



ON TRACK

10 FEB 2018 – MULTI-EVENT CHAMPIONSHIPS!

THIS WEEK

Annual MULTI-EVENT Meet
MODIFIED PROGRAM
U13-17 START 745AM!!
OTHERS 830AM

WHAT TO BRING

Please be sure to bring the following each week:

- Water bottle
- Hat & Sunscreen
- Smiles & best effort!!

DUTY ROSTER

10 February 2018

FROM 715am (earlier!)

U13-17 updated!

Set-up AND Pack-up (in addition to parental assistance)

SPONSORS

Jetstar



PLEASE SUPPORT OUR VALUED SPONSORS!

Mt Kuring-gai Village Butchery

The Coffee Squad (50c from each coffee donated to NDLAC)

Dynamic Motion
Physiotherapy, Asquith

Rebel Sports

Ashburn Tax Accountants

PRESIDENT'S MESSAGE – STUART GUTHRIE

On Thursday council cored Foxglove Oval without consultation with our club. After inspecting the oval on Thursday afternoon, it was evident that due to the extremely poor condition of the oval the safety of our athletes would be put at risk if we ran our Saturday morning program. We welcomed the rain on Saturday and this will hopefully improve conditions.

Sadly, our NDLAC Multi Event was postponed, we are hoping by this Saturday Foxglove will be looking fantastic after the coring, rain and warm weather.

Our annual Multi Event will now take place this Saturday (Feb 10).

Events start **at 8:30am sharp with senior athletes (U13-17) needing to start at 7:45am!** We will need everyone on board early to help set up and assist with parental duties to make sure our Multi Event runs smoothly. Athletes will score points from all their events these are then tallied to reveal their final score. The top 3 athletes in each age groups will receive trophies after finalisation of results.

Training will recommence this Thu. Feb 8th from 4pm - 5pm only.

Don't forget there will be No Foxglove meet on Saturday February 17 due to Regionals.

We have a very busy final 2 months coming up so make sure you keep up to date with our newsletter and Team App. I look forward to seeing you all on Saturday! Good luck

UPCOMING DATES – A BUSY SCHEDULE!!

- 8 Feb **THURSDAY** training resumes 4pm-5pm all ages
- 10 Feb **NDLAC Multi-event** program – see details below
All athletes. **NB: early start U13-17! Others as usual**
NO COFFEE VAN THIS SAT 10 FEB ALSO!
- 17-18 Feb **Regional Championships** (for qualifying athletes)
NO FOXGLOVE MEET SAT 17 FEB
- 24 Feb **NDLAC Annual Middle-Distance Handicap**
See details below!
- 10 Mar **NDLAC Annual Invitational Sprint**
For invited athletes – details TBA
- 17 Mar **St Patrick's Day** – normal program
..... **come along in GREEN**



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ANNUAL MULTI-EVENT DETAILS FOR THIS SAT 10 FEB

The competition structure is similar to last November's Pentathlon, where athletes accumulate points for their performances (not placings) across all the events they compete that day. An excellent warm-up for Region Championships, all athletes may also use their total score as an extra event towards their yellow / green / red / blue achievement levels.

Events for all age groups (except U13-17s -- see below*) will start at 8.30am. Athletes arriving late will miss the opportunity to accrue points from any events conducted in their absence. Awards will be presented to the top three point scorers in each age group, provided they make a reasonable attempt at ALL events.

***Under 13 to 17 athletes will need to be at Foxglove by 7.45am sharp for their first two events -- long jump and shot put.**

- U6s: 100m, 200m, long jump, shot put;
- U7s: 100m, 500m, long jump, shot put;
- U8s: 100m, 700m, long jump, shot put, discus;
- U9s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U10s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U11s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U12s: 60m hurdles, 200m, 800m, long jump, shot put, discus
- U13s: 80m hurdles, 200m, 800m, long jump, shot put, discus, HJ
- U14s: 80m H (girls) or 90m H (boys), 200m, 800m, LJ, SP, discus, HJ
- U15s: 90m H (girls) or 100m H (boys), 100m, 800m, LJ, SP, discus, HJ
- U17s: 100m H (G) or 110m H (B), 100m, 800m, LJ, SP, discus, HJ.

Good Luck everyone!!

IMPORTANT INFO. FOR REGIONAL CHAMPIONSHIPS 17-18 FEB

Athletes who qualified for Regional Championships on 17-18 Feb are encouraged to keep an eye on email and our NDLAC TeamApp site for the latest information on the meet. [Click here](#) for the most recent update from LANSW on the event, and good luck with your preparation everyone!!

JAVELIN COACHING / PRACTICE AFTER THIS SAT 10 FEB MEET

Wayne Bingham has kindly offered to provide some Javelin coaching and supervised practice at the end of this Saturday's meet. This will be most useful for those athletes participating in Javelin at Regional Championships. Thanks Wayne!!

RETURN & EARN FOR NDLAC – BRING YOUR DRINK CONTAINERS



From 1 December, earn 10c for every eligible drink container you return.



For container types and collection sites visit www.returnandearn.org.au

Help raise money for NDLAC whilst also cleaning up the environment, we will be collecting any drink containers to return through the "Return and Earn" scheme. Keep an eye out for the collection tub at Foxglove of a Saturday morning – thanks for your support!



NDLAC MIDDLE DISTANCE HANDICAP – 24 FEB 2017!!

All U10-17 athletes are invited to compete in the 17th running of the prestigious NDLAC Middle Distance Handicap to be held **8.30AM sharp** prior to our regular program **Saturday 24 Feb (week after Region)**.

The MDH is a mixed age race over 1500m and is suitable for any **U10-17 athlete** who has achieved a red- or blue-level performance over 800m or 1500m this season. As competitors will be allocated a time handicap, the winning boy and girl will not necessarily be the fastest runners. The first three boys and girls across the line will be awarded trophies at our end of season presentation night, whilst the names of the two winners will be inscribed on perpetual trophies. Two additional prizes will also be awarded to the boy and girl whose net running time is closest to a time they nominate before the race starts (no watches please!).

Pre-registration is NOT required. Any athlete interested in competing should be at Foxglove Oval no later than 8.15am to receive their handicaps, record their net time prediction and warm up. The handicap stopwatch will start at 8.30am.



ON TRACK

SET UP AND PACK-UP ASSISTANCE 2017/2018 SEASON - UPDATE

Compared to other sports, Little Athletics needs a larger number of parents to help run all events. Parents find that they get a great deal of enjoyment from active participation in their children's sport and your assistance is greatly appreciated.

The minimum requirement is for one parent per family to assist every second week

In addition, each age group is rostered **twice** each season to assist with setting up the oval before competition **AND packing up the oval after the completion of competition.**

Please make sure you are at the oval at **7.30am** to assist with set-up. You can sign in at the table under the orange Jetstar tent and get pointed in the right direction to help out!

Set-up and pack-up duties are in addition to parental assistance requirements

DATE	AGE GROUP	DATE	AGE GROUP
9/09/2017	U14,15-17 PARENTS	12/01/2018	U9 PARENTS – FRIDAY TWILIGHT
16/09/2017	U13 PARENTS	19/01/2018	U8 PARENTS – FRIDAY TWILIGHT
23/09/2017	U12 PARENTS	27/01/2018	U7 PARENTS – SATURDAY
30/09/2017	U11 PARENTS	3/02/2018	MEET CANCELLED
07/10/2017	U10 PARENTS	10/02/2018	U13-17 PARENTS – UPDATED, 715am please!
14/10/2017	U9 PARENTS	17/02/2018	REGIONAL CARNIVAL – NO MEETING
21/10/2017	U8 PARENTS	24/02/2018	U6 PARENTS – UPDATED
28/10/2017	U7 PARENTS	03/03/2018	U11-12 PARENTS – UPDATED
4/11/2017	U6 PARENTS	10/03/2018	U9-10 PARENTS – UPDATED
11/11/2017	U14,15-17 PARENTS	17/03/2018	U7-8 PARENTS - UPDATED
18/11/2017	U13 PARENTS	24/03/2018	STATE CHAMPIONSHIPS – NO MEETING
25/11/2017	ZONE CARNIVAL – NO MEETING	END OF SEASON	
02/12/2017	U12 PARENTS		
09/12/2017	U11 PARENTS		
16/12/2017	U10 PARENTS		

We rely on you to get to events early so we can start competition on time. Delays cause unnecessary frustration for all participants! Help us keep things running smoothly and on time by:

- **Signing on at 8.15 am** so we know where the gaps are for the morning
- Being present at your post at **the start of competition**
- **Introducing yourself** to the event's Key Official prior to the athletes arriving

Thank you for your assistance and cooperation





Northern Districts Little Athletics Centre

Multievent program



*SMALL GROUP DAY

*SMALL GROUP DAY

Group	Early event A (7.45am)	Early event B (8.15am)	8:30am- 8:45am	Event 1 (8.45am)	Event 2	Event 3	Event 4	Event 5	Event 6	Group		
U6G			Parental assistance sign-on and athlete warm-up	0845-0915 Shot put 1 (500g-pink)	S1 100m	0945-1015 Long jump 1	OC 200m			U6G		
U6B				0845-0915 Long jump 1		0945-1015 Shot put 1 (500g-pink)				U6B		
U7G				0845-0915 Shot put 2 (1kg blue)	S2 100m	0945-1015 Long jump 2	IC1 500m			U7G		
U7B				0845-0915 Long jump 2		0945-1015 Shot put 2 (1kg blue)				U7B		
U8G				0845-0915 Shot put 3 (1.5kg yellow)	IC2 700m	0945-1015 Discus 1 (500g)	1015-1045 Long jump 3	S 100m		U8G		
U8B				0845-0915 Long jump 3		0945-1015 Shot put 3 (1.5kg yellow)	S 100m	1045-1115 Discus 1 (500g)		U8B		
U9				IC 800m	0915-0945 Shot put 2/3 (2kg orange)	OC 200m	1015-1045 Discus 2/3 (500g)	1045-1115 Long jump 1/2	H- 60m hurdles (45cm)	U9		
U10				OC1 200m	IC1 800m	0945-1015 Discus 2/3 (500g)	1015-1045 Long jump 1/2	H2 60m hurdles (60cm)	1115-1145 Shot put 2/3 (2kg orange)	U10		
U11				0845-0915 Discus 2/3 (750g)	0915-0945 Long jump 1/2	IC 800m	1015-1045 Shot put 2/3 (2kg orange)	H1 60m hurdles (60cm)	OC- 200m	U11		
U12				OC2 200m	0915-0945 Discus 2/3 (750g)	H 60m hurdles (68cm)	IC2 800m	1045-1115 Shot put 2/3 (0-2kg orange; B-3kg white)	1115-1145 Long jump 1/2	U12		
U13G	0745-0815 Shot put 2 (3kg white)	0815-0845 Long jump 1		H1 80m hurdles (76cm)	OC1 200m	HIGH JUMP U14-17 B/G Starting heights: Pool A: 0.90m Pool B: 1.20m			IC 800m	1115-1145 Discus 2/3 (0-750g; B-1kg)	U13G	
U13B	0745-0815 Long jump 1	0815-0845 Shot put 2 (3kg white)										
U14G	0745-0815 Shot put 2 (3kg white)	0815-0845 Long jump 1										U14G
U15G	0745-0815 Shot put 3 (3kg white)	0815-0845 Long jump 2	S1 100m	H1 90m hurdles (76cm)	0945-1045				1045-1115 Discus 2 (1kg)	IC- 800m (a) U14-17G		U15G
U17G	0745-0815 Shot put 3 (3kg white)	0815-0845 Long jump 2	S2 100m	H2 100m hurdles (76cm)					U17G			
U14B	0745-0815 Long jump 2	0815-0845 Shot put 3 (3kg white)	H2 90m hurdles (76cm)	OC2 200m					U14B			
U15B	0745-0815 Long jump 1	0815-0845 Shot put 2 (4kg red)	S3 100m	H3 100m hurdles (76cm)				1045-1115 Discus 3 (U14&15-1kg; U17-1.5kg)	IC- 800m (b) U14-17B	U15B		
U17B	0745-0815 Long jump 2	0815-0845 Shot put 3 (5kg green)	S4 100m	H4 110m hurdles (76cm)					U17B			

Points for HJ will only be awarded if the height jumped is divisible by '5', e.g. 120cm, 125cm, 130cm. Athletes may jump at heights ending in 1, 2, 3, 4, 6, 7, 8 & 9 centimetres to attempt SBs & CRs, but no additional points will be awarded if successful.

Program notes:

- Groups on the lower event number (excluding early events) have priority over other groups on the same track or venue, unless otherwise stated.
- If there is no priority indicated (eg boys/girls, U14s/15s/17s), the sub-group with the smaller number of athletes has priority (eg similar to 'playing through' in golf).
- Track events: Where shown, numbers indicate relative priority when more than one group is waiting to start (S-sprint, H-hurdles, IC-inside circular, OC-outside circular).
- Field events: No time for practice run-ups, jumps or throws today. Time slots are indicative only; all athletes arriving on time should be allowed three trials.
- Shot put & discus circles (1-2-3) and long jump pits (1/2, 3/4) are numbered from north to south.