

Raymond Terrace Athletics Centre

Newsletter 13 January 20, 2024

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407 and RTAC facebook page

TODAY IS WEEK 4 PROGRAM

My apologies for having last week as "Week 4".

WE ARE SHORT – HANDED AGAIN AND ARE DOING OUR BEST NOT TO CANCEL MEETS

Our regular Committee members who set up the field and do the starting and timekeeping have athletes competing in Wollongong this weekend at Country Championships, So, we really appreciate the assistance of our older athletes who are doing the set-up and pack-up of the field today. If you notice any areas where we need help, we'd be grateful of your assistance.

THERE ARE JUST 7 MORE WEEKS OF CENTRE MEETS

To be able to compete on the long weekend next Saturday, we'll again need assistance because of absent families.

COUNTRY CHAMPIONSHIPS THIS WEEKEND

We wish our athletes a great 2 days of competition.

LA REGION CHAMPIONSHIPS AT GLENDALE FRIDAY 2 FEB TO SUN 4 FEB

It is important to know your "not before time". Your events may be called anytime after that. Check the noticeboard or LANSW website. **First call for Saturday and Sunday is 7:45am and First event start time is 8:00 am.**

PARKING AT GLENDALE HAS BECOME DIFFICULT DUE TO CONSTRUCTION

You may need to allow extra time to park in the main shopping carpark and walk to the field. Give your athletes time to warm up also.

THERE IS NO GATE ENTRY FEE

RTAC has paid the \$16 entry fee for our athletes.

IS YOUR REGION EVENT ON THE FRIDAY? FIRST CALL NOT BEFORE 5:45PM

Because we had a 2-day program at Zone and Region is 3-day, **the following events have been changed to Friday:** U11 & U12 1500m, U13 – U17 3000m, Girls U13 – U17 Javelin, Boys U13 & U17 Javelin, U13 & U14 Boys Triple, U14 & U15 Boys Long Jump.

DO NOT ASSUME YOUR REGION EVENTS WILL BE ON THE SAME DAY AND TIME AS YOUR ZONE EVENTS

Go to lansw.com.au and click on Competitions & Events, then down to "Live Results", then **"REGION 2: 2, 3 & 4 February 24 – Hunter Sports Centre, Glendale – Entry List & Performance List & Order of Events"**.

DON'T MISS YOUR EVENT CALL!

There were problems with athletes not hearing their event calls at Zone due to the poor speaker system and some age groups being unexpectedly combined. We encourage our families to sit with us under our RTAC shades on the hill opposite the start / finish line to help ensure that we and our athletes know when to head to an event. It's up to you if you prefer to sit elsewhere (where it can be quite noisy). Being able to cheer our athletes as a Centre is something a lot of our families really enjoy. With people coming and going during the weekend, it's reassuring to know where we can be found when you arrive. Bring chairs or blankets and we shuffle around as needed.

WHERE DO YOU GO WHEN YOUR FIELD EVENT IS CALLED?

Girls U9 high jump and U11 shot put on Saturday and Boys U10 long jump and U15 high jump on Sunday go to the area announced when called. **All other field events go to Field Marshalling when called.**

HUNTER SUMMER SERIES ROUND 3 AT MAITLAND FROM 2 - 6PM SUNDAY FEB 25

Cost is \$15 for up to 6 events which include: 100m, 200m, 800m, Discus, LJ, Hammer SP. **Online registration closes Feb 21.** <http://www.newcastleathleticfield.org.au/2023-24-summer-series>

STATE MULTI (COMBINED) EVENT ENTRIES NOW OPEN

Go to <https://lansw.com.au/state-multi-event-championships/>

ANSW JUNIOR CHAMPIONSHIPS FRI 8 TO SUN 10 MARCH

To be held at SOPAC, for athletes born between 2005 and 2012 inclusive.

UPCOMING EVENTS:

Sat 27 Jan	Centre Meet	
Sat 3 Feb	NO Centre Meet	
Fri 2 – Sun 4 Feb	LA Region Championships	Hunter Sports Centre, Glendale
Sat 10 Feb	Centre Meet	
Sat 17 Feb	Centre Championships Round 2 (TBC)	
Wed 21 Feb	Entries close Hunter Summer Series - 6pm – ANSW online regos	
Sat 24 Feb	Centre Meet	
Sun 25 Feb	Hunter Summer Series Round 3	Maitland Regional Sports Centre
Sat 2	Centre Meet	
Sat 2 – Sun 3 Mar	State Combined Carnival	Hunter Sports Centre, Glendale
Sat 9 Mar	Centre Meet	
Fri 8 – Sun 10 Mar	ANSW Junior Champs	Sydney Olympic Park Athletics Centre - SOPAC
Sat 16 Mar	Final RTAC Meet for 2024	
Fri 22 – Sun 24 Mar	LA State Championships	SOPAC
Sun 7 April	RTAC Presentation 11am till 2pm	RT Bowling Club

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre