

Raymond Terrace Athletics Centre

Newsletter 5 October 14, 2023

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407 and RTAC facebook page

TODAY IS WEEK 5 PROGRAM

HEAT WARNING TODAY

With today's predicted heat, please ensure your athletes use the sunscreen on the table, wear a hat and stay hydrated.

WE HAVE A SPECIAL VISITOR TODAY FROM LITTLE ATHLETICS NSW

Adam Jolliffe is a Development Officer for our Region who is visiting us today to help out our athletes and parents. We are very fortunate to have him with us.

A REMINDER ABOUT EVENT SPECS ON AGE BOARDS

Don't forget that if you aren't sure about some of the events, there are specs at the back of the boards to help you out. They include weights for shot put, discus, javelin, hurdle height and distances, as well as jumps. Don't forget that if athletes in any age group are struggling to clear the starting height in high jump that you lower the bar until they have a successful jump. The starting heights are just a suggestion.

ROUND 1 CENTRE CHAMPIONSHIPS OCTOBER 28

WHAT ARE CENTRE CHAMPIONSHIPS?

Centre Championships are 2 separate Rounds of competition at our Centre. One of the Rounds is held in October and the 2nd Round is usually in February. Each of the 2 Rounds consists of 5 events, just like any Saturday morning. The difference is that athletes earn points for their results. Points are awarded for achievement. The better the result, the more points you earn. These points from the 2 Rounds are combined to determine Centre Champions in various age groups which will be awarded trophies on Presentation Day. The age groups are Sub-Junior (U7 & U8), Junior (U9 & U10), Sub-Senior (U11 & U12), Senior (U13 to U15), Open (17-20) and Masters. A Combined Event pointscore is used. **There are no 8am or 8:15am events on these 2 days.**

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.

Athletes are awarded points for their results of each event. The points are totalled to determine placegetters in each age group. All entered athletes will be put 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.

WE NEED HELPERS FOR A BIT LONGER TO SET UP

Thank you again to the parents who were able to help set up this morning. Next week we'd really appreciate any parents from the U9's who could assist from 7am if possible. **Please let a Committee person know if you can help.**

UPCOMING EVENTS:

Sat 21 Oct	Centre Meet
Sat 28 Oct	Round 1 Centre Championships
Sat 28 Oct	Entries close Port Hunter Zone Combined Event
Sat 28 Oct	Entries close Port Hunter Zone Championships
Sat 4 Nov	Centre Meet
Sun 5 Nov	Port Hunter Zone Combined Event - Federal Park, Wallsend
Sat 11 Nov	Centre Meet
Sat 18 Nov	Centre Meet / Coles Community Round
Sat 25 Nov	No Centre Meet
Sat 25 & Sun 26	Port Hunter Zone Championships - Fearnley Dawes Track, Newcastle

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre