

OLYMPIC HARRIER CLUB – JUNIOR TRACK AND FIELD

PROGRAMME A: Monday 2 November

Grades and Grade Coordinators	Warm Up 5.50pm-6pm	Event 1 6pm-6.15pm	Event 2 6.15–6.30pm	Event 3 6.30-6.45pm	Distance 6.45-7.00pm
Grade 5 & 6 Station Leaders: see below	Natasha Tomlinson	The 5 and 6 year olds will be put in groups of 6-8. They will go around 5 stations with approx 10 minutes at each station.			1 lap
Grade 7 (Group 1) AG: Stacey Fry	Warm Up	Track 2	Discus	Circuit/Relays	1 lap
Grade 7 (Group 2) AG: Barry Cuthbert	<i>All those aged 7 years and older please meet at 100m track. Line up in age groups (see number posts when you arrive). We will warm you up together after introduction</i>	Circuit/Relays	Track 2	Discus	1 lap
Grade 8 (Group 1) AG: Kim Keene		Discus	Circuit/Relays	Track 2	1 lap
Grade 8 (Group 2) AG: Erin/Warwick Young		Hill Training	Vortex	Long Jump	1 lap
Grade 9 AG: Antonia Lyons		Long Jump	Hill Training	Vortex	1 lap
Grade 10 AG: Tania Gould-Smith		Vortex	Long Jump	Hill Training	1 lap
Grade 11 (Group 1) AG: Annette Smith		Track 1	Shot Put	High Jump	1 lap
Grade 11 (Group 2) AG: Maree Chivers		High Jump	Track 1	Shot Put	1 lap
Grade 12/13 AG: Dave Ohlsson		Shot Put	High Jump	Track 1	1 lap

VOLUNTEERS/COACHES

SET UP FROM 5.10PM: Jo Murray, Juan McDonald, Bernie Cruise, any other volunteers

HEAD COACH/COACHING COACHES/TALENT ID: Amanda Goldsmith (Track, Discus)

COORDINATORS: Jo Murray, Juan McDonald **UNIFORMS:** Donna McDonald

TRACK 1 (long track): Pat or Danielle Randles, Sarah/Steve Harris

TRACK 2 (shorter track): Helen or Jake Carr, Bruce Atmore

SHOT PUT: Bernie Cruise, Rachel Allan

DISCUS: Fiona McGlinchey (plus another volunteer please)

VORTEX: Sonya Quintal (plus another volunteer please)

LONG JUMP: Andrew Kells (plus another volunteer please)

HIGH JUMP/RELAYS: Audrey Fenton, Fiona Barnett

CIRCUIT/RELAYS: Martin McCrudden, Rob McCrudden (plus another volunteer please)

HILL TRAINING: Apanui Williams, Barry Cuthbert

OTHER EVENT VOLUNTEERS: Erin & Warwick Young, Jane Harding, Tim Horne/Zoe Robson

THINKING ABOUT VOLUNTEERING?: If you are interested in helping out at any event please see Jo Murray, Juan McDonald or talk to the person running the event you would like to help with.

STATION LEADERS FOR 5 and 6 YEAR OLDS (Approx 6 children per group going around 5 different stations depending on #s): Natasha Tomlinson (Kelly Sports): plus parents Tamaiti Brunning, David Brownlie, Trevor Shailer, Ruth & Stephen Mahy (plus others too – the more helpers the better it will run).

AG = Age Grade Coordinator (the age grade coordinators lead their age group from event to event)