

NEWSLETTER 5 2018-19

THIS WEDNESDAY at Club night (Oct 24)

- 6pm Hurdle training (blocks and 4 hurdles) + JAVELIN
- 6.15pm 2K road race (first time up have a go only one hill
 (i) ******
- 6.35pm 100m + LJ / TJ + SHOT PUT
- 6.45pm 1200m * 7.00pm 4 x 100m relays







HAWKS Track and Field Uniforms: see JEANETTE on Wednesday. Singlets, crop-tops (3/4), Bra-tops all \$60. Good quality garments. NB. Shorts / tights are your choice of style but must be BLACK......

SATURDAY Centre meeting PORRITT STADIUM 3pm;

- 3.00pm 300 / 400m HURDLES + LONG JUMP + DISC
- 3.20pm 100m all grades
- 3.50pm 3,000m
- * 4.00pm SHOT + HIGH JUMP
- * 4.10pm 400

- 4.30pm 1500m
- * 4.45pm 2 x 200m (4 x 100m option)







Action from last Wednesday under the rainbow

SEASON SUBSCRIPTIONS:

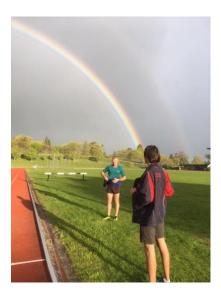
Don't forget if YOU register in October this year you could win your money back.

You can only REGISTER ON-LINE. Any problems please ask Diane, Yvonne or Jeanette on Wednesday night.

REGISTRATION for the 2018-19 season is NOW OPEN

This year there is a new system and you will have to complete this process and pay, on line. Visit HAWKS website, Track and Field section or click here

All registrations completed before October 31st this year will be in the draw for a FREE membership year (so that would mean a refund) – lets do it soon!!!!



SECONDARY SCHOOLS special club nights.

November 7,14 and 21^{st} . TELL YOUR FRIENDS at school. Come and have a go – no charge.

 7^{th} = sprint hurdles / 1500m / discus / 80m / 600m / Long jump / Javelin / 150-300 / 2 x 100 relay.

 14^{th} = hurdle training / javelin / 2K road race / 100m / Long & Triple Jump / shot put / 1200m / $4 \times 100 - 400$.

 21^{st} = 300m Hurdles / High Jump / shot put / 60m / 800m / Discus / 200m – 2 x 100 relay / 3,000m

** look for POSTERS out to all Waikato schools this week **

CONGRATULATIONS KAYLA and the NZ track and field team at the Youth OLYMPICS - Argentina.

- Kayla Goodwin 9th Triple jump (=her own NZ rec)
- Connor Bell GOLD discus 66.24
- Dominic Overend 10th 200m 21.75
- Murdock McIntyre 12th 2k steeplechase NZ U17 rec
- Hannah O'Connor 7th 3,000m PB.

