

Raymond Terrace Athletics Centre

Newsletter 7 November 4, 2023

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407 and RTAC facebook page

TODAY IS WEEK 1 PROGRAM

ZONE THROWS AND HIGH JUMP COACHING TODAY AT 11AM

If you are competing at Zone in throws or high jump and would like some valuable pointers from our Level 3 throws coach, Scott and talented Masters' high jumper, Glen, see David this morning to register for the 11am sessions.

ZONE COMBINED EVENT TOMORROW AT WALLSEND STARTS AT 9:30

Federal Park, Boscawen St, Wallsend

CENTRE CHAMPIONSHIPS HAVE BEEN POSTPONED UNTIL NEXT WEEK

This week we have numerous Committee, athletes and parent helpers at other competitions which made it impossible to hold the Championships today.

NO 8am OR 8:15am EVENTS NEXT SATURDAY

Round 1 Centre Championships event list is on the noticeboard. Athletes will be awarded points for their results. The faster their time and the longest their throw or jump, the more points you will score. Round 2 will be after our Christmas break on a date to be confirmed. The highest total points determine the RTAC champions in each age grouping at Presentation Day after the end of the season.

ZONE JUMPS, SPRINTS AND MIDDLE DISTANCE COACHING ON 18 NOVEMBER at 11am

Register with David if you would like to have some time with coaches for Zone on the 18th.

DRESS UP IN RED FOR COLES COMMUNITY ROUND 18 NOVEMBER

ZONE CHAMPIONSHIPS SATURDAY 25 NOVEMBER AND SUNDAY 26 NOVEMBER

Competition begins at 9am both days. Arrive in plenty of time for a warm-up. **Parking is in the parking lot across from the field.**

PARENT DUTIES AND ORDER OF EVENTS WILL BE AVAILABLE SOON

See Barbara if you would like to be a Team Manager for Saturday or Sunday.

UPCOMING EVENTS:

Sun 5 Nov	Zone Combined Event 9:30 Wallsend
Sat 11 Nov	Round 1 Centre Championships
Sat 18 Nov	Zone Jumps, Sprints and Middle Distance coaching 11am
Sat 18 Nov	Centre Meet / Coles Community Round – COME IN RED
Sat 25 Nov	No Centre Meet
Sat 25-Sun 26 Dec	Zone Championships - Fearnley Dawes Track, 120 Smith St, Newcastle West.
Sat 2 Dec	Centre Meet
Sat 9 Dec	Centre Meet
Sat 16 Dec	Final Centre Meet for 2023 (There will be a special visitor in red coming!)

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre