



**NEWSLETTER**  
**Sat. 21st Jan. – Program C**



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Happy New Year Everyone!! Welcome to week 14 of competition. We hope everyone enjoyed the holiday break and are refreshed and ready to get back into the remainder of the season.

This week we are following **Program C**.

**Set Up, Pack Up & Clean Up: All clubs. Fundraising: MPSM.**

**UNLESS YOU ARE OFFICIATING OR COMPETING AT AN  
EVENT, PLEASE REMAIN OUTSIDE OF THE ARENA.**

**REGION RELAY CHAMPIONSHIPS: WHITTLESEA CITY FINISHED 2nd OVERALL!!!**

Good luck to the following teams who will compete at the State Relay Championships on January 28th at Lakeside Stadium, Albert Park!!! For these athletes, please remember **TRAINING** will be held on Monday night 23<sup>rd</sup> January from 5pm – 6.30pm at the track.

U9B 4x200m A team  
U9B 4x100m A team  
U10B 4x100m A team  
U10B 4x200m A team  
U11B 4x100m A team  
U15B 4x200m A team  
U9G 4x100m A team  
U10G 4x200m A team  
U12G Medley A team  
U14G 4x200m A team  
U15G 4x100m A team  
U15G 4x200m A team

U9MS 4x100m A team  
U9MS 4x100m B team  
U11MS 4x100m A team  
U11MS 4x200m A team  
U13MS 4x100m A team  
U14MS 4x100m A team  
U14MS 4x200m A team  
U15MS 4x100m A team  
U15MS 4x100m B team

**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.

**IMPORTANT DATES:**

<b>STATE RELAY CHAMPIONSHIPS, ALBERT PARK</b>	<b>28 JAN. 2012</b>
<b><u>(For athletes who qualified at Region Relay Championships)</u></b>	
<b>NMR TRACK &amp; FIELD CHAMPIONSHIPS, DIAMOND VALLEY</b>	<b>18-19 FEB. 2012</b>
<b><u>Entries closed.</u></b>	
<b>STATE TRACK &amp; FIELD CHAMPIONSHIPS, BENDIGO</b>	<b>24-25 MAR. 2012</b>
<b><u>(For athletes who qualify at Region Track &amp; Field Championships.)</u></b>	



## **REMINDER: ADDITIONAL COMPETITION ON SATURDAY 4<sup>TH</sup> FEBRUARY**

To catch up on some lost competition due to the washouts this season, we have scheduled extra competition on Saturday 4<sup>th</sup> February commencing at 8.30am. Competition on Friday night 3<sup>rd</sup> February will still go ahead with a reduced program of 3 events per athlete. Please mark it on your calendars!!

The **Centre Handbook** can be found on our website [www.whittleseacitylac.org.au](http://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.

**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. Children will not be permitted to compete if they are not wearing their tag. 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.

### **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.
- 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.

### **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.

### **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.

### **WHITTLESEA CITY ATHLETICS CLUB – SENIORS COMPETITION**

Competition this week will be held on Saturday 21st January from 4pm at Essendon. 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](mailto:peacheyc@tpg.com.au) or Nick Magnisalis on 0417 383 191 email: [nick.magnisalis@bigpond.com](mailto:nick.magnisalis@bigpond.com)