



On Track

No 4 Saturday 4 October 2008

EVENTS

Upcoming Events for
your Calendar

State Relay Selection

Sat 11 October

BEIC Course

Sun 19th October

Trans Tasman Entries Close

Wed 22nd October

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TOSHIBA

Trans Tasman Challenge—Under 11 and 12's

This competition is held every year for the Under 11 and 12 age groups, alternating between New Zealand and Sydney. This year the event takes place in Homebush on 18 January 2008.

For important information please see the notice board or visit the LAANSW web site.

All entries must be on the official form and can only be submitted through the club. We will close entries on Saturday 18th October as these have to be with NSW LAA by Wednesday 22nd October - no late entries are accepted.

If you wish to trial please see Kara van Noort to submit your entry nomination form.

New Awards System

This year there has been some adjustments to our awards system. This is due largely to our new computer system however, also the amount of time our old system was taking!

Ribbons will no longer be awarded for each individual event. They will now be given out for overall PB's achieved, in the following manner:

3PB's & 6 PB's – Yellow ribbons,

9PB's & 12 PB's – Green ribbons,

15PB's & 18 PB's – Red ribbons, and so on.

Your aim is to see if you can achieve so many PB's during the season that I run out of different coloured ribbons!

Ribbons will still be awarded for 3,4,5 or 6 PB's in one day.

The achievement levels and certificates remain the same.

The computer will be supplying me with the above information. As is the case with any data entry we do make mistakes, so if you do have any problems or queries feel free to pop into the computer room on a Saturday morning and we will happily fix the error.

Enjoy the season

Roslyn Halmy (Awards Officer) 9456 2900

Awards

Congratulations to the following athletes:

6 PB's on 27/9/08: Georgia Dean (8G), Hayley Millington (8G), Nicholas Barrett (8B), Joshua Silver (8B), Max Turner (8B), Alanis Barncoat (12G), Brenna Roberts (12G).

5 PB's on 27/9/08: Nicholas Slevin (6B), Marissa Allan (7G), Lauren Kerney (7G), Madeline Playford (7G), Kahlia Rae (7G), Ella Warren (7G), Billy Pollard (7B), Emma Byrne (8G), Courtney Hickman (8G), Rachel Simms (8G), Zac Bocalatte (8B), Mitchell Germain (8B), Kane Mirabile-Kumar (8B), Brittany Scott (10G), Alexander Dixon (11B), Anthony Hannigan (12B), Oliver Parry (12B), Ben Winstanley (12B), Graham Pinnock (13B), Mitchel Van Noort (13B).

New Centre Record

Katie Johnson advanced her two-week-old U13G javelin record by another 1.63m to set the new benchmark at 24.34m. Katie has now improved this record by almost 3 metres.



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TOSHIBA

Mini Programs

Do you have trouble remembering what events you have each week? We have the solution - Mini Programs! These awesome little programs can be used every week. They can fit in any pocket, and are only 50c each! Buy these cool programs from us - Adam (U11 Boys) and Bethany (14 Girls) Halmy. We will be selling from outside the canteen before and after Saturday competition.

Basic Events Instruction Course

Do you want to know more about the events your child is participating in? Have you held back from volunteering on Saturday's because you didn't want to make a mistake?

If you answered **YES** to any of these questions, then ND Lac has the answer for YOU - The Basic Event Instruction Course (BEIC).

On Sunday 19th October, ND Lac in conjunction with LAANSW is running the BEIC.

You don't need any prior knowledge, just a willingness to learn. The course covers the essentials about each event.

The course is practical, with some theory. There are NO EXAMS, NOR DOES IT COST ANYTHING.

Date: Sunday 19th October
Time: 10am to 4pm
Where: Foxglove Oval Mt Colah
Cost: Nil, Zilch, Nothing
Lunch: Sausage Sizzle provided

Register your interest to attend, by completing the BEIC form at the volunteers desk on Saturdays or email us at ndlac@ndlac.org.au

Age Manager Reports—Saturday 27th September

7 Girls: 21 girls competed today. A slightly cooler day than previous weeks, saw several girls get many PBs. Marissa Allan - 6 PBs in one week. Well done!

8 Girls: An excellent day today, 58 PBs - what a wonderful effort! 6 PBs in one day to Hayley, Georgia and Courtney. Big welcome to Gabrielle who had a fun day. Well done to all the girls.

9 Boys: Great day, only 14 boys here today and lots of PBs. 1 PB to Garrett, 2 PBs for Aaron, Jordan and Jack. 3 PBs for Joshua N, Ben Lachlan, Chris, Tor Wei and Callum. 4 PBs for Elie. Great effort by everyone and a real pleasure to be with.

10 Boys: Getting a good feel for summer. Excellent result of 44 PBs from 19 boys. Well done!

11 Boys: Sensational effort from all of the boys today. There were lots of PB'S, particularly in the shotput, high jump and in a very fast 800m, pace set by Adam H. Keep up the good work boys!

13 Boys: Quite a warm day but all the boys still put a great effort in with 18 CB's in total. Mitchel and Graham had a good day with 5 PB's each with Mitchel also grabbing 3 CBs. Good work boys

14 Boys: Every boy continued to improve today. Nick & Max both got 4 PB's; 3 PB's for Maclean & Kaitlen; Josh came away with 3 CB's; Matthew had a CB & 2 PB's and James managed a CB and a PB. A great effort in the hot conditions.