

Year Port Hills Athletics Club. Junior Track and Field Calendar 2018/2019

Date	October	November	December	January	February	March	April
Thu		1 Squad tr. 5.30-7pm		3			
Fri		2		4 N I Colgate Games	1	1	
Sat		3 Interclub	1 Interclub	5 N I Colgate Games	2 Interclub	2 LAST Interclub	
Sun		4	2	6 N I Colgate Games	3	3	
Mon		5 Clubnight 5.30pm	3 Clubnight 5.30pm	7	4 Clubnight 5.30pm	4 Clubnight	
Tue	2 Preseason training 12+	6 Hurdles+Fitness 12+	4 Hurdles+Fitness 12+	8	5 Hurdles+Fitness 12+	5 Hurdles+Fitness 12+	
Wed	3	7	5	9	6	6	
Thu	4 Preseason training 12+	8 Squad tr. 5.30-7pm	6 Squad tr 5.30-7pm	10	7 Squad tr. 5.30-7pm	7 Squad tr. 5.30-7pm	
Fri	5	9	7	11 S I Colgate Games	8	8 NZ T&F Champs	
Sat	6	10 Interclub	8 Interclub	12 S I Colgate Games	9 Interclub	9 NZ T&F Champs	
Sun	7 Preseason training 12+	11	9	13 S I Colgate Games	10	10 NZ T&F Champs	
Mon		12 Clubnight 5.30pm	10 Clubnight 5.30pm	14	11 Clubnight 5.30pm	11 Clubnight	
Tue	9 Preseason training 12+	13 Hurdles+Fitness 12+	11 Hurdles+Fitness 12+	15	12 Hurdles+Fitness 12+	12 Hurdles+Fitness 12+	
Wed	10	14	12	16	13	13	
Thu	11 Squad tr. 5.30-7pm	15 Squad tr. 5.30-7pm	13 Squad tr. 5.30-7pm	17	14 Squad tr. 5.30-7pm	14 Squad tr 5.30-7pm	
Fri	12	16	14	18	15	15	
Sat	13	17 Interclub	15 Interclub	19	16 Interclub	16 CCAA Champs	20 G12-13 IP
Sun	14 Preseason training 12+	18	16	20	17 Club Champs gam-5pm	17 CCAA Champs	21 G12-13 IP
Mon	15 Clubnight 5.30pm	19 Clubnight 5.30pm	17	21	18 Clubnight 5.30pm	18	
Tue	16 Hurdles+Fitness 12+	20 Hurdles+ Fitness 12+	18	22 Hurdles+Fitness 12+	19 Hurdles+Fitness 12+	19 prelims S S Champs	
Wed	17	21	19	23	20	20	
	18 INFO evening 6-7pm						
Thu	18 Squad tr. 5.30-7pm	22 Squad tr. 5.30-7pm	20	24 Squad tr. 5.30-7pm	21 Squad tr 5.30-7pm	21	
Fri		23	21	25	22	22	
Sat	20 Interclub@NgaPuna!	24 Interclub	22	26 Interclub	23 Interclub	23 Finals S S Champs	
Sun	21	25	23	27		24 995 meet G7-11	
Mon	22 Clubnight 5.30pm	26 Clubnight 5.30pm	24	28 Clubnight 5.30pm	25 Clubnight 5.30pm	25	
Tue	23 Hurdles+Fitness 12+	27 Hurdles+Fitness 12+	25	29 Hurdles+Fitness 12 +	26 Hurdles+Fitness 12+	26	
Wed	24	28	26	30	27	27	
Thu	25 Squad tr 5.30-7pm	29 Squad tr 5.30-7pm	27	31 Squad tr 5.30-7pm	28 Squad tr 5.30-7pm	28	
Fri	26	30	28			29 S I S S Champs	
Sat	27 Interclub		29			30 S I S S Champs	
Sun	28		30			31 S I S S Champs	
Mon	29 Clubnight 5.30pm		31				
Tue	30 Hurdles+Fitness 12+		1				
Wed	31		2				