

# CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

## Week 8

This weekend we are competing Friday evening. Some of our athletes will also be competing on Sunday at the Region Relay Competition. We wish all of our teams the best!

### REGISTRATION TAGS

Please wear registration tags for competition. It makes it a lot quicker to enter numbers for results when bibs are worn rather than waiting for athletes to tell officials their number.

From this weekend: **No tag - No points!!**

### WEBSITE RESULTS

On the home page of the website are each of the weeks' results. We endeavour to put the results up on the website by Wednesday of the next week.

### TRAINING

We train at the track on Tuesday evenings 5.00pm - 6.00pm.

With relays on this weekend our athletes and coaches will have more time to devote to other events this week.

### EMR COACHING CAMP

The under 12-15 camp was held last weekend with a total of 58 athletes attending.

The next camp is for the under 10 and 11's is on from November 27-29 with around 75 athletes so far. There are vacancies for another 20 so if you are in the under 10 and 11 age groups please see Graeme if you are interested in going.

Age Group	TRACK			FIELD			
				GIRLS		BOYS	
U/6		300					
U/7	70	300		DISC	LJ	DISC	LJ
U/8	70	100		DISC	SHOT	DISC	SHOT
U/9		100	400	TJ	SHOT	TJ	SHOT
U/10		100	400	TJ	SHOT	TJ	SHOT
U/11		100	400	LJ	HJ	LJ	DISC
U/12		100	400	LJ	HJ	LJ	HJ
U/13 14 15	70	300H	400	SHOT	LJ	HJ	TJ

## This weekend's program

This evening athletes will compete in two field events and two or three track events, making it a busy Friday program.

As we are running two field events for each age group we will try to run two shot put and two high jump events to make it quicker to complete the program. This means we will need more volunteers.

This week we will still use place judges to help coordinate our results, so please make yourself available early so that we can start our track events as early as possible.

The most important thing is for us to start on time, so please be as early as possible and make yourself available to help by putting your name down as soon as you can.

## Dates to Remember

Fri 13th Nov	Competition Week 6
Sun 15th Nov	Region Relays
Tues 17th Nov	Training
Sat 21st Nov	Competition Week 7
Fri 27th Nov	Competition Week 8
27th to 29th Nov	Crystal Creek Camp U10-U11
Sat 5th Dec	Little Bolters 3 Skills Training

