

Glen Eden Athletic and Harrier Club



120 Glendale Road, Glen Eden

www.facebook.com/geahi

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Tuesday Night Athletics 5:15pm start

Upon arrival children assemble behind their age group marker on the field. They will then get their track handicap for the night written on their hand. An official from the club will then make announcements of any upcoming events, results or important information. This information will also be distributed via email so be sure that we have your email address correct.

The children will then be sent off to the first of their allocated events by the meeting manager. Each group will have a designated adult in charge who will be responsible for the group for the evening. Children 7-14 will participate in 2 track events and 2 field events each night. A whistle will be blown to signal the end of each block. The group will move to their next activity under adult supervision and stay on that activity until the next whistle. 5 and 6-year olds will also participate in 2 track events but may only have 1 field event per night depending on time. The 5 and 6 years olds do not get their field events recorded as at that young age it is about learning correct techniques in those events.

Points are awarded for the first 3 place getters and for attendance, so attending each night is important to accumulate points throughout the season. Club uniform must be worn to receive points. At the end of the season the points are totalled, and trophies awarded to highest points for both track and field.

There are interclub competitions most weekends during the summer and all our children are encouraged to attend these meets. The club will select teams for Top 10 and Relay events, but the rest are open to anyone who would like to attend. These events will be announced on a Tuesday night and emailed out prior to the event.

Should we need to cancel our club nights due to bad weather, we will announce this as early as possible on our Facebook page. If there is time we will also send an email notification out.

To help our club nights run smoothly we require the help of our children's parents. This not only speeds up the night but includes you in the fun your children are having. Most of the jobs do not require any great athletic knowledge but merely assisting running the events by recording, raking the long jump pit, retrieving the shot put or discus etc. We also appreciate your positive enthusiasm when cheering on all the children. We want all our kids to feel supported during our club nights.

Club Handicaps

Our club uses a handicap system on club nights. This applies to both track and field events. This system is designed to make sure the not so fast runners or those not so good at field events have a chance to get placings and therefore points on each night. If our best runners are winning by a big margin they may not get any faster over the season. By giving the slower runners a start, faster runners need to run up to their best to keep winning. The handicaps are adjusted after each night so if the children are attending every week the handicaps should adjust up or down depending on placings at events. Field events are handicapped on a formula that means each child starts equal on the night. Results are recorded each night and the handicaps adjusted for the next week. If an athlete throws or jumps to a consistent height or length then they will gain points each week regardless of the height distance achieved.

EXAMPLE SHOT PUT

Week 1

A - Throws 4.5 = 3rd H/C 5.5 = 10

B - Throws 6.0 = 2nd H/C 4.0 = 10

C - Throws 8.25 = 1st H/C 1.75 = 10

Week 2

Throws 4.4 +5.5=9.9 = 2nd H/C = 5.6

Throws 6.1+4.0 =10.1 = 1st H/C = 3.9

Throws 8.1+1.75 =9.85 = 3rd HC = 1.9

Important Club Dates for the 2019/20 Season

October 22 nd 2019	First Points Night
December 5 th 2019	GEAH Santa Fun Run @6pm
December 17 th 2019	Last night before Xmas Break
January 28 th 2020	First night back after Xmas Break
February 18 th 2020	Club Photograph - 5pm before club night
February 22 nd 2020	Club Ribbon Day
March 7 th 2020	Club Champs Day
March 17 th 2020	Last Points Night

Summer Calendar for the 2019/20 Season

Date	Event	Venue
October 5,12,19	Auckland Children's Meet	Mt Smart - 9am
November 3rd	Ron Keat Open Day	Massey Park, Papakura, 10am
November 16th	Trans-Tasman Trial	Mt Smart - 8am
November 23rd	Papatoetoe Open Day	Omana Park, Papatoetoe, 10am
December 1st	CNW Relay Day	Waitakere Stadium
December 7th	Manurewa Open Day	Jellicoe Park, Manurewa
December 14th	Auckland Relay Champs	Mt Smart - 8am
December 15th	Grade 12-14 Nitro Challenge	Massey Park, Papakura
December 20th	Bays Night of 5's	AUT Millennium Stadium
January 10-12	North Island Colgate Games	Taranaki
January 16th	Trans-Tasman Ribbon Meet	Mt Smart 11am
February 1, 2 February 8,9	Auckland Champs	Mt Smart - 7am
February 15th	CNW Champs	Waitakere Stadium
February 22nd	Glen Eden Ribbon Day	Ceramco Park - 10am
March 7th	Auckland Pentathlon Champs	Mt Smart - 9am
March 14th	Auckland Junior Top 10	Mt Smart - 9am
March 21st	Grade 7-11 Nitro Challenge	Mt Smart - 8am
April 12th	Grade 12 & 13	Interprovincials - Auckland

Please check our Facebook page for up to date information on all events closer to the time. Other Facebook pages to follow are Central North & Western Cluster Athletics and Athletics Auckland.