



NEWSLETTER
Fri. 18th Nov. – Program T3



"Supporting the local community"

Shop 120 Westfield Shopping Centre Plenty Valley
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WCLAC

Welcome to week 9 of competition.

This week we are following **Program T3**, commencing at 6.00pm.

Set Up, Pack Up & Clean Up: All clubs. Fundraising: Thomastown.

The **Centre Handbook** can be found on our website www.whittleseacitylac.org.au so please ensure you take the time to read the information, especially the Codes of Behaviour which must be strictly adhered to.

WCLAC OPEN DAY – 4th DECEMBER 2011

ENTRIES CLOSE 18TH NOVEMBER 2011 (TONIGHT)

Entry forms and money payable should be handed into your club who will issue you with a receipt.

**GOOD LUCK TO OUR ATHLETES COMPETING AT THE STATE MULTI EVENT
CHAMPIONSHIPS AT ALBERT PARK ON 19-20 NOV. 2011**

IMPORTANT DATES:

NMR RELAY CHAMPIONSHIPS, WHITTLESEA CITY LAC 11 DEC. 2011

Entries Closed

STATE RELAY CHAMPIONSHIPS, ALBERT PARK 28 JAN. 2012

(For teams who qualify at Region Relay Championships.)

NMR TRACK & FIELD CHAMPIONSHIPS, DIAMOND VALLEY 18-19 FEB. 2012

Entries close: Fri. 16 Dec. 2011

STATE TRACK & FIELD CHAMPIONSHIPS, BENDIGO 24-25 MAR. 2012

(For athletes who qualify at Region Track & Field Championships.)

For those athletes who have entered Region Relays this season, **please remember TRAINING is on Monday nights from 5pm – 6.30pm at the track. It is important you attend as many sessions as possible.**

Enquiries: Anthony Valle, Centre Team Manager, can be found in the MPSM area.

THE CENTRE UNIFORM MUST BE WORN AT ALL REGION AND STATE EVENTS.

The **NEW Centre Uniform** singlets and crop tops are available @ \$30 each from Cheryl Duff in the clubrooms. These must be worn with plain black shorts or bike pants.



NORTHERN METRO REGION TRACK AND FIELD CHAMPIONSHIPS

18TH – 19TH FEBRUARY, 2012

DIAMOND VALLEY LAC, GREENSBOROUGH

ENTRY FORMS AVAILABLE ON OUR WEBSITE www.whittleseacitylac.org.au

Athletes U9 to U15 who enter high jump, walks or triple jump, must meet the criteria as listed below.

STATE QUALIFYING HEIGHTS AND TIMES

HIGH JUMP

Age	U9	U10	U11	U12	U13	U14	U15
Girls	0.95	1.05	1.15	1.20	1.30	1.35	1.40
Boys	1.00	1.10	1.20	1.30	1.40	1.45	1.50

Walk times

EVENT	GIRLS & BOYS
U9 – 1100m	8 mins 30 secs
U10 – 1100m	8 min 00 secs
U11 – 1500m	10 mins 30 secs
U12 – 1500m	10 mins 15 secs
U13 – 1500m	9 mins 45 secs
U14 – 1500m	9 mins 30 secs
U15 – 1500m	9 mins 30 secs

Triple jump

AGE GROUP	FRONT EDGE OF MAT OR BOARD FROM EDGE OF PIT
U9 – U10 B & G	5M
U11 B & G U12 G	6M
U12 B	7M
U13 B & G	7M
U14 – U 16 B & G	8M

PLEASE NOTE: U16'S DO NOT COMPETE FOR REGION OR STATE TRACK AND FIELD, BUT THESE ARE SUGGESTED TAKE OFF MEASUREMENTS FOR TRIPLE JUMP

Individual Clubs are responsible for keeping their surrounding club areas clear of litter/rubbish.



REGISTRATION TAGS:

The registration tag must be worn each week, so you need to securely attach them on to the athlete's uniform. If you require a replacement tag at any time during the season, please see Cheryl Duff in the clubrooms and the cost will be \$5.00, with all monies being donated to the Royal Children's Hospital.

Centre Jackets/Polos: If anyone is interested in purchasing a Centre Jacket or Polo there will be an order going in at the end of October. Order forms are available through Cheryl Duff in the clubrooms until 11am.

CONGRATULATIONS TO THE FOLLOWING ATHLETES FOR ACHIEVING CENTRE RECORDS THIS SEASON:

U7G ELLIE KEWISH - HIGH JUMP .94m
U14B JAKE DIPALMA - HIGH JUMP 1.71m
U14G LARISSA CULLEN – JAVELIN 20.83m
U15G BRIANNA COOKE – JAVELIN 24.35m
U15B MICHAEL COCO – SHOT PUT 11.57m
U16G NAVDEEP RAI – JAVELIN 20.05m

Working with Children Checks (WWC):

When completing a WWC Check please put in the following details:

Little Athletics Victoria – Whittlesea City 112,

Address: Locked Bag 1011, Port Melbourne, Vic. 3207

Phone No. 03 9676 3600

COMPETITION CANCELLATIONS:

In the event that Athletics is cancelled due to weather conditions, we ask that you check the Whittlesea City Website and your Club's website before ringing your Club's Committee Members. Any cancellation decisions will not be made until approx. 1 hour prior to competition.

Reminders:

- Unless you are officiating or competing at an event, you must NOT be inside the arena. Athletes MUST cross the track at the witch's hats – this is for their safety and the safety of those running on the track.
- The Skate Park, sheds and trees behind the grandstand are out of bounds. Scooters, bikes, animals and ball games are not permitted in any part of the track.
- Little Athletics has a NO SMOKING and NO ALCOHOL Policy; breaches of this have serious consequences. Smokers are permitted to smoke outside the track in the back car park. Please dispose of butts appropriately.

SPIKES:

Please remind all U12 – U16 athletes that wish to wear spikes during the season to register their spikes with Cheryl Duff at the window of the clubrooms. Also, please remove spikes at the completion of your event – they are not to be worn on the outside of the track.

UNIFORM:

Please ensure all children are wearing the correct club uniform. The IGA patch should also be attached to the back of the uniform top. Please remind the children to remove pants and/or jackets when competing as only their uniform must be worn. Please make sure that shorts are 10cm above the knee. To support our Sun Smart Policy, hats can be worn while competing.

Junior Development Squad for U12 – U15 Athletes:

For more information go to www.lavic.org.au

WHITTLESEA CITY ATHLETICS CLUB – SENIORS COMPETITION

Competition this week will be held on Saturday 19TH November from 1.30pm at Whittlesea City. Information and the weekly newsletter are available on the Whittlesea City website.

Training for Seniors is available as follows:

Monday 5pm – 6.30pm, Tuesday 6.30pm – 8pm and Thursday 6.30pm – 8pm.

For more information please contact: Caroline Peachey on 0430 474 281 (after 4.30pm) email: peacheyc@tpg.com.au or Nick Magnisalis on 0417 383 191 email: nick.magnisalis@bigpond.com

If you have something you would like to contribute or mention in the Centre Newsletter please email Narelle Cullen, Assistant Centre Secretary on narellechris1@bigpond.com. OR Cheryl Duff, Centre Secretary on Cheryl.duff@bigpond.com



