



# On Track

No 17 Saturday 14 March 2009

## EVENTS

Upcoming Events for  
your Calendar

**State Championships  
Homebush  
Sat 21 and Sun 22  
March**

**AGM and Awards Night  
Sat 2 May**

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**TOSHIBA**

And so we farewell another successful season of Little Athletics with today our last meet for the 2008/2009 season. We hope that all athletes and families have thoroughly enjoyed the season. Thank you to all the parents who have turned up regularly to help and encourage their children

We hope to see you all at our AGM and Awards night on Saturday 2nd May at Asquith Girls High School.

## State Multievent Championships Lismore 7-8 March 2009

Five ND athletes made the 700km trip north to compete against the best in NSW in warm weather on a very fast grass track. Alysha (U12G) repeated her silver medal effort from last year whilst Adam (U11B) improved one position to also claim silver. Bethany (U14G) & Natalia (U10G) achieved their best results in this competition, both with 8th place. Lana (U9G) also recorded her best Multi result with creditable performances across all six events.

## Books to be Handed in For Final Marking

Thanks to all those families who have been regularly handing their books in during the season. A reminder to everyone that all books need to be handed in this week for their final marking (glue will be available!). The books will then be returned to you at Presentation night in May.

If you have not got your book today and wish it to be marked, you can drop it into 17 Holliday Ave, Berowra Heights, within the next two weeks.

## Awards

Congratulations to the following athletes:

Blue level achievement certificate awarded to: Madeline P (7G), Sarah P (9G), Katy O (14G)

Red level achievement certificate awarded to: Nathan J (6B), Jasmine M (6G), Charlotte W (7G), Joshua S (8B), Graham P (13B), Katy O (14G)

6 PB's 7/3/09: Adrian S

5 PB's 7/3/09: Sarah F (6G), Gabrielle D (8G), Nicholas F (9B), Samantha G (9G), Lauren W (9G), Alexander D (11B)

## Age Manager Reports

U6B: 17 boys today performed 33 PBs. We had 4 Season Bests (SBs) - 2 to Sam P (300 and 70), 1 to Nick S (100) and 1 to Mitchell B (shot put).

U8G: 11 Girls today. An excellent achievement with 5 CB's and lots of PB's. Looking forward to our last week of the season.

U10G: A small group today with some away at State Multi. Congrats to the 17 PB's performance. 3 CB's today for Bridget- 60H, 70m and Long Jump. Elly set tet another CB in the 800m. Well done.

U8B: 14 boys competed today. We managed 21 PB's and 3 new CB's. Congratulations to Andrew with 4 PB's today.

U14G: Today was the second last week of Athletics. Katy got a new CB IN 200mH and everyone got PB's. Woo! Ashley got a MASSIVE PB in 400m, Alison in 100m Rachael in 100m & 200m. Kelsey participated in 1500m OMG! Lauren threw a tankish throw in Shot Put and Jessica too. Congrats girls. Thanks 15's for joining in our line when we all finished the 1500m together.

U114B: It's down to the business end of the season but the U14 Boys are still going all out to improve on their performances set during the year. 4 CB's to Josh today, 2 PB's to Kaitlen & James, and a huge PB for Matt in the 1500M. Hope to see you all at the AGM & Awards Night -and thanks for a great year!