

# NEW BRIGHTON OLYMPIC



## Parents

How to Help

NBO Children's T & F

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'How to Help at Little Athletics' is for new parents or individuals who have not been involved with Little Athletics before. It aims to provide basic information about all the events that make up the weekly program.

## **WHERE DO YOU FIT IN THE PICTURE?**

Every parent is an important part of the Athletics community. Without your help, there wouldn't be anyone to conduct the events for our children.

During the Athletics season, you may be rostered to help or any other necessary roles.

New parents are advised to read this booklet before you help on an event, so you have a basic understanding of how to help. This knowledge will make things easier for you, other helpers and the athletes.

## **The Role of Parents**

Parents play a very important role in their child's Athletic involvement. Do not underestimate the effect you can have on your child's long-term participation in and enjoyment of sport. By taking a considered, understanding approach, a parent can be their child's most valuable asset.

## **What does the club require from me?**

- ✦ Assist coaches at a minimum of 4 Social Nights or 14 Interclub Training Nights
- ✦ Assist with club duty at Inter-club on Saturdays and competitions as directed by the Canterbury Children's Athletics Association and requested by the NBO Club
- ✦ Respect the rights, dignity and worth of every athlete, coach, technical official and others involved in athletics and treat everyone equally
- ✦ Cooperate fully with others involved in the sport such as coaches, technical officials, team managers in the best interests of the athlete
- ✦ Consistently promote positive aspects of the sport such as fair play and never condone rule violations or the use of prohibited or age-inappropriate substances
- ✦ Never place undue pressure on children to perform, participate or compete
- ✦ Take an active interest in your child's participation
- ✦ Attend training or competitions whenever possible
- ✦ Know exactly where your child will be and who they will be with at all times
- ✦ Never make assumptions about your child's safety
- ✦ Ensure that your child does not take any unnecessary valuable items to training or competition

- ✎ Inform your child's team manager of any illness or disability that needs to be taken into consideration for athletic performance
- ✎ Provide any necessary medication that your child needs for the duration of trips
- ✎ Assume responsibility for safe transportation to and from training and competition

## HOW TO HELP AT ATHLETICS

### Track Events

#### Sprints

Sprints are short running events, from 60 to 400m (metres). At the start of a sprint the athletes are placed in a lane one metre behind the line.



The starter gives three signals:

1. "On your marks" — the athlete puts the toes of one foot to (but not on) the line. The opposite arm is held out in front to balance.
2. "Set" — the athlete leans forward with weight over the front foot.
3. Gun sounds — the athlete runs.

Grade 7 to 9 athletes must use a crouch start. Grade 10 athletes and above can use starting blocks with spiked shoes.

The runners must stay in their allotted lane for the whole race.

Grade 7 to 9 athletes compete in 60m, 100m and 200m distances. Grade 10 and above can also compete in 400m.

## Distance Races

Distance races events 800m and 1500m are for only Grade 10 and above.

The starter gives only two signals to begin a distance race:

1. "On Your Marks"
2. Gun Sounds.

The athletes can't use a crouch start and do not have to run in set lanes.



You Can Help at Sprint & Distance Races By:

- ✚ Marshalling athletes and placing them behind the line.
- ✚ Timing the race using a manual stopwatch or electronic timing.
- ✚ Judging the places.
- ✚ Marshalling runners after the race and making sure their times are recorded.
- ✚ Recording athletes' times.
- ✚ Fire the gun!

## Hurdles

Hurdle events are for Grade 12 athletes and above. Hurdle races are sprints with obstacles (hurdles) placed in each lane. Hurdle sizes change with the age group of the athletes. They start at 45cm in height and go up to 76cm. Distances range from 60m to 300m. All hurdle races are run in lanes and the starter gives the same signals as for sprints.



You Can Help By:

- ✚ Doing the same job as for sprints.
- ✚ Setting up the hurdles (most Centres have marks on the track to show where the hurdles go).
- ✚ Picking up hurdles knocked over by athletes or blown over in the wind.
- ✚ Adjusting the heights of the hurdles as required.

## Relays



Relays are the most spectacular to watch and fun for athletes to compete in. It's one of the few opportunities athletes have to compete as a team.

Relay teams consist of four runners who each run a set distance — 100, 200 or 400 metres according to age and the type of relay. The athletes carry a baton which must be passed to the next runner within a specific 20m change box.

Grade 7 to 9 Relays can consist of composite teams of boys or girls, but the final runner must be of the gender that is programmed for that week. i.e. in a girl's relay the final runner must be a girl and in a boy's relay the final runner must be a boy.



In the Shuttle Relay, athletes line up opposite one another e.g. 2 athletes up one end, 2 at the other. The first person starts with the baton, runs to the other end and passes it to the first runner. They continue back and forth until the last runner crosses the finish line.



A Medley Relay consists of either two girls or three boys or vice versa; 2 runners run 100m, 1 runner runs 200m, 1 runner runs 400m and 1 runner runs 800m. A girl must run either the 400m or 800m leg. There is no stipulation as to the order in which a team runs their relay – each team must run the prescribed legs.

You Can Help By:

- 🏃 Marshall runners and escort them to their starting positions.
- 🏃 Learn the rules and become a changeover judge.

## Race Walking



Athletes Grade 10 and above can compete in Race Walking which is a technical event. It's a distance race so athletes don't have to stay in designated lanes. Distances include 1200, 1600 or 2000 metres.

Race walkers must keep one foot in contact with the ground at all times and make sure that the advancing leg is straight when it first makes contact with the ground, until it's directly under the body.

You Can Help By:

- ✎ Doing the same jobs as for distance races.
- ✎ Learn to walk judge by completing an officiating course.

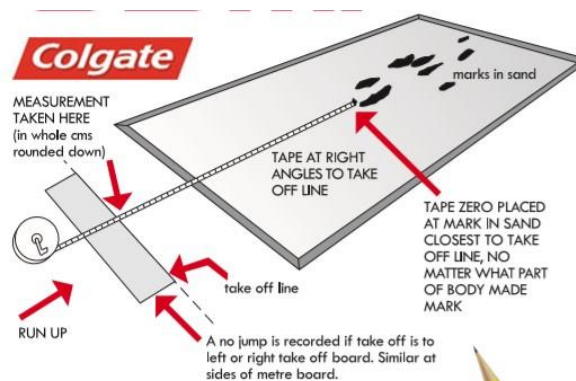
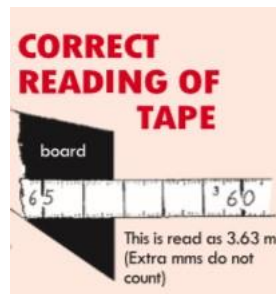
## Field Events

### Long Jump



A Long Jump venue consists of a run up (grass, dirt, asphalt or synthetic material) and a sand pit. The athletes run along the run up until they reach the take-off mat (Grade 7 to 11) or board (Grade 12 and above), jumping from one foot into the sand pit. The take-off foot must be on or behind the take-off mat/board. Athletes must land in the pit and walk out of the pit forward of the mark they made on landing.

The front of the white band (the central band) of the metre board should be placed 1m from the near edge of the pit for Grades 7 and 8, 1.5m for Grades 9 and 10, and 2m for Grade 11. (This is a guide only, as local physical conditions at a runway may dictate the actual positioning of the board).



You Can Help By:

- ✎ Watch that the athlete's foot does not go over the edge of the mat/board
- ✎ Spiking — marking the spot where the jumper landed.  
Place a spike with a tape measure attached at the edge of the mark in the pit closest to the take-off area.
- ✎ Measure the jump. Hold the other end of the spiker's tape, pull it tightly over the take-off area and read the measurement. When a mat is used, the measurement is taken from the front of the imprint made by the take-off foot. If a board is used, the measurement is taken from the edge of the board nearest the pit.
- ✎ Raking the pit after each jump to remove evidence of the last jump and make it level and safe for the next jumper.
- ✎ Recording the athlete's performances.



## High Jump

High Jump is an event for Grade 10 and above only.

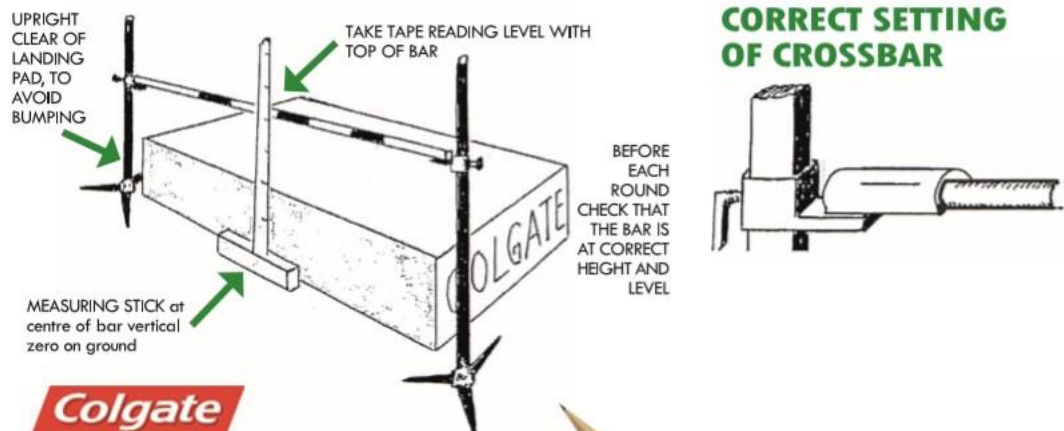
The High Jump equipment consists of a landing mat, two uprights, a bar and a measuring stick. The athlete must run up, take off from one foot, clear the bar and land on the mat without knocking the bar off the stand. Each athlete usually has three chances to clear a height. If they clear it on the first or second attempt, they must wait until the bar is raised before having another jump.



Grade	Starting Heights	Grade	Starting Heights
<b>Girls</b>		<b>Boys</b>	
10 Girls	0.95m	10 Boys	1.00m
11 Girls	1.00m	11 Boys	1.05m
12 Girls	1.10m	12 Boys	1.20m
13 Girls	1.15m	13 Boys	1.25m
14 Girls	1.20m	14 Boys	1.30m

You Can Help By:

- ✎ Picking up the bar if the athlete knocks it off.
- ✎ Raising the bar after all the athletes have finished at a particular height.
- ✎ Recording the athlete's performances.



## Shot Put



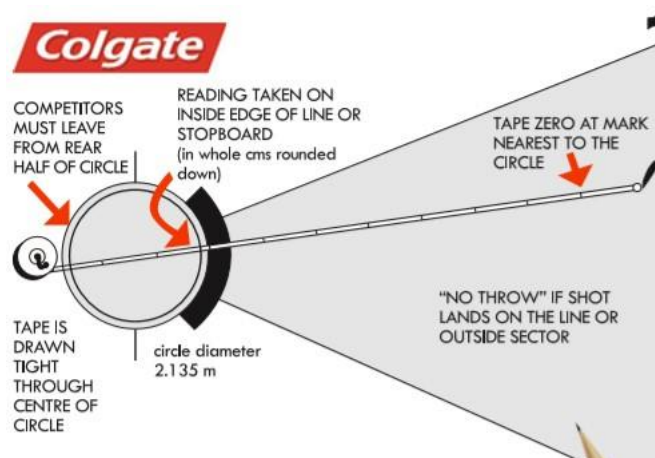
A Shot Put venue consists of a ring and landing area (sector). The shot is a metal ball. Its weight and size vary according to the age of the athlete.

The athlete stands in the ring with the shot balanced at the base of the fingers (not on the palm) and the shot shall touch or be in close proximity to the neck or chin. The shot is pushed forward like a 'high five' so that it lands in the sector. The arm must not be pulled backwards or dropped downwards during the attempt — this gives

an illegal throwing motion.

The athlete must wait until the shot has landed before stepping out the back of the ring.

Grade	Shot Weight
7 Boys & Girls	1.0kg
8 & 9 Boys & Girls	1.5kg
10 Boys, 10 & 11 Girls	2.0kg
11 & 12 Boys, 12-14 Girls	3.0kg
13 Boys	4.0kg
14 Boys	5.0kg



You Can Help By:

- ✎ Spiking - marking where the shot lands.  
It must be within the sector lines but cannot land on the sector lines.
- ✎ Pulling the tape through the centre of the ring so that the put can be measured.

- ✎ Measuring - reading the distance from the inner edge of the ring to the place the shot landed.
- ✎ Retrieving the shot and returning it to the ring.
- ✎ Learning how to judge a fair put in order to officiate the event.
- ✎ Recording the athlete's performances.

## Discus



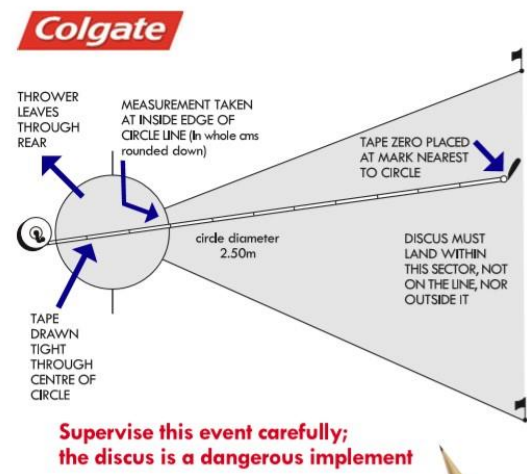
A discus is a rubber, wooden or synthetic disc which is thrown from a ring and must land inside a marked sector. The discus is usually thrown one handed, using a backward swing to build up momentum before slinging it into the sector. For safety reasons the discus ring is surrounded by a cage when someone is throwing.

Common rules apply for the throwing events, however there are no rules on how a discus is to be thrown.

Grade	Discus Weight
7-9 Boys & Girls	0.500kg
10 & 11 Boys, 11 & 12 Girls	0.750kg
12 & 13 Boys, 13 & 14 Girls	1.000kg
14 Boys	1.250kg

You Can Help By:

- ✎ Doing the same jobs as Shot Put.



## Reference

[http://nzchildrensathletics.co.nz/index.cfm?fuseaction=Display\\_Page&PageID=10254&OrgID=24809](http://nzchildrensathletics.co.nz/index.cfm?fuseaction=Display_Page&PageID=10254&OrgID=24809)

<https://www.sporty.co.nz/asset/downloadasset?id=5617c8d3-1d97-447e-9260-bf9329ee84ee>