



ON TRACK

27 JAN 2018 – FIRST SAT MEET FOR 2018!

THIS WEEK

SAT. MEETS RESUME
MODIFIED PROGRAM
NO EARLY EVENTS

WHAT TO BRING

Please be sure to bring the following each week:

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

DUTY ROSTER

27 January 2018
FROM 730am

U7

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

SPONSORS



PLEASE SUPPORT OUR VALUED SPONSORS!

Mt Kuring-gai Village Butchery

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

Dynamic Motion Physiotherapy, Asquith

Rebel Sports

Ashburn Tax Accountants

PRESIDENT'S MESSAGE – STUART GUTHRIE

Another great twilight session was held on Friday. Thank you to everyone that lent a hand. Our Friday night sessions are a little different and I hope you all enjoyed them.

A reminder that the Regional Championships will be held on **17-18th February 2018**, at Sydney Olympic Park Athletics Centre. (SOPAC), Homebush. There will be NO Foxglove meet that weekend. There is a fee of \$10 per athlete that we need paid ASAP. The good news is that there will be no gate fees for spectators. This fee will need to be direct deposited into our ND Lac account, please see the championships email.

A reminder for any families interested in competing at the LANSW State Multi event this season, entries are open on - <https://eventdesq.sportstg.com/index.cfm?fuseaction=main&EventDesqID=26081&OrgID=914>

The State Multi Event will be held on March 3rd & 4th in Wagga Wagga. Entries close February 5th.

We return to Saturdays this long weekend, January 27th, and we will run a modified program. Training will recommence on Thursday February 1st from 4pm - 5pm only, then our annual ND Lac Multi event will be held on Saturday February 3rd.

I look forward to seeing you all on Saturday!

Stuart Guthrie

UPCOMING DATES

- 27 Jan** SATURDAY program resumes
- 1 Feb** THURSDAY training resumes 4pm-5pm all ages
- 3 Feb** ND Lac Multi-event program
- 17-18 Feb** Regional Championships (for qualifying athletes)

SOME TWILIGHT HIGHLIGHTS!



PB HIGHLIGHTS FROM LAST FRIDAY NIGHT!

PBs can be harder to get as the season goes on. Below are our stars from last week achieving 5 or more. Your canteen vouchers will be in the Age Manager folders – well done!!

H NEWSON (5216 U11G) – 5 PBS

E OLIVER (46688 U13B) – 5PBS



ON TRACK

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SET UP AND PACK-UP ASSISTANCE 2017/2018 SEASON

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	U6 PARENTS
07/10/2017	U10 PARENTS	10/02/2018	U14, 15-17 PARENTS
14/10/2017	U9 PARENTS	17/02/2018	REGIONAL CARNIVAL – NO MEETING
21/10/2017	U8 PARENTS	24/02/2018	U13 PARENTS
28/10/2017	U7 PARENTS	03/03/2018	U12 PARENTS
4/11/2017	U6 PARENTS	10/03/2018	U11 PARENTS
11/11/2017	U14,15-17 PARENTS	17/03/2018	U10 PARENTS
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



Australia Day Long Weekend Program

GIRLS
Day

Group	8.15pm-8.30pm	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Group
U6	Parental assistance sign-on and athlete warm-up	IC1	300m	9.05-9.40	Discus (350g)	9.45-10.30	Long jump	S	50m	V	Vortex	s	100m	U6
U7		IC3	500m	9.05-9.40	Discus (350g)	9.45-10.30	Long jump	S	50m	V	Vortex	s	100m	U7
U8		IC2	700m	9.05-9.40	Discus (500g)	9.45-10.30	Long jump	S	70m	H	60m hurdles (45cm)	s	100m	U8
U9		8.30-9.00	Discus (500g)	S	100m	OC	400m	9.50-10.20	Shot put (2kg orange)	H	60m hurdles (45cm)	10.45-11.30	Long jump	U9
U10		8.30-9.00	Discus (500g)	S	100m	OC	400m	9.50-10.20	Shot put (2kg orange)	H	60m hurdles (60cm)	10.45-11.30	Long jump	U10
U11		8.30-9.00	Discus (750g)	S	100m	OC	400m	9.50-10.20	Shot put (2kg orange)	H	60m hurdles (60cm)	10.45-11.30	Long jump	U11
U12		8.30-9.15	Long jump	H	Hurdles (U12 60m, U13 80m, U14G 80m, U14B 90m, U15G 90m, U15B 100m, U17G 100m, U17B 110m)	9.40-10.10	Discus (12B, 12G-13G-750g, 14G-17G-1kg, 15B-1kg, 17B-1.5kg)	OC	400m	10.30-11.00	Shot Put (12G-2kg orange, 13G-17G-3kg white, 12B-14B-3kg white, 15B-4kg red, 17B5kg green)	s	100m	U12
U13														
U14														
U15														
U17														

Version 2018a

Program notes:

1. Today is semi official competition - while times/distances will be taken, these can contribute to PB's and SB's only. No CR's if running in multi-age/gender
2. Field events : throw cage based on implement weight (ie. can have girls & boys in same cage), if all the same weights, split even numbers between two cages.
3. Inside Track (distance races) : can combine boys & girls and/or age groups, if numbers too large, combine all girls, then all boys
4. Outside Track (400m) & Sprint track : try for fastest heats, can combine boys & girls and/or age groups