

## WET WEATHER

In case of wet weather, our website is updated at around 7.40am on Saturday. If there is no cancellation message, competition will be proceeding. We also now have a wet weather number - 0405 631 811.

## STATE RELAY CHAMPIONSHIPS

Will be held on 26 November (U8-U11) and 27 November (U12-U17). Teams entered and further information is available on our website. If you have a child consistently performing well, they may be chosen to be part of a relay team, please therefore try and keep these dates free. There will be no Saturday competition on 26 November but a Twilight event will be held on Friday, 25 November.

## STARTERS

We are wanting to recruit some starters to help out on Saturday as, with the increase in registrations this year, events are being delayed. The plan is to have one parent from each group (U8 girls, U8 boys, U9 girls, U9 boys, etc) to be trained as a starter. That way, parents can remain with their child's group throughout the day. Please email [balmainlittleathletics@hotmail.com](mailto:balmainlittleathletics@hotmail.com) if you are interested and we will organise a quick training session on Saturday morning.

## STARTING BLOCKS

We have a few sets of starting blocks in the shed which you are welcome to use. If your group uses the blocks, please ensure you return them to the shed when finished - we have lost one set already.

## ZONE CHAMPIONSHIPS

Carnival will be held on 28 and 29 January. More information available on our website. U7-U17's welcome.

## NEW RECORDS

Congratulations to the following athletes who have broken records this season:

Ross Batho	U10 boys long jump - 4.52m
Angus Beer	U10 boys 1100m walk - 7m04.47
Clementine Landels	U13 girls 80mH - 13.93
	U13 girls 200mH - 31.99
Josie Nichol	U17 girls 100mH - 16.83
	U17 girls long jump - 5.39m

## VOLUNTEERS

Thank you to all the parents who have volunteered to date on the canteen and barbecue. Both areas are running very well this year. We have found, with the increased numbers, that we really need 2 parents, rather than the 1 rostered, on the barbecue each week, so it would be appreciated if an additional parent could volunteer to help out. See Jim at the barbecue.

### AGE MANAGERS

If you need any help, please see David Murphy at the oval. Alternatively, email [balmainlittleathletics@hotmail.com](mailto:balmainlittleathletics@hotmail.com) with any questions. In the meantime, it would be a good idea to familiarise yourselves with the Event Sheets on our website.

### PARENTS

Please don't forget to help out the age managers on Saturdays with timekeeping, measuring, marshalling, etc.

### CLUB CARNIVALS

A number of little athletics clubs hold carnivals throughout the season, generally on a Saturday afternoon or Sunday. Usually U6's and up are welcome and some carnivals have events for tots as well. Details are on our website at 'Club Carnivals'.

### DUAL ATHLETES

In a joint initiative, Athletics New South Wales (ANSW) and the Little Athletics Association New South Wales (LAANSW) have made the pathway to senior athletics easier.

Dual registration provides the opportunity for athletes aged 11 to 17 to experience the broader world of senior athletics, while still retaining their links with Little Athletics.

Dual athletes can register with one of over 70 clubs located throughout metropolitan Sydney and country New South Wales. If you are interested, details are at [www.nswathletics.org.au](http://www.nswathletics.org.au).

PLEASE REMEMBER LITTLE ATHLETICS IS NOT A 'DROP OFF' FACILITY

CHILDREN ARE NOT ALLOWED AT THE OVAL UNATTENDED.