



December 2019, Newsletter

This newsletter contains information about upcoming carnivals. The Met West Regional Championships are run externally through a nomination process. Should you wish to begin a competition phase with your child without going through the Met West process, Colleges will run our own Championships during the second part of our season.

Should you have any questions or suggestions we would be happy to hear them. Or you may wish to indicate your desire to be further involved. You can email Centre Manager, Chris,

directly on cleeson@internode.on.net or through the centre email address; colleges.little.athletics@gmail.com.

The committee (Chris, Colin, Jai, Tegan, Rachel, John and Stacey) wish you all the very best for a safe and happy Christmas break.

IMPORTANT DATES for the remainder of the 2019/20 Little Athletics season

FRIDAY, December 6, 2019

Final competition date of 2019 prior to the Christmas break.

FRIDAY, January 24, 2020

Nominations close for **Met West Regional Athletics Championships** (\$15 nomination fee can be paid when Colleges' competition nights resume)
Nominations can be sent through email colleges.little.athletics@gmail.com

FRIDAY, January 31, 2020

First day of competition as Colleges resumes the 2018/19 season

SATURDAY & SUNDAY, February 8 & 9, 2020

Met West Regional Little Athletics Championships

FRIDAYS, February 21, 28 & MARCH 6, 2019

Colleges Little Athletics Centre Championships

FRIDAY, MARCH 13, 2020

Colleges Little Athletics Centre final competition day and annual Presentations from 5:00pm at WestMAC

COLLEGES LITTLE ATHLETICS CENTRE PRESENTATION NIGHT

FRIDAY, MARCH 13, 2020

Colleges Little Athletics Centre will hold our annual Presentations from 5:00pm at West Moreton Anglican College on Friday, March 13. The presentations will take place either on the main oval where the Centre usually meets for weekly competition or if the weather is against us, in the Lostroh Centre beside the oval.

At this Presentation night, we will present each athlete with a certificate outlining their personal best performances throughout the season. We also present trophies to the boy and girl athlete from each age group who has improved the most across the season.

This is calculated by allocating points each time they better their previous best performance in any of the disciplines undertaken. We will also present our Age Champion awards, which will be calculated from the Centre Championships undertaken during the final stages of the 2018/19 season. All participants will automatically be eligible for both the Most Improved and the Age Champion awards.

MET-WEST REGIONAL CHAMPIONSHIPS

Day One – Saturday, 8th February 2020

Day Two - Sunday 9th February 2020

These Regional Championships will take place at Limestone Park and offer the athletes an opportunity to compete in a structured athletics environment.

Participation is through a nomination process. The concept of Regional Championships includes all clubs within the Region taking responsibility for particular aspects of the organisation of the carnival. Should your child be nominated for any events, it would be expected that you will make yourself available to assist with the running of a particular event for some portion of the Championships.

COLLEGES CENTRE CHAMPIONSHIPS

Day One - Friday 21st February 2020

Day Two - Friday 28th February 2020

Day Three - Friday 6th March 2020

These Centre Championships are a stand alone set of events aimed at providing the athletes with an opportunity to compete in a more structured athletics environment.

The Centre Championships will be prepared and scored utilising the Track & Field Meet Manager program and volunteers will be called for to man particular event stations.

Due to the number of participants in our older age groups, these Centre Championships are open to all registered athletes. However individual Age Champions will only be given up to the U10 age group. All 11years and older participants will compete in the same competition. All registered athletes will compete during Centre Championships as a normal Friday night of competition.

In field events (except High Jump) three attempts only are held for each athlete. Where necessary, heats will be run for track events and places will be awarded from times recorded in the heats.

Points are allocated for **U8-U10 and 11/12 girls and boys** for all track and field events, as follows: 9,7,6,5,4,3,2,1. At the conclusion of the Championships the boy and girl from each age group with the most points in each of these age groups will be deemed the Age Champion.