



ON TRACK

SAT PROGRAMS RESUME 26TH JAN – 830AM – HAPPY AUSTRALIA DAY!!

THIS WEEK

**AUSTRALIA DAY PROGRAM
EARLY EVENTS
U9+ WALKS U11+ JAV**

WHAT TO BRING

**Please be sure to bring
the following each week:**

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

DUTY ROSTER

Sat 26th Jan 2019

FROM 715am

**U7 + anyone else who can
come early to assist!**

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 NDLAC)

Ashburn Tax Accountants

Rebel Sports

Thomson Landscape & Supplies

PRESIDENT'S UPDATE – MATT GLEESON

In 1959, Marilyn Monroe starred in 'Some Like It Hot'. Sixty years later, Northern Districts starred in their own 'Some Like It Hot' Friday night Disco Twilight! It sure was a warm one, but to those who came and competed, the spirits were high, the music was pumping, and some very good PBs were recorded on a fast track last Friday. Thanks to all those parents who sweated out in a variety of roles throughout the night.

We now return to Saturdays, with an Australia Day Program this Saturday. Feel free to adorn yourself with the Aussie Flag Hat, or a bit of green and gold zinc, whatever you can to be sun smart as the day will warm up quickly. If everyone can be there on time, recent Saturday affairs have been over before the day really gets going. And that all starts with setup and then ends with Packup. So appreciate help esp from the duty rostered Age Group this week.

Regarding Setup & Packup – some really good suggestions have come in from parents about making this process work smoother, so we are working on improving the information and flow of these functions and hope to bring that to a Saturday soon.

Coming up we have our **Annual Multi-Event on February 2nd** (Note the Earlier start time of 7:45am for Ages 13+... these are not 'early events', but the first two events of a 7 event program for the day. All other age groups have 6 events for the day. Then our Representative Athletes will be off to Narrabeen on **9/10 February for Regional Championships** and the opportunity to qualify for State Championships. There will be NO FOXGLOVE meet on 9th February as a result. But we'll back on Foxglove on **16th February** and will be running the prestigious MIDDLE DISTANCE HANDICAP on that day. Stay tuned for more details, this is both exciting to compete in, but also for spectators to watch.

C'mon Aussie C'mon, and see you at Foxy on Saturday. Matt

UPCOMING DATES

26 Jan '19 [SATURDAY MEETS RECOMMENCE 830am](#)
Kick-off Australia Day celebrations with some fun @ Foxy!

2 Feb '19 [Annual Multi-Event meet at Foxglove Oval](#)
U13 & above from 745AM, Others from 830AM SHARP!

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

BACK-TO-SCHOOL PURCHASES – LINK YOUR REBEL ACCOUNT!

A reminder that [Rebel Hornsby](#) provides our Centre with in-store credits from NDLAC member purchases, that go towards providing our club with rewards!!! If you are making the most of sales, or back-to-school purchases, please **link your Rebel account with Northern Districts Little Athletics Club [Rebel Hornsby](#)**



REGIONAL CHAMPIONSHIPS INFORMATION

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!

Please keep an eye out for further email and newsletter and TeamApp communication on the final program and other details for the day including admission details, marshalling and uniform, and more.

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.



ANNUAL NDLAC MULTI-EVENT CHAMPIONSHIPS 2 FEB ALL AGES

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. 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 -- 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 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.

COACHING CUES – MIDDLE DISTANCE RUNNING

With our Middle Distance Handicap for U10-17 athletes fast approaching, here are some tips to help improve your technique and those PBs! When distance running:

- Use a relaxed running style - eyes straight ahead; trunk and shoulders square to the front; keep your shoulders steady
- Use a low, relaxed arm action, keep your shoulders relaxed
- Use a lower knee lift than in sprinting



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 – SATURDAY
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

Modified Program - Australia Day 26th January



NORTHERN DISTRICTS

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								
U6, U7 & U8 Girls		Parental assistance sign-on and athlete warm-up	1	300m	0845-0900	Shot Put U6G (500g Pink)	7	200m - U6 & U7	5	70m	0945-1025	Long Jump (Sth)	12	100m	U6, U7 & U8 Girls		
			2	500m	0845-0900	Shot Put U7G (1kg Blue)											
			3	700m	0845-900	Shot Put U8G (1.5kg Yellow)	8	400m - U8									
U6, U7 & U8 Boys			0830-0845	Shot Put U6B (500g Pink)	4	300m											
			0830-0845	Shot Put U7B (1kg Blue)	5	500m	0900-0940	Long Jump (Sth)	8	70m	11	200m - U6 & U7			11	100m	U6, U7 & U8 Boys
			0830-0845	Shot Put U8B (1.5kg Yellow)	0845-0900	700m					12	400m - U8					
U9 & U10 Girls	0745			1	70m	3	100m	0900-0925	Shot Put (2kg Orange)	9	800m		High Jump (Scissors)	17	400m	U9 & U10 Girls	
U9 & U10 Boys				2	70m	0845-0925	High Jump (Scissors)	10	800m	0945-1010	Shot Put (2kg Orange)	10	100m	18	400m	U9 & U10 Boys	
U11 & U12 Girls			0745-0825	0830-0910	Triple Jump	7	1500m	6	100m	0945-1025	High Jump	16	400m	1045-1110	Shot Put (2kg Orange)	U11 & U12 Girls	
U11 & U12 Boys	Walks U9 - 700m U10 - 1100m U11 - 1100m U12 - 1500m U13 - 1500m U14 - 1500m U15 - 1500m U17 - 1500m		Javelin Girls U11-U14 - 400g; U15-U17 - 500g; Boys U11-U12 - 400g; U13-U14 - 600g; U15-U17 - 700g		High Jump	8	1500m	0930-0955	Shot Put (2kg Orange)	9	100m	13	400m		Triple Jump	U11 & U12 Boys	
U13 & U14 Girls				5	13G 200mH(68cm)	0900-0925	Shot Put (3kg White)	7	100m	12	Choice: 1500m/3000m	1000-1040	Triple Jump	20	400m	U13 & U14 Girls	
U13 & U14 Boys				3	14G 200mH(76cm)												
		6		13B 200mH(68cm)	4	100m	0915-0955	Triple Jump	10	400m	1015-1040	Shot Put (3kg White)	13	Choice: 1500m/3000m	U13 & U14 Boys		
U15 & U17 Girls			4	14B 200mH(76cm)													
			1	300mH(76cm)	0845-0925	Triple Jump	11	Choice: 1500m/3000m	0945-1010	Shot Put (3kg White)	14	200m - U6 & U7	19	400m	U15 & U17 Girls		
U15 & U17 Boys			2	300mH(76cm)	0900-0925	Shot Put (4kg) U15B	9	400m	0945-1025	Triple Jump	15	200m - U6 & U7	14	Choice: 1500m/3000m	U15 & U17 Boys		
					0900-0925	Shot Put (5kg) U15B											

Program notes:

Track events: Numbers indicate relative priority when more than one group is waiting (S=sprint, H=Hurdles, OC=outside circular, IC=inside circular).

Officials must be informed if no-one will be attending any event.

'GIRLS DAY': (Pgms 1, 3 & 5) Girls have priority over girls in the same age group for today, unless otherwise stated.

Version 2018c