

CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

Week 15

This Saturday is our Javelin / Walks program so all of the U11s or older who want to compete in the Javelin will need to be down early for registration at 7.30am and competition at 7.45am.

The warm-up for our younger athletes will be at 8.30am.

Next weekend competition is on Friday evening starting at 5.30pm

STATE MULTI EVENT

We wish all of the athletes who are competing in the State Multi Event at Bendigo this weekend the best of luck.

TRAINING IS BACK!

Training will resume this week - Tuesday 2nd February - and will be targeted at athletes who have entered the Regional Track and Field Championships.

Come down to the track and let the coaches know what events you are competing in so that over the next three weeks they can make sure you get a chance to improve your skills to compete at your best.

Age Group	TRACK			FIELD	
U/6	50			SHOT	
U/7	50	300	60	SHOT	LJ
U/8	60H	80H	60	HJ	LJ
U/9	60H	80H	1100W	SHOT	HJ
U/10	60H	80H	1100W	DISC	HJ
U/11	60H	80H	1500W	JAV	DISC
U/12	60H	80/90H	1500W	JAV	TJ
U/13.14.15	300H	90/100H	1500W	JAV	TJ

This weekend's program

This weekend athletes will compete in two field events and three track events.

Don't forget the early start this week for Javelin for all athletes U11 and older!

Now is a great time to study up on an event to help officiate on Open Day! If there is a particular event you enjoy or want to learn more about officiating, let Andrew or Clare know and we can make sure there is someone who can answer all of your queries.

COLLINGWOOD OPEN DAY

SUNDAY FEBRUARY 14TH

LAST CHANCE FOR ENTRIES THIS SATURDAY

Don't forget to get your entries in this Saturday for our Open Day. There is no normal competition on Open Day Weekend.

In order to make this a successful event, we need parent volunteers to volunteer in the usual range of track and field duties. We are especially looking for volunteers who are willing to take on the role of Chief Official in each particular event. If you are interested in taking on one of these roles please see Andrew Dodd or Clare Garganis to find out more information. If your child has entered Open Day you are required to help on the day so please ensure that your name is on the Open Day volunteers sheet.

The entry form is available on our website or copies are available at the registration table.

<http://www.collingwoodlittleathletics.org.au/Forms/OpenDayForms.pdf>