

# NITRO ATHLETICS

**Friday 23 November - 6PM - Meadowglen Athletics Stadium**



## **UNDER 13 - 16 ONLY**

**Events:** The events on offer will be as follows;

- 150m Sprint
- 80m Hurdles
- Javelin Target
- Long Jump Challenge
- Elimination Mile
- Hurdles Relay
- And a few others...

Please register your attendance: <https://goo.gl/forms/jc7N821yhYaq7g9s2>.

## THE WHY

The aim of the program is to broaden the experience of athletics for our U13 and upwards athletes. We know that as our athletes get older, the friendships they form and the people they meet become increasingly important to them. This is a chance for our older athletes to meet some like-minded athletes from other centres in a fun environment, without any great pressure to win or lose. For a similar reason, this event is not just about our fastest athletes, but a chance for all U13+ athletes to experience a team environment and meet others - and so increase their enjoyment of the sport.

## THE WHAT

Athletes in this age group want to connect with other Little Athletic Centres, connect with athletes of their skill level, and seek challenging variations to the disciplines that they have been involved in for years.

The NNAC events will be a combined effort of the four key Little Athletic Centres; Keilor, Whittlesea, Essendon and Diamond Valley. These Centres will need to drive the NNAC vision and extend an invitation to every Little Athletics Club in the Northern Metropolitan Region.

The athletes will be arranged in teams of mixed gender and cross Centre/Club. Athletes will compete in their club colours and accumulate points for their teams on the night and across the three (3) NNAC Rounds (defined below). Accrued points will be isolated to the NNAC and not contribute to core Centre/Club Champion calculations or any other long standing form of Centre Award. Accrued NNAC points will be back provided to Centre's and Club's to apply their own method of recognition if they chose to do so.

Athletes will be encouraged to compete at the Northern Nitro Athletics Challenge and are welcome to compete at the next scheduled Centre Competition day. NNAC is an optional extra.

## THE WHEN & WHERE

Proposed NNAC Competition Rounds;

- Friday, Nov 23 - Whittlesea City, Meadowglen Athletics Track
- Wednesday, Dec 19 - Keilor LAC
- Wednesday, Jan 23 - Diamond Valley (Meadowglen if Willinda Park Track Project not complete)

It will commence at 6:00pm and finish at 9:15pm.

The host Centre (venue) shall provide the officials required for the event to take place, with volunteers being provided on the night.

You can view detailed information including the events, the timetable, the points and the officials here: [VIEW DETAILED NITRO PLAN](#)

Kindly email Tony Newstead at [whittleseacity@lavic.com.au](mailto:whittleseacity@lavic.com.au) if you have any questions.