



ON TRACK

3 FEB 2018 – SECOND SAT MEET FOR 2018!

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

3 February 2018
FROM 730am

U13-17 updated!

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 NDLAC)

Dynamic Motion
Physiotherapy, Asquith

Rebel Sports

Ashburn Tax Accountants

PRESIDENT'S MESSAGE – STUART GUTHRIE

I hope you all had a great Australia Day Long weekend. It was wonderful to see everyone on Saturday at Foxglove. A big thankyou to everyone that helped with setup and those that stayed back to pack away.

This Saturday is our **annual Multi event**. 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 NEXT Thursday February 8th (not the 1st) from 4pm - 5pm only, for all age groups.

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

Stuart Guthrie

UPCOMING DATES – A BUSY SCHEDULE!!

- 3 Feb **NDLAC Multi-event** program – see details below
All athletes. **NB: early start U13-17! Others as usual**
- 8 Feb **THURSDAY** training resumes 4pm-5pm all ages
- 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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MULTI-EVENT DETAILS FOR THIS SAT 3 FEB

This season's Multievent Championship will be conducted at Foxglove Oval
THIS SATURDAY.

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. As well as being an excellent warm-up for next month's Region Championship, all athletes may 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!!



CONSOLIDATED RECORDS & PB UPDATE!!

New Records have been set in the following events since November 2017:

Under 6 Girls

Sophia Cottrell broke the Vortex record with a new throw of 13.90m (27 Jan 2018). Previous record set in March 2012 by E. Gibbons (12.97m)

Under 10 Boys

Harley Boyce broke the High Jump record with a new height of 1.19m (2 Dec 2017). Previous record held by Harley.

Under 11 Girls

Isabelle Cruickshank broke the Javelin record with a new throw of 18.62m (9 Dec 2017) . Previous record held by Isabelle.

Under 13 Boys

Ethan Oliver broke the 80m Hurdle record with a new time of 13.6s (11 Nov 2017). Previous record set in November 2015 by S.Park (13.7s)

Under 14 Boys

Eli Sagala broke the 200m Hurdles record with a new time of 27.4s (18 Nov 2017) . Previous record set in January 2014 by H.Frederick (28.5s)

Marco De Paulis broke the 800m record with a new time of 2m 18.9s (16 Dec 2017). Previous record set in November 2011 by A. Halmy (2m 19s)

Under 17 Girls

Mikaela Quinlan broke the High Jump record with a new height of 1.62m (11 Nov 2017). Previous record set in February 2015 by B.Martin (1.55m)



PBs can be harder to get as the season goes on. As proof, we had just the 1 award winner on 27 January as follows!! Your canteen voucher will be in the Age Manager folder – well done Lucas!!

Lucas Rogers U8B – 5 PBS

Congratulations to these athletes!!

RETURN & EARN FOR ND Lac – BRING YOUR DRINK CONTAINERS



Help raise money for ND Lac 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!



ND Lac MIDDLE DISTANCE HANDICAP – 24 FEB 2017!!

All U10-17 athletes are invited to compete in the 17th running of the prestigious ND Lac 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.





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AGE MANAGER REPORTS SAT 27 JANUARY 2017

UNDER 6G	<p>It was great to have most of our U6G team back today and the girls did really well despite the heat! First and foremost we need to say CONGRATULATIONS to Sophia C who broke the Centre Record for Vortex today by almost a metre and improved her own PB by 1.90m! WOW!!</p> <p>We also need to recognise Trinity who came back to us with great energy today achieving 4 PBS and Hannah was on fire in the Long jump also achieving a new PB and equalling Sophia C's Season Best!</p> <p>Special mentions also to Holly, Scarlett, Sophia G, , Adeline and Georgia who all got PB's today too! As we get further in the season – those PBs are getting harder and harder to achieve! Well done girls!</p>
UNDER 8G	<p>Under 8G had a great day with Kalani Livy getting a PB on the 700m & achieving the weekly Maccas award. The girls are smashing the long jump pit pushing their pbs every week!</p>
UNDER 11G	<p>Was quite a hot sticky morning on Saturday but my tribe of 8 persevered. We had quite a few PB's this week and last week and the effort from all the girls is fantastic. The girls are loving the bananas! Great fuel for after a run ;-)</p>
UNDER 12G	<p>It was nice to see most of the team at our first Saturday meet for 2018. It was great to see most of the girls trying to do their best. Congratulations to Shayla for a PB in 400m and Abby a PB for Shot Put. We look forward to seeing you all this Saturday. Amanda and Scott</p>
U14-17B	<p>We had a reduced group for the U14/15/17 boys for our first Saturday session of 2018. Some kids must still be away enjoying the last days of holidays before going back to school. The kids that came had a great time performing on all the different events while sharing their stories about the holidays; they took things "easy" and "slow" given the long period of inactivity so they explained they were trying to avoid "pulling a muscle"... I guess next Saturday we will have to push harder ;-)</p>





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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	U13-17 PARENTS – UPDATED!!
07/10/2017	U10 PARENTS	10/02/2018	U6 PARENTS - UPDATED
14/10/2017	U9 PARENTS	17/02/2018	REGIONAL CARNIVAL – NO MEETING
21/10/2017	U8 PARENTS	24/02/2018	U11-12 PARENTS – UPDATED
28/10/2017	U7 PARENTS	03/03/2018	U9-10 PARENTS – UPDATED
4/11/2017	U6 PARENTS	10/03/2018	U7-8 PARENTS – UPDATED
11/11/2017	U14,15-17 PARENTS	17/03/2018	U13-17 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





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TWILIGHT CARNIVAL 2018

U6-U17 - OPEN TO ALL NSW LITTLE ATHLETIC CENTRES
HOLROYD SPORTS GROUND | 03.02.2018

Date: Saturday, 3 February 2018

Location: Cnr Robert Street & Peel Street, Holroyd

Carnival Time: 2.00 pm to 9.30 pm

First call: 2.15pm

Cost: U6-U17 - \$5 per each event | \$20 for 5 events

Tiny Tots - \$10 flat fee | NO COST FOR RELAYS

CLOSING DATE: 30 January 2018

TRACK & FIELD EVENTS |

FOOD TRUCKS |

DISCO WITH DJ |

JUMPING CASTLE |

ENTERTAINMENT UNDER THE STARS |

ALL ATHLETES MUST BE REGISTERED WITH LITTLE ATHLETICS NSW AND MUST BE IN FULL UNIFORM

EVENTS

AGE GROUP	EVENT 1	EVENT 2	EVENT 3	EVENT 4	EVENT 5
TT	Long Jump	Discus	Tug War	50m	100m
6	Long	Shot	50m	100m	300m
7	Long	Discus	70m	100m	500m
8	Long	Shot	70m	100m	700m
9	High	Discus	70m	100m	800m
10	Long	Shot	100m	200m	800m
11	High	Discus	100m	400m	1500m
12	Long	Shot	100m	200m	800m
13	High	Discus	100m	400m	1500m
14	Long	Shot	100m	200m	800m
15	High	Discus	100m	400m	1500m
17	Long	Shot	100m	200m	800m

Name: _____

Age: _____

Boy | Girl: _____

Centre | Rego #: _____

Parent: _____

Contact No.: _____

Contact Email: _____

Total Amount Paid: _____

Payment Receipt: _____

RELAYS

Boys	Senior Middle distance (15,14,13,12)	Junior Middle distance (11, 10, 9, 8)	Senior 4 x 100 (17, 15, 14, 13)	Junior 4 x 100 (12, 11, 10, 9)	
Girls	Senior Middle distance (15,14,13,12)	Junior Middle distance (11, 10, 9, 8)	Senior 4 x 100 (17, 15, 14, 13)	Junior 4 x 100 (12, 11, 10, 9)	
Mixed	4 x 100m (7/8)	4 x 100m (9/10)	4 x 100m (11/12)	4 x 100 (13/14)	4 x 100 (15/17)
Parent Committee	4 x 100m				

NO ENTRIES ON THE DAY | NO REFUNDS | NO PROTESTS (JUST FOR FUN) | NO LATE ENTRIES | NO POSTED ENTRIES

Medals awarded to 1st, 2nd and 3rd place getters in each event

ENTRIES | ENQUIRIES

Direct Deposit: A/C Name: Holroyd Little Athletics Centre Inc | BSB: 032-373 | A/C: 226 877

Email: holroydlac@gmail.com | Shanna: 0418 485 203 | Allen: 0405 278 369 | Chris: 0432 954 874



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 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.			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	S1	100m	H1	90m hurdles (76cm)	0945-1045				1045-1115 Discus 2 (1kg)	IC-	800m (a) U14-17G		U14G
U15G	0745-0815 Shot put 3 (3kg white)	0815-0845 Long jump 2	S2	100m	H2	100m hurdles (76cm)									U15G
U17G	0745-0815 Shot put 3 (3kg white)	0815-0845 Long jump 2	H2	90m hurdles (76cm)	OC2	200m						U17G			
U14B	0745-0815 Long jump 2	0815-0845 Shot put 3 (3kg white)	S3	100m	H3	100m hurdles (76cm)		1045-1115 Discus 3 (U14&15-1kg; U17-1.5kg)	IC-	800m (b) U14-17B		U14B			
U15B	0745-0815 Long jump 1	0815-0845 Shot put 2 (4kg red)	S4	100m	H4	110m hurdles (76cm)						U15B			
U17B	0745-0815 Long jump 2	0815-0845 Shot put 3 (5kg green)										U17B			

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.

Version 2017a