

EVERYONE ACTIVE EVERYDAY



FREYBERG HIGH SCHOOL AND SPORT MANAWATU PRESENT

Manawatu Inter-Secondary School Athletics 2016

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EVENT HISTORY

Manawatu Inter-Secondary School Athletics (MISSA) is the Secondary School's oldest event, with the inter-school records dating back to 1961.

Each local school takes a turn at hosting the event, held at the Massey University Community Athletics Track.

16 schools from around the region come together annually to compete, and celebrate the local athletics talent here in the Manawatu.

Visit sportmanawatu.org.nz for more information!



Welcome From Host School

Freyberg High School is delighted to be hosting the Manawatu Inter-Secondary School Athletics meeting for 2016.

We are well aware that we are only able to make this event successful through the support of the Palmerston North Athletics and Harrier Club and Massey University. We particularly appreciate the time that Athletic Club volunteers have given to this event over a number of years and their advice and participation at the meeting is greatly appreciated.

The event management team at Freyberg: Linda Smith, Rosemary Barsanti, Saskia Beveridge, Vivienne Hill, Jamie Mills and George McConachy have put in a huge effort to ensure this event is a success for all the athletes and officials involved and I am very grateful for their time.

Finally, I wish to thank all the staff from Freyberg High School who given up their Saturday to support all those athletes who have worked hard so that they can do their best on this day.

I hope the parents and whānau enjoy watching their sons and daughters compete in the spirit of sportsmanship and that everyone involved enjoys the day.

Tena Koutou katoa

Peter Brooks

Principal

Freyberg High School

PROGRAMME

9:00am

Meeting of officials
(Colin Gemmell Room)

9:15am

Meeting of team managers
(Colin Gemmell Room)

9:30am

Assembly of athletes around
embankment

Welcome speech

Oath of FairPlay taken on behalf of
all athletes

9:45am

First event begins (see schedule of
events)

It is imperative that ALL athletes are
assembled as above by 9:25am.
Athletes are encouraged to arrive
early to sign in for early events.

PLEASE BE ASSEMBLED ON TIME



OATH OF FAIRPLAY

FairPlay Oath of Agreement
on behalf of all the athletes
competing.

"We, the athletes representing
the Manawatu secondary schools,
agree to follow the ethics of the
FairPlay Sport Charter of New
Zealand, which states that we will...

- Compete within the rules
- Respect the officials
- Respect other competitors and their supporters
- Be gracious winners and dignified losers
- Play hard but play fair
- Enjoy ourselves".



MISSA OFFICIALS 2016

PRESIDENT	Mr P Brooks	(Freyberg High School)
VICE PRESIDENTS	Mr G Yateman	(Awatapu College)
	Mr M O'Grady	(Feilding High School)
	Mrs D Marshall-Lobb	(Hato Paora College)
	Mr G Congdon	(Horowhenua College)
	Mr B McIntyre	(Manawatu College)
	Mrs L Carter	(Nga Tawa)
	Mr D Bovey	(PNBHS)
	Mr M Houghton	(Queen Elizabeth College)
	Mr D Olivier	(St Peter's College)
	Ms G De Castro	(Taranua College)
	Mr M Robinson	(Waiopahu College)
	Ms K Biggs	(PNGHS)
	Mr P Ferrar	(Cornerstone Christian School)
	Mr P Blake	(Tu Toa)
	Mr N Durie	(Manukura)
SECRETARY/		
TREASURER	S McIntosh	(Sport Manawatu)

NORTH ISLAND SELECTORS/MANAGERS

G McConachy	(Freyberg High School)
R Doyle	(PNBHS)
T Smith-Rolfe	(St Peter's College)

MEETING OFFICIALS 2016

PRESIDENT	PETER BROOKS (FREYBERG)
CHAIRPERSON	PETER BROOKS (FREYBERG)
VICE PRESIDENT	ALL SCHOOL PRINCIPALS
MEETING SECRETARY	STRAHAN MCINTOSH
MEETING MANAGER	LINDA SMITH
ASSISTANT MEETING MANAGER	VIVIENNE HILL
MEETING TREASURER	STRAHAN MCINTOSH
JURY OF APPEAL	PETER BROOKS (FREYBERG) MICHAEL HOUGHTON DAVID BOVEY OFFICIAL OFFICIAL
TECHNICAL MANAGER	BRIAN CURRY (PNAHC)
EQUIPMENT	BRIAN CURRY (PNAHC)
TRACK REFEREE	DAVID OLSEN (PNAHC)
TRACK MARSHALL	GEORGE MCCONACHY (PNAHC)
TIMER REFEREE	ALAN ADAMSON (PNAHC)
STARTER	VANESSA STORY (PNAHC)
START COORDINATOR	JOHN STRAWBRIDGE (PNAHC)
STARTER ASSISTANT	ANDY KRUY (PNAHC) SCOTT BURCH (PNAHC) ZAC TOPPING (PNAHC)
TRACK JUDGES	DARREN GRAY (PNAHC) LESLEY DUCAN GEORGIA TAYLOR RAEWYN HORNBLow JACQUI ELLINGHAM KATRINA MATTHEWS

MANUAL TIMEKEEPERS	NANDANA ARIYARATNE	HURDLES MARSHALL	GERALD YANG
	MAIRI BORTHWICK	CONT'D	DAVE LOCHHEAD
	KELLY O'BRIEN		ROBERT ELDER
	LORNA NEWSOME		BROOKE ARGYLE
	JODI JOCHEM	CONTROL ROOM REFEREE	ALAN ADAMSON
	CLAIRE NEW	ELECTRONIC TIMING/RESULTS	ROB DABB
	GREG MORRISON		RAEWYN ADAMSON
LAP CALLER	ROBIN DOYLE (PNBHS)	CONTROL ROOM ADMIN	ROBB DABB
LAP COUNTERS	KIERAN COLLIE	CONTROL ROOM RUNNERS	KENT MORI VALERIE REVILL JANNA HURLEY
	DAVE LOCHHEAD		
	ANGE O'CONNOR	MANUAL RESULTS	ZOE BROOKS PAULA KING FIONA UNDERWOOD
	GERARD HARRIGAN		
FINISH LINE RECORDERS	ZOE BROOKS	RESULTS (ALBERT POOTJES)	VIVIENNE HILL DEBBIE PURCHASES
	FIONA UNDERWOOD		
	PAULA KING	NOTICEBOARDS/RESULTS	DIANE GARTH MARGARET VAN WIJK LORRAINE FUTTER
ANOMOMETER READERS	RACHEL BULFORD		
	ADAM BULFORD	FIELD REFEREE	ALLAN CHERRY STEVE SIMCOX
RELAY STEWARDS	ROBIN DOYLE (PNBHS)	FIELD RESULT RUNNER	TAMZIN DARRAGH
	TARA SMITH-ROLFE (ST PETER'S)	FREYBERG TEAM MANAGERS	ROSEMARY BARSANTI SASKIA BEVERIDGE
	ANNE THOMSON (PNGHS)	FREYBERG AWD MANAGER	HELEN CODD
	BROOKE ARGYLE		
	BROOKE BATLEY	LONG JUMP	JORDAN PETERS ANDRE JACOBS STACIE MUDD KATRINA MATTHEWS MEGHAN NICOLSON ANNA SULLIVAN KATHY MCKNIGHT CANDICE FORSTER-HEKE
	GERALD YANG		
HURDLES MARSHALL	GEORGE MCCONACHY (PNAHC)		
	KERRI MILLS		
	JASON HARBOTT		
	BROOKE BATLEY		
	KIERAN COLLIER		
	GERARD HARRIGAN		
	CHANEL TAMAHAGA		

TRIPLE JUMP	ANNE THOMPSON PAVINEE WATSON COLIN GUNN HARRIET WELLWOOD STEVEN NEEDHAM CHLOE YUILE EMMALEEN SARTEN IAN TAIREA WENDY WEBSTER
HIGH JUMP	B. CURRY (TECH MANAGER) HAMISH KERR CRAIG STEED HEATHER VELVIN TINA BELL CHARLENE PURCELL SHEYRL RACKHAM
DISCUS	SHAUN POPOW ALEX KITCHEN DANIEL CLARK MATT FARRELLY TRACY EDMONDS VERITY ELDER REBECCA SMITH ALISTER SMITH ZAC TOPPING KARYN GORDON NICOLE GREENSIDES JOSEPHINE KENRICK NEIL LANGLEY PETER THOMPSON RICKY CHAN
JAVELIN	
SHOT PUT	PAUL GODBAZ (PNAHC) PAUL EMMERSON PENE WILL SHIRELY JOBSIS BETHANY DAGLISH CHEYENNE JONES
HAMMER	CALLUM MCCONACHY (PNAHC) JAMIE MILLS SAM LOWE ANGE O'CONNOR PHIL ETHERIDGE
ANNOUNCER	BERNARD HARRIS
ROVING ANNOUNCER	GEORGE MCCONACHY (PNAHC)
PHOTOGRAPHY	IAN PORRIT
MEDIA LIAISON	STRAHAN MCINTOSH PETER BROOKS

PROGRAMME/ CERTIFICATES CATERING	STRAHAN MCINTOSH CATHERINE SMITH ANNE ENGLEBRETSSEN BRIDIE HARRIS RINA KUMAR GERALD REYNOLDS DEBORAH PETHERICK BRIDGETTE LYNCH PAM CRESSWELL BRONWYN COOK SHELLEY CHARLES KAREN LEE
PARKING/RUBBISH	TIM FISHER NICK CHEER NIGEL WARD LIZ PAINE DAVE EDMONDS LEANNE MELBYE PATTY ROBINSON WENDY JOCHEM RUTH NEILSON
HOSPITALITY/ WATER	RACHEL SHEPHERD TRACEY MCKENZIE ANGELA CAMERON JENNY JOHANSEN
HEALTH AND SAFETY BRIEFING	GEORGE MCCONACHY (PNAHC)
FIRST AID	DIANNE STEWART PHILIPPA DRAVITSKI HELEN GREEN GEORGIA MCDONALD (MEDIC)

Meeting Rules

These rules must be abided by at all times during this event.

RULES:

This meeting is conducted under the rules of the IAAF and ANZ. If an athlete has qualified for a final after competing in a heat, and then fails to participate in that final, that athlete is precluded from competing in any further events at the meeting-this includes relays.

DRESS

Athletes must compete in their official school uniform.

In the 800m, 1500m, 3000m and walks events, athletes will be issued race numbers by their team manager. The allocated race numbers must be attached to the front of the athlete's uniform top and be visible to officials throughout the race. It is the team manager's responsibility to ensure that they collect and issue the appropriate numbers to their athletes.

REPORTING

All track competitors, or their team manager, must report to their event 10 minutes prior to their event. If you are required for a track event and a field event simultaneously, report to the field event first or get someone else (preferably the team manager) to report for you. Immediately after your track event has finished report to the field event.

ORDER

The order of the competition and lanes will be assigned by marshalls prior to the start of each event. For races 1500m and longer numbers one to 14 will be in order across the start line with other competitors behind them.

STARTING

Races up to and including 400 metres and 4 x 100 Relays.

These races are run in lanes and starting blocks must be used.

- Athletes should assemble three metres behind their starting blocks.
- Upon the command "on your marks," athletes must immediately proceed to their start position, they must have both hands and one knee in contact with the ground and both feet in contact with the footplate of the starting block.
- Upon the command "set" the athlete should immediately rise to their final starting position, hands still in contact with the ground and feet on the footplate of the blocks.
- When all athletes are steady in the set position, the gun is fired.

For races longer than 400 metres

- Athletes will assemble three metres behind the start line.
- Upon the command "on your marks" they must immediately come up to the start line ensuring their toes are behind the start line.
- Once all athletes are steady, the gun is fired.

Meeting Rules

These rules must be abided by at all times during this event.

RULES:

FALSE START

If, in the opinion of the starter or the recall starter, an athlete has commenced their start prior to the report of the gun, they shall be deemed to have caused a false start and shall be disqualified. If, in the opinion of the start referee, an athlete has unduly delayed the start, that athlete can be warned for unsportsmanlike conduct and any future indiscretion by them can result in disqualification from any further competition at the meeting.

FINISHING

For all events run in lanes, competitors must walk back in their lanes to the finishing line. Judges will be there to hand out colour coded place cards to all competitors. These must be carried to the recorder's shed near the finish line. It is the athlete's responsibility to ensure that the recorder correctly records their placing.

For events not finishing in lanes (800m and upwards) all competitors must be wearing their allocated race number so that it is visible at all times. Upon finishing they should line up in finishing order on the inside of the track until judges have recorded their race number and given out place disks to all finishers. The disks must be carried to the recorder's shed near the finishing line. It is the athlete's responsibility to ensure that the recorder correctly records their placing.

In races where grades have been combined, it will be the finishing order that the place disks will be allocated. The splitting of the results into grades will be done once the overall result has been compiled.

FINALISTS

Finals for all races will be (for two heats) first three in each heat and fastest two losers or (for three heats) first two in each heat and fastest two losers. A decision on whether races are 'heats' or 'finals' will be made at the marshalling area, followed by communication with track officials and the announcer. If there are five or fewer entries in any 3000m event, the races may be combined at the later programme time. In all hurdle events, if heats are not required, the final will be held at final time.

A list of finalists and lane draws will be posted on the notice board beside the timing shed as soon as they are available.

OBSTRUCTION

For races not run in lanes, competitors must be three metres clear before cutting in. Athletes who jostle or obstruct another runner are liable to be disqualified.

Meeting Rules

These rules must be abided by at all times during this event.

RULES:

RELAYS

Relay changes must be made between the yellow arrowheads indicating the “box”. After a baton change, the incoming runner should stay in the same lane in order not to interfere with other teams.

PROTESTS

Protests can only be lodged by team managers, and should be directed to the Track or Field Referee. Protests must be lodged within 30 minutes of the event.

IMPLEMENTS

Competitors may only use those supplied by MISSAA.

SIMULTANEOUS EVENTS

If a competitor misses his/her turn in a field event because he/she is involved in another event the trial may be taken at the end of the round, or at the end of subsequent rounds.

At the completion of three rounds, trials missed may be taken in succession up to 30 minutes after the programme time for the event. These concessions only apply if:

1. The athlete has reported in for the event.
2. The athlete has been excused by the official in charge of the event to go to a simultaneous event.

The final round in a field event may begin after 30 minutes has elapsed or when all competitors have been given an opportunity to complete three trials (whichever occurs first).

Similar rules apply in the high jump. The bar will not be lowered for trials missed.

FIELD EVENTS

Throwing - there will be a standard line below which attempts will not be measured. In all field events (other than high jump) athletes will be given three attempts and the top eight given another three attempts.

RECORDS

Records broken on the artificial surface will be noted in the MISSAA record book as being established on an all weather surface.

COMPETING SCHOOLS

2016

SCHOOLS	CODE	TOP	SHORTS
Awatapu College, Palmerston North	(A)	White with gold and black	Black
Cornerstone Christian School	(C)	Maroon and White	Navy
Feilding High School, Feilding	(FA)	Navy with red insert	Navy
Freyberg High School, Palmerston North	(FB)	Navy/Yellow	Navy
Hata Paora College, Feilding	(Hato)	Red	Blue
Horowhenua College, Levin	(Horo)	Scarlet	Scarlet
Manawatu College, Foxton	(M)	Medium blue with monogram	Cambridge blue
Manukura, Palmerston North	(MK)	Black	Black
Nga Tawa, Marton	(N)	Blue and gold	Blue or black
Palmerston North Boys' High School, Palmerston North	(B)	White with monogram	White
Palmerston North Girls' High School, Palmerston North	(G)	White with black monogram	Black
Queen Elizabeth College, Palmerston North	(Q)	Maroon	Maroon
St Peter's College, Palmerston North	(S)	Green with gold	Green with gold
Tararua College, Pahiatua	(TA)	Blue and yellow	Blue
Tu Toa Taiwananga, Palmerston North	(TUTO)	Black	Black
Waiopahu College, Levin	(W)	Navy, maroon and white	Navy

SPECIFICATIONS

HURDLES

GRADE	TOTAL DISTANCE	NO OF FLIGHTS	DISTANCE TO FIRST HURDLES	DISTANCE BETWEEN HURDLES	DISTANCE TO FINISH LINE	HEIGHT (CM)
Junior Girls Junior Boys	70m 80m	8 8	11m 12m	7m 8m	10m 12m	76.2(2.6) 76.2(2.6)
Inter Girls Inter Boys	80m 100m	8 10	12m 13m	8m 8.5m	12m 10.5m	76.2(2.6) 84.0(2.9)
Senior Girls Senior Boys	100m 110m	10 10	13m 13.72m	8.5m 9.14m	10.5m 14.02m	76.2(2.6) 91.4(3.0)
Open Girls Open Boys	300m 300m	7 7	50m 50m	35m 35m	40m 40m	76.2(2.6) 84.0(2.9)

FIELD EVENTS

	BOYS JUNIOR	BOYS INTER	BOYS SENIOR	GIRLS JUNIOR	GIRLS INTER	GIRLS SENIOR
SHOT PUT	4kg	5kg	5kg	3kg	3kg	3kg
DISCUS	1kg	1.25kg	1.5kg	1kg	1kg	1kg
JAVELIN	600g	700g	700g	500g	500g	500g
HAMMER	4kg	5kg	5kg	3kg	3kg	3kg

AWD SPECIFICATIONS

	SHOT PUT BOYS	SHOT PUT GIRLS	DISCUS BOYS	DISCUS GIRLS	JAVELIN BOYS	JAVELIN GIRLS
WHEELCHAIR	3kg	2kg	750g	750g	400g	400g
CELEBRAL PALSY	3kg	2kg	750g	750g	600g	400g
AMPUTEE/ OTHER	4kg	3kg	1kg	1kg	700g	500g
VISION IMPAIRMENT	4kg	3kg	1kg	1kg	700g	500g
INTELLECTUAL	4kg	3kg	1kg	1kg	700g	500g

HIGH JUMP – Starting heights and raises will be as follows - unless under-foot conditions are exceptionally poor.

GRADE	RECORD (m)	START	RAISE	UNTIL* (m)	THEN (m)
SENIOR BOYS	1.95m	1.50m	0.05m	1.75m	0.02m
INTER BOYS	1.86m	1.45m	0.05m	1.60m	0.02m
JUNIOR BOYS	1.65m	1.30m	0.05m	1.50m	0.02m
SENIOR GIRLS	1.68m	1.30m	0.05m	1.45m	0.02m
INTER GIRLS	1.61m	1.25m	0.05m	1.45m	0.02m
JUNIOR GIRLS	1.65m	1.20m	0.05m	1.40m	0.02m

EVENTS PROGRAMME

	Event	Grade	Heat/Final	Time
1	High Jump	Int. Boys	Final	9.45am
2	Long Jump	Snr. Girls	Final	9.45
3	Triple Jump	Snr. Boys	Final	9.45
4	Shot Put	Jnr. Girls	Final	9.45 (Inside track)
5	Hammer	Girls Open	Final	9.45
6	Hammer	Girls AWD/ PARA- ID	Final	9.45
7	Hammer	Girls AWD/ PARA-PD	Final	9.45
8	Discus	Jnr. Boys	Final	9.45
9	Javelin	Int. Girls	Final	9.45
10	Javelin	Girls AWD/ PARA- ID	Final	9.45
11	Javelin	Girls AWD/ PARA-PD	Final	9.45
12	300m Hurdles	Girls Open	Heats/ Final	10.00
13	300m Hurdles	Boys Open	Heats/ Final	10.05
14	200m	Jnr. Girls	Heats	10.15
15	200m	Jnr. Boys	Heats	10.20
16	200m	Int. Girls	Heats	10.25
17	200m	Girls AWD/ PARA- ID	Heats/ Final	10.35
18	200m	Girls AWD/ PARA-PD	Heats/ Final	10.35
19	200m	Int. Boys	Heats	10.30
20	200m	Boys AWD/ PARA- ID	Heats/ Final	10.40
21	200m	Boys AWD/ PARA-PD	Heats/ Final	10.40
22	200m	Snr. Girls	Heats	10.35
23	200m	Snr. Boys	Heats	10.40
24	High Jump	Jnr. Girls	Final	10.40
25	Long Jump	Jnr. Boys	Final	10.40
26	Triple Jump	Int. Girls	Final	10.45
27	Shot Put	Int. Boys	Final	10.45
28	Shot Put	Boys AWD/ PARA- ID	Final	10.45
29	Shot Put	Boys AWD/ PARA-PD	Final	10.45
30	Discus	Snr. Girls	Final	10.45

	Event	Grade	Heat/Final	Time
31	Javelin	Snr. Boys	Final	10.45
32	800m	Jnr. Girls	Final	10.45
33	800m	Jnr. Boys	Final	10.50
34	800m	Int. Girls	Final	10.55
35	800m	Int. Boys	Final	11.00
36	800m	Snr Girls	Final	11.05
37	800m	Snr Boys	Final	11.10
38	3000m	Girls Open	Final	11.15
39	110m Hurdles	Snr. Boys	Heats	11.30
40	100m Hurdles	Int. Boys	Heats	11.35
41	100m Hurdles	Snr. Girls	Heats	11.40
42	80m Hurdles	Jnr. Boys	Heats	11.45
43	Shot Put	Snr. Boys	Final	11.45
44	Discus	Jnr. Girls	Final	11.45
45	Javelin	Jnr. Boys	Final	11.45
46	High Jump	Int. Girls	Final	11.45
47	Triple Jump	Snr. Girls	Final	11.50
48	80m Hurdles	Int. Girls	Heats	11.50
49	70m Hurdles	Jnr Girls	Heats	11.55
50	Long Jump	Int. Boys	Final	11.55
51	Long Jump	Boys AWD/ PARA- ID	Final	11.55
52	Long Jump	Boys AWD/ PARA-PD	Final	11.55
53	400m	Jnr. Girls	Heats	12.00
54	400m	Jnr. Boys	Heats	12.05
55	400m	Int. Girls	Heats	12.10
56	400m	Girls AWD/ PARA- ID	Heats/ Final	12.20
57	400m	Girls AWD/ PARA-PD	Heats/ Final	12.20
58	400m	Int. Boys	Heats	12.15
59	400m	Boys AWD/ PARA- ID	Heats/ Final	12.25
60	400m	Boys AWD/ PARA-PD	Heats/ Final	12.25
61	400m	Snr. Girls	Heats	12.20

	Event	Grade	Heat/Final	Time
62	400m	Snr. Boys	Heats	12.25
63	100m	Jnr. Girls	Heats	12.30
64	100m	Jnr. Boys	Heats	12.35
65	100m	Int. Girls	Heats	12.40
66	100m	Girls AWD/ PARA- ID	Heats/ Final	12.55
67	100m	Girls AWD/ PARA-PD	Heats/ Final	12.55
68	100m	Int. Boys	Heats	12.45
69	100m	Boys AWD/ PARA- ID	Heats/ Final	1.00
70	100m	Boys AWD/ PARA-PD	Heats/ Final	1.00
71	100m	Snr. Girls	Heats	12.55
72	100m	Snr. Boys	Heats	1.00
73	3000m	Open. Boys	Final	1.05
74	3000m	Jnr. Boys	Final if run seperate	1.05
75	3000m	Int. Boys	Final if run seperate	1.15
76	3000m	Snr. Boys	Final if run seperate	1.30
		LUNCH Track only		
77	Shot Put	Int. Girls	Final	1.00
78	Shot Put	Girls AWD/ PARA- ID	Final	1.00
79	Shot Put	Girls AWD/ PARA-PD	Final	1.00
80	Discus	Int. Boys	Final	1.00
81	Discus	Boys AWD/ PARA- ID	Final	1.00
82	Discus	Boys AWD/ PARA-PD	Final	1.00
83	Javelin	Snr. Girls	Final	1.00
84	High Jump	Snr. Boys	Final	1.00
85	Triple	Jnr. Boys	Final	1.05
86	Long Jump	Jnr. Girls	Final	1.10
87	2000m Walk	Mixed Open	Final	1.45
88	Javelin	Jnr. Girls	Final	2.00
89	Shot Put	Snr. Girls	Final	2.00
90	Discus	Snr. Boys	Final	2.00
12F	300m Hurdles	Girls Open	Final (if required)	2:00

	Event	Grade	Heat/Final	Time
13F	300m Hurdles	Boys Open	Final (if required)	2:02
91	4x100 Relay	Jnr. Girls	Heats	2.06
92	4x100 Relay	Jnr. Boys	Heats	2.10
93	High Jump	Jnr. Boys	Final	2.10
94	4x100 Relay	Int. Girls	Heats	2.14
95	4x100 Relay	Mixed AWD/ PARA- ID	Final (if required)	2.14
96	4x100 Relay	Mixed AWD/ PARA-PD	Final (if required)	2.14
97	4x100 Relay	Int. Boys	Heats	2.18
98	Long Jump	Int. Girls	Final	2.20
99	Long Jump	Girls AWD/ PARA- ID	Final	2.20
100	Long Jump	Girls AWD/ PARA-PD	Final	2.20
101	Triple Jump	Int. Boys	Final	2.20
102	4x100 Relay	Snr. Girls	Heats	2.22
103	4x100 Relay	Snr. Boys	Heats	2.26
14F	200m	Jnr. Girls	Final	2.30
15F	200m	Jnr. Boys	Final	2.33
16F	200m	Int. Girls	Final	2.36
19F	200m	Int. Boys	Final	2.39
17F	200m	Girls AWD/ PARA- ID	Final	2.40
18F	200m	Girls AWD/ PARA-PD	Final	2.40
20F	200m	Boys AWD/ PARA- ID	Final	2.45
21F	200m	Boys AWD/ PARA-PD	Final	2.45
22F	200m	Snr. Girls	Final	2.42
23F	200m	Snr. Boys	Final	2:45
39F	110m	Snr. Boys	Final	2:50
40F	100m	Int. Boys	Final	2:55
41F	100m	Snr. Girls	Final	3:00
104	Shot Put	Jnr. Boys	Final	3:00 (Inside of Track)
105	Hammer	Open Boys	Final	3:00
106	Hammer	Boys AWD/ PARA- ID	Final	3.00

EVENTS PROGRAMME

	Event	Grade	Heat/Final	Time
107	Hammer	Boys AWD/ PARA- ID	Final	3.00
108	Discus	Int. Girls	Final	3:00
109	Discus	Girls AWD/ PARA- ID	Final	3.00
110	Discus	Girls AWD/ PARA-PD	Final	3.00
111	Javelin	Int. Boys	Final	3:00
112	Javelin	Boys AWD/ PARA- ID	Final	3.00
113	Javelin	Boys AWD/ PARA-PD	Final	3.00
42F	80m Hurdles	Jnr.Boys	Final	3:05
48F	80m Hurdles	Int. Girls	Final	3:10
49F	70m Hurdles	Jnr.Girls	Final	3:15
114	1500m	Jnr. Girls	Final	3:18
115	1500m	Jnr. Boys	Final	3.25
116	High Jump	Snr. Girls	Final	3:30
63F	100m	Jnr. Girls	Final	3:32
64F	100m	Jnr. Boys	Final	3:35
65F	100m	Int. Girls	Final	3:38
117	Triple Jump	Jnr. Girls	Final	3:40
68F	100m	Int. Boys	Final	3:41
66F	100m	Girls AWD/ PARA- ID	Final	3:44
67F	100m	Girls AWD/ PARA-PD	Final	3.44
69F	100m	Boys AWD/ PARA- ID	Final	3.44
70F	100m	Boys AWD/ PARA-PD	Final	3:44
71F	100m	Snr. Girls	Final	3:47
72F	100m	Snr. Boys	Final	3:50
53F	400m	Jnr. Girls	Final	3:53
118	Long Jump	Snr. Boys	Final	3:55
54F	400m	Jnr. Boys	Final	3:56
55F	400m	Int. Girls	Final	3:59
58F	400m	Int. Boys	Final	4.02
56F	400m	Girls AWD/ PARA- ID	Final	4.05
57F	400m	Girls AWD/ PARA-PD	Final	4.05

	Event	Grade	Heat/Final	Time
59F	400m	Boys AWD/ PARA- ID	Final	4.05
60F	400m	Boys AWD/ PARA- PD	Final	4.05
61F	400m	Snr. Girls	Final	4.10
62F	400m	Snr. Boys	Final	4.13
119	1500m	Int. Girls	Final	4:17
120	1500m	Int. Boys	Final	4:25
121	1500m	Snr. Girls	Final	4:31
122	1500m	Snr. Boys	Final	4:37

Presentation of the Albert Pootjes Memorial Trophy

91F	4x100 Relay	Jnr. Girls	Final	4.42
92F	4x100 Relay	Jnr. Boys	Final	4.47
94F	4x100 Relay	Int. Girls	Final	4.55
97F	4x100 Relay	Int. Boys	Final	5.00
102F	4x100 Relay	Snr. Girls	Final	5.05
103F	4x100 Relay	Snr. Boys	Final	5:10

Albert Pootjes arrived in New Zealand from Holland in 1946 after serving in World War II. He took up a teaching position at the now Queen Elizabeth College only later to move to Freyberg High School. He developed the concept of the Manawatu Inter-Secondary School Athletics Association and became its first chairman. He was later awarded the life member status of MISSAA. This trophy is presented to the athlete that has shone out from the rest and has performed outstandingly well. There will be a panel of three (3) members, the track referee, field referee, and the control room referee, who will name a winner in consultation with "performance tables".

Reporting to Events

Athletes are to report to the start area of that event immediately when called. Any athlete who has not reported when the starter's assistant calls the first heat to their marks is deemed to have scratched from that event. Similarly for field events any competitor who has not reported in when the first competitor is called to commence the competition is deemed to have scratched. Any competitor that has a clash of events should check in first at their field event then proceed to the track check in.

RECORDS

Junior Girls Grass Records

Junior Girls 100m

Junior Girls 1500m

Junior Girls 200m

Junior Girls 4 x 100m Relay

Junior Girls 70m Hurdles

Junior Girls 800m

Junior Girls High Jump

Junior Girls Javelin

Junior Girls Long Jump

Record: H Watson (G) 12.7 1985

Record: A Stuart (O) 4-42.9 1982 & C Baker (G)
4-42.9 1982

Record: J Leef (FB) 26.2 1982

Record: J Marris, C Baker & T Gulbrandsen, A
Taylor (G) 53.5 1982

Record: H Callesen (G) 11.9 1994

Record: C Baker (G) 2-16.4 1982

Record: P Morrison (O) 1.52m 1983

Record: F Pitt (FB) 31.81m 1980

Record: S Yee (Horo) 4.82m 1984

Junior Girls Synthetic Records

Junior Girls 400m

Junior Girls Long Jump

Junior Girls High Jump

Junior Girls 3000m

Junior Girls Shot

Junior Girls Triple Jump

Junior Girls 1500m

Junior Girls Discus

Record: S Dickens (FA) 1:00.69 2009

Record: V Torr (S) 4.98m 2000

Record: C Monk (N) 1.56m 2011

Record: Z Macdermid (A) 10:39.08 2013

Record: H Dixon (TUTO) 11.61m 2013

Record: N Hern (S) 10.35m 2013

Record: K Macdermid (A) 4:42.10 2011

Record: A Blackwood (FB) 31.59m 2008

Junior Boys Grass Records

Junior Boys 100m

Junior Boys 200m

Junior Boys 400m

Junior Boys 800m

Junior Boys 1500m

Junior Boys 80m Hurdles

Junior Boys Long Jump

Junior Boys High Jump

Junior Boys Triple Jump

Junior Boys Javelin

Junior Boys 4x100m Relay

Record: C King (B) 11.6 1988

Record: R Patching (F) 24.7 1973 & M Bevan
(Hato) 24.7 1984

Record: P Ellis (Q) 56.0 1974

Record: M Schwamm (B) 2-07.4 1972

Record: A Deeley (B) 4-26.5 1987

Record: D Saunders (F) 11.9 1969

Record: E Signal (B) 5.79m 1962

Record: M Laracy (Hato)n 1.65m

Record: M How (Marist) 11.42m 1966

Record: B Thomas (F) 42.35m 1986

Record: D Stirling, C Wickes, M Sutherland,
G Kelly (B) 48.5 1976

RECORDS

Junior Boys Synthetic Records

Junior Boys 200m

Junior Boys 400m

Junior Boys Triple Jump

Junior Boys Long Jump

Junior Boys 3000m

Junior Boys 4x100m Relay

Junior Boys Shot Put

Junior Boys Discus

Junior Boys High Jump

Record: H Townsend (B) 23.60 1998

Record: H Townsend (B) 55.10 1998

Record: L Carr (B) 11.70m 2010

Record: J Patterson (B) 5.83m 2005

Record: N Macdermid (A) 9:56.94 2015

Record: I Harris, D Wilson, S Kearins, T
Brookie (B) 47.3 2011

Record: J Croot (B) 14.15m 2004

Record: J Croot (B) 49.63m 2004

Record: M Seumanu (B) 1.70m 2015

Intermediate Girls Grass Records

Intermediate Girls 100m

Intermediate Girls 200m

Intermediate Girls 400m

Intermediate Girls 800m

Intermediate Girls 1500m

Intermediate Girls 80m Hurdles

Intermediate Girls Long Jump

Intermediate Girls High Jump

Intermediate Girls Triple Jump

Intermediate Girls Javelin

Intermediate Girls 4x100m

Record: T Smith (S) 12.6 1988 & D
Ahern (S) 12.6 1991

Record: A Fisher (A) 26.1 1987

Record: A Fisher (A) 58.8 1987

Record: A Stuart (O) 2-13.4 1984

Record: A Stuart (O) 4-37.4 1984

Record: V Jensen (N) 12.8 1969

Record: E Callesen (G) 5.11m 1996

Record: L Goldingham (G) 1.58m 1987

Record: E Callesen (G) 10.82m 1996

Record: J Smith (Horo) 32.27m 1981

Record: K Gemmel, M Moffat, J Lightbourne,
L McGeehan (FB) 51.5 1995.

Record: E Callesen (G) 5.38m 1997

Record: E Callesen (G) 11.15m 1997

Record: M Clifford (G) 25.60 2003

Record: T Robinson (G) 1.61m 2005

Record: L Anderson, E Broederlow, E
Geard, N Overton (G) 51.00s 2004

Record: T Webb (FA) 10-11.6 2015

Record: A Cokayne (FA) 34.06m 2012

Record: S Dickens (FA) 58.29 2011

Record: M Parkhill (G) 13.92m 2003

Record: H Dickson (MK) 36.73m 2014

Intermediate Girls Long Jump

Intermediate Girls Triple Jump:

Intermediate Girls 200m

Intermediate Girls High Jump

Intermediate Girls 4x100m Relay

Intermediate Girls 3000m

Intermediate Girls Javelin

Intermediate Girls 400m

Intermediate Girls Shot

Intermediate Girls Discus

Intermediate Boys Grass Records

Intermediate Boys 100m

Intermediate Boys 200m

Intermediate Boys 400m

Intermediate Boys 800m

Intermediate Boys 1500m

Intermediate Boys 100m Hurdles

Record: M Genet (B) 11.3 1974 & W
Steele (Horo) 11.3 1984

Record: M Archibald (B) 22.9 1987

Record: N Cowan (S) 52.7 1990

Record: G Dixon (FA) 2.02.0 1984

Record: G Dixon (FA) 4.14.0 1984

Record: P Kalivati (Hato) 14.2 1974 & C
Eddie (T) 14.2 1975

RECORDS

Intermediate Boys Long Jump
Intermediate Boys High Jump
Intermediate Boys Shot Put
Intermediate Boys Javelin
Intermediate Boys 4x100m Relay

Record: E Wilkinson (Hato) 6.14m 1990
Record: M Laracy (Hato) 1.77m 1991
Record: J Croot (B) 14.0m 2006
Record: P Mitchell (S) 52.57m 1980
Record: S McKenzie, M Sutherland, C Wicks, G Kelly (B) 45.1 1977

Intermediate Boys Synthetic Records

Intermediate Boys 100m
Intermediate Boys 200m
Intermediate Boys 400m
Intermediate Boys High Jump
Intermediate Boys Long Jump
Intermediate Boys 4x100m Relay

Record: S McFarlane (B) 11.32 2007
Record: H Townsend (B) 22.17 2000
Record: B Sutton-Davis (B) 51.9s 2004
Record: A Hayward (H) 1.86m 2005
Record: J Kendall (B) 6.48m 2008
Record: J.Trepp, D.Ranginui, J.Puohotaua, S.McFarlane (B) 45.22s 2007

Intermediate Boys 3000m
Intermediate Boys Triple Jump
Intermediate Boys Discus
Intermediate Boys Javelin
Intermediate Boys Shot Put

Record: C Lopez-Lozano (B) 9:20.00 2013
Record: L Carr (B) 13.92m 2012
Record: B Sutton-Davis (B) 46.84m 2004
Record: A Smith (B) 52.77m 2015
Record: T Fehoko (B) 14.23m 2015

Senior Girls Grass Records

Senior Girls 100m
Senior Girls 200m
Senior Girls 400m
Senior Girls 800m
Senior Girls 3000m
Senior Girls 100m Hurdles
Senior Girls 300m Hurdles
Senior Girls Long Jump
Senior Girls High Jump
Senior Girls Triple Jump
Senior Girls Shot Put
Senior Girls Javelin
Senior Girls 4x100m Relay

Record: A Dreadon (FB) 12.3 1984
Record: A Dreadon (FB) 25.6 1984
Record: D Hughes (Q) 57.8 1980
Record: J Overall (W) 2-14.4 1981
Record: J Alley (A) 10-18.3 1984
Record: A Millar (G) 15.1 1988
Record: A Willan (FA) 47.6 1992
Record: S Oxenham (FB) 5.29m 1961
Record: L Goldingham (G) 1.68m 1988
Record: S Bowe (S) 10.85m 1994
Record: J Smith (Horo) 12.28m 1983
Record: L Simpson (FA) 39.68m 1979
Record: V Pragnell, E Grant, S Cooper, A Stevens (FB) 51.4 1975

Senior Girls Synthetic Records

Senior Girls Long Jump
Senior Girls Triple Jump
Senior Girls 300m Hurdles
Senior Girls 200m
Senior Girls 1500m
Senior Girls Discus
Senior Girls Shot Put

Record: E Callesen (G) 5.38m 1998
Record: E Callesen (G) 11.20 1998
Record: V Torr (S) 44.80 2002
Record: R Signal (FA) 25.80 1999
Record: O Burne (G) 4-31.70 2009
Record: M Parkhill (G) 39.99m 2005
Record: P Fia (G) 13.13m 2015

RECORDS

Senior Boys Grass Records

Senior Boys 100m

Record: S Clavis (B) 10.7 1985 & N Cowan (S)
10.7 1990

Senior Boys 200m

Record: S Clavis (B) 21.8 1985

Senior Boys 400m

Record: G Weston (S) 51.1 1989

Senior Boys 800m

Record: S Potter (F) 1-58.9 1984

Senior Boys 1500m

Record: T Stone (S) 4-06.8 1979

Senior Boys 3000m

Record: G Christian (B) 9-27.4 1993

Senior Boys 100m Hurdles

Record: L Smith (B) 14.4 1995

Senior Boys 110m Hurdles

Record: M Flavell (FB) 14.57 1999

Senior Boys 300m Hurdles

Record: L Smith (B) 40.2 1996

Senior Boys Long Jump

Record: M Ranby (F) 6.55m 1995

Senior Boys High Jump

Record: P Ranginui (Hato) 1.95m 1987

Senior Boys Triple Jump

Record: P Kemp (FB) 13.60m 1975

Senior boys 4x100m Relay

Record: S McKenzie, C Wickes, G Kelly,
P Abraham (B) 44.2 1978

Senior Boys Synthetic Records

Senior Boys 400m

Record: S Burch (A) 48.41 2009

Senior Boys 200m

Record: H Townsend (B) 21.79 2002

Senior Boys 3000m

Record: T Christiansen (FB) 9:07.53 2006

Senior Boys 4x100m Relay

Record: B McDonald, C Clare, H
Townsend, M Rowe (B) 43.7 2002

Senior Boys 800m

Record: G.Smith, S.Walsh, L.Anderson,
J.Vakapuna (B) 43.70 1999

Senior Boys Long Jump

Record: H Donnelly (B) 1:55.38 2008

Senior Boys Javelin

Record: J Clarke (S) 6.73m 2013

Senior Boys Shot Put

Record: B Langton-Burnell (B) 64.42m 2011

Senior Boys Discus

Record: A Millar (B) 15.01m 2010

Record: A Millar (B) 48.34m 2010

Open Grass Records

Open Girls 3000m

Record: J Alley (A) 10-18.3 1984

Open Synthetic Records

Open Girls 300m Hurdles

Record: S Dickens (FA) 44.44 2012

Open Boys 300m Hurdles

Record: A Brehm (FB) 39.77s 2010

Open Girls Hammer

Record: M McNie (FA) 48.64m 2007

Open Boys Hammer

Record: A Millar (B) 46.35m 2010

RECORDS

Athletes with a Disability

Boys 100m	Record: B Kendall (A) 14.12 2013
Boys 100m	Record: B Kendall (A) 14.04 2014
Girls 100m	Record: A Sorenson (A) 15.37 2013
Boys 200m	Record: H Wilson (A) 28.03 2015
Girls 200m	Record: A Sorenson (A) 31.26 2013
Boys 400m	Record: O Karepa (A) 1:08.54 2011
Girls 400m	Record: A Sorenson (A) 1:26.42 2013
Boys Long Jump	Record: O Kerepa (A) 4.21m 2013
Girls Long Jump	Record: A Sorenson (A) 2.74m 2013
Boys Shot Put	Record: J Lewer (FA) 11.25m 2015
Girls Shot Put	Record: H Reid (T) 6.94m 2014
Boys Discus	Record: J Lewer (FA) 31.61m 2015
Girls Discus	Record: A Exeter (T) 22.31m 2012
Boys Javelin	Record: T Antis-Paora (A) 14.11 2011
Girls Javelin	Record: A Exeter (T) 22.42m 2012
Girls Hammer	Standard: H Reid (T) 13.86m 2015

NB: Electronic timing reported two decimal places e.g. 25.80 or 12.19
Hand times to one decimal place e.g. 25.8 or 45.1
25.8 and 25.80 are not the same thing in athletics
Synthetic records are from 1997 onwards.

Upcoming Events

Manawatu Inter-Secondary School Cross Country Championships

Wednesday 18 May 2016.

Manawatu College, Lady's Mile, Foxton.

All students who wish to participate.

This is the annual Cross Country meeting for Manawatu Secondary Schools. All are welcome to participate with the top 8 students from each school named to compete for the overall title at the event.

Get involved by competing at your school Cross Country and talk to your Sports Coordinator.

New Zealand Secondary Schools Cross Country Championships

18-19 June 2016.

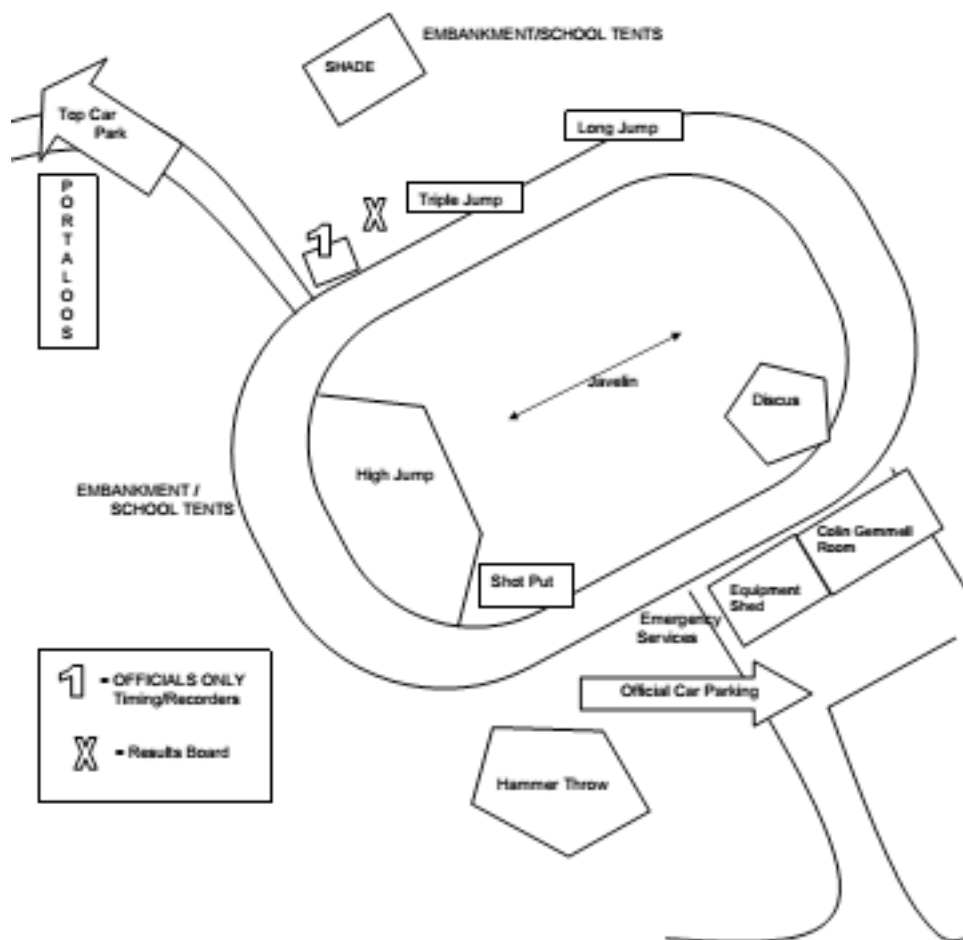
A&P Oval, Agrodome, Ngongataha, Rotorua.

All students who are interested can race.

The first day is the main event with the top Cross Country athletes competing for the title.

The second day is a fun event suitable for everyone who wants to get involved. Speak to your School Sports Coordinators to get involved and enter for one or both days.

SITE MAP



ACKNOWLEDGEMENTS

Manawatu Inter Secondary School Athletics Association, in partnership with Sport Manawatu and the host school Palmerston North Girls High School, would like to extend a huge thank you to the following organisations for their assistance:

Palmerston North Athletics and Harrier Club

Massey University

Palmerston North City Council

Konica-Minolta

Cancer Society of New Zealand

Manawatu Car Club

Secondary school sport is proudly supported by



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