



ON TRACK

SAT 2 FEB – ANNUAL MULTI-EVENT CHAMPIONSHIPS @ FOXY

THIS WEEK

Annual Multi-Event Champs.
U13 & above 745AM start!
Others 830am sharp

WHAT TO BRING

Please be sure to bring the following each week:

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

DUTY ROSTER

SAT 2 FEB. 2019

7:15AM

U6

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

SPONSORS

PLEASE SUPPORT OUR VALUED SPONSORS!

coles



Mt Kuring-gai Village Butchery

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

Ashburn Tax Accountants

Rebel Sports

Thomson Landscape & Supplies

PRESIDENT'S UPDATE – MATT GLESSON

I trust that everyone made a safe and happy start to the school year (and for those of you yet to go back, I hope you are making the most of the remaining time!!).

We returned to our Saturday morning programs from last week, including also some athletes from Hornsby Districts again given they did not hold a meet. **Thank you to everyone for being so welcoming and hospitable towards our guests.** This was acknowledged by many and I heard several Hornsby Districts representatives say that would love to continue the collaboration and return the favour in hosting us.

Well done to our set-up crew and all Key Officials and helpers for allowing us to get through the program and out of the heat relatively quickly.

A reminder to keep a close eye on the upcoming calendar dates as school commitments and even Winter sports start to ramp up. This is easily done via this Newsletter, our website (www.ndlac.org.au), ND Lac TeamApp page (download the App then go to <https://ndlac.teamapp.com/>) and Facebook Page and email announcements.

This Saturday we have our Annual Multi-event championships with an early start for our 13 & above athletes at Foxglove – these are set-program events and not optional early events, so be sure to make it so as not to miss out on events and associated points

UPCOMING DATES - START OF '19

31 Jan '19 [Thu night weekly training 430pm-530pm @ Foxglove](#)
All ages welcome!

2 Feb '19 [Annual Multi-Event Championships](#)
U13 & above from **745AM**, Others from **830AM SHARP!**
See below for more details

9-10 Feb '19 [Regional Championships for qualifying athletes](#)
NO FOXGLOVE MEET ON SAT 9 FEB!!

16 Feb '19 [Annual Middle Distance Handicap](#)
1500m handicap race for U10-17 at the start of our Sat meet
See below for more details

ANNUAL NDLAC MULTI-EVENT CHAMPS – THIS SAT. 2 FEB!

The Multi-Event competition structure is similar to last November's Pentathlon, where **athletes accumulate points for their performances** (not placings) across all the events they compete in that day. An excellent warm-up for Region Championships, all athletes may also 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 (NB: these are not optional early 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.



NDLAC ANNUAL MIDDLE DISTANCE HANDICAP 16 FEB

All U10-17 athletes are invited to compete in the 19th running of the prestigious NDLAC Middle Distance Handicap ("MDH") to be held **8.30 sharp prior to our regular program** Saturday 16 February 2019.

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, and this evens out the challenge across the age groups.

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.**



WEEKLY TRAINING THU AFTERNOONS 430-530PM, ALL WELCOME!

The more preparation and training and skills development you undertake in any discipline, the better the ultimate results produced. This holds very true for athletics also!!

We will continue to ramp our Age Manager and Key Official coaching and skills development over the next 12 months, which together with work done on Saturday morning meets by our Centre Coach Martin will help bring out the personal best in all our athletes attending Foxglove each week.



On top of this we also have our weekly Thursday training held at Foxglove, at which skills are taught and techniques refined across a range of event types including running, jumps, and throws. The program is varied each week, with some of our Junior Development Coaches from the NDLAC senior athlete group on hand to also assist.

All ages & levels are catered for, no uniforms need be worn – just have your enclosed shoes on & bring along a water bottle. This is all included in your NDLAC rego. fees, so come along & make the most of it!

PB & RECORD HIGHLIGHTS – SAT 26TH JANUARY 2019

Congratulations to the following athlete for achieving 5 or more PBs at last Saturday's meet, a fantastic effort given the hot, sticky conditions throughout the morning!!

W LIPMAN, UNDER 12 BOYS, 5PBs



REGIONAL CHAMPIONSHIPS UPDATE

Congratulations if you are one of the 50 or so athletes we have proudly representing themselves, their families, and NDLAC at the upcoming Regional Championships on Sat-Sun 9-10 February!

Emails have been sent out to qualifying athletes, including:

- Athlete event information
- Track and Field Programs, including “not-before” start times
- Venue map
- Important information on uniforms, event marshalling, fees payable (in advance) and more

Please refer to these important details ASAP, and contact our Centre Championships team – Heather Shepherd and Adelle Toynbee – if you require any further information.

For those of you not participating, we will not have a meet at Foxglove so save those arms and legs for more PBs and our multi-distance handicap on Sat 16th Feb.

SET UP AND PARENTAL ASSISTANCE 2018-19 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 **7.15am** 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
15/09/2018	U14,15-17 PARENTS	11/01/2019	U9 PARENTS – FRIDAY TWILIGHT
22/09/2018	U13 PARENTS	18/01/2019	U8 PARENTS – FRIDAY TWILIGHT
29/09/2018	U12 PARENTS	26/01/2019	U7 PARENTS
05/10/2018	U11 PARENTS - washout	02/02/2019	U6 PARENTS
12/10/2018	U10 PARENTS – washout	09/02/2019	REGIONAL CARNIVAL – NO MEETING
20/10/2018	U9 PARENTS	16/02/2019	U14, 15-17 PARENTS
27/10/2018	U8 PARENTS	23/02/2019	U13 PARENTS
03/11/2018	U7 PARENTS	02/03/2019	U12 PARENTS
9/11/2018	U6 PARENTS – FRIDAY TWILIGHT	09/03/2019	U11 PARENTS
17/11/2018	U14,15-17 PARENTS	16/03/2019	STATE CHAMPIONSHIPS – NO MEETING
24/11/2018	U13 PARENTS	END OF SEASON	
01/12/2018	ZONE CARNIVAL – NO MEETING		
08/12/2018	U12 PARENTS		
15/12/2018	U11 PARENTS		
21/12/2018	U10 PARENTS – FRIDAY TWILIGHT		

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

Northern Districts Little Athletics Centre

Multievent program - Saturday 2nd February, 2019



NORTHERN DISTRICTS

*SMALL GROUP DAY

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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 3 (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 3 (500g)	U8B		
U9				IC	800m	0915-0945 Shot put 1 - G Shot put 3 - B (2kg orange)	OC	200m	1015-1045 Discus 3 - G Discus 2 - B (500g)	1045-1115 Long jump 1/2	H-	60m hurdles (45cm)	U9
U10				OC1	200m	IC1	800m	0945-1015 Discus 2 - G Discus 1 - B (500g)	1015-1045 Long jump 1/2	H2	60m hurdles (60cm)	1115-1145 Shot put 2 - G Shot put 3 - B (2kg orange)	U10
U11				0845-0915 Discus 2 - G Discus 1 - B (500g)	0915-0945 Long jump 1/2	IC	800m	1015-1045 Shot put 1 - G Shot put 3 - B (2kg orange)	H1	60m hurdles (60cm)	OC-	200m	U11
U12				OC2	200m	0915-0945 Discus 3 - G Discus 1 - B (750g)	H	60m hurdles (68cm)	IC2	800m	1045-1115 Shot put 2 - G Shot put 3 - B (2kg orange)	1115-1145 Long jump 1/2	U12
U13G	0745-0815 Shot put 1 (3kg white)	0815-0845 Long jump 1			H1	80m hurdles (76cm)	OC1	200m	HIGH JUMP U13-17 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 1 (750g) Shot put 1 (3kg white)	U13G
U13B	0745-0815 Long jump 1	0815-0845 Discus 1 (750g)			S1	100m	H1	90m hurdles (76cm)		0945-1045	1045-1115 Discus 2 (1kg)	IC-	800m (a) U14-17G
U14G	0745-0815 Shot put 3 (3kg white)	0815-0845 Long jump 1		S2	100m	H2	100m hurdles (76cm)			1045-1115 Shot put 1 (3kg white)			U14G
U15G	0745-0815 Discus 1 (1kg)	0815-0845 Long jump 2		H2	90m hurdles (76cm)	OC2	200m			1045-1115 Discus 1 (U14&15-1kg; U17-1.5kg)		800m (b) U14-17B	U15G
U17G	0745-0815 Long jump 1	0815-0845 Shot put 1 (3kg white)		S3	100m	H3	100m hurdles (76cm)						U17G
U14B	0745-0815 Long jump 2	0815-0845 Shot put 3 (3kg white)		S4	100m	H4	110m hurdles (76cm)					U14B	
U15B	0745-0815 Long jump 2	0815-0845 Shot put 3 (4kg red)										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 2018c