Senior Boys	Heats
6	100m	Senior Girls	Heats
7	100m	Para Athletes	Heats
8	3000m	Open Girls	FINAL
9	3000m	Open Boys	FINAL
10	200m	Junior Boys	Timed FINAL
11	200m	Junior Girls	Timed FINAL
12	200m	Intermediate Boys	Timed FINAL
13	200m	Intermediate Girls	Timed FINAL
14	200m	Senior Boys	Timed FINAL
15	200m	Senior Girls	Timed FINAL
16	200m	Para Athletes	Timed FINAL
17	800m	Junior Girls	FINAL
18	800m	Junior Boys	FINAL
19	800m	Intermediate Girls	FINAL
20	800m	Intermediate Boys	FINAL
21	800m	Senior Girls	FINAL
22	800m	Senior Boys	FINAL
23	300m	Junior Boys	Timed FINAL
24	300m	Junior Girls	Timed FINAL
25	400m	Intermediate Boys	Timed FINAL
26	400m	Intermediate Girls	Timed FINAL
27	400m	Senior Boys	Timed FINAL
28	400m	Senior Girls	Timed FINAL
29	400m	Para Athletes	Timed FINAL
<b>LUNCH</b>			
30	100m	Junior Girls	FINAL
31	100m	Junior Boys	FINAL
32	100m	Intermediate Girls	FINAL
33	100m	Intermediate Boys	FINAL
34	100m	Senior Girls	FINAL
35	100m	Senior Boys	FINAL
36	100m	Para Athletes	FINAL
37	1500m	Junior Girls	FINAL
38	1500m	Junior Boys	FINAL
39	1500m	Intermediate Girls	FINAL
40	1500m	Intermediate Boys	FINAL
41	1500m	Senior Girls	FINAL
42	1500m	Senior Boys	FINAL
50	4 x 100 m Relay	Junior Girls	FINAL
51	4 x 100m Relay	Junior Boys	FINAL
52	4 x 100m Relay	Intermediate Girls	FINAL
53	4 x 100m Relay	Intermediate Boys	FINAL
54	4 x 100m Relay	Senior Girls	FINAL
55	4 x 100m Relay	Senior Boys	FINAL

## ORDER of EVENTS – FIELD EVENTS – Start 10.00 am

F1	Discus	Junior Girls	
F2	Triple Jump	Junior Boys	Pit 2
F3	High Jump	Intermediate Girls	
F4	Long Jump	Intermediate Boys	Pit 1
F5	Shot Put	Senior Girls	
F6	Javelin	Senior Boys	
F7	High Jump	Junior Girls	
F8	Discus	Junior Boys	
F9	Triple Jump	Intermediate Girls	Pit 2
F10	Shot Put	Intermediate Boys	
F11	Javelin	Senior Girls	
F12	Long Jump	Senior Boys	Pit 1
F13	Javelin	Junior Girls	
F14	Long Jump	Junior Boys	Pit 1
F15	Shot Put	Intermediate Girls	
F16	Triple Jump	Intermediate Boys	Pit 2
F17	High Jump	Senior Girls	
F18	Discus	Senior Boys	
F19	Shot Put	Junior Girls	
F20	Javelin	Junior Boys	
F21	Long Jump	Intermediate Girls	Pit 1
F22	High Jump	Intermediate Boys	
F23	Discus	Senior Girls	
F24	Triple Jump	Senior Boys	Pit 2
F25	Triple Jump	Junior Girls	Pit 2
F26	High Jump	Junior Boys	
F27	Discus	Intermediate Girls	
F28	Javelin	Intermediate Boys	
F29	Long Jump	Senior Girls	Pit 1
F30	Shot Put	Senior Boys	
F31	Long Jump	Junior Girls	Pit 1
F32	Shot Put	Junior Boys	
F33	Javelin	Intermediate Girls	
F34	Discus	Intermediate Boys	
F35	Triple Jump	Senior Girls	Pit 2
F36	High Jump	Senior Boys	

### Age Groups

As on the 1<sup>st</sup> January in the year of the championships, athletes with 1<sup>st</sup> 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

### EVENT SPECIFICATIONS

	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 (only available at WBOPSSAA Championships)

	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 6 competitors achieve this mark, only the top 6 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](mailto: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		<b>F11-13</b>		3.00kg	500g	1.00kg
SB 1.50kg	700g	5.00kg		<b>F11-13</b>				
JB 1.25kg	700g	5.00kg		<b>F20</b>		3.00kg	500g	1.00kg
SB 1.50kg	700g	5.00kg		<b>F20</b>				
NE	NE	NE	397g	<b>F31</b>	397g	NE	NE	NE
750g	NE	1.00kg	397g	<b>F32</b>	397g	1.00kg	NE	750g
750g	500g	2.00kg	NE	<b>F33</b>	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	<b>F34</b>	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	<b>F35</b>	NE	2.00kg	500g	750g
750g	500g	3.00kg	NE	<b>F36</b>	NE	2.00kg	500g	750g
750g	500g	4.00kg	NE	<b>F37</b>	NE	2.00kg	500g	750g
1.00kg	600g	4.00kg	NE	<b>F38</b>	NE	2.00kg	500g	750g
1.00kg	500g	3.00kg		<b>F40,41</b>		2.00kg	400g	750g
1.00kg	700g	5.00kg		<b>F42</b>		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		<b>F43,44</b>		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		<b>F45,46</b>		3.00kg	500g	1.00kg
750g	NE	NE		<b>F51</b>		NE	NE	750g
750g	500g	2.00kg		<b>F52</b>		2.00kg	500g	750g
750g	500g	2.00kg		<b>F53</b>		2.00kg	500g	750g
750g	500g	3.00kg		<b>F54</b>		2.00kg	500g	750g
750g	500g	3.00kg		<b>F55</b>		2.00kg	500g	750g
750g	500g	3.00kg		<b>F56</b>		2.00kg	500g	750g
1.00kg	500g	3.00kg		<b>F57</b>		2.00kg	500g	750g
1.00kg	700g	5.00kg		<b>F61,63</b>		3.00kg	500g	1.00kg
1.00kg	700g	5.00kg		<b>F62,64</b>		3.00kg	500g	1.00kg



# KING COUNTRY, NORTHWEST AND SOUTH WAIKATO ZONE GIRLS

## ATHLETIC RECORDS

EVENT	JUNIOR GIRLS	INTERMEDIATE GIRLS	SENIOR GIRLS
<b>100m</b>	S Moko TKRA 12.61s 1983	S Moko TKRA 12.12s 1984	J Bell TMNH 12.1s 1974
<b>200m</b>	D Treadaway TKRA 26.68s 2012	L Belfield TEAW 25.59s 2016	M Williams FORE 24.6s 2003
<b>300m/400m</b>	M Williams FORE 43.53s 1999	M Williams FORE 1:01.00s 2001	M Williams FORE 56.8s 2003
<b>800m</b>	M Williams FORE 2:24.87s 1999	M Williams FORE 2:20.97s 2000	L Moller PUTA 2:14.0s 1972
<b>1500m</b>	M Anderson OTOR 5:18.7s 1994	S Ritchie TEAW 5:03.9s 1984	S Ritchie TEAW 4:53.8s 1985
<b>3000m</b>	S Corbett TEKU 11:28.77s 2016	S J Garrett TEAW 11:13.3s 1993	G Butler TEAW 10:58.22s 2016
<b>70m/80m/100m Hurdles</b>	S Morgan TEKU 12.5s 1995	C Ellery TEKU 14.2s 1995	L Vaka TMNH 16.3s 1977
<b>High Jump</b>	K Raharuhi TMNH 1.56m 1989	K Raharuhi TMNH 1.65m 1990	K Raharuhi TMNH 1.60m 1992
<b>Long Jump</b>	T Burnside TEAW 4.91m 2013	K Raharuhi TMNH 5.12m 1990	K Camp TEAW 5.12m 2009
<b>Triple Jump</b>	T Burnside TEAW 9.69m 2013	S Hewlett TEAW 10.90m 2020	K Camp TEAW 11.24m 2009
<b>Shot Put</b>	J Demler TEAW 11.70m 2020	L Russell PUTA 12.85m 1979	A. Brown TKKP 12.93m 2016
<b>Discus</b>	K Mills TEAW 34.08m 1991	F Bartley TEAW 37.48m 1992	T Canne TEAW 38.44m 1991
<b>Javelin</b>	L Mailelaa TKRA 29.51m 1993	J James PIOP 35.40m 2020	T Berntsen OTOR 37.64m 1986
<b>Relay 4 X 100m</b>	<b>TEKU</b> 54.0s 1963	<b>TKRA</b> 48.79s 2013	<b>PUTA</b> 51.4s 1978

# KING COUNTRY, NORTHWEST AND SOUTH WAIKATO ZONE BOYS

## ATHLETIC RECORDS

EVENT	JUNIOR BOYS	INTERMEDIATE BOYS	SENIOR BOYS
<b>100m</b>	T Hemana TMNH 11.9s 2001	C Graham/P Reilly TEAW/TEKU 11.4s 1983/1985	C Chase PUTA 10.05s 1995
<b>200m</b>	C Jackson TEKU 24.8s 1992	P Reilly TEKU 23.5s 1975	C Chase PUTA 21.6s 1995
<b>300m/400m</b>	S Elers TMNH 40.7s 2000	J Young TEAW 52.2s 1978	R Hiskens OTOR 52.1s 1950
<b>800m</b>	R Walker/D Lee PUTA/FORE 2.11.0s 1971/1994	J Young TEAW 2:02.8s 1976	C Harland TMNH 2:00.1s 1989
<b>1500m</b>	G Leak TEAW 4:24.8s 1975	P Stock OTOR 4:14.0s 1978	G Butler TEAW 4:10.3s 1978
<b>3000m</b>	S Bolton PIOP 10:50s 1991	K MacLachlan PIOP 9:42.4s 1998	N Roche TEAW 9:16.9s 1995
<b>70m/80m/100m Hurdles</b>	M Anderson TEAW 12.3s 1995	S Wheeler TMNH 15.0s 1990	C Cheese TMNH 14.8s 2001
<b>High Jump</b>	J Brandon TEKU 1.83m 2001	A Montgomery TKRA 1.86m 1989	H.Riki-Pahewa TKRA 1.84m 2023
<b>Long Jump</b>	P Te Whare TEKU 5.97m 1998	R Bayer TMNH 7.15m 1971	M Kerr-Bell PUTA 6.80m 1968
<b>Triple Jump</b>	J Togia FORE 12.50m 2012	P Te Whare TEKU 13.31m 1999	N Park TEAW 14.11m 1989
<b>Shot Put</b>	R Nicol TEAW 14.78m 1987	R Hills TEAW 14.03m 1989	J Heymans TEAW 13.84m 2009
<b>Discus</b>	R Hills TEAW 44.06m 1987	I Winchester TEAW 44.66m 1989	I Winchester TEAW 53.56m 1991
<b>Javelin</b>	J Searanke TEKU 39.74m 1982	J Reilly TEKU 50.14m 1997	D Rabbit PUTA 58.20m 1994
<b>Relay 4 X 100m</b>	<b>TEAW</b> 50.6s 1995	<b>TEKU</b> 47.8s 1993	<b>TEKU</b> 45.9s 1969

## SCHOOLS in KING COUNTRY, NORTHWEST and SOUTH WAIKATO 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

# 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

