

# Raymond Terrace Athletics Centre

## Newsletter 4    October 7, 2023

[www.raymondterraceathletics.com.au](http://www.raymondterraceathletics.com.au)

Cancellation No: 4983 1407 and RTAC facebook page

### TODAY IS WEEK 4 PROGRAM

#### THIS WEEKEND WE HAVE ATHLETES COMPETING AT HOMEBUSH IN THE ALL SCHOOLS CHAMPIONSHIPS

Results so far are: **Zane Edwards** – 14yrs - 6<sup>th</sup> 100m hurdles – 15.25, **Conor Matthews** – 17yrs – 5<sup>th</sup> TJ - 1.62m, 6<sup>th</sup> LJ - 6.54m, **Dixie Conlon 17yrs** – 5<sup>th</sup> 90m hurdles – 13.79.

#### ENTRIES NOW OPEN FOR PORT HUNTER ZONE COMBINED EVENT ON 5 NOVEMBER

To be held at Federal Park, Boscawen St, Wallsend

For athletes aged U7 to U17. Cost \$10 per athlete, \$25 maximum per family.

All entered athletes will be entered into a lucky prize draw for 4 x \$75.00 open orders. Competitors must be in attendance when draw is made to claim the prize. **Entries close Saturday 28th October. NO LATE ENTRIES.** The event schedule is on the noticeboard.

#### PORT HUNTER ZONE CHAMPIONSHIPS ENTRIES OPEN

For the U7 to U17 athletes. These Championships are held annually in each of the 23 Zones throughout NSW. Our athletes compete against the other 8 Centres in our Zone. This year they are being held on **November 26 and 27 at the Fearnley Dawes Track, 120 Smith St Newcastle West.** Athletes wishing to compete must complete an entry form, nominating their favourite 6 events in order of preference. The U7 to U12's will be selected for 4 events, U13 to U17's, 6 events. **U7 athletes do not progress past the Zone Championships, but if they place in a final, will be awarded medals. Entries close October 28 (to Barbara).**

If you can only compete on 1 of the days, just choose events for that day. It is a Zone requirement that Parents will be rostered for 1 duty per competing athlete. A refundable deposit of \$50 per athlete (maximum \$100) must be paid with your entry. This deposit will be refunded if the rostered duty is done. If a duty is not done, the deposit will be paid to the parent who, having already done their duty, does the additional duty.

#### PROGRESSION FROM ZONE TO REGION CHAMPIONSHIPS

Placegetters in most events will automatically progress to Region Championships at Glendale on February 2nd, 3rd and 4th. Then a maximum of four next best qualifiers from each Region will also be taken through to Region Championships. making a total of **up to 16** athletes in each event.

#### WE NEED HELPERS FOR SETTING UP FOR THE NEXT COUPLE OF WEEKS

Thank you to the parents who were able to help set up this morning. Next week we'd really appreciate any parents from the U8's who could assist from 7pm if possible. **Please let Deidre or Barbara know.**

The seniors did a great job of helping to pack up last week. We know we can count on them again for the next couple of weeks.



#### COAST RUNNERS SHOP

- If you plan to go to them, they're located at Shop 1/140 Wyong Rd, Killarney Hours are Mon to Friday, 9am till 5pm, Saturday 9am till 2pm. Call first on 4333 6064 to confirm closing time in case of changes.
- To order online go to **runnershop.com.au** then click on "subscribe" and you'll get 10% off your first order. If you aren't **sure about sizes, their site has a section to help.** Before you click on "Athletics", arrow down to "**Having Trouble Finding Your Size?**" for their "**Shoe Finder**" - what shoes they currently have in stock in your size. They ship to you free of charge.

#### ANSW IS NOW OPEN FOR OUR SENIOR ATHLETE REGISTRATIONS