

# West Coast Track & Field Championships

Saturday 16th March 2013 ANZAC Park - Greymouth

9.30 a.m.	100m	All grades
9.50 a.m.	Shot Put	W- U18, M-U18, M-U20, W-U20
	Long Jump	Senior Men, Senior Women & All Masters
	Discus	All children's grades
10.20 a.m.	800m	All Grades
10.40 a.m.	Discus	Senior Men, Senior Women & All Masters
	Javelin	W- U18, M-U18, M-U20, W-U20
	Long jump	Children 6 - 9 yrs
	Shot put	Children 10 - 14 yrs
11.10 a.m.	Shot Put	Senior Men, Senior Women & All Masters
	Triple Jump	W16, M16, M19, W19
	Shot Put	Children 6-9 yrs (grass circles)
	Long Jump	Children 10 - 14yrs
11.40 a.m.	400m	All Grades
12.00 p.m.	3000m	All Grades
	<b>Lunch Break – Sausage sizzle for kids.</b>	
1.30 p.m.	100m	WC Secondary School Boys Championship
	100m	WC Secondary School Girls Championship
1.45 p.m.	Javelin	Senior Men, Senior Women & All Masters
	Long Jump	W- U18, M-U18, M-U20, W-U20
2.15 p.m.	1500m	All Grades
2.40 p.m.	High Jump	Men & Women Open
3.15 p.m.	200m	All Grades
3.30 p.m.	Triple Jump	Senior Men, Senior Women & All Masters
	Discus	W- U18, M-U18, M-U20, W-U20
4.00 p.m.	5000m	All Grades
	Hammer Throw	All Grades
	Weight Throw	All Masters

**\*\* Please be aware that times are only approximate and events may run ahead or behind schedule at the discretion of the meeting manager \*\***

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You are invited to compete in the 2013 WC Athletic Championships.

After the successful introduction of the junior athlete events into the programme last year, to introduce them to meet senior athletics and to encourage the future of our wonderful sport.

At the other end of the spectrum we welcome Master's athletes of all ages and wish everyone a most enjoyable day.

There are certificates available for each event which will be forwarded at a later date so please ensure we have your correct contact details on the registration sheet available on the day. There are trophies for some events which carry long traditions and many legendary names.

The day is a celebration of athletics and we welcome one day registrations from athletes and secondary school athletes preparing for the WC Secondary School champs are welcome to attend.

To ensure a safe venue please be wary of other competitors, spectators and please respect the officials who are volunteering their time to assist on the day.

We will provide a sausage sizzle for kids at the lunch break and children and families are welcome to stay and watch afternoon events and compete where practical.

As with any meet there is always pressure on officials so please feel free to assist where you can, it will be greatly appreciated. We always need another timekeeper, pit raker or measurer.

If you have any questions please contact me and I'll endeavour to sort it out.

Cheers

Jack O'Connor  
President  
Greymouth Athletic Club

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