

Whittlesea City Little Athletics Centre



Reg. No. A0061786G
ABN 11 364 206 935
MEADOWGLEN INTERNATIONAL
ATHLETICS STADIUM
146-156 McDONALDS ROAD,
EPPING VICTORIA 3076

All correspondence to be addressed to
P.O. BOX 215 SOUTH MORANG VIC 3752

Web: www.whittleseacitylac.com.au

Email: whittleseacity@lavic.com.au



NEWSLETTER - WEEK 13, FRIDAY, 25TH JANUARY, 2019

"Family, Fun & Fitness"

18/19-13

"Be Your Best"

Welcome: Welcome to all Athletes and Families to Week 13 of Competition.

Firstly, we understand the forecast today is high. We also are aware that a cool change is due in the afternoon and expect that competition will proceed at 6pm.

If a decision is made to cancel it will be communicated via our social media platforms.

This week's program is a Modified Program B instead of Program A. The program modifications are in the field events only in order to balance out the program by seasons end.

Program A will be ran on Friday the 1st of February followed by program D on Friday the 8th of February. Please note there will be some alterations to program A & D regarding Field events in these 2 programs as well.

Parents rostered for set up are required at the track from 4.30pm to ensure competition starts at 6.00pm.

Athletes & Parents Please note:

- Athletes must wear their Subway Rehgistration in order to compete!
- U7 Athletes will now compete in 4 events. (No On Track post Christmas).

SunSmart: Please ensure you protect your child/ren, and yourselves, from the harsh effects of the weather. Encourage the kids to wear a Sun Smart hat, Club Jacket and sunglasses as well as putting on sunscreen. Note, there is sunscreen available at your Club tables. Finally, please ensure the kids have a drink bottle to keep themselves hydrated throughout the day and encourage them to sit under the gazebos/tents at events.

Sponsors: Located throughout the newsletter are our Sponsors. We encourage you to support these businesses as they have all generously supported our Centre.

Fundraising: The Meadowglen/Lalor Club is rostered on for fundraising this week. Please support all Club's in their fundraising endeavours.

Coles Patch - Club Uniforms

Please ensure your child's Club Competition has the Coles Patch affixed. Coles patches can be obtained from your Club Table.

Previous Jetstar patches are to be removed, or if sublimated, the Coles Patch is to cover it completely.

ResultsHQ Athletes Performances can be viewed on ResultsHQ – please see your Club for assistance in accessing this information.

TeamApp: Please don't forget to sign up to WCLAC Team App which is a wonderful communication tool to stay in touch with what is going on at the Centre. Please see flyer attached for details on how to join.

2019 Region Track & Field Carnival

Entries for the 2019 Region Track and Field Carnivals are now open. Follow the links through to your individual Region to enter today!

👉 <https://lav.lc/2E1s8OW>



ENTRIES CLOSE
28TH JANUARY 2019 AT 11.59PM

NITRO ATHLETICS

Thursday 21 February - 6PM - Willinda Park



UNDER 13 - 16 ONLY

We are super pumped about our next Northern Nitro Athletics Challenge. The last one for the year will be held Thursday, 21 February 2019. (please note we have moved the date from 23 January)

Northern Nitro Athletics Challenge is for Under 13 - Under 16. This will be taking place at Willinda Park, starting at 6pm.

To help in arranging the teams, please register your attendance: <https://goo.gl/forms/IMi2O17IBAHpjzsu1>

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

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PROGRAM B - 25th JANUARY 2019

ON TRACK

GIRLS U6										
BOYS U6										
GIRLS U7	70M - BS	LJ 2			200M				DISC 1	
BOYS U7	70M - BS	LJ 1			200M				DISC 2	
GIRLS U8	70M - BS	SP 2			200M				LJ 2	
BOYS U8	70M - BS	SP 1			200M				LJ 1	
GIRLS U9	LJ 2	70M - BS			DISC 1				800M	
BOYS U9	LJ 1	70M - BS			DISC 2				800M	
GIRLS U10	DISC 2				800M				HJ 3	
BOYS U10	HJ 3	70M - BS			800M				SP 2	
GIRLS U11	DISC 1	200M			LJ 2				800M	
BOYS U11	JAV	200M			LJ 1				800M	
GIRLS U12	200M	JAV			800M				HJ 1	
BOYS U12	200M	HJ 2			800M				SP 1	
GIRLS U13	SP 2	200M			TJ 1				800M	
BOYS U13	200M	DISC 1			TJ 2				800M	
GIRLS U14	HJ 2	200M			JAV				800M	
BOYS U14	HJ 1	200M			800M				JAV	
GIRLS U15 & U16	SP 1	200M			LJ @ TJ 2				800M	
BOYS U15 & U16	200M	DISC 2			HJ 1				800M	

** 800m Event will start in 'pack formation' & end in the middle of the front straight **

** Back Straight Marshal & Finish line Chief: 70m Event will start at the 80m start line in the back straight **

** 200m Track marshals & finish line Chief; When 800m events are commencing please use lanes 3 - 8 only for the remaining 200m events on the program **

bluegym
OUR PASSION

SPORT FIRST
FIRST FOR SPORT

TRACK SAFETY GUIDELINES

Dear Parents & Athletes,

As we are now nine weeks into the season, it is prudent that we follow the track safety guidelines. These guidelines are not new, they have been around for many years, however for one reason or another they have gone by the wayside or forgotten. The safety guidelines are as follows:

- * Athletes are only allowed to cross into the centre of the track via the large orange cones (one area at each end of the front straight)
- * No athlete is allowed to cross the centre field grass area - unless being marshaled for OnTrack
- * No athlete is allowed to be out in the centre grass area - unless with special permission by either Competition Director, Arena Manager or undertaking OnTrack session
- * Athletes must walk around the outside of the track to field or race events in the back straight
- * No athlete is allowed to wear spikes outside of the arena - they must take these off (This is no different when competing at Region or State)
- * When athletes have finished their race they are to walk on the outside of the fence back to collect their bags etc

We will allow a two week grace period for everyone to understand these safety guidelines, which will begin this week.

Effective from Weekly Competition on Sunday 16th December 2018, if an athlete is found in breach of any of the above safety guidelines they will still be allowed to compete at the event, but will NOT receive any points.

Regards,
Tony Newstead
WCLAC President

AcademyCoach.com.au

QUALIFIED MASTER LEVEL HURDLES COACH

Coaching Whittlesea City Athletes

Inclement Weather

In the event of inclement weather on Competition or Training Days please look out for notifications of the Centre web site, Team App and Facebook.

www.whittleseacitylac.com.au

WHITTLESEA CITY LAC

NOW HAS ITS OWN APP



Your Team. Your App.

Download our awesome new app now and stay up to date with all the latest information!

Install the Whittlesea City LAC App on your smartphone or tablet now!

Follow these steps:

1. Download Team App from the Apple or Google Play app store.



2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "Whittlesea City LAC".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to whittleseacitylac.teamapp.com to sign up and view this App online.



Need help?

Contact: Tony Newstead (Secretary WCLAC)

Email: whittleseacity@lavic.com.au

Phone: 0431 665 350

teamapp.com

WELCOME TO SPONSORS FOR THIS SEASON

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