



On Track

No 12 Saturday 13 December 2008

EVENTS

Upcoming Events for
your Calendar

2009 Competition Commences

Friday 9th January

Zone Championships Narrabeen

6th, 7th and 8th February

SPONSORS

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TOSHIBA



Merry Christmas



Today will be our last competition day for 2008. I hope that everyone has a safe and peaceful Christmas break.

Remember that athletics will recommence in 2009 with three twilight meetings from 5.45pm on Fridays 9, 16 & 23 Jan. Early javelin & 3000m events will start at 5pm with walks at the end of the relevant twilight program (about 8.30pm). Saturday competition resumes on 31 Jan with our Multievent Championship -- an excellent warm-up event for Zone Team members and others chasing PBs. U13-17 athletes should note the early 8am start for Multievent high jump

Centre Records

Last Saturday was a busy day for the Records Officer with 3 new records set. Firstly, Katie Johnson broke the 13G javelin record for the fourth time with a throw of 26.08m, adding another 1.51m to her old mark. Next, Amaan Bhat twice broke Eric Watanabe's 15B triple jump record (11.88m) on the way to jumping 12.42m. Finally, Alysha Burnett jumped 1.47m in the 12G high jump, adding 1cm to the old record. After claiming a discus record last month, Alysha is now looking for a running record to get the 'citius' part of NDLC's motto: *citius, altius, fortius*

Age Manager Reports 6th December

Under 6 Boys: 21 boys today and 39 PBs. Xavier & Sam P both got 5 PBs.

Under 8 Boys: 19 boys competed in hot conditions. 26 PBs across the morning and a new long jump CB to Jasper. Well done to Liam with 4 PBs today.

Under 8 Girls: What a great day the girls had today. Lots of PBs and a very enthusiastic Jemma! Well done to all of you in a very tiring last event 700m. Merry Christmas and see you next year.

Under 9 Boys: Despite the heat, the boys had a great day with lots of PBs, especially the 800 with 10 PBs. Amazing. Jack D managed CBs in long jump & 200m. Fabulous! Well done boys, what a great week!

Under 10 Boys: First warm day for the season. 36 PBs from 18 boys. Great results from Thomas U with 5 PBs and 4 PBs from Cooper & Thomas B. Well done boys!

Under 10 Girls: Despite the heat we still managed 32 PBs. Well done Elly with 5 PBs including a new 1500m CB. New CBs also to Bridget in the 100 and Jessica in the 400. 3 PBs today for Sarah, Shanya, Hannah & Jacqui.

Under 12 Girls: Well done girls on a very hot day! CR to Alysha in high jump, PBs to everyone else. 2 PBs to Isabella, 3 PBs to Emma.

Awards

Congratulations to the following athletes:

Blue level achievement certificate awarded to: Hayley M (8G), Bridget M (10G), Olivia F (14G)

Red level achievement certificate awarded to: Ryan T (6B), Sarah F (6G), Chloe T (6G), Alexia V (9G), Natalia M (10G), Joshua M (14B), Olivia F (14G), Bethany H (14G), Dylan V (15B)

5 PB's on 29/11/08: Xavier S (6B), Ryan T (6B), Chloe T (6G), Nicholas F (7B), Hugh Rose (7B), Marissa A (7G), Charlotte S (7G), Lauren W (7G), Zac B (8B), Nicholas H (8B), Matthew J (8B), Joe P (8B), Tegan R (8G), Alexander B (9B), Benjamin C (9B), Sasha S (9G), Holden O (10B), Elly G (10G), Yolande W (10G), Adam R (12B)

5 PB's on 6/12/08: Sam P (6B), Xavier S (6B), Sophie B (6G), Monique B (8G), Gabrielle D (8G), Tyler S (9B), Sarah P (9G), Thomas U (10B), Elly G (10G), Taylor H (13G), Ashley F (14G)

6 PB's on 29/11/08: Jemma G (8G)



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TOSHIBA

Trans Tasman Gala Day

West Metropolitan Zone, Trans-Tasman Gala Day. Thursday 15 January, 2009, 1pm. Blacktown Olympic Park, Eastern Road, Doonside. All age groups from 7's to 17's are welcome to compete. See notice board for events for each age group and the cost per event. Entries and money to be given to Kara van Noort this weekend, Saturday 13 December.

Zone Championships

Zone Championships will be held at Narrabeen Sports Academy on February 7 and 8, 2009.

A copy of the program is now on the notice board.

All permission slips are to be handed in to Kara van Noort this weekend. If you are unable to attend, another athlete can be chosen in your place.