

OLYMPIC HARRIER CLUB – JUNIOR TRACK AND FIELD

PROGRAMME B: Monday 9 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	Kelly Sports	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/Janie Skipper	Warm Up	Hill Training	Vortex	Long Jump	1 lap
Grade 7 (Group 2) AG: Kathy Wiltshire/Sue Dickens	<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>	Long Jump	Hill Training	Vortex	1 lap
Grade 8/9 (Group 1) AG: Kim Keene/A Lyons		Vortex	Long Jump	Hill Training	1 lap
Grade 8/9 (Group 2) AG: Erin Young/Wendy Adlam		Track 1	Shot Put	High Jump	1 lap
Grade 8/9 (Group 3) AG: Marie Kitchener/Raewyn Smith		High Jump	Track 1	Shot Put	1 lap
Grade 10 AG: Tania G-S/ Zoe Robson, Liz Preston		Shot Put	High Jump	Track 1	2 laps
Grade 11 (Group 1) AG: Annette Smith/Jane Harding		Track 2	Discus	Circuit/Shuttles	2 laps
Grade 11 (Group 2) AG: Maree Chivers/F Drummond		Circuit/Shuttles	Track 2	Discus	2 laps
Grade 12/13 AG: Dave Ohlsson	Discus	Circuit/Shuttles	Track 2	2 laps	

*** NOTE: the 10, 11 and 12/13 age groups can stay for an extra 5 minutes on event 3 before their distance run**

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, Steve Lau Young
DISCUS: Fiona McGlinchey, Allan or Fiona Drummond
VORTEX: Sonya Quintal, Rachel Allan/Jane Harding
LONG JUMP: Andrew Kells, Karina Martiz
HIGH JUMP/RELAYS: Audrey Fenton, Fiona & Andrew Barnett
CIRCUIT/SHUTTLES/RELAYS: Martin McCrudden, Sean McCrudden
HILL TRAINING: Apanui Williams, Barry Cuthbert, Rob McCrudden
OTHER EVENT VOLUNTEERS: Erin & Warwick Young, 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): Rachel/Duncan (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)