

# THE SCOTTISH NIGHT OF MILES

**SATURDAY 22 DECEMBER 2007.  
NEWTOWN PARK TRACK WELLINGTON**

Father Christmas will be doing his last minute training by running a mile before his big race on the 25<sup>th</sup>. He invites everyone to come and take part in this relaxed evening meeting. There are events for children, juniors, and seniors of all abilities. This is a good opportunity for any junior athlete going to take part in the North Island Colgate Games to get valuable competition, and with a different atmosphere from the normal children's meetings.

**Admission to all events is a donation of \$5 which will go to the Home of Compassion. We request that everyone, competitors and spectators make a cash donation. If everyone contributes something it will make a worthwhile amount. Remember, it is Christmas, the time for giving to those less fortunate than us. Place your donation in an HONESTY box in the shop or by their start/finish line.**

***Enter on the day.*** This could be where you do your best mile time. If you are not into running miles, there should be an event for you. ***Please note the entry times for the handicap walk, spiral and relay races. Enter for the handicaps near the finish line.***

**Please report to the start point of your event at least five minutes before the scheduled start time to record your entry for all other events.**

If you are a club or non-club runner and you want to know how fast you can do the mile in this is your big chance. The Scottish All Comers Mile is for you

If a mile is not far enough enter the Spiral race over 3408 m. This is a timed handicap, with the slowest starting first in lane 8 and moving inwards each lap. Can the scratch runners go hard and catch the limit runners?

For further information about this meeting contact David Lonsdale on phones 04 977 8990 or 021 620 428 or by email to [TheLonsdales@paradise.net.nz](mailto:TheLonsdales@paradise.net.nz)

**For information about Wellington Scottish Athletics Club visit our web site at [www.scottishathletics.org.nz](http://www.scottishathletics.org.nz)**

# Scottish Night of Miles 22 December 2007.

## TRACK AND FIELD PROGRAMME

Please report to the start point of your event at least five minutes before the scheduled start time to record your entry for all events other than the Mile Walk and Spiral Race.

Time	Track	Field
5.00 PM	<b>200 metres</b> , for all age groups.	
5.00 PM		<b>High jump</b> , for all grades up to 16 years. Each competitor gets three jumps. <i>You must nominate the heights you will attempt.</i>
5.20 PM	<b>800 metres</b> for all age groups.	
5.20 PM		<b>Shot Put</b> for all grades up to 16 years. <i>Each competitor gets three attempts only.</i>
5.20 PM		<b>Long jump</b> , for all grades up to 16 years. <i>Each competitor gets three attempts only.</i>
5.35 PM	<b>60 metres</b> for children's age groups.	
5.40 PM		<b>High jump</b> , for age groups 16 years and over.
5.45 PM	<b>400 metres</b> for all age groups.	
5.50 PM		<b>Long jump</b> , for age groups 16 years and over. <i>Each competitor gets three jumps only. If you are also competing in the 100 metres register here first.</i>
5.55 PM		<b>Shot Put</b> , for age groups 16 years and over. <i>Three attempts only, then the top six get three more.</i>
6.00 PM	<b>100 metres</b> for all age groups.	
6.10PM	<b>The Scottish All Comers Mile.</b> For all men or women who run slower than 4m 30 sec for 1500m.	
	<b><i>Father Christmas will run in this race? (Would you dare to beat him?)</i></b>	
6.25 PM	<b>Junior Men's Mile.</b> Open to all junior men.	
6.35 PM	<b>One Mile Walk.</b> For all age groups, male or female. There is a sealed handicap [everyone starts together] held with this race. <b><i>Enter for the handicap by 6.15 .pm with your estimated time.</i></b>	
6.50 PM	<b>4 X 400 m relays.</b> Club or composite teams, and enter by 6.40 pm.	
7.00 PM	<b>The Spiral Race.</b> This is a time handicap. All runners start in lane 8. The slowest goes first and the faster runners follow. After each lap you move in one lane. Distance 3408 metres. <b><i>Enter by 6.50 PM with your best, and latest 3000 m times. If you have no race time talk to the recorder to get a handicap.</i></b>	
7.25 PM	<b>The Scottish Women's Mile.</b> Open to all senior and junior women.	
7.35 PM	<b>The Scottish Open Men's Mile.</b> Open to all who run faster than 4m 30sec for 1500m.	

**NOTE**      The Entry fee to take part in this meeting is a \$5 donation which will go to the Home of Compassion. Place your donation in the HONESTY box in the shop or by the start/finish line before you compete.