

Raymond Terrace Athletics Centre

Newsletter 4 September 23, 2017

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 4 PROGRAM

Your lists of events are on the back of the age board.

IT'S GOING TO BE HOT TODAY!

The temperature will be climbing quickly today, so we are encouraging everyone to wear hats, apply sunscreen; and stay hydrated with water.

WE FOLLOW THE LITTLE ATHLETICS HEAT POLICY

We use a hygrometer and the Little Athletics Heat Policy Ambient Temperature guidelines to ensure that the welfare of our athletes and families is a priority. We will cancel or modify events if conditions become unsafe.

DO YOU NEED ANOTHER BOX OF FREDDOS?

We have about 12 boxes left and we'd love to have them head home with you today so the heat doesn't affect them here. We are looking to finalise this fundraiser in 4 weeks' time and appreciate your support.

DID YOU COMPETE AT EITHER OF THE NSW HIGH SCHOOLS OR PRIMARY CHAMPIONSHIPS?

See Deidre (or call – 0418 962 185) with your results. We like to acknowledge the performances of our athletes in the Newsletter. It isn't just for medal winners, but pb's and pleasing results. I hope to have them all next week for inclusion in the Newsletter.

WERE YOU BORN BETWEEN 1999 AND 2006?

If so, you could qualify for the 2018 Australian Junior Championships to be held at Homebush, Sydney, from March 14–18, 2018. Age groups are U14, U15, U16, U17, U18 and U20 based on the age you turn in 2018. Qualifying times, heights and distances for the 2018 Championships can be taken from January 2017 at ANSW sanctioned events, eg Country Championships or regular Sydney competitions. Call Katie, our Athlete Liaison Officer, on 0417 240 120 with any enquiries. On the noticeboard are the 2017 entry standards that you can use as a guide until the 2018 standards are released.

PORT HUNTER ZONE MULTI AT MEDOWIE FOR U6 TO U17'S ON SUNDAY OCTOBER 22

It's rare for us to have an event so close to home so it's well worth entering. **Cost is just \$3 for an U6 and \$5 for U7 to U17, with a maximum of \$18 for a family entry.** There are 6 events and points are awarded on a multi event point score, so the better your result, the more points you get. **RTAC athletes receive 5 bonus points towards their end of season point score.** We have to provide 4 parents for the day for long jump but we will roster a couple of sets of parents through the day, not 4 for the whole day. **Entries close October 14.**

RTAC ANNUAL TWILIGHT PENTATHLON SATURDAY OCTOBER 28

Our 18th annual Pentathlon is being held here Saturday October 28 from 1:45pm, following our Centre Meet. We hope to have many of our athletes competing at this fun event. Athletes come from as far as Sydney, Port Macquarie and Singleton. There are medals for the first 3 girls and boys in each age group. Entry forms are on our website and on the verandah. **Cost is \$8 per athlete or \$20 per family (up to 3 athletes).** **Entries close Oct 25.**

TRANS TASMAN TOUR ENTRIES CLOSE OCT 27

See information sheets on the verandah table. Tour dates are from January 4 to 16. This is primarily an educational tour but with participation in the Colgate Games in Auckland (one of the biggest Athletics meets in Auckland) on January 6 and the Trans Tasman Challenge on January 14, also in Auckland. A team of 25 girls and 25 boys from each of the U11 and U12, plus 4 reserves from each, will be selected based on performances from Oct 1, 2016 and Oct 21, 2017. Interested athletes should be at least STATE STANDARD and must nominate with their event performances no later than Wednesday October 21 together with a deposit of \$200 (final payment of all costs, totaling approx \$3000 is due by Nov 24). For Information bulletins, see www.lansw.com.au.

UPCOMING EVENTS:

Sat 30 Sept	Centre Meet
Sat 7 Oct	Centre Meet
Sat 14 Oct	Centre Meet
Sat 14 Oct	Entries close Port Hunter Zone Multi
Sat 21 Oct	Centre Meet
Sun 22 Oct	Port Hunter Zone Multi
Wed 25 Oct	Entries close RTAC Pentathlon
Fri 27 Oct	Entries close Trans Tasman Trials
Sat 28 Oct	Centre Meet
Sat 28 Oct	RTAC Annual Twilight Pentathlon – 2pm first event

BUSINESS OF THE WEEK: Please support the businesses that support us:

Terrace Mowers – is one of our long-term supporters. They not only carry quality mowers at competitive prices, but quality outdoor power products as well. Check out their generators too. Terrace Mowers are open 6 days per week and are located in Port Stephens St. Don't forget to tell Sue that you are one of our members!

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre

LA STATE RELAYS ENTRIES CLOSE OCT 21

The U8's to U11's compete at Homebush on Saturday Nov 21 and the U12's to U17's compete on Sunday Nov 22. This is a unique team relay day with field events as well as track. The juniors compete in either track or field events. Seniors can compete in both. In the field events, distances for each of the 4 members of the team are added together for an overall result. Track events include 4 x 200m, 4 x 400m and middle distance relays. There is an entry fee of \$25 per team, but RTAC will pay for this. There is also a warmup relay meet for the U12's to U17's on the afternoon of Nov 21. **See Barbara if you are interested.** Additional information is on the table on the verandah.