



2018/19 Junior Track and Field Club Calendar

Venue: Grenada North Park
Jamaica Drive,
Grenada North
www.olympicjuniors.nz
www.olympicharriers.org.nz
Calendar correct @ 1 Nov 2018

SEPTEMBER/OCTOBER

Registrations online via
www.olympicjuniors.nz
See Summer membership under the
Membership tab for **online link**.

N O V E M B E R

Sun 4 Interclub 1
For: 7 to 15 yr olds inclusive
Venue: Newtown Park
Time: 10am to 2.00pm

Mon 5 First Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm
*Please note: cancellations via
Olympic Junior Athletics Facebook
Page and www.olympicjuniors.nz
Get Set Go programme for under
7's starts at 5.30pm and finishes
6.30pm*

Mon 12 Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

Sun 18 Interclub 2
For: 7 to 15 yr olds inclusive
Venue: Pelorus All Weather
Track, Masterton
Time: 10am to 2.00pm

Mon 19 Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

**Fri 20 Colgate Registration
Close**
The North Island Colgate Games are
being held in Hamilton 4 to 6 Jan &
South Island Colgate Games in
Dunedin from 11 to 13 January.
**NOTE: Registrations forms will be
sent out by the club and are on our
junior website and need to be back
with the club 23 November 2018.
NO LATE ENTRIES**

Mon 26 Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

D E C E M B E R

Mon 3 Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

Sat 8 Scottish Night of Miles
For: All ages
Venue: Basin Reserve
Time: 4pm-7pm
Cost: Donation per person which
goes this year to the charity
Bellyful NZ.

Sun 9 Interclub 3
For: 7 to 15 yr olds inclusive
Venue: Newtown Park
Time: 10am to 2.00pm

**Mon 10 Last Club Night till
2019**
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

Sun 16 Interclub 4
For: 7 to 15 yr olds inclusive
Venue: Newtown Park
Time: 10am to 2.00pm

J A N U A R Y

**Friday 4 to Sunday 6 January
North Island Colgate Games**
For: 7-14 year olds
Venue: Porritt Stadium, Hamilton
Time: 8am to 6pm
**Please Note: Registrations for
Colgate Games close 23
November**

**Friday 11 to Sunday 13 January
South Island Colgate Games**
For: 7-14 year olds
Venue: Caledonian Ground,
Logan Park, Dunedin

Fri 18 Capital Classic (twilight)
Venue: Newtown Park
Time: tbc
*Come & watch NZ's top athletes in
action at Newtown Park*

Sun 27 Medal Day Lower Hutt
For: 5 to 15 yr olds inclusive
Venue: Hutt Recreation Ground
Time: Registration from 9am.
Starts 10am ends around 1.30pm
Cost: \$5 for as many events
you wish
<https://www.sporty.co.nz/lowerhutt/aac/News>

Mon 28 Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

F E B R U A R Y

**Sat 2 - Sun 3 Wellington Club
Champs**

For: College age, seniors and
masters. There is an Under 16
grade. Grade 14 and 15 year old
athletes are encouraged to
compete at this event.
Venue: Newtown Park
Time: tbc

**Sun 3 Junior Ribbon Day
Paraparaumu
(provisional date)**
For: under 15yr olds
Venue: The Domain,
Paraparaumu
Time: 9.30am to 2.30pm
Cost: \$2 per child

Mon 4 Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

Sun 10 Interclub Newtown 5**
For: 7 to 15 yr olds inclusive
Venue: Newtown Park
Time: 10am to 2.00pm
****Club Champs Events (events to be
emailed – club champs to be held as
part of junior interclubs in 2019)**

Mon 11 Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

Mon 18 Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

Sun 24 Interclub Newtown 6**
For: 7 to 15 yr olds inclusive
Venue: Newtown Park
Time: 10am to 2.00pm
Hosted by Olympic
****Club Champs Events (events to be
emailed – club champs to be held as
part of junior interclubs in 2018)**

Mon 25 Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

M A R C H

Sun 3 Junior Relay Meet
For: tbc
Venue: Newtown Park
Time: tbc

Mon 4 Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

Mon 11 Final Club Night
Venue: Grenada North Park
Time: 5.30pm to 6.45pm

**Sun 17 Wellington Junior
Champs Day 1**
Venue: Newtown Park

Time: 9.30am start. Start and finish times for athletes will vary depending on events entered.

Wellington Champs require Online Entries will open tbc. If you don't pre enter you can't compete in the Wellington Champs.

Sun 24 Wellington Champs Day 2

Venue: Newtown Park

Time: 9.30am start. Start and finish times for athletes will vary depending on events entered.

Sun 31 Wellington Champs Reserve Day

Venue: Newtown Park

Time: 9.30am start

A P R I L

TBC OLYMPIC PRIZE GIVING

Venue: tbc

Time: 6.30pm to 7.30pm

CLUB COACHING

Subs cover Monday club nights and participation in all interclubs. Interclubs are open to registered club athletes aged from 7 to 15 years of age. Additional coaching available for those interested. See below:

ADDITIONAL COACHING

SPRINTS, LONG JUMP, HIGH JUMP

Amanda Goldsmith has coached for the Olympic Club for many years now. Training options during the week plus a gym option on Sunday (\$5). Vivian Tse is helping coordinate Amanda's trainings this season. To find out what trainings are available on each day contact Vivian on 021 113 4128 or Amanda on 021 614 064. or amandagoldsmith877@gmail.com

MIDDLE DISTANCE COACHING

Middle distance training options for primary, intermediate and college age kids. Aimed at those who are keen on keeping fit for other sports and/or for those keen on training for distances 800m and above:

Juan McDonald, John Cope and Mark Anderson are our coaches in this area. Chris Speakman also runs sessions for adults. There are training options at Grenada North Park in Tawa (Tue & Thurs with Juan and Thurs with Mark), Nairville Park (Mon & Wed with John). Further details available at

<https://www.olympicharriers.nz/membership/coaching/summer/>.

If you'd like to sign up for any or all of the coaching sessions with Amanda or the other coaches above the cost is \$50 for the 2018/19 summer season. Please sign up online at

<https://2018olympiccoaching.eventdesq.com>

THROWS

We don't currently have a throws coach (unless someone wants to volunteer for this). A number of our members head to the Sola Power Throwing Academy in Moera, Lower Hutt for throws training. Shaka Sola and Bradley Sime are very good coaches so if you would like training specifically for throws we would recommend contacting them. If you search for them on Facebook you'll find all the details.

COACHING COURSES

tbc

INTERCLUBS

The interclubs are listed on this calendar. These are open to ALL athletes aged from 7 through to 15 years of age. You must have registered AND paid to take part and to get results. They are all held on Sundays from 10am till approx 2pm. There is also Ribbon Day on Sunday 3 Feb and Medal Day on Sunday 27 January. You don't need to register for any of the interclubs. All are free (except \$5 for Medal Day and \$2 for Ribbon Day). Just turn up with your Olympic uniform and your Age Flash and your Olympic code that you pick up with your age flash. Each athlete competing earns individual points and club points. At the end of the season they have an award for the individual in each age group with the most points, and the club with the most points.

We will send a programme out the week prior to each interclub. It's a great family day out. The kids love it. It gives them a chance to make new friends and compete in a friendly environment. Take a picnic and make it a family day out.

WELLINGTON CHAMPS

Wellington Champs are held at the end of the season at Newtown Park for all athletes aged from 7 through to 15 years of age. This year they are on Sunday 17 (day 1) and Sunday 24 March (day 2). The reserve day is 31 March. This is the only event (apart from Colgates) where you have to pre register. There will be online entries and entries will open at a date prior to the champs (tbc). There is a cost to enter each event and it has been \$5 per event in previous years, the cost to enter this year tbc.

COLGATE GAMES

The North and South Island Colgate Games are held each year in January.

This season they are in Hamilton (4 to 6 January) and Dunedin (11 to 13 January). Some families organise their holidays around one of these events. They're held over 3 days for 7 to 14 year olds. Again, you need to pre register to take part in either of these events. Registrations will be due on 23 November 2018. You will need to organise your accommodation NOW for this as it's often booked out. It will be great to see a good number of Olympic athletes competing at either of these events. See our junior website for more information.

CANCELLATIONS

- For cancellation of **club nights and interclubs** check out our website www.olympicjuniors.nz or LIKE our Facebook Page – see below

CLUB WEBSITES

www.olympicjuniors.nz
www.olympicharriers.org.nz

CLUB FACEBOOK

Olympic Junior Athletics

ATHLETICS WELLINGTON

www.athleticswellington.org.nz
www.athleticshub.co.nz

SUBSCRIPTIONS

(Oct 2018 to March 2019)

Under 7s Get Set Go: \$75

7 to 14 year olds: \$95

15 to 19 year olds: \$110* (*if not already a 2018 harrier club members)

Additional Coaching (7 & older):

\$50 per athlete (see coaching options <https://www.olympicharriers.nz/membership/coaching/summer>)

Registrations online via the membership tab on this website
www.olympicjuniors.nz and on this website

<https://www.olympicharriers.nz/childrens-athletics/>

Payment is by credit card. If you do not have access to a credit or debit card contact our treasurer treasurer@olympicharriers.org.nz

CLUB CONTACTS

Please use the contact form on our website:

<https://www.olympicharriers.nz/contact/>

Junior Convenor: Vacant, if you are interested in this position please contact us.

Coaching:

coaching@olympicharriers.org.nz

President:

Michelle Van Looy

president@olympicharriers.org.nz

Amanda's Coaching Sessions:

Vivian Tse: 021 113 4128

Amanda: 021 614 064

Second Hand Uniforms:

Helen Carr 021 662 563

jakelandhelenc@gmail.com

UNIFORM

Uniforms are not compulsory for club nights but they are for interclubs:

For online uniform orders (credit card) go to

<https://www.olympicharriers.nz/membership/uniforms/>

Note *There are second hand uniforms for sale, see contact above.*

GRADE 12/13 & 14/15 REPS

If you are in the Grade 12, 13, 14 and 15 age grades you have the chance to represent Wellington at Interprovincial competitions. For more details go to:

<http://www.athleticswellington.org.nz/Events/Junior-track-and-field/IP-Rep-Teams>

AGE GRADE QUALIFICATION

Age as at 31 December 2018 for all grades, i.e. if a child turns 10 after the 31st of December 2018 they will run in the 9 year group. If they turn 10 before the 31st of December 2018 they will run in the 10 age group.

They stay in the same age group the WHOLE season.