



2025/26 Junior Members Handbook



THE JUNIOR CLUB

The Papanui Toc H Athletic Club is one of Christchurch's largest and most successful athletics clubs with members competing in junior and senior track and field athletics, winter road and cross-country running competitions.

The Junior Club caters to children aged 4 through to 14 years and provides events and coaching for all skill levels. We are a family-oriented club where the focus is on having fun, making new friendships, and learning new skills along with competing to the best of your ability.

The Junior Committee are committed to providing a positive and fun experience for everyone, but they do need the continued help of keen and enthusiastic parents to be successful. Many parents have no experience with the sport when they start but all enjoy being involved, learning tips to pass on to their kids and getting the chance to have a close-up view of their kids participating.

The Junior Club is coordinated by our Junior Club Captain and the Junior Committee.

KEY COMMITTEE CONTACTS FOR THE JUNIOR CLUB

Junior Club Captain	Natalie O'Connell	icc@papanuitochathletics.org.nz
Registration Officer	Angela Charlett	registrations@papanuitochathletics.org.nz
Secretary		secretary@papanuitochathletics.org.nz
Club Night results	Michelle Livingstone	results@papanuitocathletics.org.nz
Interclub duty roster	Sarah Smallman	

TRAINING & COMPETITION OPPORTUNITIES

The club's Junior Athletics programme is designed to provide coaching, training and competition across the athletic disciplines giving all children the opportunity to develop and improve their athletic skills.

The programme offers several structured weekly training and competition opportunities for junior athletes:

- Weekly Club Nights on Tuesday evenings include instruction and competitions in discus, shot-put, long jump, high jump, 60m, 100m, 200m, 400m, 800m, 1500m, Relays
- Specialist Coaching Sessions on Thursday evenings for older athletes (10+) targeting technical skills
- Saturday Interclub Competition on Saturday mornings for all ages.

Further details of each of the above are provided throughout this booklet, and on the website. Cancellations and Postponements will be announced on the Papanui Toc H Athletic Club Facebook page.

CLUB UNIFORMS

The club blue and yellow singlet is required to be worn by Saturday Interclub athletes and is ordered via the website – see Uniform page

Shorts can be black or royal blue (manufacturer logo allowed but no Franchise marking). Tops worn under the singlet must be royal blue, black or white. Athletes younger than 10 years are recommended to wear light sports shoes, 10 years and older may wear spikes. Club uniforms are not required for training and coaching sessions.

Interclub athletes must wear their registration number on the front of their singlet. This will be provided once you have registered. Replacement or temporary numbers will cost athletes \$2.

Club T-shirts and hoodies are available to order on the club website

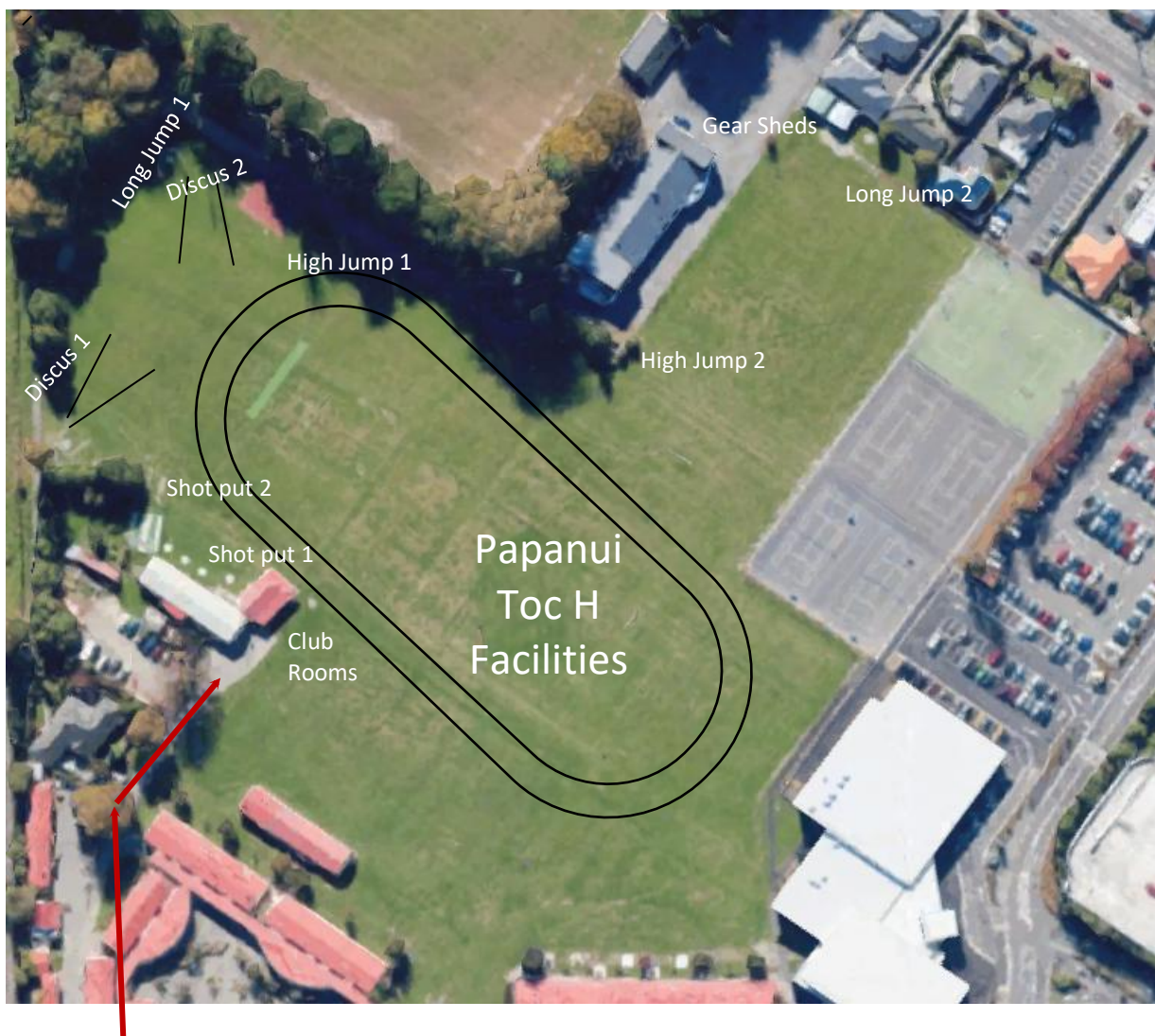
Second hand uniform and shoes are available to buy/sell on Open Days and club nights at the beginning of the season.

FACILITIES AT PAPANUI HIGH SCHOOL

Papanui Toc H has a new 130m Polytan track and a seven-lane 400m grass track at Papanui High School along with long jump, high jump, pole vault, shot put and discus facilities.

The club rooms have toilet and kitchen facilities and are accessed from Langdon's Rd entrance. Please park either in the school ground car parks or on Sawyers Arms Rd. Parking is not allowed on the grassed areas.

The club's use of the school grounds is a privilege granted by Papanui High School and our members must therefore abide by certain rules. A full list of rules is displayed clearly in the clubrooms, but we just ask members to exercise caution, use common sense and good sportsmanship, and parents (of younger members in particular) to look after their children.



Entrance from Langdons Road

TRACK CARE

To ensure the track remains in good condition please ensure the following:

- No food or drink other than water on the track
- No chewing gum allowed near the track
- Only 6 mm cone spikes to be worn with 9mm spikes allowed in high jump shoes only
- Sprint drills should be done in flats – i.e. no A or B skips to be done in spikes
- No twisting action on the track in spikes
- Consider practising starts at different locations during the season

HEALTH AND SAFETY

Everyone has a role to play in keeping our kids, coaches and supporters safe. Please follow our club regulations.

- Check there are no races running before crossing the grass or synthetic track
- Throwing circles are only to be used when are parents present to supervise
- Parents and athletes helping with the throwing events must watch the circle at all times and be standing at a safe distance when in the throwing sector
- Children must stay behind the Discus cages and taped areas at the Shot Put
- Older athletes to take care when wearing spikes to not stand on others feet
- Hurdles are only to be used under supervision and must be hurdled when facing the correct direction
- There is to be no playing on the High Jump mats or with the bar
- No games to be played during athletics meetings such as ball games

TUESDAY CLUB NIGHTS

Club Nights take place on Tuesday evenings at the club's Papanui High School track. We kick the night off with a middle-distance race - those not involved need to arrive in time for the Briefing. It is expected that all children will have an adult supervising them on Club Nights and assisting where able. Please note that we are not a 'babysitting' service, and we are unable to take responsibility for unaccompanied children.

5:10 Middle Distance run (800m or 1500m)

5:30 Briefing and updates for Parents, Caregivers and athletes

Awarding Athlete of the Week certificates

5:40 Rotation1 5.40 – 6.30 Get Set Go for 6 yrs and under

6.05 Rotation 2

6.30 Rotation 3

During each session we aim to have a combination of instruction, coaching and competition. In order to do this, we need plenty of willing parents and friends to assist us with supervising groups of children, helping at each event and recording results. The more parents we have helping, the easier it is for everyone, and we can provide more activities and options for all. You don't need to have any previous experience, just a 'give it a go attitude'.

Throughout the season there will be Points Nights where children gain points in each event if they finish on the top 5. These points are collated at the end of the season with the winners announced at the end of season prize giving. Children need to compete in their correct age groups to be eligible to gain points.



For children 6 years and under the club runs a “Get Set Go” based program, a fun way for younger athletes to learn basic skills and have a go at athletics.

Get Set Go is all about having fun and helping children develop the agility, balance and coordination that will provide the foundation for later developing specific athletic skills.

Activities include games, obstacle courses, relays and modified athletic events. Each session will be designed around a specific movement such as running, throwing, dodging or kicking.

Parents play a key role in these sessions to get involved alongside their children and have a go at activities too. The children also need guidance in following the instructions given such as lining up!

CLUB CHAMPS

Our annual Club Championships will be held on Sunday 8th March at the club. There will be a full line up of events for all ages and we encourage all members and their families to join us for a great day of fun. One of the most popular events of the day is the Parents Shot Put and Discus competition which the kids run and officiate.

Note that the middle-distance races are held separately on club nights (see program). Only athletes who compete at Club Champs will be awarded points for Club Champs and these will be calculated retrospectively. All athletes will be eligible to gain points in these races.

CLUB NIGHT PROGRAM 2025/26

Date	Program	Long Race	Boys	Girls
7 October	1	N/A	100m, SP, HJ	100m, D, LJ
14 October	2	N/A	200m, D, LJ	200m, SP, HJ
21 October	3	1500	60m, SP, HJ	60m, D, LJ
28 October	4	800	400m, D, LJ	400m, SP, HJ
4 November*	1	1500	100m, SP, HJ	100m, D, LJ
11 November*	2	800	200m, D, LJ	200m, SP, HJ
18 November*	3	1500	60m, SP, HJ	60m, D, LJ
25 November*	4	800	400m, D, LJ	400m, SP, HJ
2 December*	1	1500	100m, SP, HJ	100m, D, LJ
9 December*	2	800	200m, D, LJ	200, SP, HJ
16 December	Christmas Program			
27 January	3		60m, SP, HJ	60m, D, LJ
3 February*	4		400m, D, LJ	400m, SP, HJ
10 February*	1		100m, SP, HJ	100m, D, LJ
17 February*	2		200m, D, LJ	200m, SP, HJ
24 February*	3	1500+	60m, SP, HJ	60m, D, LJ
3 March*	4	800+	400m, D, LJ	400m, SP, HJ
10 March	1		100m, SP, HJ	100m, D, LJ

D - Discus SP - Shot Put HJ - High Jump LJ - Long Jump

* Points night + Club Champs event

If a clubnight is cancelled, we may make changes to which program we run the subsequent week

INTERCLUB COMPETITION

Junior Interclub competition is held on Saturday mornings from 8.30am – 1.00pm where junior athletes have the opportunity to test their skills against others of their age at Nga Puna Wai. Athletes must be 6 years or older and registered with Canterbury Children's Athletic Association (CCAA) to compete on Saturday interclub which costs \$55. The Registration Officer is available for more information (registrations@papanuitochathletics.org.nz).

Athletes may compete in 4 events + a relay each week and the club encourages all junior athletes to get involved in Interclub competitions. Saturdays are always a fun and social morning for the children and provide invaluable competition experience.

Relays are held for boys and girls on alternate Saturdays and children wishing to run in a relay need to arrive by 8.30am. All competing athletes need to report to the Club Captain when they arrive on a Saturday and sign in. The program for each week is posted on the Canterbury Athletics website page.

Parents need to stay and support their children and to assist on club duties as needed. PTOC is responsible for the running of the Discus this year along with providing officials in other areas. Each family is required to supply a volunteer for a Parent Roster most Saturdays so please pitch in and assist where you can. If we can't provide helpers, the events can't run for athletes.

We will be Duty club a couple of times during the year and for a session during the Canterbury champs so we will need all hands-on deck to help on those days.

Cancellations and postponements are advertised on our Facebook page and further information and results can be found on Canterbury Childrens Athletics website.

<https://www.sporty.co.nz/cantychildrensathletics/>

COLGATE GAMES

The Colgate Games are held once a season in the North and South Island in the January School Holidays. This is one of the biggest Junior Athletics meets held in New Zealand and the games are open to all Club athletes aged 7-14 yrs – you don't have to be registered for Saturday Interclub to join in. These games are a highlight of the summer and have ignited interest in athletics for many kids. This year the South Island games are here in Nelson 16-18 January. The North Island games are in Tauranga 9-11 January. Information on entry dates and costs will be available early in the season.

CLUB FUNDRAISING

The Club runs fundraising activities throughout the year to assist with the costs of running the club and help keep subscriptions at a manageable level. We are looking for parents to help co-ordinate these and to assist with sausage sizzles throughout the summer.

CLUB PRIZE GIVING

Our annual junior prize giving will be held at the end of the season to reward the efforts of our junior athletes. Details will be provided closer to the time. Could all trophy holders please return trophies to the Junior Club Captain on or before the Club Champs, so trophies can be engraved prior to the prize giving. – Thank you!!!

THURSDAY COACHING

Junior Club Coaching takes place on Thursdays from 5.30 – 7pm at Papanui High School. Coaching Sessions are run by our specialist coaching team and are designed to give athletes from 10 – 14 years the chance to develop and enhance event-specific skills, strength and flexibility. There is an additional charge of \$65 for these sessions which can be booked at the time of registration. Please note that we have a limit of 40 children at this session.

Junior Athletes involved in the coaching squad are divided into several small groups to work on specific events and skills with our coaches over 2 sessions each evening. The whole squad gets together at the beginning and end of the evening for a group warm up and warm down.

OTHER COACHING OPPORTUNITIES

In addition to the club-organised coaching sessions on Thursday, many of our coaches run additional more intensive sessions at Papanui High School throughout the week. These are available by arrangement with the individual coaches. If you have any enquiries about getting coaching for yourself or your child, please contact your Club Captains in the first instance and they can put you in contact with the appropriate coach.

GET INVOLVED IN YOUR CHILDREN'S CLUB

Papanui Toc H is 100% managed and run by volunteers and parents. Every year the continuing success of the club depends on its young members growing their confidence and enjoyment in athletics but also on volunteers, parents and senior athletes providing their support to the club and junior members.

TUESDAY NIGHT CLUB NIGHTS

Event Chiefs	Guide the coaching activities. Chiefs need to be able to attend most Tuesday nights and should have some background in athletics, but don't need to be experts – just enthusiastic!
Event Assistants	Help the Event Chiefs run Tuesday sessions. No experience required, just a willingness to offer a hand.
Timing Assistants	Run the stopwatches for the sprint races, no experience required
Age Group Leaders	Lead the group and record results

SATURDAY INTERCLUB

PTOC is rostered to officiate on the Discus this season, so we need plenty of volunteers each Saturday morning to run the competitions.

SP Chief	Manages the competition, training provided
SP Parent Help	No experience required, just a willingness to help the Chief, record jumps and organise children

The club offers officiating and coaching training courses. Please contact Erana or Sarah if you are interested in training for an athletics support role this season.

ADMINISTRATION

Behind the scenes, all the organisation, scheduling, fundraising, logistics, registrations management and bits and pieces that go into making the club function successfully are carried out by volunteers on and around the Committee.

If you are passionate about Athletics and have the time and energy to contribute to club administration, we would be very happy to have you on board.

Please speak to any of the Committee members, or contact Natalie O'Connell icc@papanuitochathletics.org.nz or secretary@papanuitochathletics.org.nz

REGISTRATION INFORMATION

Registration can be done through the website under Club Registration.

If you are transferring from another club, please contact Angela
registrations@papanuitochathletics.org.nz

Your first Club Night is free, and you can attend two Saturday meetings before you need to be registered. Once you have registered for Interclub you will be added to the parent help roster - please only sign up for Interclub once you are sure your child wishes to attend on Saturdays.

	Club member	Saturday Interclub	Thursday Coaching
6 yrs and under	\$66	\$55	N/A
7 – 9 yrs	\$132	\$55	N/A
10 – 14 yrs	\$132	\$55	\$65.00

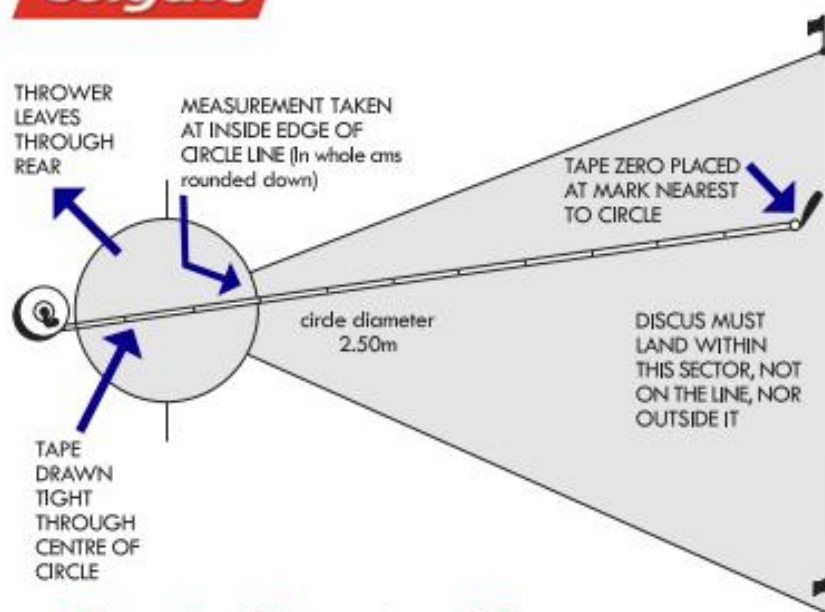
The subscriptions for a club member are made up of the following:

Club fee	\$45 (\$35 for under 7yr)
Facility Levy	\$30
Canterbury Athletics levy	\$20
Athletics NZ levy	\$37 (\$11 for under 7yr)

Payment options are available if needed. Please contact the Junior Club Captain if the club subs are a barrier to joining the athletics club.

DISCUS

Colgate



**Supervise this event carefully;
the discus is a dangerous implement**

SAMPLE SCORE SHEET

A	X	1923	1984	3rd
B	2045	1996	2038	2nd
C	1728	1743	1680	4th
D	2008	X	2056	1st

X = Foul / No Throw

NZCAA WEIGHTS

500gm	Grades 7, 8 & 9
750gm	Grades 10, 11, 12 Girls
	Grades 10 & 11 Boys
1 Kg	Grade 12 & 13 Boys
	Grade 13 & 14 Girls
1.25 Kg	Grade 14 Boys

NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA DISCUS SHEET



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IMPORTANT RULES

1. The throw must be commenced from a stationary position in the circle.
2. The thrower must not touch the top of the circle ring, nor the ground outside the circle.
3. The thrower must not leave the circle until the discus has landed, and only then through the rear half of the circle.

COMMON GRIP



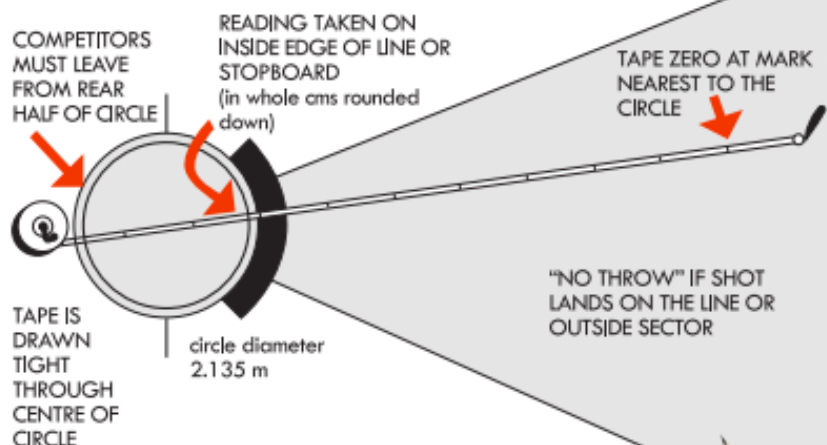
HINTS ON ORGANISING THE DISCUS

- Arrange competitors in throwing order
- Allow a practice throw if time permits
- Explain the rules at the start if necessary
- Specify the number of throws (generally 3)
- Record all throws in a tie, next best count and so on until there is a 'clear' winner

SHOT PUT



Colgate



SAMPLE SCORE SHEET

A	717	724	X	2nd
B	660	671	650	4th
C	724	715	712	3rd
D	717	724	732	1st

(2nd and 3rd decided on second best throws)
X = Foul / No Throw

NZCAA WEIGHTS

1.000kg	Grades 7
1.500kg	Grades 8 & 9
2.000kg	Grade 10 Girls & Boys, Grade 11 Girls
3.000kg	Grade 11 Boys, Grade 12 Girls & Boys
	Grade 13 & 14 Girls
4.000kg	Grade 13 Boys
5.000kg	Grade 14 Boys

NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA SHOT PUT SHEET



New Zealand Children's
Athletic Association Inc.

IMPORTANT RULES

1. The shot must be put from the shoulder with one hand.
2. The shot must remain close to the chin or neck right through the action.
3. The action of putting must start from a stationary position.
4. The thrower must not touch the ground outside the circle. The top of the stopboard or circle rim, may not be touched.
5. The thrower must leave the circle from the rear half, but only after the shot has landed.



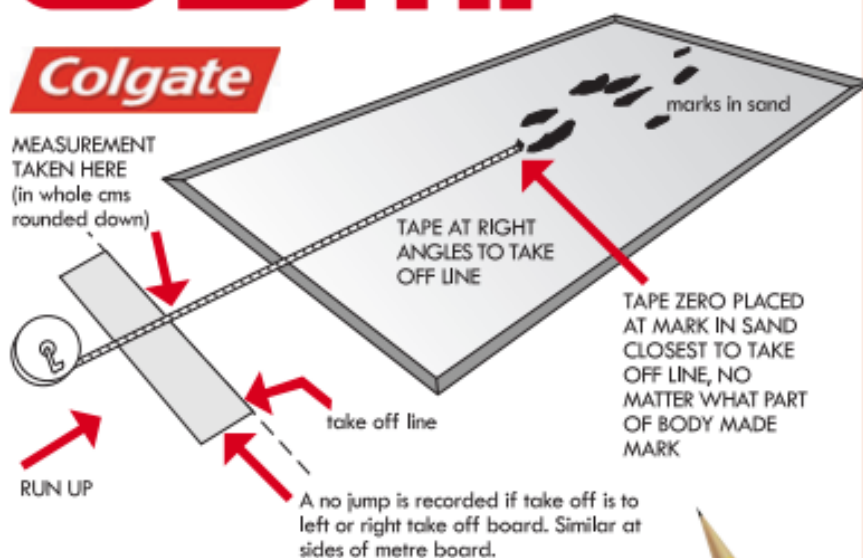
HINTS ON ORGANISING THE SHOT PUT

- Arrange competitors in throwing order
- Allow a practice throw if time permits
- List names and explain rules if necessary
- Specify the number of throws (generally 3)
- Record all throws

LONG JUMP

Colgate

MEASUREMENT
TAKEN HERE
(in whole cms
rounded down)



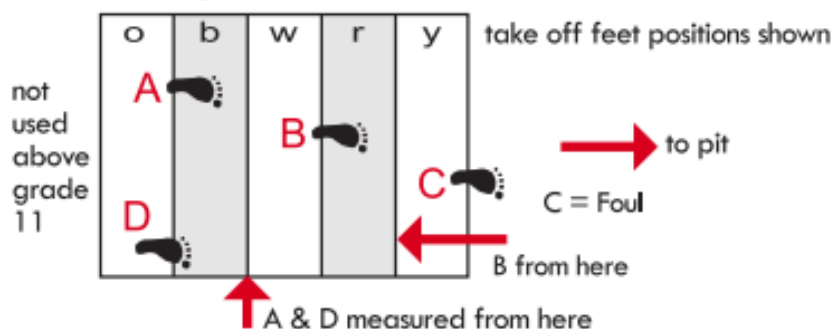
SAMPLE SCORE SHEET

A	204	205	X	2nd
B	X	X	162	4th
C	200	210	199	1st
D	185	192	173	3rd

CORRECT READING OF TAPE



METRE BOARD



NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA LONG JUMP SHEET



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NO JUMPS or FAILS

1. Foot in front of line at take off.
2. Walking back through the pit after the jump, when the first contact with ground outside, is closer to the take off line than the closest break in the sand.
3. Somersaulting
4. Landing on, or touching ground outside pit and closer to take off line than the mark in the pit.

HINTS ON ORGANISING THE LONG JUMP

- Arrange competitors in order
- Allow a practice jump if there is time
- Specify number of jumps (usually 3)
- Record all jumps - in a tie, the next best jump counts, and so on

HIGH JUMP

UPRIGHT
CLEAR OF
LANDING
PAD, TO
AVOID
BUMPING



BEFORE
EACH
ROUND
CHECK THAT
THE BAR IS
AT CORRECT
HEIGHT AND
LEVEL

Colgate

SAMPLE SCORE SHEET

	1.10	1.15	1.20	1.23	1.26	1.29	
W	0	0	XO	XXX			4th
X	XO	XXO	0	XO	XO	XXX	1st
Y	0	XO	XXO	XXO	XXX		3rd
Z	0	0	XXO	XO	XXO	XXX	2nd

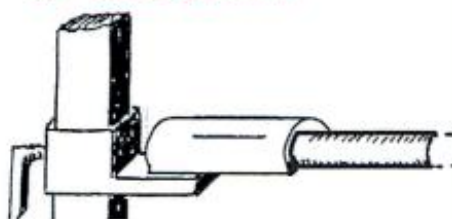
X WINS - lowest number of attempts at the winning height

O = Clearance
X = Failure

FAILURES

- Knocking bar off, even if a landing is made before the bar falls
- Two-foot take off
- Touching ground or apparatus beyond plane of uprights before jumping

CORRECT SETTING OF CROSSBAR



NOTE: FOR DETAILED RULES OF COMPETITION REFER TO NZCAA HIGH JUMP SHEET



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COUNT BACK RULES

1. The winner is the competitor with the lowest number of jumps at the winning height.
2. If a tie remains, the winner is the competitor with the lowest number of failures throughout the event, including the last height cleared.
3. If a tie still remains (for first place only), jump off as follows:
 - (a) one jump each, at the next height above the last height cleared.
 - (b) If still tying, the bar shall be raised or lowered 2cm as appropriate and each competitor must attempt one jump at each height.

HINTS ON ORGANISING THE HIGH JUMP

- Enter names on result sheet in jumping order
- Allow practice jumps at a height below the starting level
- Announce the starting height and subsequent lifts
- Measure new heights at the start of each round
- Each competitor gets up to three attempts at each height
- A jumper is eliminated after three consecutive failures

We support and follow the Athletics NZ Code of Conduct including the following:

1. Childhood success is not a reliable indicator of adult success in our sport.
2. Give everything a go; specialising now means you may miss out on a future opportunity.
3. Everybody develops differently; competition is part of the development progression.
4. Let children learn; coaches are valuable teachers.
5. Focus on effort and performance rather than the overall outcome.
6. Please don't embarrass your children by making poor decisions about your own behaviour.
7. Officials are human and sometimes make mistakes, but without them we wouldn't be here.
8. Abuse will not be tolerated here. This includes verbal slanging, racial remarks, or physical altercations.
9. Always show respect for other competitors, officials, coaches and managers.