

Club Night and Centre Event Management

Big Picture advice for all Scenarios (the first emphasis)

1. **If you have cold, flu or COVID-19 symptoms, call Healthline, your doctor or iwi health provider. They will tell you if you should get a COVID-19 test.**
2. **Scan in using the NZ COVID Tracer app if you can or use another method – everytime!**
3. **You are encouraged to wear a face covering, except when participating**
4. **Please keep 2m physical distancing**

Club Nights – Scenario of up to 25 people per bubble

1. Training or activity groups of twenty-five operating for both the Track and Field Senior and Junior sections.
2. Separate bubbles of 25 rotating around different events.
 - a. Any equipment must be cleaned between rotations
3. Use both straights for running events.
4. No club night points associated with the events, allowing as many athletes as possible to participate and be active.

Centre Events – Scenario of up to 25 people per bubble

1. Multiple locations as per level 2 protocol – see the *Rotation Chart*.
2. Separate bubbles of up to 25 athletes.
 - a. Officials are in addition to athletes, providing Officials do not mix within a bubble. i.e., wear PPE and maintain strict 2m physical distancing.
3. Book a time slot – see *Event and Times Sheet*.
4. Laned events have a maximum of 8 athletes per time slot.
 - a. Event time allowance of 5 minutes.
 - b. Athletes ranked by time.
5. Non-laned event maximum of 25 athletes per time slot – see Distance and Walks.
 - a. Event time allowance of up to 15 minutes.
6. Field events maximum of 8 per time slot.
7. Allowance for warm up time.
 - a. Athletes will need to complete most of warm up before arrival at the track.
 - b. Field event: warm up at event site. Allow a 2 hour time slot for warm up and coaching.
 - c. Track event – excluding Walks: Separate warm up areas
 - d. Track event – Walks: Separate time slot with 1 hour time slot for warm up and coaching.

Event and Times Sheet

Sprints

Event	Arrival Time	Warm-up Location #	Event Time	Event Over	Hurdles adjusted / Cleared by	Left Arena by time
Hurdles	12.00	1	12.15	12.20	12.30	12.30
Hurdles	12.15	2	12.30	12.35	12.45	12.45
Hurdles	12.30	1	12.45	12.50	13.00	13.00
Hurdles	12.45	2	13.00	13.05	13.20	13.15
Flat	13.05	1	13.20	13.25		13.35
Flat	13.15	2	13.30	13.35		13.45
Flat	13.25	1	13.40	13.45		13.55
Flat	13.35	2	13.50	13.55		14.05
Flat	13.45	1	14.00	14.05		14.15
Flat	13.55	2	14.10	14.15		14.25
Flat	14.05	1	14.20	14.25		14.35
Flat	14.15	2	14.30	14.35		14.45

Set up hurdles for first event.

NB 5 – 10 minute gap between events to allow for hurdle adjustment

NB Removal of hurdles would delay next time slot by 10 or 15 minutes.

Distance and Walks

Event	Arrival Time	Warm-up Location #	Event Time	Event Over	Left arena by time
	12.00	1	12.15	12.30	12.40
	12.15	2	12.30	12.45	12.55
	12.30	1	12.45	13.00	13.10
	12.45	2	13.00	13.15	13.25
	13.00	1	13.15	13.30	13.40
	13.15	2	13.30	13.45	13.55
	13.30	1	13.45	14.00	14.10
	13.45	2	14.00	14.15	14.25
Walk	14.00	1	14.15	when completed	when completed + 10 minutes

Throws and Jumps

Event	Arrival Time	Warm-up Location #	Event Time	Event Over	Left Arena by time
Shot	12.00	1	12.00	14.00	14.10
LJ	12.00	2	12.00	14.00	14.10
Discus	14.15	1	14.15	16.15	16.25
TJ	14.15	2	14.15	16.15	16.25

Rotation Chart

	Week one	Week two	Week three	Week four	Week five
60m / 100m	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓
400m		✓		✓	
800m	✓		✓		✓
1500m		✓		✓	
3000m	✓		✓		✓
3000m/5000m Walk		✓		✓	
Steeplechase (2000m, 3000m)	✓		✓		✓
Sprint H (80m, 100m, 110m)		✓		✓	
Long H (200m, 300m ,400m)	✓		✓		✓
4x400m Relay				✓	
Long Jump	✓		✓		✓
Triple Jump		✓		✓	
High Jump	✓		✓		✓
Pole Vault		✓		✓	
Shot Put	✓		✓		✓
Discus	✓		✓		✓
Javelin		✓		✓	
Hammer / Weight Throw		✓		✓	
	10	10	10	11	10

	Papakura
	Mt Smart
	Pakuranga
	Millennium