



MARLBOROUGH SENIOR ATHLETICS

2023/2024 SEASON

Senior Athletics welcomes all College age students (from Year 9) through to Masters levels. We also accommodate other sports codes for off season cross training, technique & speed work. While there are plenty of opportunities for competitive involvement we also cater for casual involvement and exercise in a fun atmosphere.

Club Contacts: Chairman—David Hansen 027 235 4012

Secretary—Tracey Sims 579 3036

Treasurer—Tracey Sims 579 3036

Facebook: Marlborough Senior Athletics

Website: www.harriers.net.nz/athletics

www.athleticstasman.yolasite.com

Membership:	Casual	\$5.00 per night
	Aged 20 and Under	\$90.00
	Senior/Masters	\$110.00

Age groups: Age as at 31st December 2023

Club fees to be paid by **30th November 2023**

Time: Start time 5:30pm Tuesday nights at Athletic Park.

All competitors and supporters are encouraged to assist wherever necessary i.e. timekeeping, judging, setting up, packing away etc.

Club Colours: Maroon singlet with black shorts to be worn for outside Marlborough meets & competitions. Singlets available to purchase or hire. Contact Tracey.

Nelson Events: Refer to Nelson program
Car pooling to these events can be arranged. Contact David.

Training: **Sunday's 10am—12pm** at Athletic Park. All welcome. Great opportunity for those attending NZ Secondary School Champs, SI Track & Field Champs etc.

MARLBOROUGH SENIOR ATHLETICS

2023/2024 PROGRAM

Program A: 60m, 100m, 1500m, Long Jump, Shotput

Program B: 100m, 200m, 5000m, Triple Jump, Discus

Program C: 60m, 200m, 3000m, High Jump, Hammer

Program D: 60m, 400m, 800m, Javelin

Hurdles, Relays and other events added in by request.

OCTOBER 2023

Tuesday	10 th	Opening + 60m, 150m, 1000m, Jav, HJ	Athletic Park	5:30pm
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Tuesday	17 th	60m, 300m, 600m, 5000m, Discus, TJ.	Athletic Park	5:30pm
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Tuesday	24 th	Program A	Athletic Park	5:30pm
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Tuesday	31 st	Program B	Athletic Park	5:30pm
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November

Tuesday	7 th	Program C	Athletic Park	5:30pm
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Tuesday	14 th	Program D	Athletic Park	5:30pm
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Tuesday	21 st	Program A	Athletic Park	5:30pm
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Tuesday	28 th	Program B	Athletic Park	5:30pm
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December

Tuesday	5 th	Program C + Houlihan Cup	Athletic Park	5:30pm
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Friday—Sunday	8th-10th	NZ Secondary School Championship	Christchurch	
Tuesday	12 th	Program D	Athletic Park	5:30pm
Tuesday	19 th	Beer Mile/Fun Night	Athletic Park	5:30pm

January 2024

Tuesday	9 th	10,000m, 3000m, + Program A	Athletic Park	5:30pm
Tuesday	16 th	Program B	Athletic Park	5:30pm
Friday – Sunday	19 – 21 st	South Island Masters Champs	Nelson	
Tuesday	23 rd	Program C	Athletic Park	5:30pm
Tuesday	30 th	Program D	Athletic Park	5:30pm

February

Tuesday	6 th	Pentathlon Champs	Athletic Track	5:30pm
Tuesday	13 th	Program A	Athletic Park	5:30pm
Friday – Sunday	16 – 18 th	NZ Masters Nationals	Christchurch	
Saturday	17 th	Mahar Cup	Nelson	10am
Tuesday	20 th	Program B	Athletic Park	5:30pm
Tuesday	27 th	Program C	Athletic Park	5:30pm

March

Tuesday	5 th	Club Champs, 100m, 1500m, LJ, SP	Athletic Park	5:30pm
Tuesday	12 th	Club Champs, Hurdles, 800, 5000, TJ, Discus	Athletic Park	5:30pm
Tuesday	14 th – 17 th	NZ Track and Field Nationals	Wellington	
Tuesday	19 th	Club Champs, 200m, 400m, HJ, Hammer, Javelin	Athletic Park	5:30pm
Tuesday	26 th	Last Night	Athletic Park	5:30pm

April

Saturday—Sunday	5 th – 7 th	SI Secondary Schools T&F Champs	Timaru	
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