

# CLAC NEWS

COLLINGWOOD LITTLE ATHLETICS NEWSLETTER

## Week 9

This Saturday morning's competition begins with Javelin.

Registrations start at 7.30 am. First event 7.45. Those that arrive late will not be allowed to join in.

U/6 to U/10 will have the regular warm up time at 8.30am.

Our next competition day will be Friday 27th November.

### THE NEWSLETTER

This week the newsletter is 2 pages, make sure you scroll....

### WEBSITE RESULTS

The weekly results have now been moved to their own page. A link has been created on the front page of the website.

### TRAINING

We train at the track on Tuesday evenings 5.00pm onwards.

### REGISTRATION TAGS

#### No tag - No points!!

Replacement tags can be purchased for \$2 at the registration desk. Please bring your own pins each week as the table only has a limited supply.

### REGION RELAYS

Well done to all of our athletes who competed at the EMR Relays at Doncaster last weekend. A special thanks to Andrew McAdam for all of the organising and supporting of the athletes on the day. A big thank-you also to all of the team managers who trained and managed the athletes through the competition.

Also a big thanks to Bev & Graeme Scott, who were there from start to finish in charge of the presentation area and Narelle Scott, who also helped throughout the day running the Meet Manager software.

Age Group	TRACK			FIELD			
				GIRLS		BOYS	
U/6	50			DISC		DISC	
U/7	50	100	200	LJ	SHOT	LJ	SHOT
U/8	60H	80H	100	LJ	TJ	LJ	TJ
U/9	60H	80H	1100W	LJ	TJ	LJ	TJ
U/10	60H	80H	1100W	HJ	SHOT	HJ	SHOT
U/11	60H	80H	1500W	JAV	DISC	JAV	SHOT
U/12	60H	80H	1500W	JAV	DISC	JAV	DISC
U/13 14G U/14B.15G U/15B	100	80H 90H 100H	1500W	JAV	HJ	JAV	HJ

## This weekend's program

This week starts early with the Javelin events for the U/11s and older.

The warm up will be after the Javelin events are completed and we will be starting the walks as soon as possible.

Athletes please note that the judges will be watching closely this week!

There are a lot of hurdles events to get through so if you are sitting on the lawn please be prepared to go out and help raise, move or lower the hurdles.

At the end of the morning events please encourage your children to clean up any rubbish they might have left nearby.

### REGION RELAYS

Some of our youngest competitors after the U9 Mixed 4 x 200m relay.



# A few more messages....

## OPEN DAYS

Open Days are a great way for children to compete in their favourite events against kids from other Centres. All Open Days have entry fees and medals are generally awarded to athletes. More information and links to entry forms are on the Collingwood website.

Our own Open Day at Collingwood will be held on Sunday 14th February, so make sure you keep that date free.

It is a major fundraiser for the Club and we need as many athletes as possible competing and parents and carers to help run the program on that day.

Doncaster LAC Open Day is a Day/night meeting starting at 1.30pm on Saturday 5th December. It finishes around 9.30pm with a fireworks display. Entries close Sat 28 November

Waverley LAC Open Day will be held on Sunday 6 December between 10am and 4pm. It will also feature a Rock climbing wall, Jumping Castle, Face Painting/hair spray and more. Entries close Sunday 29 November.

## ELECTRONIC TIMING VOLUNTEERS

We are urgently looking for some new volunteers to run the electronic timing system. Full training provided! Two of our tireless volunteers at the finish line, Brett Wright and Nancy Mills, are taking a well-earned break, and we need people to step into the breach. If you think you can help, please call Lee Bradley on 0418 388 100, or pop down and see him at the finish line early on Saturday morning.

## REGION TRACK AND FIELD

It is now time for all U9-U15 athletes to start thinking about what events they might like to enter for the Region Track and Field championships in February.

Region Track and Field is a two day event, and each athlete can enter up to four events. It may seem like a long way away, but entry forms will need to be submitted by the last week before the holiday break. Look out for entry forms over the coming weeks at the information desk.

## Dates to Remember

Sat 21st Nov	Competition Week 7
Tues 24th Nov	Training 5.00pm-6.00pm
Fri 27th Nov	Competition Week 8
27th to 29th Nov	Crystal Creek Camp U10-U11
Sat 5th Dec	Competition Week 9
Sat 5th Dec	Doncaster Open Day 1.30pm-late
Sun 6th Dec	Waverley Open Day 10am-4pm
Fri 11th Dec	Little Bolters 3 Skills Training
Sun 13th Dec	State Relays
Sat 19th Dec	Competition Week 10

## MID-SEASON BREAK

### NOTE SOME CHANGES TO THE DATES

We have had to change the date of the next Little Bolters session to the following week to make sure we have the great coaches available. This means that Competition Week 9 will be on 5th December instead.

## ATHLETES FOOT

Now Open at Northland!!

John Edney is the man to talk to.



## MAURO BROS MEATS

Fairfield



## GRILL'D

Healthy Burgers

