

Areas of Responsibility (please read carefully)

Track Events - Announcing / Meeting Manager

Starting  
Marshalling  
Recording

Whatawhata  
Raglan  
Te Uku  
Horotiu

**Judging (1 each) Horotiu/Waitetuna/Te Kowhai/Raglan**

Field Events - (you will need a Marshall and Recorder)

High Jump  
Long Jump  
Discus  
Shot Put

Rotokauri  
Waitetuna  
Te Mata  
Te Kowhai

**RULES FOR RUNNING OF EVENTS**

**SHOT PUT**



1. Shot weight will vary for age groups.
2. **THREE THROWS ONLY**—best to count.
3. Feet must remain behind **FRONT** of circle at all times during put.
4. Competitors must leave by **REAR** of circle.
5. Measure from centre of circle.

**DISCUS**



1. Discus weight will vary for age groups.
2. **THREE THROWS ONLY**—best to count.
3. Feet must remain behind **FRONT** of circle at all times during throw.
4. Competitors must leave by **REAR** of circle.
5. Measure from centre of circle.

**LONG JUMP**



1. Pit to use square metre board. Measure each jump from the front of the colour from which competitor leaps.

**HIGH JUMP**



1. **THREE ATTEMPTS AT EACH HEIGHT** (if time permits)
2. No diving
3. 10 year olds and up only to do High Jump

**We have assumed as part of the cluster you will be attending.**

**THE SUCCESS OF THE DAY IS TOTALLY DEPENDENT ON  
ALL SCHOOLS ATTENDING.**

If you cannot come the onus is on you to ring another school to cover your event. Any queries phone Whatawhata School 8298820

# WESTERN RURAL ATHLETIC SPORTS HOSTED BY WHATAWHATA SCHOOL

VENUE: Bremworth Park, Bremworth Ave, Dinsdale

DATE: Friday 2 December 2016

TIME: 9.30 am—2.00 pm

*There is no postponement date.*



## ENTRY QUALIFICATIONS

1. Children can compete in up to **FOUR** events i.e.: two track events and two field events.
2. **TWO PEOPLE ONLY PER SCHOOL** for each event are permitted.
3. **AGE CRITERIA**—age as on the day.
4. Could all children have a sticky **LABEL** on their chest with full name, school and age clearly written.
5. **ONE RELAY TEAM PER SCHOOL PER GENDER**  
(a girls team and a boys team)  
**JUNIOR**—four per team—8,9 and 10 year olds.  
**SENIOR**—four per team—11, 12 and 13 year olds.  
(e.g.: girls team of four fastest runners and boys team of four fastest runners)  
The relays will be run on an oval track with change-overs every 100 m)

Track and Field will run simultaneously. Please advise your children that track events take precedence over field. Children will need to register their name at the field event before they leave for track event—returning to the field event immediately if they have not yet competed. When field marshals have finished with their age group please send runner to announcer to call for the next group.

## FIELD EVENTS

Please read the back page for further information.

Track and field events will run simultaneously.

Track takes precedence over field.

Could marshals please send a runner to the announcer for the next group.

Please take all equipment in at lunch break and end of the day.

### High Jump

13 girls  
13 boys  
10 girls  
10 boys  
11 girls  
11 boys  
12 girls  
12 boys

### Long Jump

8 girls  
8 boys  
9 girls  
9 boys  
12 girls  
12 boys  
10 girls  
10 boys  
11 girls  
11 boys  
13 girls  
13 boys

### Shot Put

9 girls  
9 boys  
12 girls  
12 boys  
10 girls  
10 boys  
8 girls  
8 boys  
13 girls  
13 boys  
11 girls  
11 boys

### Discus

12 girls  
12 boys  
11 girls  
11 boys  
13 girls  
13 boys  
9 girls  
9 boys  
10 girls  
10 boys  
8 girls  
8 boys

**FOOD AND DRINKS WILL BE FOR SALE ON THE DAY**

## TRACK EVENTS cont...

Event					<i>Sprint Track</i>				
27	Girls	11 yrs	80 m	Heat					
28	Boys	11 yrs	80 m	Heat					
29	Girls	12 yrs	80 m	Heat					
30	Boys	12 yrs	80 m	Heat					
31	Girls	13 yrs	80 m	Heat					
32	Boys	13 yrs	80 m	Heat					
Finals for 60m and 80 m races where necessary.									
33	Girls	100 m	8 yrs	Heat					
34	Boys	100 m	8 yrs	Heat					
35	Girls	100 m	9 yrs	Heat					
36	Boys	100 m	9 yrs	Heat					
37	Girls	100 m	10 yrs	Heat					
38	Boys	100 m	10 yrs	Heat					
39	Girls	100 m	11 yrs	Heat					
40	Boys	100 m	11 yrs	Heat					
41	Girls	100 m	12 yrs	Heat					
42	Boys	100 m	12 yrs	Heat					
43	Girls	100 m	13 yrs	Heat					
44	Boys	100 m	13 yrs	Heat					
Events 33-44 only held if heats necessary.									

  

Event					<i>Sprint Track</i>				
<b>LUNCH BREAK</b>									
45	Girls	100 m	8 yrs	Final					
46	Boys	100 m	8 yrs	Final					
47	Girls	100 m	9 yrs	Final					
48	Boys	100 m	9 yrs	Final					
49	Girls	100 m	10 yrs	Final					
50	Boys	100 m	10 yrs	Final					
51	Girls	100 m	11 yrs	Final					
52	Boys	100 m	11 yrs	Final					
53	Girls	100 m	12 yrs	Final					
54	Boys	100 m	12 yrs	Final					
55	Girls	100 m	13 yrs	Final					
56	Boys	100 m	13 yrs	Final					
57	Relay—Junior Girls								
58	Relay—Junior Boys								
59	Relay—Senior Girls								
60	Relay—Senior Boys								



## FIELD EVENTS

Field and track events will run simultaneously.

Track takes precedence.

Athletes must register at field event when called. If called to a track event they must excuse themselves from their field event and then return straight after race.

## TRACK EVENTS

Event		<i>Circular Track</i>		
1	Girls	10 yrs	800 m	Final
2	Boys	10 yrs	800 m	Final
3	Girls	11 yrs	800 m	Final
4	Boys	11 yrs	800 m	Final
5	Girls	12 yrs	800 m	Final
6	Boys	12 yrs	800 m	Final
7	Girls	13 yrs	800 m	Final
8	Boys	13 yrs	800 m	Final
9	Girls	8 yrs	200 m	Final
10	Boys	8 yrs	200 m	Final
11	Girls	9 yrs	200 m	Final
12	Boys	9 yrs	200 m	Final
13	Girls	10 yrs	200 m	Final
14	Boys	10 yrs	200 m	Final

Event		<i>Circular Track</i>		
15	Girls	11 yrs	200 m	Final
16	Boys	11 yrs	200 m	Final
17	Girls	12 yrs	200 m	Final
18	Boys	12 yrs	200m	Final
19	Girls	13 yrs	200 m	Final
20	Boys	13 yrs	200 m	Final
		<i>Sprint Track</i>		
21	Girls	8 yrs	60 m	Heat
22	Boys	8 yrs	60 m	Heat
23	Girls	9 yrs	60 m	Heat
24	Boys	9 yrs	60 m	Heat
25	Girls	10 yrs	80 m	Heat
26	Boys	10 yrs	80 m	Heat

