

**OLYMPIC HARRIER CLUB – JUNIOR TRACK AND FIELD**  
**Cancellations on Olympic Junior Track and Field Facebook**  
**and [www.olympicjuniors.nz](http://www.olympicjuniors.nz)**

## PROGRAMME B: Monday 04 November 2019

*Barbeque ready from 6.00pm*

*Sausages \$2, Raspberry Twist \$1, Chocolate Fish \$1*

**MEET AT THE START OF THE 100M TRACK AT 5.30PM FOR NOTICES THEN WARM UP**

Grades	5:30 Welcome Notices Warm Up	Station 1 5.45-6:00pm	Station 2 6.00-6.15pm	Station 3 6.15-6.30pm	Track 6.30- 6.40pm
Under 7s	The Get Set Go programme for Under 7s is run on the bottom field at Grenada North Park. You can park on Caribbean Drive instead of the carpark – especially if you only have kids in this age group.				Sprints
7 year old girls		Throws Discus	Jumps Station	Relays	60m
7 year old boys		Long Jump 1	Relays	Vortex	60m
8 year old girls		Throws Shot	Long Jump 1	Starts	60m
8 year old boys		Jumps Station	Starts	Throws Shot	60m
9 year old girls		Relays	Throws Shot	Long Jump 2	60m
9 year old boys		Starts	Throws Discus	Long Jump 1	60m
10 year old boys		Jumps Station	Speed endurance	Throws Discus	60m
10 year old girls		Vortex	Long Jump 2	Speed endurance	60m
11+ year old girls		Speed endurance	Vortex	Jumps Station	60m
11+ year old boys		Speed endurance	Vortex	Jumps Station	60m

**HIGH JUMP:** If you would like your child to learn high jump please email Amanda at [coaching@olympicharriers.org.nz](mailto:coaching@olympicharriers.org.nz).

**EVENTS ON CLUB NIGHTS:** Track Starts/Sprints, Speed Endurance, relays / Fitness, Vortex, Discus, Shot Put, Jumps Activity, Long Jump.

*7 to 14 year olds to meet at 100m track. Line up in age groups (see number posts when you arrive). We start with intro and sorting out the groups. The first couple of club nights will take longer while we sort out the groups and the age grade coordinators.*

**PLEASE SEE OVER PAGE FOR LIST OF VOLUNTEERS AND COACHES.**

### SHOE CLINIC PORIRUA

**Our Olympic Club is supported by the SHOE CLINIC IN PORIRUA:** If you're looking for running or walking shoes, spikes or running gear go and see Jeremy and his team at Shoe Clinic in the North City Shopping Centre in Porirua. They can order in shoes especially for you if they're not on the shop floor. They're very helpful and give 10% of your sale back to the club - you just need to say you're an Olympic member. Sign up with them and they'll keep track of your purchases. Once you reach \$500 they give you a \$50 gift voucher: <https://www.shoeclinik.co.nz/porirua-running-shoe.html>

## COACHES AT STATIONS

<b>COORDINATORS</b>	
<b>UNIFORMS</b>	Ruth Humble – <a href="mailto:uniforms@olympicharriers.org.nz">uniforms@olympicharriers.org.nz</a>
<b>SECOND HAND UNIFORMS</b>	
<b>Under 7s</b>	Duncan Murray, bottom field with parent helpers and Olympic teenage athletes
<b>Track: Starts</b>	Teenage Athletes
<b>Speed Endurance</b>	Teenage Athletes
<b>Relays /Fitness</b>	Teenage Athletes
<b>Jumps Activity / High Jump</b>	Teenage Athletes (Amanda Goldsmith)
<b>Long Jump</b>	Mike Heyes/Megan Blackwell + Teenage Athletes
<b>Discus</b>	Nicola/Nigel Ingham
<b>Shot Put</b>	Whiterana + Whiteman family
<b>Vortex</b>	Teenage Athletes
<b>BBQ</b>	
<b>Programming</b>	Adam Tankersley

### Shot Put and Discus Weights - Age Groups

<b>Grade – Girls</b>	<b>Shot Put</b>	<b>Discus</b>
Nursery Graders - 5 and 6 year olds	500g	300g
Girls 7	1kg	500gm
Girls 8-9	1.5kg	500gm
Girls 10	2kg	750gm
Girls 11	2kg	750gm
Girls 12	3kg	750gm
Girls 13	3kg	1kg
Girls 14	3kg	1kg
Women	4kg	1kg
<b>Grade – Boys</b>	<b>Shot Put</b>	<b>Discus</b>
Nursery Graders - 5 and 6 year olds	500g	300gm
Boys 7	1kg	500gm
Boys 8-9	1.5kg	500gm
Boys 10	2kg	750gm
Boys 11	3kg	750gm
Boys 12	3kg	1kg
Boys 13	4kg	1kg
Boys 14	5kg	1.25kg
Men 16	5kg	1.5kg