

BALMAIN LITTLE ATHLETICS CENTRE UPDATE

1st March 2016

END OF SEASON DATES

Sat 5th March:

No competition at King George as the Relay For Life event is on the ground

Sat 12 March:

Final competition day of the season and presentation of our team for the State Championships

18/19/20 March:

State Championships at SOPAC

Sat 2nd April:

Presentation Day



**BALMAIN
LITTLE
ATHLETICS
CENTRE**

PB'S AND RECORDS

The last few weekends of competition have seen many hundreds of new PBs and 17 new club records set. So keep up the fantastic effort for your last chance to set a new PB when we return to King George next Saturday 12th March for the final competition day of the season.

Why are we not on this Saturday? Every year the Cancer Council's Relay for Life takes over King George Oval for their weekend long fund raising event. This year it falls on the 5th & 6th March.

*10,000 PBs were set across the club during
season 2014/15.*

What will we achieve this year?

SATURDAY 12TH MARCH

Two traditions have developed on the last Saturday of the season. A series of parent races and the seniors having a bit of fun.

In both instances we hope this is done with good humour and enjoyment.

As parents of athletes we all know how important preparation is, so please look at a bit of limbering up and activity WELL BEFORE the day. Last year first aid had to deal with two pulled hamstrings and a ruptured Achilles.

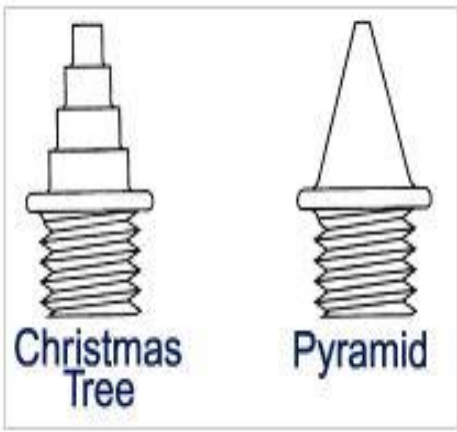
Having said that, all of us and especially the kids, really enjoy the enthusiasm displayed by the mums & dads as they move down the track.

PRESENTATION DAY SATURDAY 2ND APRIL

Keep your diary free on the afternoon of Saturday 2nd April for the club's presentation day. This will be held once again in the Annandale Village Church located on the corner of Johnston St & Booth St, Annandale.

Every athlete will receive a memento of the season, something to eat and drink and enjoy our annual season in review video slideshow.

Please email the club by Friday 4th at info@balmainlac.org.au if your athlete is due to receive a 'Five Year' award this season.



SOPAC SPIKES

There are two brand new blue tracks out at SOPAC, Homebush. To get the longest lasting use of the relaid surface new rules have been implemented for ALL athletes training and competing. One of these is the type of spike that is permitted. Only 7mm Christmas Tree and Pyramid spikes are allowed. Staff at SOPAC will be inspecting competitors shoes at the upcoming LANSW State Championships to check spike type and length.

The club has ordered a number of sets of replacement spikes for those who may be unable to source these types themselves.



STATE CHAMPIONSHIPS TRAINING

The club continues to provide extra training opportunities for our athletes in preparation for the State Championships in a little under three weeks' time. Please keep a regular eye on the news section of the website for what events are being offered on each day.

Thur	3 rd Mar	5-6pm	King George	Sprints, Hurdles, Racewalk, Discus, Shot Put
Sat	5 th Mar	8:30am	SOPAC Warm up Track	Sprints, Hurdles, Racewalk, others TBA
Thurs	10 th Mar	5-6pm	King George	Sprints, Hurdles, Racewalk, Discus, Shot Put
Sun	13 th Mar	9am	King George	Sprints, Hurdles, Racewalk, Javelin

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