

Athletics Canterbury 2023 - 2024 (Draft September 2023)

Draft programme of events per interclub meeting. NOTE: Relay events can be added to any interclub, as requested by clubs / school teams.

Oct	60	100	200	400	800	1500	*3000	*5000	SC	10k	Wk	SH	LH	LJ	TJ	HJ	PV	SP	DT	HT	JT	Note:	
14 th (Sat)	80		135		600	1200	2000						200	W	M								Odd race distances
21 st (Sat)													#	M	W								*U20+ athletes only
28 th (Sat)														W	M								
Nov	60	100	200	400	800	1500	3000	*5000	SC	10k	Wk	SH	LH	LJ	TJ	HJ	PV	SP	DT	HT	JT	Note:	
2 nd (Thurs)				300		1 Mile																	
4 th (Sat)													#	M	W								
9 th (Thurs)							2000																
11 th (Sat)														W	M								SI Combined Events – Day 1
12 th (Sun)													#										SI Combined Events – Day 2
16 th (Thurs)				300		1200																	
18 th (Sat)	Show Weekend - No SENIOR interclub																						
23 rd (Thurs)							3000																Odd track race distances
24 th (Fri)	Rhythm & Jumps																						Selected athletes only
25 th (Sat)													#	M	W								
30 th (Thurs)																							
Dec	60	100	200	400	800	1500	3000	*5000	SC	10k	Wk	SH	LH	LJ	TJ	HJ	PV	SP	DT	HT	JT	Note:	
2 nd (Sat)							2000							W	M								
8 th (Fri) 10 th (Sun)	NO Interclub – NZSSC @ Nga Puna Wai																						
16 th (Sat)	TBC - 4x 100m, 4x 400m & Distance Medley relay (2x 200, 400 & 800)																						
27 th (Wed)	Events TBC																						

Points to consider for all athletes and coaches:

1. Timetabling a full track & field meeting is becoming more challenging, based on the number of officials required.
2. To ensure we can offer what is within this draft weekly schedule, we require up to 20 additional helpers each meeting to assist our officials.
3. Over the past few seasons, pole vault, high jump & short hurdles events have been consistently offered because those participating (plus helpers) have assisted in running the event. ALL other field event competitors are encouraged to help when you can, either during the event or on a day when not competing. Alternatively, encourage a family member or friend to help assist. No experience is needed, just a willingness to learn.
4. Walk events distances will be added after consultation i.e. 2000m, 3000m, 5000m & 10000m, and run separately or as part of a distance running event (TBC). We will offer walks at twilight meeting, if there is a demand.
5. Currently single gender long jump and triple jump, however senior athletes only (20+) can compete in opposite gender events.
6. To complete the rotation of steeplechase and long hurdle events, we ask that athletes / coaches of those events request when would be the most appropriate meeting to timetable these events. We have held a LH 300 / 400 event within a flat 300 / 400m.
7. If a record could potentially be achieved, to ensure no athlete is disadvantaged, please inform the event officials prior to the competition starts. This should allow us enough time to ensure we have an appropriately graded official present at the time of their attempt.

Many of these decisions will be reviewed and modified on a weekly basis. If we consistently have more officials / helpers available, we can offer more field events.