

BALMAIN LITTLE ATHLETICS NEWSLETTER - NOVEMBER 2011

STATE RELAY CHAMPIONSHIPS - 26 and 27 November 2011

Congratulations to all athletes who have been selected to represent Balmain.

Juniors (U8-U11) compete on Saturday and Seniors (U12-U17) on Sunday. Teams have been advised and are listed below. Good luck to everyone involved. Results will be available on our website.

TWILIGHT COMPETITION - 25 November 2011

Please come along to our first twilight competition from 5.30. All ages welcome. There will be no competition on Saturday, 26 November. Barbecue will be on.

ZONE CHAMPIONSHIPS - 28 and 29 January 2012

Entries can be made at the oval on Saturday, 3 and 10 December only. NO LATE ENTRIES ACCEPTED. U7-U17's welcome. Balmain Zone t-shirts available for pre-order. More information available on our website and at www.laansw.com.au.

TIMING

Parents, a reminder that timing is by place, not lane. Also, please stand to the side of the finish line not at the end of the lanes, in order that the children learn to run through.

NEW RECORDS

Congratulations to the following athletes who have broken records since the last newsletter:

Jason Doric	U12 boys Javelin - 24.08m
Josie Nichol	U17 girls High Jump - 1.61m
Marnie Clarkson	U13 girls Discus - 32.96m
Nona Walne	U8 girls 60m Hurdles - 11.61

CLUB CARNIVALS

A reminder that other clubs host carnivals during the season and welcome athletes from all Little Athletics Centres. Recently Ross Batho (U10) has competed at the Edgeworth multi-event challenge in which he won Gold. Well done, Ross. The carnivals are a fun way to gain further experience at inter-club level. The South West Metro Multi Carnival is coming up on 4 December 2011 at Campbelltown Athletics Stadium, Leumeah. See details at our website.

STATE RELAY TEAMS

AGE	4 x 100m	Shot/Discus	Long/High
U8 Girls	Nona Walne Mischa Belunek Tamara Lenthall Layla Alekna		
U8 Boys	Samuel Chen Nicholas O'Shea Sam Notarangelo Jackson Mitchell-Lane		

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AGE	4 x 100m	Shot/Discus	Long/High
U9 Girls	Maggie O'Reilly Zara-Claire Azzi Demi-Love Kassem Bridget Crick		
U9 Boys	Oliver White Jack Scott Sebastian Bezzina Christopher Fowler	Terrence Russell-D Bruno Williams - D Lochlin Prentice-S Alonso Suter - S	
U10 Girls	Matilda Swann Nicolette Donofrio Mia Hawes Lilie Tyler		
U10 Boys		B McGettigan-S S Kalinauskas-S Aaron Nordstrom-D Ethan Brouw-D	Ethan Brouw-L Kai Mirabito-L Marcus Reed-H Simon Kalinauskas-H
U11 Girls	Lara Bosnich Stephanie Potter Nina Cannane Hayley Webster		
U11 Boys	Oliver O'Shea Jamie Karabesinis Ross Batho John Danson		
U11 Mixed	4 x 400m Lara Bosnich Stephanie Potter Ross Batho Nicholas Woodgate		
Junior Boys	4 x middle distance Nicholas O'Shea-8 Hunter Hannaford-9 Angus Beer-10 Joshua Kerr-11		
U12 Girls			Carys Batho-L Helena Svinos-L Ella Boyd-H Vivien King-H
U12 Boys			Lewis Parfitt-L Louis Tanner-L Jason Doric-H S Nivison-Smith-H

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AGE	4 x 100m	Shot/Discus	Long/High
U13 Girls	Marnie Clarkson Clementine Landels Alex Kerr Maddy Kohlrusch		
U13 Boys			James Hill-L Callum Muir-L Monty Hannaford-H Luke Hodge-H
U13 Mixed	4 x 400m Alex Kerr Lili Edser Monty Hannaford Luke Hodge		

STATE RELAY PROGRAM - full program available at www.laansw.com.au

Saturday 26 November:

U8 Girls 4 x 100 - Heats 9.30am, Finals 12.35pm

U8 Boys 4 x 100 - Heats 9.30am, Finals 12.35pm

U9 Girls 4 x 100 - Heats 10.10am, Finals 2.30pm

U9 Boys 4 x 100 - Heats 10.10am, Finals 2.30pm

U9 Boys Shot/Discus - will not commence before 10.30am

U10 Girls 4 x 100 - Heats 11.55am, Finals 3.15pm

U10 Boys LJ/HJ - 9.30am

U10 Boys Shot/Discus - will not commence before 10.30am

U11 Girls 4 x 100 - Heats 12.45pm, Finals 3.30pm

U11 Boys 4 x 100 - Heats 12.45pm, Finals 3.30pm

U11 Mixed 4 x 400 - Heats 2.05pm, Finals 3.55pm

Jnr Boys Middle Distance - Finals 2.45pm

Sunday, 27 November:

U12 Girls Long/High - 9.15am

U12 Boys Long/High - will not commence before 9.45am

U13 Girls 4 x 100 - Heats 10.10am, Finals 1.15pm

U13 Boys Long/High - will not commence before 9.45am

U13 Mixed 4 x 400 - Heats 12.20pm, Finals 2.05pm

Please allow 20 minutes prior to these times for marshalling.

TRAINING

Training for 4x100m will take place this Saturday, 19th following competition with Meagan Mannix. Training can only take place if all 4 team members attend. There will also be relay training on Tuesday, 22 November (alongside general training). We will also have a throws and jumps coach available on the 22nd if any field relay participants would like some assistance.

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STATE RELAY GENERAL INFORMATION

For any queries on state relays, email annabel.landels@ozemail.com.au. If you need to contact someone urgently, call either Tim Batho (0438 595 134), Meagan Mannix (0427 947 144) or Annabel Landels (0421 455 660). Tim and Meagan will be at Homebush on Saturday. Tim and Annabel will be there Sunday.

There is further information on our website - www.eladnsw17.wichit.com.au at 'State Relay Championships' and a full program is available at www.laansw.com.au - go to 'Competitions', 'Championships' and 'State Relay Championships'.

Athletes competing on the senior day in the U13-U17 age groups may wear spike shoes in ALL track events, Long Jump & High Jump.

Gate entry fee is \$5 per person, children under 18 free.

Programs will be on sale at the Championships for \$3 each. The program of events (with team composition) will be posted the week beginning Nov 14 on the Little Athletics NSW website in COMPETITIONS section.

UNIFORM

Centre Uniform Full Centre uniform MUST be worn, which includes:

IGA age patch

IGA sponsors patch

McDonald's registration number on the front of the uniform

Centre number on the back.

Please Note: The old Coca Cola numbers CANNOT be worn. If any athlete has one of these numbers, they must get a new Centre number from their Centre. If these numbers are not worn, then the athlete will need to purchase a replacement at the Information Area - \$10 for Centre and Registration Number.

CENTRE NUMBERS WILL BE AVAILABLE FROM SARA AT THE UNIFORM TABLE ON SATURDAY. PLEASE MAKE SURE YOU COLLECT ONE. WE WILL ALSO BRING SOME OUT TO HOMEBUSH.

Please make sure pants are plain black with no logos. Balmain shorts (with tiger paw) are allowed.

MARSHALLING

Athletes must go through marshalling for all events, with the exception of the first call of field events, where they go straight to the event.

Track Marshalling will be located in the marquee at the top of the embankment at the southern end of the ground. Field Marshalling will be located on the 'red rock' area near the entrance to the tunnel.

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ADDITIONAL INFORMATION

Please make sure you allow sufficient time to walk from the car park to the athletics stadium. The preferred parking areas for the Sydney Olympic Park Athletic Centre are P1. A flat rate of \$10 applies to the parking stations. Attendees must get a flat rate voucher (available at the Hart Sport stall) prior to leaving the venue.

Polo Shirts will be on sale at the Hart Sport stall.

VOLUNTEERS

All clubs are required to volunteer at State Relays based upon how many teams they submit. Balmain is required to provide the following:

Saturday (Long Jump 2) - 2 volunteers from 9am-3.10pm

Sunday (Long Jump 1) - 1 volunteer from 8.45am-2.55pm

ROSTER

Saturday:

9am - 2 parents from U10 boys

10.30am - 1 parent from U9 girls and 1 from U9 boys

12noon - 1 parent from U11 girls and 1 from U11 boys

1.30pm - 2 parents from U10 girls

Sunday:

8.45am - 1 parent from U12 girls

10.15 - 1 parent from U12 boys

11.30 - 1 parent from U13 girls

1pm - 1 parent from U13 boys

Except for the first time, all times are approximate. In general, you will need to remain at long jump for the duration of one age group, this will be approximately 1-1.5 hours.

MOBILES

It would be a good idea if teams organise to have each other's phone numbers in case you need to contact one another - perhaps parents can organise this on Saturday. You will also need to organise volunteers amongst yourselves, based on the above roster.