

Owairaka Athletics Junior weekend competition & coaching calendar – Q4 2023

Some individual events tbc/subject to change. Additional entry fees may apply for competition events.

| Month | Day | Date | Event | Location | Time | Events |
|--------|----------|------------|---|----------------------------------|------------------|--|
| Oct-23 | Saturday | 7/10/2023 | Quadrathlon | Owairaka | 1-3pm | 100/800/LJ/Shotput – ages 9+ |
| Oct-23 | Saturday | 14/10/2023 | AAI Carnival day Mt Smart / Pre-season meet | Mt Smart | 3:30pm to 8:00pm | Pentathlon - events tbc; 10,000m champs |
| Oct-23 | Saturday | 21/10/2023 | Labour weekend | | | Labour weekend |
| Oct-23 | Saturday | 28/10/2023 | Go Athletics - Meet 1 | Mt Smart | 9:00am to midday | TBC – ages 7+ |
| Nov-23 | Saturday | 4/11/2023 | Lydiard squad clinic | Owairaka | 9.30-11.00 | Jumps |
| Nov-23 | Sunday | 12/11/2023 | Owai 5 | Owairaka | 8-12 | 2.5k, 5 mile race |
| Nov-23 | Saturday | 18/11/2023 | McKinnon Shield 4 / Schools Challenge Cup 4 (12+ in 2023) | Mt Smart | 3:30pm | 100,200, 800, 3000, LJ, HJ – ages 12+ |
| Nov-23 | Saturday | 25/11/2023 | Childrens 2000m AAI Championships | Pakuranga | 12:00pm | 2000m |
| Nov-23 | Sunday | 26/11/2023 | CNW Relay Day | Douglas Track & Field, Waitakere | 12:00-4:30pm | 4x100, 4x200, 4x400, medley, field (LJ, shot, discus) - 2022 |
| Dec-23 | Saturday | 2/12/2023 | 7-9 & 10-14 AAI Childrens Relay Champs | Mt Smart | 9:00am to 5:00pm | 4x100, 4x200, 4x400, medley, field (LJ, shot, discus) - 2022 |
| Dec-23 | Saturday | 9/12/2023 | Lydiard squad clinic <i>also NZSS in CHCH this weekend</i> | Owairaka | 9.30-11.00 | Jumps |
| Dec-23 | Saturday | 9/12/2023 | Go Athletics - Meet 2 | Mt Smart | 9:00am to 1:00pm | Tbc – ages 7+ |
| Dec-23 | Saturday | 16/12/2023 | Lydiard squad clinic | Owairaka | 9.30-11.00 | tbc |