



ON TRACK

19 JAN 2018 – FRI TWILIGHT MEET!

THIS WEEK

TWILIGHT MEET

LATE EVENTS

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

19 January 2018

FROM 5pm

U8 (and anyone else!)

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 ND Lac)

Dynamic Motion
Physiotherapy, Asquith

Rebel Sports

Ashburn Tax Accountants

PRESIDENT'S MESSAGE – STUART GUTHRIE

Happy New Year! I hope you have all had a relaxing & enjoyable break.

It was wonderful to see so many athletes turn up for our first Twilight meet last weekend, it was a great night.

Congratulations again to all the athletes that have qualified for Regionals. 60 ND Lac athletes have qualified for a total of 146 events. A great result! All athletes that have qualified should have received an email from the Championship's team. For a list of events qualified, please see the full List of Region Qualifiers here (go to page 57 for the start of ND Lac) - <http://www.lansw.com.au/Portals/44/Competition/Region%205%20qualifiers%202018%20-%20by%20centre.pdf>

The **Region Championships will be held on 17-18th February 2018**, at Sydney Olympic Park Athletics Centre (SOPAC), Homebush.

This year, there is a fee of \$10 per athlete. 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.

Don't forget we have **1 more Friday twilight session** on January 19th (from 5:45pm), before we start back on Saturdays from January 27th. Training will then recommence on February 1st 2018.

I look forward to seeing you all Friday night!

Stuart Guthrie

UPCOMING DATES

19 Jan **FRIDAY NIGHT TWILIGHT MEET** – 2nd for 2018 – **6PM**

27 Jan **SATURDAY** program resumes

3 Feb ND Lac Multi-event program



ON TRACK

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AGE MANAGER REPORTS – FRI 12 JAN 2018

UNDER 6G

We had a select group of girls with Hannah, Sophia G, Adeline, Gerorgia and Scarlett all ready to run (and chat) on Friday night, and we also welcomed Calloway as the sole representative of the U6B to our little team! I think the girls were still in the holiday spirit and it was a fairly laid back event with not too many PBs achieved although I think Calloway was inspired to beat the girls and achieve a PB streak!! Well done Calloway!!

Special mentions to Hannah for her PB in the LJ and to Sophia for hers in the 50M. Well done girls! The all-important McDonalds Award went to Georgia Who started off hesitantly but then embraced the team and participated beautifully in all the vents!! Well done Georgia!!

UNDER 6B

A very small but strong turn out this week. Coming back from Christmas stronger and faster many PB's were achieved. Most impressively the great supportive attitudes were shown between the boys and girls who joined forces this week. Welcome back and happy new year. See you all at next Fridays meet.

UNDER 11G

Friday night brought with it 7, happy, chatty girls. The only time they weren't talking was while they were running.

It is so lovely to see the beautiful friendships these girls have formed. They don't all attend the same school, they may not see each other during the week but they come together each week and enjoy each other's company while doing something they all love.

I'm so proud of them all and the effort they put in as they do their best. Thanks for letting me share that with your girls.





ON TRACK

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



Twilight Competition - MODIFIED : D

BOYS
DAYBOYS
DAY

Group	Early events	5.45pm-6.00pm	Event 1		Event 2		Event 3		Event 4		Event 5		Event 6		Late event(s)	Group				
U6	Parental assistance sign-on and athlete warm-up	5.15-5.55	IC	G-300m	6.30-6.55	Discus (350g)	7.00-7.45	Vortex (u6 not a official event)	S	G-50m	OC2	G-200m	s	G-100m			U6G			
B-300m				B-50m						B-200m		B-100m		U6B						
U7			IC	G-500m	6.30-6.55	Discus (350g)	7.00-7.45		S	G-50m	OC2	G-200m	s	G-100m			U7G			
B-500m				B-50m						B-200m		B-100m		U7B						
U8			IC	G-700m	6.30-6.55	Discus (500g)	7.00-7.45		S	G-70m	OC2	G-200m	s	G-100m			U8G			
B-700m				B-70m						B-200m		B-100m		U8B						
U9			6.00-6.25	Discus (500g)	S	G-100m	IC		G-800m	7.25-7.50	Shot put (2kg orange)	OC1	G-400m	8.15-9.00	High Jump (scissor)	700m walk		U9		
B-100m						B-800m			B-400m											
U10	6.00-6.25	Discus (500g)	S	G-100m	IC	G-800m	7.25-7.50	Shot put (2kg orange)	OC1	G-400m	8.15-9.00	High Jump (scissor)	1100m walk		U10					
B-100m				B-800m		B-400m														
U11	6.00-6.25	Discus (750g)	S	G-100m	IC	G-800m	7.25-7.50	Shot put (2kg orange)	OC1	G-400m	8.15-9.00	High Jump	1500m walk		U11					
B-100m				B-800m		B-400m														
U12	Triple Jump	6.00-6.55	High Jump	7.00-7.25	Discus (12B, 12G-13G-750g; 14G-17G-1kg; 15B-1kg; 17B-1.5kg)	IC	G-800m	OC	G-200m	7.50-8.15	Shot Put (12G-2kg orange; 13G-17G-3kg white; 12B-14B-3kg white; 15B-4kg red; 17B5kg green)	s	100m	1500m walk	Javelin	U12				
B-800m							B-200m													
U13							IC		G-800m				OC			G-200m	OC	200m hurdle (68cm)		U13
B-800m									B-200m											
U14							IC		800m U14-17 girls				OC			G-200m	OC	200m hurdle (76cm)		U14
B-200m																				
U15							IC		800m U14-17 boys				OC			G-200m	OC	300m hurdle (76cm)		U15
B-200m																				
U17	IC	800m U14-17 boys	OC	G-200m	OC	300m hurdle (76cm)		U17												
B-200m																				

Version 2017a

Program notes:

- Groups having completed the fewest events have priority over other groups.
- Track events: run heats for each age group for girls then boys (no mixed age groups, no mixed boys/girls unless less than two athletes for a age group is present - See Matt
- 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.
- Where combined age groups/mixed sex compete, no Centre Record can be obtained when combined gender/age groups in a single race