



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 😊) *****
- 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 21st. TELL YOUR FRIENDS at school.
Come and have a go – no charge.

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

14th = hurdle training / javelin / 2K road race / 100m / Long & Triple Jump / shot put / 1200m / 4 x 100 – 400.

21st = 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.



