



Good luck to all our HAWKS track and Field members in HASTINGS this week, especially those year 13 athletes who will be competing in their very last NZ Secondary School championships



Abby Goldie (Tauranga) and the competitive 200m field

great to have 10, 300m hurdlers competing Saturday

THIS WEEK AT THE CLUB: (Wednesday Nov 29th) program A

- 6pm. Sprint hurdles (80-100-110) + DISCUS + 1500m
- 6.15pm. 80metres
- 6.35pm. 600m + LONG JUMP + JAVELIN
- 6.50pm. 150 / 300 * 7pm. 2 x 100m relays



the 200m last Wednesday had a middle-distance look about it



REMEMBER we have 3 more CLUB NIGHTS for 2018;

Dec. 6th Dec. 13th Dec. 20th **(CHRISTMAS SPECIAL fun night)**



Karlin returns - is that a movie title?



Saturday's 800m women's 2nd heat was very much a HAWKS T & F event

NO WAIBOP CENTRE MEETING this weekend:

because of NZSS championships. Next one is **SUNDAY** December 10th

NB. 10am start : 5k., sprint hurdles, 100m.,1500m.,200m., 800m ----- Field events: 10.30am HJ & Javelin 11.30 LJ/TJ / Hammer.. *Master meeting from midday.* (Saturday 9th = Children's relay championships so no track training please).



make sure you enter the right event !

GC Commonwealth Games APRIL 4th-15th
95 days to go this WEDNESDAY



Porritt Classic 2018 Feb 10th

13.00	Hammer	Men Men
16.20	200m (seeded)	Women
16.35	200m (seeded)	Men
13.30	Pole Vault (<3.70m)	Mixed
14.20	Hammer	Women
15.00	100m Heats	Women
15.20	100m Heats	Men
15.30	Pole Vault (>3.70m)	Mixed
15.40	Javelin	Women
15.45	300m Hurdles (U18 and School Grades)	Girls
15.50	300m Hurdles (U18 and School Grades)	Boys
15.50	High Jump (starting height 1.55m)	Women
16.00	400m Hurdles (Snr,U20)	Women
16.00	Shotput	Men
16.10	400m Hurdles (Snr,U20,U18)	
16.55	1500m relay Nick Willis Secondary Schools Trophy	Girls
17.00	Javelin	Men
17.00	Long Jump	Women
17.05	1500m relay Nick Willis Secondary Schools Trophy	Boys
17.15	High Jump(starting height 1.80m)	Men
17.20	Shot Put	Women
17.25	110m Hurdles (3 heights)	Men
17.35	100m Hurdles (Snr,U20,U18) Women	
17.45	80m Hurdles (Sec schools)	Girls
17.55	400m (seeded)	Women
18.05	400m (seeded)	Men
18.20	Long Jump	Men
18.20	Discus	Mixed
18.20	1500m Dianne Rodger Secondary Schools Shield	Girls
18.28	1500m Dick Quax Secondary Schools Shield	Boys
18.35	3000m Athletics NZ Championships	Women
18.50	3000m Athletics NZ Championships	Men
19.05	800m	Women
19.09	800m	Men
19.13	1500m	U20/U18 Women
19.19	1500m	U20/U18 Men
19.25	100m Final	Para Mixed
19.30	100m Final	Women
19.35	100m Final	Men