

# *Raymond Terrace Athletics Centre*

## *Newsletter 14 January 27, 2024*

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

Cancellation No: 4983 1407 and RTAC facebook page

### **TODAY IS WEEK 5 PROGRAM**

### **WE ARE AGAIN SHORT-HANDED AND NEED YOUR ASSISTANCE**

Hopefully after Region, our numbers will be back to normal.

### **NO CENTRE MEET NEXT WEEKEND DUE TO LA REGION CHAMPIONSHIPS AT GLENDALE**

### **COUNTRY CHAMPIONSHIPS LAST WEEKEND IN WOLLONGONG**

Congratulations to Ashlyn Wall who had an amazing weekend at Country. She won 2 Gold medals, in the 1500m and 800m; and a Silver in the 400m. Her time in the 1500m was a PB in 4-54.85 mins, the 400 was also a PB in 1-00.73; and she ran the 800m in 2-19.96. Ashlyn is an incredibly focused and hard-working athlete who just loves to run! We wish her every success at Region Championships next weekend.

### **DID YOU ALSO COMPETE AT COUNTRY CHAMPIONSHIPS?**

I will be submitting a press release to both local newspapers and would love to include anyone else who competed. See me today or call me (0418 962 185) by Sunday night so that I can recognize everyone's efforts.

### **YOU MUST BE IN CORRECT RTAC UNIFORM FOR REGION**

See Barbara today if you need Age or Coles patches. Without the correct uniform and patches, you won't be able to compete.

### **REGION REMINDERS**

- Check your event day, number and "not before" time.
- The order of events is on the noticeboard. LA website reference is in the last Newsletter.
- First call for Saturday and Sunday is 7:45am and First event start time is 8:00 am.
- Allow plenty of time to find parking and walk to the field. Parking is limited.
- There is no gate entry fee.
- SMS me on 0418 962 185 with your Region results if you don't see me there on Sunday.
- DON'T MISS YOUR EVENT CALL! Some age groups could be combined.
- 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.**

### **WHERE TO FIND US AT REGION**

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.

### **SATURDAY 10 FEB PHOTO OF REGION RECORD BREAKERS AND MEDAL WINNERS**

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

# *Raymond Terrace Bowling Club*

Proud to be supporting Raymond Terrace Athletics Centre