

ZANZ proudly presents

# ZANZ SPORTS DAY 2013

On Sunday, 27<sup>th</sup> January 2013 (Rain Day on 3rd February 2013)  
At [Wakaaranga School](#), Butley Drive, Pakuranga, Auckland  
(entrance from Galloway Cres.)  
From 09.30 a.m. (SHARP) till finish

Challenge family and friends to some friendly competition.



How fast can you run?

Can you duck walk?

Can you jump rope?

How fast can you eat a biscuit?

Can you balance a marble on a spoon and walk at the same time?

Can you run on 3 legs?

Do you have the skills (or eyesight) to thread a needle?

Will the youngsters beat the “oldies”?



All will be revealed at the ZANZ SPORTS DAY 2013

*Are YOU up to the challenge?*



# ZANZ SPORTS DAY 2013

Date: Sunday, 27<sup>th</sup> January 2013 (Rain Day on 3<sup>rd</sup> February)  
Venue: Wakaaranga School, Butley Drive, Pakuranga, Auckland (entrance from Galloway Cres.)  
Time: from 9.30 a.m. onwards  
Entry Fee: Members: \$ 5 per age group per person and every extra Mixed event \$2 per event  
Non-Members: \$ 10 per age group per person and every extra Mixed event \$4 per event

\* For events with less than 6 participants, the organizers will combine/alter the event.

## EVENTS LIST (as per age groups)

### Children under 6 years

- (a) 50 m run
- (b) Eating biscuits *(Biscuits will be provided by ZANZ)*
- (c) Spade and Pail Race *(Spade and Pail to be brought by the participants)*

### Children 6 years to 9 years

- (a) 75 m run
- (b) 50 m Back Running
- (c) Skipping Race *(Skipping rope to be brought by the participants)*

### Children 9 years to 13 years *(Event may run separately for boys and girls depending on number of entries)\**

- (a) 100 m run
- (b) Duck Walk
- (c) Sack Race *(Sacks will be provided by ZANZ)*

### Teenagers -13 years to 20 years *(Event may run separately for boys and girls depending on number of entries)\**

- (a) 100 m run
- (b) Obstacle Race
- (c) 50 m One Legged (Hopping) Race *(to restart if participants' both feet touch the ground at any given time)*

### Youth - 20 years to 40 years *(Event may run separately for men and women depending on number of entries)\**

- (a) 100 m run
- (b) Craving for bun
- (c) Skipping Race *(Skipping rope to be brought by the participants)*

### Adults – 40 years to 60 years *(Event may run separately for men and women depending on number of entries)\**

- (a) 50 m run
- (b) Marble and Teaspoon Race *(Marble and Teaspoon will be provided by ZANZ)*
- (c) Bucket Race *(A Spade and Pail to be brought by the participants)*

### Seniors - 60 years and above

- (a) 50m Walking Race
- (b) Bursting Balloon
- (c) Marble and Teaspoon Race *(Marble and Teaspoon will be provided by ZANZ)*

### Mixed Events

- (a) Three Legged Race *(Ties / Hankies to be brought by the participants)*
- (b) Needle and Thread Race *(Needle & Thread will be provided by ZANZ)*
- (c) Filling the Bottle *(Bottles / Buckets will be provided by ZANZ)*
- (d) Piggyback Race *(“Piggy” weight should not be less than 20 kilos)*
- (e) Wheel Barrow Race
- (f) 4 x 100m Mixed Relay *(Batons will be provided by ZANZ)*
- (g) Slow Cycling Race *(Bring your own cycles)*
- (h) Tug – Of – War *(Age limit from 13 years & above – Married vs Unmarried))*

# IMPORTANT RULES AND REGULATIONS

1. All entries, consent forms and payments MUST be received by **Wednesday, 23<sup>rd</sup> January 2013.**
2. Please email the following details for EACH participant.  
Parent's Consent form MUST be completed for participants below age 18yrs  
  
Participant's Name:  
Date of Birth:  
Age Group Events:  
Mixed Events:  
Total Fees:
3. All Bookings and Consent forms **MUST** be emailed / scanned to [events@zanz.org.nz](mailto:events@zanz.org.nz) or printed copy to be given to any committee member (no verbal entries will be accepted)
4. All payments to be made either by cash / cheque (to any committee member) or direct credit to ZANZ a/c number **12-3013-0071696-00**
5. **ABSOLUTELY NO ENTRIES WILL BE TAKEN AFTER THE DEADLINE.**  
A lot of work and time goes into organising an event of this magnitude. Also as ZANZ has to purchase items for some of the races, we cannot accept any late entries. We request everyone to make bookings and payments as soon as possible.
6. Each individual can participate in his/her own age group ONLY.
7. ZANZ has the right to ask for proof of date of birth.
8. \*Competitions will be run on Age Group basis, depending on the number of entries received.
9. Judges' / Referees' decisions shall be final and no appeals shall be entertained.
10. Spade and Pail, Skipping ropes, Ties / Hankies and Bicycles, will **not** be supplied by ZANZ.
11. Sacks, Biscuits, Balloons, Needle and Thread, Marbles and Spoons, Buckets and Pebbles will be supplied by ZANZ.
12. Parents are requested to supervise their children and see that no littering takes place.
13. As we are using school grounds **NO ALCOHOL** is permitted at this event.
14. Food and Drinks will be available for sale on the day. Details will be announced closer to the day.
15. The event will start at **9.30 a.m. SHARP** as per programme of events listed below.
16. For the *Slow Cycling Race*, kindly note that if you fall off the cycle you are disqualified. The winner will be the last cyclist.
17. **Individuals are requested to bring their own:**
  1. Water bottles
  2. Sunblock and sun hats
  3. Chairs, blankets etc to sit on

We hope to see you all in large numbers.  
Come to the ZANZ Sports Day and make it a fun day out for the whole family.

## Programme of Events

Event No.	Group	Event Heats
9.30 am	children under 6 years	50 m run
2	children 6 yrs to 9 yrs	75 m run
3	children 9 yrs to 13 yrs	100 m run
4	teenagers - 13 yrs to 20 yrs	100 m run
5	youth - 20 yrs to 40 yrs	100 m run
6	adults - 40 yrs to 60 yrs	50 m run
7	seniors - 60 yrs and above	50 m walking
8	children under 6 years	eating biscuit
9	children 6 yrs to 9 yrs	50 m back running
10	children 9 yrs to 13 yrs	duck walk
11	teenagers - 13 yrs to 20 yrs	obstacle race
12	youth - 20 yrs to 40 yrs	craving for bun
13	adults - 40 yrs to 60 yrs	marble and teaspoon race
14	seniors - 60 yrs and above	bursting balloon
15	children under 6 years	spade and pail race
16	children 6 yrs to 9 yrs	skipping race
17	children 9 yrs to 13 yrs	sack race
18	teenagers - 13 yrs to 20 yrs	one legged (hopping) race
19	youth - 20 yrs to 40 yrs	skipping race
20	adults - 40 yrs to 60 yrs	bucket race
21	seniors - 60 yrs and above	marble and teaspoon race
<b>LUNCH BREAK</b>		
After lunch break	mixed events as mentioned	
After lunch break	<b>ALL FINALS</b>	Or as per the discretion of the organising team

Number of heats and semi final races will depend on the number of entries received for the event and will take place either before or after lunch break.