

(ATR) ATHLETICS - ROAD RUNNING

Every Competitor must also complete the entry form on Page 3

Male Female

Age Groups: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Sunday 5th February 2006 Time: 6.00pm Venue: Leaving from Forbury Park
[112] 5km

Wednesday 8th February 2006 Time: 6.00pm Venue: Logan Park
[113] 10km

Sunday 12th February 2006 Time: 8.30am Venue: Logan Park - Wharf Area
[114] Half Marathon

ATHLETICS - ROAD RUNNING

Dates: 5km- Sun 5 Feb 2006
10km- Wed 8 Feb 2006
Half Marathon- Sun 12 Feb 2006

Age Policy: 30+ as at 31 January 2006
Sports Fee: \$15 per event

Contacts:

Name: Dave Crewe/Brent Halley - 5km
Phone: (03) 481 1158 - Home (Dave)
Cell: 021 224 7673
Email: halley@xtra.co.nz
Email: crewe@xtra.co.nz
Name: Mike Weddell - 10km
Phone: (03) 474 6413 - Work
Fax: (03) 474 6352
Email: mweddell@sportotago.co.nz
Name: Denis Johnson - Half Marathon
Phone: (03) 476 2923
Email: denis.johnson@clear.net.nz

5 year age groups from age 30 eg. 30-34 etc.
Changing and shower facilities near start and finish.

(ATF) ATHLETICS - TRACK & FIELD

Male Female

Age Groups: 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-59, 70-74, 75-79, 80+

TRACK EVENTS

Friday 3rd February 2006 - 6.00 to 8.00pm

[115] 3000m

Saturday 4th February 2006 - 9.00am to 4.00pm

[116] 100m

[117] 400m

[118] 1500m

[119] 3000m Walk (judged under AthNZ rules)

[120] Wheelchair 100m

[121] Wheelchair 400m

[122] Wheelchair 1500m

FIELD EVENTS

[123] Hammer

(some age groups in Hammer may be held on Sunday)

[124] High Jump

[125] Long Jump

[126] Shot put

Sunday 5th February 2006 - 9.30am to 4.00pm

[127] 200m

[128] 800m

[129] 2000m Steeplechase

[130] Sprint Hurdles

[131] Discuss

[132] Triple Jump

[133] Javelin

(some age groups in Javelin may be held on Sunday)

[134] Weight Pentathlon

[135] Weight Throw

ATHLETICS - TRACK & FIELD

Dates: Fri 3 to Sun 5 Feb 2006
Venue: Caledonian Ground, Logan Park
Time: Fri - 6.00 to 8.00pm
Sat - 9.00am to 4.00pm
Sun - 9.30am to 4.00pm

Age Policy: 30+ as at 31 January 2006
Sports Fee: \$10 sports fee plus
\$5 for each event

Contact:

Phone: Mike Weddell
(03) 474 6413
Fax: (03) 474 6352
Email: mweddell@sportotago.co.nz
Gender: Separate events for men & women

Age Groups: 5 year age groups from age 30
eg.30-34, 35-39 up to 80+

Competitions subject to Athletics N.Z Rules.

Weight Pentathlon - First 3

attempts of each throwing event will count.

Entrants must enter all 5 throws.

Throw competitors will have 3 throws with the top 8 in each age group having 1 further throw.

If insufficient entry numbers in age group, they may then be held in conjunction with another age group.



Register online at

www.nzmg.com

Enquiries to dunedin@nzmg.com
0800 303 500 (within New Zealand)
+64 3 474 1429 (Overseas)