



MEADOWGLEN / LALOR LITTLE ATHLETICS CLUB



NEWSLETTER 3

Friday, 21st October, 2016

	IMPORTANT DATES
21 October	Opening Ceremony
06 November	NMR MULTI EVENT CHAMPIONSHIPS, SUNBURY
12 November	Combined with DVLAC
19 November	NMR RELAYS, KEILOR
20 November	Bring s Friend Day
27 November	Multi Day Round

Today we are running a modified Program D due to the fact that we are holding the 2016-2017 **Opening** Ceremony as well as the Whittlesea City Plate (separate 100m Handicap Races for Girls & Boys).

Please **observe the out of bounds areas at this venue**. The Meadowglen/Lalor Club will be situated to the right of the canteen area.

Athletes will only be doing 3 events. All 100m will be run before the break for the Opening Ceremony. Boys will run in the back straight and the girls in the front straight. 70m will be run in the front straight after the break

Friday Program starts at 6.00pm. If possible, arrive 15 minutes early to be ready for first call of events.

Prior to the start of competition please make sure your children come to the club table so we can record their attendance.

Remember to wear your registration tag. If you have not yet received the correct tag, please see Val at the Club table. We are hopeful that the correct registration tags will be available.

All families will be rostered to partake in all aspects of the club's obligations throughout the centre. Once a roster is in place please help on your designated weeks as it will be rotated so that it enables all parents to have plenty of time to watch their children compete. Please help when you are asked to do so.

HELPERS:

Friday 21st October 2016

Setup: Sivakumar
Dalla Rosa

Packup: Chiefs & Helpers at Club event

Back Gates:

Operator – Dalla Rosa

Starter's Marshall – Wijayakoon

Finish Marshall – Sivakumar

Long Jump 4: 1 Chief – Vaheni Sivakumar +
Soong/Batey, Nguyen

Training is on Wednesdays at 5.30pm to 6.30pm and will be held at RMIT, Cnr Plenty & McKimmies Roads, Bundoora.

Please ensure you attend training so that the children can learn the correct techniques. This is beneficial to all athletes on competition day.

Fundraising:

Today is our Fundraising Day. We will be holding a Raffle. Tickets are 3 for \$5.00 or \$2.00ea.

PRIZES: 1st prize either Hair straightener or Dryer
2nd prize \$40 Bunnings voucher. 3rd prize Bathroom pamper pack.

TICKET SELLERS: ATTRI and LYNAS

We are also required to run the BBQ.

BBQ HELPERS:

Singh, El-Leissy' Mounsey, Rakhlin



Northern Metro Region Multi Event

This event is for U/9 – U/15 athletes only. All age groups compete for medals. This is not a State qualifying event. Cost \$5.00.

Northern Region Relays

For those of you who are new to Little Athletics, Region Relays are held for U/9 to U/15 athletes. Athletes can compete in a maximum of 3 events. See entry form for Relay training times.

Selection into a team will be based on times and your attendance at training. Please remember that this is a team event so only enter if you can make it along to training-the children really benefit from training together and learning how to pass the baton to their team mates.

Centre uniforms are required to be worn on these days, please see the Centre's Uniform person (Heidi Colson - Epping if you need to purchase a Centre Uniform – cost \$30.00).

Last day today to hand in entries for both Region Multi's and Region Relays. Monies and Entry Forms to be handed to Club Treasurer. Anna El-Leissy at the Club table.

Entry Forms for both events can be downloaded from the Centre website and are also available at the Club table.

Competition next week is held on Saturday, 29 October 2016 and starting time is 8.30am.

Note that Jetstar Orange Day has been changed to Sunday, 11 **December, 2016** (Week 10).

REMINDER – When we compete either on a Friday night or a Saturday morning, there is no competition on the Sunday following

HAVE FUN, MAKE NEW FRIENDS AND MOST OF ALL, DO YOUR BEST!