



ON TRACK

9 DEC 17' - PENTATHLON PRESENTATION

THIS WEEK

Program 5

EARLY EVENTS 7:45AM

U9-17 Walks; U11-17 Javelin

WHAT TO BRING

Please be sure to bring the following each week:

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

DUTY ROSTER

**9 December 2017
FROM 7:30AM**

U11

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

Saturday was a wonderful day and it was great to see everyone backing up after Zone. Thank you to everyone who continues to help with setup/pack up and weekly duties. It really helps our Saturday meets run smoothly.

A reminder that **our Pentathlon medals will be presented this Saturday, December 9th.** Minister Matt Kean will be in attendance as well. Please arrive by 8:15am this week so we can present all our medallists before the events start. You can check your final Pentathlon results on the website under the weekly results for November 4.

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

Don't forget **our final Saturday ND Lac meet for 2017 will be held on Saturday the 16th of December**, with a special guest appearance. We will then return next year for 2 Friday night sessions on January 12th & 19th.

Have a great weekend.

Stuart Guthrie

ND Lac President

UPCOMING DATES

- 9 Dec:** Pentathlon Award presentations – start of meet
- 16 Dec:** Last meet at Foxglove for 2017
- 12 Jan** **FRIDAY NIGHT** TWILIGHT MEET – 1st for 2018 – **6PM**
- 19 Jan** **FRIDAY NIGHT** TWILIGHT MEET – 2nd for 2018 – **6PM**
- 27 Jan** **SATURDAY** program resumes
- 3 Feb** ND Lac Multi-event program



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REBEL SPORTS – PLEASE LINK YOUR ACCOUNT TO NDLAC!!

A reminder that Rebel Hornsby provides us with in store credits from NDLAC member purchases that go towards providing our club with rewards. Make sure you link your Rebel account with Northern Districts Little Athletics Club next time you go in store!



PHOTOS – GREAT MULTI-TASKING BY SEAN COLLINS!!

Thanks again to Sean Collins - one of our fantastic Dads - who has kindly provided hundreds of photos, including more from last week's meet in between volunteer duties as starter for the inside track hurdles!!. See the details below for some great shots. URL: www.collcash.net/photos

The photos are available on the left hand side. Click into "Little Athletics", then enter the NEW ALBUM PASSWORD which is L1ttL3a (password is case sensitive)

Downloading details:

When viewing a photo, find the "download this file" button towards to top right hand side of the screen. Click the button "download this file". Enjoy (including this great record-breaking sequence below!!)







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AGE MANAGER REPORTS – SAT 2 DECEMBER 2017

UNDER 6G	<p>Every single one of our small group of girls put in an amazing effort today but in the end we had to give out two McDonalds's awards as it was just too close to call! The first award went to our speedy Sophia C who showed what an all-rounder she is by achieving PB & SB in BOTH Long Jump and Discus today! Well done Sophia C!</p> <p>The second award went to Scarlett who tried so hard in every event that she achieved an amazing 4 PBs! Great work Scarlett!</p> <p>I also want to recognise fantastic performances by Addy who got a PB & SB in Discus only to have Sophia C sneak past her, Hannah who managed a big PB on the 300m despite running straight into a head-wind and Zara who made a big improvement in her long jump PB. Clara and Sophia G also tried really hard and were very close to many of their PBs! We missed the rest of our little team and hope everyone is well and will be back next week! Emma</p>
UNDER 6B	<p>Great start for the U6 boys. Lachlan had a smashing 300m run with a season best of 1 min 16 secs. Bryce running great time in 50m with 10.91 and great 70m too. Calloway took the McDonalds award with consistent running and pbs in all track and field. Thanks again to Martin who took the U7 girls and our boys together for training in shot put. Ravi</p>
UNDER 7G	<p>The girls are realising PB's are getting harder to achieve and that is why they are so special. This week the girls showed a lot of determination in the mixed conditions. PB's were achieved by Emma D, Kate, Maddie and Emma F. Well done to all the girls! Mel</p>
UNDER 8G	<p>It was PB Central for the U8 Girls on Saturday, with every girl achieving at least one Personal Best. Aniela, Elara and Marley all got 5 PBs, whilst Alyssa and Vivian got 4 PBs. Aniela Knight got a Season Best in the Long Jump, leaping an incredible 3.18m. Elara was given the McDonalds Award for her great attitude and getting five PBs. Well done girls! Rachel & Kristy</p>
UNDER 11B	<p>With a great turn out after zone, we sure had an awesome days competition. Bradley had a fantastic day with a total of 4PB's (shot put, 200mt, 400mt and long jump). There were some great individual event performances with Joshua jumping a PB on each of his long jump attempts to set a new mark of 1.89mts, Geoffrey smashed his 1500mt PB by an amazing 25 seconds, Blake and Toby threw well in the shot put, both setting new PB's and Ethan ran a wonderful 200mt as did Will and Conor in there 1500mt race. Kalan set a new season best in the long jump which also saw a total of 5 PB's (Kalan, Josh, Toby, Bradley and Harry).</p>
UNDER 12B	<p>What a week,, Another amazing week for William A. With 4PBs in HJ, 100m, 800m & Discus. Aaron got 3 PBs in HJ, with a 17cm improvement! And 800m and 400m. As we opened with the HJ apart from Aaron and William's PBS, there was an =PB from Sam, and PBs from Kisho & Ryan. Went on to 100 with another PB from Oliver. And then an 800m with another PB from Kisho. Discus saw Eden get a PB. Hoping for warmer weather this week! See you then</p>



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AGE MANAGER REPORTS – SAT 2 DECEMBER 2017

UNDER 12G	A humid morning, however again some great PB's , congratulations go to - Alannah and Shayla in high jump, Annabelle for the 400m. Siobhan, Annabelle, Sarah & Brooke in discus. However the stand out result from the weekend was from Shayla who high jumped 1.43m just 0.06 metres off the 2013 set record. Looking forward to seeing you all for another great weekend. Amanda and Scott
UNDER 13G	It was a pleasant morning for athletics. Not too hot! We only had two girls today so we flew through the events. We had a couple of PBs so efforts were high. Great work girls!
UNDER 14G	Highlights of the morning (which just pipped Zoe's amazing bell-ringing service) were the great efforts in the HJ – especially to Maya and Zoe for setting 11cm PBs, and Discus where Miranda also performed well. We're in the final stretch for 2017, so with school either finished or nearly there we look forward to having a big crew the next couple of weeks 😊
U14-15-17B	Beautiful morning with most of the U14/U15/U17 boys returning from their 3-day Zone event last weekend in the Narrabeen Athletics track. There was great amount of positive energy after having broken many of their PB records across the different events they participated, and so the boys were very keen to see if they could repeat their awesome performance here at the club in Foxglove Oval. Pretty sure many new records will be cemented in the up coming weeks.

PB AWARDS – AND AN ADDED BONUS FROM THIS WEEK!!!!

Effective from 2 Dec onwards, all athletes who achieve 5 or more PBs at the one meet will receive their ribbons as usual, and the added bonus of **a \$2 canteen voucher!** Watch-out for news of results by checking online and through the newsletter. Ribbons and vouchers will be inserted in the Age Manager folders. PB Champions from Sat 2 Dec 2017:

Prudence Silver U15G: 6 PBs

Elara Hurley U8G: 5 PBs





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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



BOYS
DAY

Competition program 5

BOYS
DAY

Group	Early event(s)	8:15am-8:30am	Event 1	Event 2	Event 3	Event 4	Event 5	Event 6	Group							
U6G		Parental assistance sign-on and athlete warm-up	S	70m	0900-0925	Shot put (500g-pink)	OC1	200m	1000-1045 Fin by 1010	Long jump Vortex	S1	50m	Fin by 1125 1045-1130	Vortex Long jump	U6G U6B	
U6B																
U7G			0830-0915	Long jump	IC	500m	Vortex	1000-1025	Discus (350g)	OC3	200m	S-	50m			U7G U7B
U7B				IC1	500m	Fin by 0910	Vortex	1000-1025								
U8			0830-0855	Discus (500g)	S3	100m	S2	70m	IC	700m	1030-1055	Shot put (1.5kg yellow)	OC1	400m		U8
U9G	0745			OC2	200m	S1	100m	0930-0955	Shot put (2kg orange)	1000-1050 S	High Jump 70m	S2 OC1	70m 400m	OC2 1050-1130	400m High jump	U9G U9B
U9B	700m walk															
U10	0745			IC2	800m	0900-0925	Discus (500g)	S1	100m	OC	400m	H	60m hurdles (60cm)	1045-1130	Long jump	U10
U10	1100m walk															
U11	0745-0825			0830-0855	Shot put (2kg orange)	OC3	400m	0930-1030	High jump	1030-1055	Discus (750g)	S3	100m (block starts)	IC-	800m	U11
U12	0745			0830-0915	Long jump	S2	100m	0930-0955	Discus (750g)	H	60m hurdles (68cm)	OC2	400m	IC-	1500m	U12
U13	Javelin			0830-0930	High jump	H3	80m hurdles (76cm)	OC2	200m	1000-1045	Long jump	IC1	1500m U13-17 boys	1100-1125	Shot put (3kg white)	U13
U14	1500m walk			OC1	200m	H2 H1	G-80m hurdles B-90m hurdles									
U15			(11-14G & 11-12B - 400g; 15-17G - 500g; 13-14B - 600g; 15-17B - 700g)	H4 H2	G-90m hurdles B-100m hurdles	OC2	200m	0915-1000	Long jump	1000-1025	Shot put (14-17G-3kg white; 14B-3kg white; 15B-4kg red; 17B-5kg green)	IC2	1500m U13-17 girls	1100-1125	Discus (14-17G-1kg; 14-15B-1kg; 17B-1.5kg)	U15
U17				H3 H1	G-100m hurdles B-110m hurdles	OC1	200m									

Version 2017D

Program notes:

- Groups having completed the fewest events (excluding 'early events') have priority over other groups.
- Track events: Where shown, numbers indicate relative priority when more than one group is waiting (S=sprint, H=hurdles, OC=outside circular, IC=inside circular).
- Field events: Groups must cease throwing or jumping by the end of their indicated timeslot, even if the next group has not yet arrived (SP/D/V/J: +5 mins allowed for measuring).
- 'BOYS DAY': (Pgms 1, 3 & 5) Boys have priority over girls in the same age group for today, unless otherwise stated.
- Shaded Cells are specific Skills Sessions with NDLC Coach planned for this day - Competition measuring may not be recorded