

BALMAIN LITTLE ATHLETICS CENTRE

With competition now in full swing, it's great to see so many athletes running, jumping and throwing their hearts out Saturday mornings. Although we are only 4 weeks into competition, I am delighted to see so many PB's being set and Club records already beginning to tumble, which bodes really well for the rest of season.

Thank you to the army of parents who have been helping on Saturday mornings. Along with the Committee and other volunteers, you make it possible for nearly 900 athletes to participate in multiple events each week and still make it home in time for lunch!

I would also like to make a special mention of thanks to our Club Registrar, Angie Mastrippolito, who has processed all 900 registrations this season, including allocation of rego numbers and setting each athlete up on the website so that their results can be entered and tracked all season. With help from Nicole McGettigan and Megan Beer, Angie has again managed to make the process look a lot simpler than it really is.

I am sure everyone will have noticed that it is no mean feat fitting all the athletes, parents and the event equipment into the limited space of the KG Oval. Obviously our first priority is the safety of our athletes and spectators, and in the past few weeks we have had several collisions and near misses with parents, athletes & small siblings straying into the path of on-coming runners and jumpers. To ensure that safety is maintained, I ask all parents to read the safety guidelines on page 2 of the newsletter, discuss them with your children, and take all efforts to follow the instructions when you are at the Oval.

See you on Saturday for our World Record attempt (see pg 3)

David



Dates for your diary

Saturday 12th October

Guinness World Record attempt "Most shot put throws over 2m at the one venue"

Saturday 3rd November (U11 & U12)

Trans Tasman Trials - Barton Park, North Parramatta

Saturday 23rd & Sunday 24th November

State Relay Competition SOPAC. No BLAC Saturday competition on 23rd.

Saturdays 21st & 28th December & Saturday 4th January

Xmas Break. No BLAC competition

See BLAC websites for full season calendar.

Club Records

Congratulations to the following athletes who have broken BLAC records in the last few weeks:

U12 1500m **Angus Beer** 4.59.83

U12 Javelin **Ross Batho** 29.75m

U15 800m **Alex Kerr** 2.35.67

U15 Discus **Marnie Clarkson** 33.26m

U15 Shot Put **Marnie Clarkson** 10.35m

U17 Discus **Ellie Clarkson** 19.53m

We are not sure what Ruth is feeding the girls in the Clarkson household but we may be selling it on the uniform stall later in the season ☺ - Ed.



**BALMAIN
LITTLE
ATHLETICS
CENTRE**

STAYING SAFE

With so many athletes, parents and siblings in such a small area at KGO on Saturdays, please follow the safety guidelines to help keep everyone safe.

WHEREVER POSSIBLE KEEP TO THE OUTSIDE OF THE 400M OVAL TRACK

The area inside the 400m track now houses 4 sprinting tracks, 2 high-jump areas, 2 tots areas & the javelin throwing area. So it's busy, and does not leave enough room to function as a thoroughfare. **Please only enter the area within the 400m track if you are competing or assisting with an event in that area.**

If you are moving from one end of the Oval to the other, please do so OUTSIDE the 400m track.

If you are heading for the start line of any of the sprint tracks, please cross the 400m track level with the start line of the sprint tracks...taking care that no-one is approaching on the main track.

DOGS, PUSHCHAIRS AND BALL GAMES SHOULD BE KEPT TO THE OUTSIDE OF THE 400M OVAL TRACK, PLEASE.

FOR 400M & 800M RACES MARSHALL ATHLETES ON THE OUTSIDE OF THE TRACK ON THE GRASS BANK NEAR THE FINISH LINE

WHEN YOU HEAR SOMEONE CALL 'TRACK'

Athletes – if an athlete behind you in a middle distance race (800m,1500m,1500mw) calls 'track' it means they are about to lap you. Please move to the 2nd lane to clear lane 1 for the faster athlete to pass.

Athletes and Spectators – if an adult shouts 'track' it means someone has wandered onto the track and is probably in the path of an on-coming athlete! Please check it's not you...and move off the track as fast as you can if it is.

KEEP FLAGGED AREAS CLEAR

The areas between the first 2 sprint tracks, and between the 2 long-jump lanes have been set out with flags to signal that they should not be used as pathways. Please ensure your children are aware of this and model safe behaviour by leaving these areas clear.

ROPES SIGNAL POTENTIAL DANGER!

Throwing areas are roped off to keep spectators a safe distance from the throws. Please be mindful of the fact that even at the younger end of the spectrum, our athletes throw the discus & javelin 30m+ and our older athletes throw almost 50m

KEEP TO YOUR ASSIGNED THROWING AREA

We have assigned throwing areas on the basis of age and thus likely distance. Age Managers, please keep to your assigned areas. This will mean the bigger kids are able to use the Discus cage & main Shot Put areas, which will protect everyone from the risk of them throwing into other throws areas.

KEEP SMALL PEOPLE CLOSE AT ALL TIMES

Several of our on-track athlete-spectator crashes/near misses have been when young siblings have wandered into the path of on-coming athletes. We ask parents to please keep toddlers within sight and away from flags, finish line poles, ropes etc at all times. Please also be aware that starting pistols are left on timing tables and are obviously not intended to be handled by small children (who can mistake them for toys).

WORLD RECORD ATTEMPT

Join us at KG Oval this Saturday (12th October) and be part of our attempt to break the world record for the most shot put throws over 2m in one place.

We're inviting all parents, grandparents, friends and relatives to put the shot during the course of Saturday's competition. With strong parental support on top of our excellent athlete ranks, we're confident of breaking both the current record and our 1000 'putter' goal.

And once we've bagged this record, here's two more for down the track...



OFFICIAL
ATTEMPT



The fastest 100m hurdles wearing swim fins is 19.278 seconds and was achieved by Veronica Torr (New Zealand)



The fastest time to run 100m on all fours is 18.58 seconds and was set by Kenichi Ito (Japan).

SPRINT STARTING BLOCKS NOW IN STOCK

We now have a full set of blocks for sprint races. To ensure safe and correct usage, athletes need a "block licence" from David M, Andrew W or Andrew K to use them.

COMING SOON

Trans Tasman Trials

Trials for this year's NSW team to compete against New Zealand in the Trans-Tasman Challenge will be held on November 3rd at Barton Park, North Paramatta. **Entries for the trials close October 23rd.** See flyer right. More information is available from the BLAC website, Little Athletics NSW website or contact Tim Batho (timbatho@hotmail.com).

TRANS TASMAN TOUR to AUCKLAND NEW ZEALAND



9 to 21 January 2014

ATTENTION ALL UNDER 11 AND UNDER 12 BOYS AND GIRLS registered with Little Athletics NSW or Little Athletics ACT for the 2013/2014 season, together with their family and friends.

The tour of New Zealand will be the nineteenth tour conducted by the LANSW in accordance with a reciprocal arrangement with The Auckland Junior Athletics Committee of Athletics New Zealand. Over 4,500 people have participated from NSW since tours commenced in 1978.



Calling All U12-U17s....

Don't forget that you can dual register with Balmain Athletics Club and compete in Seniors Events this Season. It's FREE to register for all existing Balmain Little Athletics Club members. See link on BLAC website for more details.

State Relays

State Relays will take place on the weekend of **23rd and 24th November 2013 at SOPAC Homebush.** U8-U11s compete on Saturday 23rd and U12-U17s on Sunday 24th. To be considered for a team, you need to have competed at the Club between 14th September and 2nd November. The more results posted at club, the better your chance for team consideration. The teams will be chosen by the Championship Committee in consultation with the Age Managers. The aim is to field the most competitive teams that we can, whilst giving as many of our athletes as possible the opportunity to compete at SOPAC. Final team selection rests with the Committee. It is anticipated that chosen athletes will be contacted in the week following the 2nd November, along with details of relay training.

Personal Best Awards

We are delighted to announce that this season The Athletes Foot are again supporting our **Personal Best Awards.**

U6/U7 athlete with the most PB's up to 2nd November 2013

U8-U17 athlete with the most PB's up to 2nd November 2013

U8-U17 athlete with the most PB's up to 7th December 2013

U6/U7 athlete with the highest point score up to 1st March 2014

U8-U17 athlete with the highest point score up to 1st March 2014

BEYOND BALMAIN



Sam Chen & Nick O'Shea after their Zone Record breaking long jumps

Knock Out Success for U15 Girls

At the recent NSW Schools Knockout carnival 4 Balmain U15 girls were part of a team-based event which won a silver medal and automatically qualified for the Australian Knockout carnival in Townsville in December. Well done to **Marnie Clarkson** (high jump), **Alex Kerr** (800m), **Clementine Landels** (hurdles) and **Georgia Page** (long jump).

NSW All Schools Championships

Good luck to the following Balmain Athletes (both seniors and Little A's) who will be competing at the NSW All Schools championships this week - **Holly Campbell**, **Paige Campbell**, **Marnie Clarkson**, **Jamie Karabesinis**, **Alex Kerr**, **Clementine Landels**, **Georgia Page**, **Annabelle Parmigiani**, **Francis Potter** and **Stephanie Potter**. We will let you know how they go in the next issue.

Zone Record for Dynamic Duo

Under 10 stalwarts **Nick O'Shea** and **Sam Chen** put in some fantastic performances in the recent school athletic season – none more pleasing than jointly setting a new Balmain PSSA Zone Junior Long Jump record with jumps of 4.03m. The boys went on to come 8th & 10th respectively at Region, with Sam also placing 2nd in the 10yrs 100m (qualifying for State), and Nick's Junior relay team coming 4th. Sam dominated his age group at Zone with wins in the 100m, 200m & long jump and 2nd place in the relay. Nick's athletics success comes on the back of Junior Cross Country wins at Zone & Region this winter,

Well done to all the Balmain athletes who excelled at Zone and went onto compete at Region, with special congratulations to the following athletes who have qualified for State – **Angus Beer** (11yrs 800m, setting a new Region record), **Nicky Kohlrusch** (12yrs Long Jump), **Isabella Mardini** (junior 800m), **Eliza Swann** (12 yrs 100m), **Matilda Swann** (12yrs 100m).

Catholic School Comp

Meanwhile in the Catholic School athletics, **Lachlan Cooksey** (U14s) won AWD Discus, Shot Putt and 100m in the Region round, and went on to come 4th in Discus, 6th in Shot Put and 7th in 800m at State. Many congratulations Lachie.



EVENT MANAGEMENT TIPS

Many thanks to all those parents who have been marshalling, timing, recording, measuring, raking and starting. Some people have asked for a quick reminder of the key points for event management, so here they are. More information is available on the event information sheets on the BLAC website.

TIMEKEEPING

Time by place not by lane.

Start timing when you see the smoke of the gun, don't wait until you hear the bang!

For electronic timing, only the 1st place handset needs to be pressed to start timing....all timers then push their handset when the placegetter you are timing crosses the finish line.

STARTERS

In races up to and including 400m, give the order: - "On Your Mark - Set", and then the starting pistol is fired.

Wait until the line-up is settled in their starting position before you call 'set' (and remember crouch starters take longer to get on their marks than standing starters).

For all packstarts and races 800m or above, give the order - "On Your Marks" and then the starting pistol is fired.

LONG JUMP

Measure from the front of the footprint to the closest landing mark in the pit. For those that take off before the sand, measure from the back of the sand.

THROWS

Check the weight of the shot, discus or javelin for your age group in the Age Manager's folder. Weights change at different ages for boys vs girls.

SHOT PUT

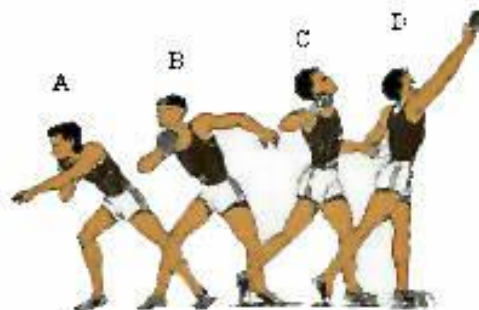
Keep the elbow up as the shot is pushed – if the shot drops from the neck, it's a foul.

Measure from the landing mark to the inside of the stop board.

RACE WALK

To be fair to the athletes who take the walk seriously, in the older age groups divide athletes into a fast race (expected time under 11 minutes) and a slow race (expected time over 11 minutes).

A very slow race can slow up the entire morning for everyone, so consider pulling older kids off the track if they are really strolling (and ought to know better ☺)



PARENTS WE NEED YOU!

A reminder that we need as many parents as possible to help on Saturdays, in order for things to run smoothly. Please offer your assistance to your age manager. No previous experience necessary!

BALMAINLAC.ORG.AU...

Don't forget to check the Club website for all your information needs

- Weekly results
- Latest news including Wet weather notifications
- Upcoming events
- Event information to help improve your technique

And if you have any thoughts, questions, ideas or other input for the Club, please email us at info@balmainlac.org.au or speak to any of the Committee Members at Tuesday Training or Saturday Competition (they are easy to spot in their lovely new orange t-shirts)

The screenshot shows the Balmain Little Athletics website. At the top, it says 'Balmain Little Athletics' and 'King George Oval, Manning Street, Rozelle'. There are navigation links for 'Home', 'Results at 5 O'clk', 'Weekly Results', 'Athlete Results', 'Athlete Support 2013', 'Season Best Performances', 'Centre Records', 'Newsletters', 'Weekly Programme', 'Calendar', 'Centre Contacts', 'Photo Galleries', 'Centre Info', 'Registrations', 'Coaching', 'Roster For set up/back up', 'Online Office Suite', 'Forms & Season Awards', 'Uniform & Footwear', 'Championship Rules', 'Code Of Conduct', 'Treasurers Tour', 'State Relay Championships', 'Zone Championships', 'Regional Championships', 'State Multi Event', 'State Championships', 'Cross Country/Road Walks', 'Event Information Sheets', 'Inter-club Convoys', and 'Sponsors'. A 'Website Admin' section includes fields for 'User name' and 'Password' with a 'Login' button. The main content area features a news article about the club's establishment in 1972 and a photo of a group of athletes. A sidebar on the right contains 'BALMAIN NEWS', a 'Newsletter' subscription form, and a '2013/14 BALMAIN CELEBRATES 41 YEARS OF LITTLE ATHLETICS!' announcement.

THANKS TO OUR SPONSORS

The club could not operate without the help of our sponsors, supporters and parent volunteers. We thank you for your support.

CONTACT US

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