

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>.

**WHITTLESEA CITY
LITTLE ATHLETIC CENTRE**

112

**TRACK & FIELD 2018/2019
NEWSLETTER**

NUMBER 18/19-06

For competition on 18 November 2018

WELCOME

Welcome to Week 6

Northern Nitro Athletics Challenge

Many members will remember the very exciting Nitro series held in February 2017. Usain Bolt turned up to Albert Park and showed us just how fast he was.

But Nitro was more than Bolt. The Nitro format turned athletics on its head, turning what is mostly an individual sport into a points based team sport, where teams competed against each other in new twists of known events. Such as the Elimination Mile, where the slowest runner was eliminated each lap, and the target javelin, where throwers got points for hitting target zones as well as distance. It all looked great fun. So much fun, that many athletes wondered if they could have a go.

Well, if you are an U13 to U16 athlete, you can.

Whittlesea City is getting together with the Keilor, Diamond Valley and Essendon Little Athletics Centres to hold up to three Nitro style events this summer.

Please see detailed information regarding the Northern Nitro Athletics Challenge attached!

Results from the Nitro Event will be published in our Newsletter next week.

Congratulations WCLAC athletes who competed in the Region Relay Carnival on Saturday, 17th November 2018 including a WCLAC MultiClass Teams.

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

Please remember to check out the WCLAC website for any information on the season. You can get a copy of the Season Program and Calendar if you don't already have one.

FOR ALL CENTRE INFORMATION

Whittlesea City Website

<http://www.whittleseacitylac.com.au/>

WEEK 6

Sunday 18 November 2018

**Program D
1.00pm start**

**At Meadowglen Track
McDonalds Road EPPING**

**CALENDAR
PROGRAM OF EVENTS
RULES**

Please refer to links on the Centre Website

BIRTHDAYS

If you had a birthday
this week
Many Happy
Returns and have a
great season!



Please don't forget to sign up to WCLAC Team App, details are on the next page.
Entries to Region Relays are open and can be completed online via WCLAC website. Please see your Team Manager for any further information. Clubs should have copies of these at their tables.

Welcome our Sponsors for 2018/2019 Season: Weatherall Windows – Gold Sponsor; SportF1rst Eltham – Bronze Sponsor.

FUNDRAISING

Meadowglen/Lalor

Please support all Clubs when doing Fundraising

REGISTRATIONS

All athletes must be registered before competing to ensure they have insurance cover.

Athletes registering and paying by 8.00pm Thursday prior to competition will receive points.

Athletes registering and paying after 8.00pm Thursday prior to competition but before they compete at the competition can compete but will NOT receive points.

NEW ATHLETES (TRAIL)

New athletes can register online and defer payment. They can have one competition to try (trial) and then decide if they wish to continue. If they do wish to continue payment **MUST BE COMPLETED** before they will be allowed to compete or continue at club training.

PARENT HELPERS

All clubs are required to man events and all families are required to help out and do their duties during the course of the season, after all we are all volunteers and as they say "many hands make light work". Each Club has different events.

If any parent is interested in becoming a Starter or Walk Judge please speak to a Centre Committee Member.

There are still some vacant positions on the Centre Committee if anyone is interested in one of these positions please speak to Tony Newstead.

WHITTLESEA CITY LAC

NOW HAS ITS OWN APP



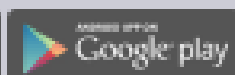
Your Team. Your App.

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 stores.



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



The advertisement for Weatherall Windows is set against a grey background with a window frame border. It features a logo of two overlapping 'W's, one yellow and one green. The text "Weatherall Windows" is in a large, black, sans-serif font. Below it, "uPVC Framed Double Glazed Windows & Doors" is written in a smaller, black, sans-serif font. The phone number "1300 132 095" is prominently displayed in a large, black, sans-serif font. At the bottom, the slogan "Helping to create a comfortable peaceful home" is written in a black, cursive font, followed by the website "www.weatherallwindows.com.au" in a black, sans-serif font.

bluegum
YOUR BRAND OUR PASSION

AcademyCoach.com.au

QUALIFIED MASTER LEVEL HURDLES COACH
Coaching Whittlesea City Athletes

SPORT FIRST

FIRST FOR SPORT