



THAMES VALLEY ZONE

SECONDARY SCHOOLS ATHLETICS CHAMPIONSHIPS



Tuesday 12 March 2024

9.00 am Start

Paeroa Domain, Paeroa

Hosted by Whangamata Area School

www.wsss.org.nz/track-field/



Officials and Event Duty Allocation for Schools

DESIGNATION	SCHOOL	#'s of Officials
Meeting Director	John Tylden	
Meet Manager	Jennifer Taylor Whangamata Area School	
Announcer	Debbie Burge Te Aroha	
Track Referee	John Tylden	
Field Referees	Joan Rawnsley, Sarah Van Marrewijk	
TRACK EVENTS		
Starter	John Tylden	1
Starters Assistant [Marshalls]	Te Kura o Manaia, Malcom Taylor	2
Photo Finish	Charles Annals	1
Bell/lap count/wind reading	Ray Wakeford	1
Runners	Whangamata Area School	4
Results	Charles Annals, Jennifer Taylor	
Recorders at Finish for non laned events	Matamata College	2
Photocopier	Jennifer Taylor	
Relay Stewards	Hauraki Plains (Start), Te Aroha (1 st Zone), Mercury Bay (2 nd Zone), Katikati (3 rd Zone)	
FIELD EVENTS		
Discus	Hauraki Plains College	2-4 people
Shotput	Te Aroha College 1, Paeroa College2	2-4 people
High Jump	Mercury Bay Area School	2-4 people
Long Jump	Katikati College	2-4 people
Triple Jump	Morrinsville College 2, Waihi College 2	2-4 people
Javelin	Thames High School	2-4 people
EQUIPMENT		
Relay BATONS	Whangamata Area School	
Food	Whangamata Area School	
Radios	John Tylden, Malcolm Taylor	
IMPLEMENTS **	Please remember to bring the equipment you require for your events e.g. tape measures, stop watches etc. – if you are unable to provide it then please try and borrow from another school. Please confirm that you have the equipment to Jennifer Taylor	

If you have a Para 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** 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, Hurdles and Steeplechase events:** These will not be held at the zone meet. Managers can enter athletes of a suitable standard who wish to compete in these events at the WBOPSSAA Championships via Enter Now on the WSSS website.
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:** 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 4th athlete may be entered with the approval of the WBOPSSAA Secretary Ange Russek . Please email all requests to angelar@stpeters.school.nz

Order of Events

Event No.	Time	Event	Grade
1	9.30	Triple Jump (Pit A)	Junior Boys
2	9.30	Shot Put	Intermediate Boys
3	9.30	Long Jump (Pit B)	Senior Boys
4	9.30	Javelin	Junior Girls
5	9.30	High Jump (Pit A)	Intermediate Girls
6	9.30	Discus	Senior Girls
7	9.30	3000m	Junior, Intermediate, Senior Girls (Finals)
8	9.45	3000m	Junior, Intermediate, Senior Boys (Finals)
9	10.00	200m	Junior Girls (Timed Finals)
10	10.10	200m	Intermediate Girls (Timed Finals)
11	10.20	200m	Senior Girls (Timed Finals)
12	10.25	Shot Put	Junior Boys
13	10.25	Long Jump (Pit B)	Intermediate Boys
14	10.25	Javelin	Senior Boys
15	10.25	Triple Jump (Pit A)	Junior Girls
16	10.25	Discus	Intermediate Girls
17	10.25	High Jump (Pit B)	Senior Girls
18	10.30	200m	Para Athletes (Timed Finals)
19	10.35	200m	Junior Boys (Timed Finals)
20	10.40	200m	Intermediate Boy (Timed Finals)
21	10.50	200m	Senior Boys (Timed Finals)
22	11.00	800m	Junior Girls (Final)
23	11.05	800m	Intermediate Girls (Final)
24	11.10	800m	Senior Girls (Final)
25	11.25	800m	Senior Boys (Final)
26	11.15	High Jump (Pit A)	Junior Boys
27	11.15	Discus	Intermediate Boys
28	11.15	Triple Jump (Pit A)	Senior Boys
29	11.15	Shot Put	Junior Girls
30	11.15	Long Jump (Pit B)	Intermediate Girls
31	11.15	Javelin	Senior Girls
32	11.15	800m	Junior Boys (Final)
33	11.20	800m	Intermediate Boys (Final)
34	11.30	100m	Junior Girls (Heats)
35	11.40	100m	Intermediate Girls (Heats)
36	11.50	100m	Senior Girls (Heats)
37	12.00	100m	Para Athletes
38	12.10	100m	Junior Boys (Heats)
40	12.20	100m	Intermediate Boys (Heats)
41	12.30	100m	Senior Boys (Heats)

LUNCH BREAK 12.05pm Field Officials, 12.40pm Track Officials

42	12.40	Javelin	Junior Boys
43	12.40	High Jump (Pit B)	Intermediate Boys
44	12.40	Discus	Senior Boys
45	12.40	Long Jump (Pit B)	Junior Girls
46	12.40	Shot Put	Intermediate Girls
47	12.40	Triple Jump (Pit A)	Senior Girls
55	1.15	1500m	Intermediate Girls + Boys (Finals)
56	1.30	Long Jump (Pit B)	Junior Boys
57	1.30	Javelin	Intermediate Boys
58	1.30	High Jump (Pit A)	Senior Boys

59	1.30	Discus	Junior Girls
60	1.30	Triple Jump	Intermediate Girls
61	1.30	Shot Put	Senior Girls
62	1.30	300m	Junior Girls (Timed Finals)
63	1.35	300m	Junior Boys (Timed Finals)
64	1.40	400m	Intermediate Girls (Timed Finals)
65	1.45	400m	Senior Girls (Timed Finals)
66	1.50	400m	Intermediate Boys (Timed Finals)
67	1.55	400m	Senior Boys (Timed Finals)
68	2.00	400m	Para Athletes (Finals)
69	2.05	1500m	Junior Girls + Boys (Finals)
70	2.20	Discus	Junior Boys
71	2.20	Triple Jump (Pit A)	Intermediate Boys
72	2.20	Shot Put	Senior Boys
73	2.20	High Jump (Pit B)	Junior Girls
74	2.20	Javelin	Intermediate Girls
75	2.20	Long Jump (Pit B)	Senior Girls
76	2.20	1500m	Senior Girls + Boys (Finals)
77	2.35	100m	Junior Girls (Finals)
78	2.37	100m	Intermediate Girls (Finals)
79	2.40	100m	Para Athletes (Final)
80	2.42	100m	Senior Girls (Finals)
81	2.45	100m	Junior Boys (Finals)
82	2.47	100m	Intermediate Boys (Finals)
83	2.50	100m	Senior Boys (Finals)
84	3.00	4 x 100m Relay	Junior Girls
85	3.03	4 x 100m Relay	Junior Boys
86	3.06	4 x 100m Relay	Intermediate Girls
87	3.09	4 x 100m Relay	Intermediate Boys
88	3.12	4 x 100m Relay	Senior Girls
89	3.15	4 x 100m Relay	Senior Boys

END OF MEET

All hands on deck to pack up please

NOTES:

Competitors must report 10 minutes before their event.

Distance Events: Please note changes

The 3000m races will now be run as combined age group races e.g. Junior, Intermediate, Senior girls will run together. The 1500m races may be combined gender races depending on numbers eg Senior Girls and Senior Boys together.

Para Athletes will compete in their age groups for field events ie Juniors U16 with the Intermediates and Seniors U19 or U21 (ORS funded) with the Seniors. They will use the appropriate Para weights.

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

EVENT SPECIFICATIONS

Implement Weights	Javelin (gm)	Discus (kg)	Shot Put (kg)	Hammer (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 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

THAMES VALLEY ZONE GIRLS ATHLETIC RECORDS

EVENT	JUNIOR GIRLS	INTERMEDIATE GIRLS	SENIOR GIRLS
100m	C Hughes MATA 12.5s 1974	V Morgan WHIC 12.1s 1959	C Hughes MATA 11.8s 1976
200m	E Dearlove MATA 25.9s 1979	E Dearlove MATA 25.6s 1980	E Dearlove MATA 25.6s 1980
300m/400m	M Tims MATA 44.8s 2014	C Dillimore WHIC 58.5s 1980	C Dillimore WHIC 57.9s 1983
800m	P Peters HAUR 2:22.3s 1983	C Wignall PAER 2:16.5s 1998	W Langlands MATA 2:13.6s 1981
1500m	K McKee PAER 5:01.0s 1984	R Forlong MATA 4:52.8s 2002	W Langlands MATA 4:33.0s 1981
3000m	T Voykovich THAM 11:10.0s 2008	S Morgan MATA 10:45.3s 2003	C Tye THAM 10:17.2s 2000
70m/80m/100m Hurdles	L Rea MATA 12.7s 1994	V Thomas 12.9s 1994	C Watkins MATA 18.5s 1994
Shot Put	T Kaumoana TEAR 13.35m 2014	T Kaumoana TEAR 13.36m 2016	T Kaumoana TEAR 12.95m 2017
Discus	T Kaumoana TEAR 35.32m 2014	T Kaumoana TEAR 43.81m 2016	T Ikinofu HAUR 42.73m 2007
Javelin	J Ford MATA 27.94m 1984	S Paetau TEAR 38.54m 1992	L Field MATA 37.88m 1989
High Jump	R Heron TEAR 1.50m 1993	L Olsen HAUR 1.65m	L Olsen HAUR 1.68m 1977
Long Jump	E Dearlove MATA 5.05m 1979	M Donaghy HAUR 5.42m 1955	L Russek THAM 5.64m 1980
Triple Jump	A Lockwood MERC 10.08m 1993	S McDonald MERC 10.26m 1993	A Martens TEAR 10.87m 2006
Relay 4 X 100m	MATA 53.0s 1979	MATA 51.1s 1983	MATA 51.6s 1979
OPEN GIRLS			
300m Hurdles		C Watkins MATA 48.5s 1994	
Walk		S Morgan MATA 8:51.2s 2000	
AWD			
100m		R Yeomans (TEAR) 1996 16.3s	
Shot put		C Wickcliffe (PAER) 2004 10.48m	
Discus		C Wickcliffe (PAER) 2007 12.01m	

THAMES VALLEY ZONE BOYS ATHLETIC RECORDS

EVENT	JUNIOR BOYS	INTERMEDIATE BOYS	SENIOR BOYS
100m	J Hostler TEAR 11.8s 1960	E Wallace MATA 11.32 2018	E Wallace MATA 11.00s 2020
200m	J Hostler TEAR 24.3s 1960	E Wallace MATA 23.14 2018	A Somerville WHIC 22.7s 1998
300m/400m	C Ruka PAER 40.1s 1993	T Morrison MATA 53.5s 1967	S Dunn MATA 51.1s 1985
800m	M White 2:08.8s 1977	M Holmes MATA 2:01.1s 1977	S Dunn MATA 1:58.0s 1985
1500m	M White 4:28.3s 1977	R Knight MATA 4:17.5s 1970	A Pulford HAUR 4:05.7s 2009
3000m	M Parsonage MATA 10:19.6s 1994	D Sherman MATA 9:35.13s 2006	A Pulford HAUR 8:55.0s 2008
80m/100m Hurdles	M Nepia WHIC 12.4s 1994	C Hood-Hills MATA 15.6s 1993	B Frewin 15.1s 1993
Shot Put	O Morton-Farrelly MATA 13.77m 2018	M Robinson TEAR 15.50m 1975	M Hayward HAUR 15.57 2010
Discus	M Robinson TEAR 45.14m 1974	M Robinson TEAR 56.08m 1975	M Robinson TEAR 48.92m 1976
Javelin	J Paul MAN 41.96m 2010	A Cox MATA 59.22m 1989	R Dickson PAER 58.20m 1983
High Jump	B Brady MATA 1.67m 2012	M Nicholls MATA 1.85m 2006	S Walworth TEAR 1.92m 1998
Long Jump	Revoked 2021 New distance 5.55m	K Deboer TEAR 6.39m 2012	T Morrison MATA 6.59m 1968
Triple Jump	R Rooney HAUR 11.71m 1968	P Gerring MATA 12.87m 1972	C Strange THAM 14.05m 1970
Relay 4 X 100m	PAER 50.3s 1967	MATA 46.6s 1993	HAUR 45.3s 1996
OPEN BOYS			
300m Hurdles		C Hood-Hills MATA 42.9s 1994	
Walk		H Tapper 7:32.8s 1993	
Hammer		N Tuhakaruina 32.94m 1993	
Para Athlete Records			
100m		T Apaapa (WHIC) 13.47s 2014	
200m		T Apaapa (WHIC) 28.03s 2015	
400m		T Apaapa(WHIC) 1:06.9s 2014	
Shot put		W Lindsay (TEAR) 8.04m 2010	
Discus		W Lindsay (TEAR) 20.97m 2007	
Long Jump		R Hale (CORO) 4.45m 2015	

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

To see the results please visit our website

<https://wsss.org.nz/athletics/track-field/>



Thank you