



## 2018/19 Junior Track and Field Club Calendar

Venue: Grenada North Park  
Jamaica Drive,  
Grenada North  
[www.olympicjuniors.nz](http://www.olympicjuniors.nz)  
[www.olympicharriers.org.nz](http://www.olympicharriers.org.nz)  
Calendar correct @ 29 Oct 2018

### SEPTEMBER/OCTOBER

Registrations online via  
[www.olympicjuniors.nz](http://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](http://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 need to be  
back with the club 20 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 20  
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](mailto: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 20 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.

## CANCELLATIONS

- For cancellation of **club nights and interclubs** check out our website [www.olympicjuniors.nz](http://www.olympicjuniors.nz) or LIKE our Facebook Page – see below

## CLUB WEBSITES

[www.olympicjuniors.nz](http://www.olympicjuniors.nz)  
[www.olympicharriers.org.nz](http://www.olympicharriers.org.nz)

## CLUB FACEBOOK

Olympic Junior Athletics

## ATHLETICS WELLINGTON

[www.athleticswellington.org.nz](http://www.athleticswellington.org.nz)  
[www.athleticshub.co.nz](http://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](http://www.olympicjuniors.nz) and on this website  
<https://www.olympicharriers.nz/chil-drens-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](mailto: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](mailto:coaching@olympicharriers.org.nz)

**President:**

Michelle Van Looy  
[president@olympicharriers.org.nz](mailto: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](mailto: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 31<sup>st</sup> of December 2018 they will run in the 9 year group. If they turn 10 before the 31<sup>st</sup> of December 2018 they will run in the 10 age group.

**They stay in the same age group the WHOLE season.**