

**New Zealand Secondary Schools Track, Field and Road Race Championships**  
**Timaru - 4, 5, 6 December 2015**

**Newsletter 4**

Welcome to our forth and final newsletter, the event is fast approaching and will be here before we know it. A lot of this information you already have, but there is new information further in the newsletter.

**Timeline**

1 December	Individual scratchings close
3/4 December	Manager's packs available at Aorangi Pavilion.
4 December	Managers meeting/NZSSAA AGM (venue - upstairs lounge Southern Trust Events Centre, Aorangi Park - time 6pm)
4/5/6 December	Track and Field Championships at Aorangi Stadium
6 December	Road Race Championships, Caroline Bay, 8am

**Entries**

Entries have now closed and should be in, individual scratchings close on 1 December.

**Scratchings**

Scratchings for single events must be done on the NZSSAA website by midnight **Tuesday 1 December**. After that date any scratchings received will be considered as scratchings from all events.

**NB:** The Road Race and the Track and Field Championships are separate championships and scratching from one after Tuesday does not stop an athlete taking part in the other. Scratchings are not required for the road race unless the team manager plans to substitute a replacement runner and this can be done right up to the time of the race using the scratchings/replacements form provided to managers.

**Programme of Events**

The guideline programme for the weekend is available on the Website. The Pole Vault and Hammer Throw begin on Friday afternoon at 1pm.

**Throwing Implements**

Personal implements may be used by competitors for throwing events provided they are checked and approved by the Technical Equipment Manager prior to competition. Personal implements then become part of the pool available to all competitors in that competition.

It is the responsibility of the Team Manager to have these implements to the Technical Equipment Manager at the times below:

- Implements required for Friday afternoon field events - to the equipment shed at the north end of the stadium by 11.00am Friday.
- Implements required for all Saturday field events – to the equipment shed at the north end of the stadium by 5.00pm Friday.
- Implements required for all Sunday field events - to the equipment shed at the north end of the stadium by 5.00pm Saturday.

**Starting blocks** will be provided for track athletes in the sprint races. If an athlete wishes to use their own blocks once again these must be checked prior to competition, at times as above.

Spikes - in track events, long jump and triple jump, spikes must be no longer than 6mm. High jump and javelin areas spikes may be up to 9mm long.

We once again advise that with competition starting on Friday afternoon the whole facility will be open to athletes Thursday afternoon 2pm to 5pm, and Friday morning 9am to 11.00am, after 11am Friday only those athletes competing in Pole Vault or Hammer will be allowed access inside the track perimeter fence. Please be aware that during these times there will be people setting up tents and gear and care must be taken at all times. No implements are to be thrown on the inner field during these times, practice with implements will be immediately before competition. Warm up area will be the cricket grounds next to the track facility - a team manager must be supervising their athlete at all times while warming up. There will be no sound system on the warm up area. It is up to the Team Manager to ensure their athlete signs in at the call tents at the appropriate time for competition.

**School Packs** will be able to be collected from the Aorangi Pavilion next to the 100m start on Thursday afternoon and Friday, or at the Managers meeting Friday night.

To gain entry all athletes must be able to show their athlete number at the gate.

### **Road Race**

The Road Race will be held around Caroline Bay, this was a very popular course the last time we held the Championships in 2009. The first race will commence at 8am on Sunday 6th. Maps of the course are now available on the Website.

Parking: Please note:

Buses - can only park in the car park at the bottom of the Port Loop Road.

Cars - there is a large number of car parks at the Caroline Bay car park, off Te Weka Street, then Virtue Avenue, and a smaller number of car parks off the Port Loop Road. There is to be no parking on the Port Loop Road or Marine Parade.

### **Photographer**

Nesport Photography will be the official photographers at the Championship. Flyers will be in the School Packs providing information.

Photographs will be available on their website [www.nesport.co.nz](http://www.nesport.co.nz) after the Championships.

### **Championships Tee Shirts**

Orders will be placed with the school packs. A small amount of Tees can be ordered at the event, these must be ordered by the School Team Manager only, orders into the TIC room by 3pm on the Saturday for collection lunchtime Sunday. There will be no orders accepted after 3pm Saturday 5th December.

### **All Weather Track Facility Timaru**

A map of the Track Facility at Aorangi Park in Timaru is on the website. Aorangi Park can be accessed from either Morgans Road, or on foot from Mountainview Road. Buses are advised to access the park from the Morgans Road entrance. There is plenty of car parking at the facility, there may be one or two minutes walking involved for some, please follow the parking signs. There will be one gate entrance only for athletes and spectators to enter the Track facility, this is marked on the map.

### **Disability Parking**

There will be parking set aside for Disability parking close to the track entrance, this area is also for approved personnel and will be closed to all other cars. The road will have road closed signs in front of it. An able bodied person will be needed to move the barrier, all disability cars must have disability signs displayed.

### Gate Charges

All school packs will have Managers passes, and, depending on the size of the school, programme books. Gate charges for the public will be \$10.00 per day Saturday and Sunday, with a two day pass only costing \$15.00.

### Programme books

School packs will have a copy of the Programme book inside. Otherwise programme books will cost \$2.00, these will have inserts for Friday and Saturday competition, and inserts for Sunday's finals will be available Sunday morning, when the main booklet is produced.

### Frontrunner

The Frontrunner store will have a stall on site on Saturday for any athlete who has forgotten spikes etc. They also have a shop at the North End of Stafford Street in Timaru.

### Physio

Physio service are provided by My Physio. They will be available on site from 10am to 4pm Saturday and Sunday. They are upstairs at the Aorangi Pavilion, access can be reached by outside door at top of the bank inside grounds, see Map. Cash payments only

\$30.00 New patients - fill out ACC form and follow up over weekend under this ACC will be free

\$20.00 follow up for existing condition under ACC (Proof of ACC must be provided)

\$20.00 strapping fee if Athlete using Physio tape

\$10.00 strapping fee if Athlete using own tape.

Strapping tape can be purchased from Physio.

### Tent Sites

Tent sites will be numbered, a map can be viewed on the window of the Aorangi Pavilion once inside the track gates.

Regards

Helen Mackle  
Chair LOC

P.S. The following information is on the NZSSAA web site:

<ul style="list-style-type: none"><li>• <a href="#">Guideline Programme</a></li><li>• <a href="#">Newsletter One</a></li><li>• <a href="#">Newsletter Two</a></li><li>• <a href="#">Newsletter Three</a></li><li>• <a href="#">Technical Information and Standards</a></li><li>• <a href="#">All Weather Track Facility Map</a> (new)</li></ul> <p>Road Race Courses</p> <ul style="list-style-type: none"><li>• <a href="#">Senior Boys</a></li><li>• <a href="#">Juniors and Senior Girls</a></li><li>• <a href="#">PA</a></li><li>• <a href="#">Year 9</a></li></ul>	<p><b>Para Athlete Information</b></p> <ul style="list-style-type: none"><li>• <a href="#">Para Athletes Information</a></li><li>• <a href="#">PNZ Guide to Classification</a></li><li>• <a href="#">PNZ Physical Impairment Classification Form</a></li><li>• <a href="#">PNZ Intellectual Impairment Eligibility</a></li><li>• <a href="#">PNZ Intellectual Impairment Classification Form</a></li><li>• <a href="#">PNZ Visual Impairment Medical Diagnostics Form</a></li></ul>
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