

A banner image showing a red running track with white lane markings and numbers 1, 2, 3, and 4. The text is centered over the image.

# MARLBOROUGH SENIOR ATHLETICS

## 2024/2025 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](http://www.harriers.net.nz/athletics)

[www.athleticstasman.yolasite.com](http://www.athleticstasman.yolasite.com)

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

Age groups: Age as at 31st December 2024

Club fees to be paid by **30th November 2024**

**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

## 2024/2025 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 2024

Tuesday	15 <sup>th</sup>	Opening + 60m, 150m, 1000m, Jav, HJ	Athletic Park	5:30pm
Tuesday	22 <sup>nd</sup>	60m, 300m, 600m, 5000m, Discus, LJ	Athletic Park	5:30pm
Tuesday	29 <sup>th</sup>	Program A	Athletic Park	5:30pm

### NOVEMBER 2024

Tuesday	5 <sup>th</sup>	Program B	Athletic Park	5:30pm
Tuesday	5 <sup>th</sup>	Program B	Athletic Park	5:30pm
Tuesday	12 <sup>th</sup>	Program C	Athletic Park	5:30pm
Tuesday	19 <sup>th</sup>	Program D	Athletic Park	5:30pm
Tuesday	26 <sup>th</sup>	Program A	Athletic Park	5:30pm

### DECEMBER 2024

Tuesday	3 <sup>rd</sup>	Program B + Houlihan Cup	Athletic Park	5:30pm
Friday—Sunday	6th-8th	NZ Secondary School Championship	Timaru	
Tuesday	10 <sup>th</sup>	Program C	Athletic Park	5:30pm
Tuesday	17 <sup>th</sup>	Beer Mile/Fun Night	Athletic Park	5:30pm

## JANUARY 2025

Tuesday	7 <sup>th</sup>	10,000m, 3000m, + Program D	Athletic Park	5:30pm
Tuesday	14 <sup>th</sup>	Program A	Athletic Park	5:30pm
Friday – Sunday	24 <sup>th</sup> - 26 <sup>th</sup>	South Island Masters Champs	Christchurch	
Tuesday	21 <sup>st</sup>	Program B	Athletic Park	5:30pm
Tuesday	28 <sup>th</sup>	Program C	Athletic Park	5:30pm

## FEBRUARY 2025

Tuesday	4 <sup>th</sup>	Pentathlon Champs	Athletic Track	5:30pm
Tuesday	11 <sup>th</sup>	Program D	Athletic Park	5:30pm
Saturday	15 <sup>th</sup>	Mahar Cup (date TBC)	Nelson	10am
Tuesday	18 <sup>th</sup>	Program A	Athletic Park	5:30pm
Tuesday	25 <sup>th</sup>	Program B	Athletic Park	5:30pm

## MARCH 2025

Tuesday	4 <sup>th</sup>	Club Champs, 100m, 1500m, LJ, SP	Athletic Park	5:30pm
Tuesday	11 <sup>th</sup>	Club Champs, Hurdles, 800, 5000, TJ, Discus	Athletic Park	5:30pm
Tuesday	6 <sup>th</sup> -9 <sup>th</sup>	NZ Track & Field Nationals	Dunedin	
Tuesday	18 <sup>th</sup>	Club Champs, 200m, 400m, HJ, Hammer, Javelin	Athletic Park	5:30pm
Tuesday	25 <sup>th</sup>	Last Night	Athletic Park	5:30pm
Friday to Sunday	28 <sup>th</sup> -30 <sup>th</sup>	NZ Masters Champs	Auckland	9:00am

## APRIL 2025

Saturday—Sunday	5 <sup>th</sup> – 7 <sup>th</sup>	SI Secondary Schools T&F Champs	Nelson	(Date to be confirmed)
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