

# NORTH ISLAND MASTERS ATHLETICS TRACK & FIELD CHAMPIONSHIPS

Newtown Park, Wellington | 25 -27 November 2011



Surname

First Name

Postal Address

Telephone No.

Male/Female

Date of Birth

Age Grade

Centre

NZMA No. 2011/12

Email

Signed

Date

I declare that I am a financial member of NZMA for the 2011/12 year. Neither the organisers, the sponsors, nor other parties associated with the events shall have any responsibility for any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in these championships or related activities. I authorise my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast promotion, advertising, or in any other way relating to this event, pursuant to the Privacy Act 1993.

**ENTRIES CLOSE - 2<sup>nd</sup> November 2011**

**NO LATE ENTRIES**

**CHEQUES PAYABLE TO**  
Wellington Masters Athletics

**ENTRIES AND ENQUIRES TO**  
Mark Macfarlane  
3 Shackle Lane  
Whitby, Porirua 5024  
Telephone: 04 234 8874  
Email: mark.macfarlane@xtra.co.nz

**AGE GROUPS -**

From 30+ for both men & women. Age as at the first day of competition (even if you do not actually compete on the first day of competition). Remember to wear the correct colour patch as listed below on the top rear of your singlet:

**30+** Light Blue, **35+** Light Green, **40+** Gold, **45+** Black, **50+** Red, **55+** Emerald Green, **60+** Royal Blue, **65+** Yellow, **70+** Lilac, **75+** Maroon, **80+** Orange, **85+** White, **90+** Brown.

## Tick events entered

(Check the programme for correct events for your age group)

<input type="checkbox"/>	60m	<input type="checkbox"/>	Long Jump
<input type="checkbox"/>	100m	<input type="checkbox"/>	Triple Jump
<input type="checkbox"/>	200m	<input type="checkbox"/>	High Jump
<input type="checkbox"/>	400m	<input type="checkbox"/>	Pole Vault
<input type="checkbox"/>	800m	<input type="checkbox"/>	Shot Put
<input type="checkbox"/>	1500m	<input type="checkbox"/>	Discus
<input type="checkbox"/>	5000m	<input type="checkbox"/>	Javelin
<input type="checkbox"/>	60m Hurdles (trial)	<input type="checkbox"/>	Hammer
<input type="checkbox"/>	80m Hurdles	<input type="checkbox"/>	Weight Throw
<input type="checkbox"/>	100m Hurdles	<input type="checkbox"/>	Pentathlon
<input type="checkbox"/>	110m Hurdles	<input type="checkbox"/>	Throws Pentathlon
<input type="checkbox"/>	200m Hurdles	<input type="checkbox"/>	2000m Steeplechase
<input type="checkbox"/>	300m Hurdles	<input type="checkbox"/>	3000m Steeplechase
<input type="checkbox"/>	400m Hurdles	<input type="checkbox"/>	3000m Track Walk
<input type="checkbox"/>	10km Road Run	<input type="checkbox"/>	10km Road Walk

## OFFICIALS REGISTRATION

Name

Address

Phone No

Email

Officials Grade

Preferred Event(s)

2nd Choice

3rd Choice

We need your help. As with most centres we have good keen band of officials but we need outside help. If you have an official grading this is fine but by no means essential.

## ENTRY FEES

NZMA Fee \$ 10.00

First Event @ \$6.00 \$ 6.00

Each additional event @ \$5.00 \$

Multi Events @ \$5.00 each \$

Lunches @ \$ 10.00 each \$

**Total Enclosed \$**

# COMPETITION PROGRAMME

The following is the anticipated timing of the Programme. Centres will be notified of any alteration after the close of entries.

## Friday 25 November

TRACK			FIELD		
Time	Event	Grade	Time	Event	Grade
			5.00pm	Hammer	Men
				Shot Put	Women
				Long Jump	M30-54
6.00pm	400m	M/W	5.45pm	Long Jump	M55+
6.30pm	3000m Track Walk	M/W	6.45pm	Shot Put	Men
7.00pm	5000m	Women		Hammer	Women
7.35pm	5000m	Men		Long Jump	Women

## Saturday 26 November

9.00am	60m	M/W	9.00am	Discus	M55-65
9.30am	3000m Steeplechase	M30-59		Discus	M70+
10.10am	2000m Steeplechase	W / M60+		Javelin	W30-54
				Triple Jump	M30-54
				High Jump	Women
			10.00am	Discus	M30-49
				Discus	M50
10.30am	80m Hurdles	W40+ / M70+		Javelin	W55+
	100m Hurdles	W30-39 / M50-69		Triple Jump	M55+
	110m Hurdles	M30-49	11.00am	Weight Throw	Men
				Weight Throw	Women
				Pole Vault	M/W
12.00pm	<b>LUNCH BREAK</b>				
12.30pm	100m	M/W	1.15pm	Javelin	M30-54
1.00pm	1500m	M/W		Discus	W30-54
				High Jump	M55+
2.00pm	60m Hurdles	M/W		Triple Jump	W55+
			2.15pm	Javelin	M55+
				Discus	W55+
3.00pm	4 x 100m Relay	M / W *Mixed		High Jump	M30-54
				Triple Jump	W30-54
	* 2 Men & 2 Women Provincial Teams				

## Sunday 27 November

8.00am	10km Road Walk	M/W	8.30am	Throws Pentathlon	W30-59
10.00am	10km Road Run	M/W	8.45am	Long Jump - Pentathlon	Men
9.00am	100m - Pentathlon	Women	9.00am	Throws Pentathlon	W60+
			9.30am	Throws Pentathlon	Men
9.40am	400m Hurdles	W30-49		Javelin - Pentathlon	Men
	400m Hurdles	M35-59			
	300m Hurdles	W50+ / M60+			
	200m Hurdles	W70	10.00am	Shot Put - Pentathlon	Women
10.10am	200m (includes Pentathlon)	M/W	11.00am	Long Jump - Pentathlon	Women
11.00am	800m	M/W	11.30am	Discus - Pentathlon	Men
12.30pm	1500m Pentathlon	Men	12.00pm	Javelin - Pentathlon	Women
1.00pm	800m - Pentathlon	Women			

## Athletes Information

### SPIKES ON MONDO TRACK:

The maximum length of spikes to be used on the track for sprinters and distance runners is 6mm. Recommended are Pyramid, Conical or Tree spikes.

Extra long grass spikes MUST NOT be used. Needle spikes are not suitable.

9mm spikes may be used on the Javelin and Jumps runways.

### PLEASE NOTE:

3000m & 5000m track runners & walkers - please arrange your own lap scorers.