

Raymond Terrace Athletics Centre

Newsletter 6 October 7, 2017

www.raymondterraceathletics.com.au

TODAY IS WEEK 6 PROGRAM

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

LITTLE ATHLETICS ZONE CHAMPIONSHIPS ARE DECEMBER 9 AND 10 AT PORT STEPHENS

There has been some confusion about this year's Zone Championships dates as they have been changed from last season. The dates are confirmed as the 9th and 10th of December. For our new athletes, these Championships will be explained in the next few weeks, along with nomination forms for your favourite events you may like to enter. **Just a reminder that families will be allocated 1 duty per athlete at the Championships and a refundable deposit must be paid when entries are submitted.** This deposit helps to guarantee that parents will carry out their duty. More details soon.

ZONE RELAYS AT LA ZONE CHAMPIONSHIPS

Each Centre is able to enter 4 relay teams – Junior Girls and Boys and Senior Girls and Boys. These teams will be selected from athletes who are interested in competing at Zone. We will soon be incorporating relays into Saturday mornings for the lead-up to Zone to give athletes relay experience. Athletes can start to think about putting a team together for Saturday mornings. We've done this previously and it proved to be fun, especially for those who have never run a relay.

6 BOXES OF FREDDOS LEFT

They've almost gone! Stop in at the canteen on your way home if you'd like one more.

ENTRIES CLOSE NEXT SATURDAY FOR THE ZONE MULTI AT MEDOWIE

This is for U6's to U17's on Sunday October 22 and entry 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.**

ENTRIES CLOSE OCTOBER 25 FOR OUR ANNUAL PENTATHLON

This is a fun carnival for all of our athletes with the chance to run against other local athletes as well as those from as far away as Sydney, Port Macquarie and Central Coast. We hold our usual Saturday morning competition prior to the Pentathlon. There will be a BBQ for lunch and first event is 2pm. 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). It's a great day of competition that's a bit different from our Saturday meets. Athletes and families are able to sit and relax between events and listen for the event calls. Parents may be asked to help at 1 or 2 events, but the afternoon is relaxed. We'll have our club shades out for you to use. **Five bonus points will be awarded to RTAC athletes for the end of season's point scores.**

ENTRIES CLOSE OCTOBER 28 FOR LA STATE RELAYS

Details next week.

ATHLETE RESULTS FOR SCHOOL ZONE AND REGION

Congratulations 9yr Dixie Conlon – Zone – 1st – Junior Girls LJ, HJ and 9 years 100m, 3rd – Junior Girls 200m, 800m; and 4 x 100m Junior Relay, Region – 2nd 9yr 100m ht (12th overall 9yrs 100m), 6th Junior LJ, top 14 in Junior HJ (1.05m).

TRANS TASMAN TOUR ENTRIES CLOSE OCT 27

See Deidre for entry forms. Information sheets are on the verandah table. Tour dates are from January 4 to 16. For Information bulletins, see www.lansw.com.au.

NEW RECORDS FOR SEPTEMBER 30, 2017

Ebony Newton	U13 200H	32.00
Owen Oquendo	U15 300H	46.7
Benjamin Edstein	U17 1500m	4-41.7
Ryan Marshall	U20 300H	50.5

UPCOMING EVENTS:

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 – 1:45pm first call of events
Sat 28 Oct	Entries close LA State Relay Championships

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

Heatherbrae's Pies is located at the large roundabout on the corner of Masonite Rd and the Pacific Highway. They are open Mon to Thurs from 6am to 8pm and Fri to Sun from 6am to 9pm. As their slogan says, they are more than just a pie shop. Their cakes and pies are baked on the premises; and coffee beans are grown and roasted near Byron Bay. They even serve traditional milkshakes! Their special breakfast menu includes Ned Kelly pies (steak mince, egg, bacon & cheese), fresh croissants, raisin toast; and banana bread with cinnamon butter. There is a drive-through where you can quickly pick up bread, milk, family pies or just grab lunch.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre