

Raymond Terrace Athletics Centre

Newsletter 7 October 14, 2017

www.raymondterraceathletics.com.au

TODAY IS WEEK 1 PROGRAM

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

TODAY IS YOUR LAST CHANCE TO ENTER THE ZONE MULTI AT MEDOWIE NEXT SUNDAY

This is for U6's to U17's and entry is just \$3 for U6's and \$5 for U7's to U17's, 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. The Zone Multi will go ahead no matter the weather.** See Barbara to enter.

ROUND 1 CENTRE CHAMPIONSHIPS NEXT SATURDAY

We are again holding both Rounds of Centre Championships before our Christmas break (Round 2 is December 2) as the second half of the season is too busy with Little A's and Athletics NSW Championships to be able to hold Round 2 then. **There are no 8am or 8:15am events on these 2 days.**

WHAT ARE CENTRE CHAMPIONSHIPS?

Each of the 2 Rounds consists of 5 events. Points are awarded for achievement - the better the result, the greater the points. A Pentathlon type pointscore is used. Total points earned over the 2 Rounds will determine the Sub-Junior, Junior, Sub-Senior, Senior, 16-20, Open and Masters Champions for which trophies will be awarded at Presentation Day.

LITTLE ATHLETICS ZONE CHAMPIONSHIPS ENTRIES (U7'S TO U17'S) NOW OPEN

Zone entry forms are now available on the verandah table. **U6's do not compete at Zone.** Entries close November 18. This year the Championships are being held the weekend of the 9th and 10th of December at Port Stephens Athletics Centre, **Dick Burwell Oval, Tomaree Sports Complex, Salamander Bay.**

U7 to U12 Athletes wishing to enter the Championships, can choose up to 4 of their best or favourite events they'd like to enter. U13 to U17 athletes choose up to 6 events. **If you are only able to make 1 of the 2 days, just select events from that day.** The Program of events is on the Noticeboard. The program for State is also there. State (and probably Region) is a 3-day program, so check to see if your athlete qualifies for an event at Region or State that may become a Friday event.

All families will be rostered to do one duty per athlete during the Championships and are required to pay a refundable deposit with their entry form. If you fail to do your duty, the deposit will be paid to the parent who steps up to do that duty. If your athlete then qualifies for Region, you will be asked to pay another deposit that will be held until you do your Region duty. The same will apply for athletes who qualify for State Championships. **This year the Committee has decided to raise the refundable deposit from \$20 per athlete to \$50 per athlete with a maximum of \$100.** This decision was made because over the last couple of years there have been parents who chose not to do their duty and were prepared to lose their deposit. We appreciate your understanding of this decision which has been made to be fair to all of our families.

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.

ENTRIES FOR LA STATE RELAYS AT HOMEBUSH CLOSE NEXT SATURDAY

These relays, being held at Homebush on Saturday Nov 18 for Juniors (U8-U11) and Sunday Nov 19 for seniors (U12-U17), is not just running relays but field relays as well. This is the biggest annual event for Little Athletics in terms of competitors. **Performances in each of the field events are allocated points, based on the LANSW Multi-Event pointscore system. The performances of all athletes in each team are added together to determine final results.**

There is no cost to our athletes as RTAC pays all of the team entry fees. **If we have sufficient interest, we may be able to offer subsidized bus travel to Homebush.**

TRANS TASMAN TOUR ENTRIES CLOSE NEXT SATURDAY

See Deidre if you would like to enter.

THE FREDDO BOXES HAVE NOW GONE

We appreciate your support with this Freddo fundraiser. Please return your money as soon as you are able.

ENTRIES CLOSE OCTOBER 25 FOR OUR ANNUAL PENTATHLON

This carnival is 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 events are 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.**

NEW RECORDS FOR OCTOBER 7, 2017

Olivia Mackaway	U7 Discus	15.84m
Gemma Hancock	U17 400m	1-06.7

UPCOMING EVENTS:

Sat 21 Oct	Round 1 Centre Championships	
Sun 22 Oct	Port Hunter Zone Multi	Medowie
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	
Sat 4 Nov	Centre Meet	

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

Old Farm Nursery is only a few minutes' drive from Raymond Terrace, tucked away in Old Farm Rd, Medowie, just off Grahamstown Rd (around Grahamstown Dam). It's open 6 days a week (closed Sundays) from 9am till 4pm and has farm fresh plants including citrus, fruit trees, shrubs and conifers. Trade enquiries and landscapers are welcome. Call them on 4982 8209 with any enquiries.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre