



ON TRACK

SAT 2 DEC 2017

THIS WEEK

Program 4.

EARLY EVENTS 7:45AM

U11-17 Triple Jump; U13-17 3km

WHAT TO BRING

Please be sure to bring the following each week:

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

DUTY ROSTER

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

U12

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

Well done to everyone that competed at Zone on the weekend, I hope you all had a wonderful time. The conditions were perfect and our parents were very helpful. Thank you to all the parents that assisted on duties throughout the weekend, and in numerous roles. You all made the weekend run very smoothly, so thank you again.

Congratulations to everyone that has already qualified for Regionals. The final list of qualifiers will be determined once the other zone has been conducted.

Our **Pentathlon medals** will be presented on December 9th. Minister Matt Kean will be in attendance as well. Please arrive by 8:15am that 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.

A reminder with the Zone Carnival being moved forward **our last Saturday ND Lac meet will be held on Saturday the 16th of December**, with a special guest appearance, stay tuned for more details.

Have a great weekend.

Stuart Guthrie

ND Lac President

UPCOMING DATES

- 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!



A FRIENDLY REMINDER – NO DOGS ALLOWED @ FOXGLOVE

Please note that a Council condition of our usage of Foxglove Oval is a strict no dog policy. In addition to wanting to avoid possible penalties from Council, we have an important duty of care towards all attendees on a Saturday morning, and the combination of dogs and large numbers of young children and loud cap-guns can lead to issues even with the best behaved pets. **Your understanding of this is greatly appreciated.**





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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



Competition program 4

GIRLS DAY

GIRLS 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	0830-0915 Long jump	IC4 300m	Fin by 1010 Vortex	S3 50m	1030-1055 Discus (350g)	S- 100m	U6G		
U6B			IC 300m	0900-0925 Discus (350g)	S1 50m	S1 100m	Fin by 1040 Vortex	S- 1045-1130 Long jump	U6B		
U7G			S2 100m		S2 70m	1000-1025 SP (1kg blue)	S4 50m	OC- 200m	U7G		
U7B			0830-0855 SP (1kg blue)	S2 100m		S2 50m	1030-1055 Discus (350g)		U7B		
U8G			SP (1.5kg yellow)	H 60m hurdles (45cm)	OC2 200m	1000-1045 Long jump	S3 100m		U8G		
U8B			S1 100m		0915-1000 Long jump	1000-1025 SP (1.5kg yellow)	OC3 200m	IC- 700m	U8B		
U9			H 60m hurdles (45cm)	OC 200m	0915-1000 Long jump	IC 800m	S1 70m	1100-1125 Shot put (2kg orange)	U9		
U10G			0830-0855 Discus (500g)	S1 100m	OC1 400m	0945-1030 High jump	1030-1055 Shot put (2kg orange)	IC- 1500m	U10G		
U10B				0900-0940 High jump	S3 100m	OC6 400m			U10B		
U11	0745-0825		OC1 200m	IC1 1500m	0930-0955 Shot put (2kg orange)	OC5 400m	S2 100m	1045-1130 Long jump OR triple jump	U11		
U12			0830-0930 High jump	S3 100m	IC 800m	1000-1025 Discus (750g)	OC2 200m	OC- 400m	U12		
U13	0745		OC2 200m	0900-0925 Shot put (3kg white)	H 80m hurdles (76cm)	1000-1045 Long jump OR triple jump	IC2 800m	1100-1125 Discus (G-750g; B-1kg)	U13		
U14	3000m Triple Jump		0830-0915 Long jump OR triple jump	IC2 800m U14-17 girls	0930-0955 Discus (14-17G-1kg; 14-15B-1kg; 17B-1.5kg)	H1 G-80m hurdles	OC1 200m	1030-1130 High jump U14-17 B/G	Starting heights: Pool A: 1.00m Pool B: 1.25m	U14	
U15						H2 B-90m hurdles					
U15						OC1 G-200m					H1 G-90m hurdles
U17						OC3 B-200m					H3 B-100m hurdles
U17				IC3 800m U14-17 boys		OC2 G-200m	H2 G-100m hurdles		U15		
					OC4 B-200m	H4 B-110m hurdles		U17			

Version 2017a

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).
- 'GIRLS DAY': (Pgms 2, 4 & 6) Girls have priority over boys 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