

# *Raymond Terrace Athletics Centre*

## *Newsletter 3 September 28, 2019*

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

Cancellation No: 4983 1407

### **TODAY IS WEEK 3 PROGRAM**

#### **WE'RE GOING BANANAS AGAIN!**

Coles is again providing bananas to all athletics centres around Australia. They have been very popular and enjoyed by everyone. It's a great start for competition for our athletes too.

#### **OUR SEASON HANDBOOKS ARE IN!**

See Barbara if you would like a copy, The hard copies are in black and white, but our website will have the Handbook in full colour. Please support the local businesses in the Handbook as they have paid to advertise. Their payment has helped to cover the cost of publication. Inside you will find the records as at the beginning of the season, the Calendar for the season, locations of other Centres

#### **CANTEEN ROSTER TODAY**

I unfortunately didn't get a chance to make contact with people to do today's roster, so if there are 2 volunteers willing to do it from 9:00 till 9:45 or 9:45 till 10:30, we'd really appreciate it.

#### **COAST RUNNERS SHOP AND SPECIAL MASTER CLASS COACHING SESSION RESCHEDULED**

The new confirmed date will be advised next Saturday.

#### **CHANGE TO SPIKE RULE**

U12's and up are now able to wear spikes in ay track event instead of only fully laned track events. Spikes can still be worn for javelin, long, triple and high jump. Don't forget that in the interest of safety, **ALL athletes are still expected to remove their spikes at the end of all events.**

#### **OUR ANNUAL PENTATHLON**

This will be our 20<sup>th</sup> annual Pentathlon and will be held here on **Saturday November 9**. This competition is for U6's to Masters. First call is 1:45pm with first events beginning at 2pm. **Entries close Nov 6. Entries will be emailed to you and be available on the verandah table.** Any of our athletes that compete will be awarded 5 bonus points to the end of season point scores.

#### **ALTERNATE PENTATHLON DATE**

If the Pentathlon is postponed, the alternate date is Saturday November 16.

#### **OUR PENTATHLON IS RUN ON A MULTI-EVENT POINTSCORE**

Results for our annual Pentathlon and some other multi-event carnivals are determined by a multi-event pointscore. To better understand how the different events are scored, go to [www.lansw.com.au](http://www.lansw.com.au), then "Competitions", "Championships", "State Multi", then "Multi-Event Scoring Tables".

#### **CENTRE CHAMPIONSHIPS**

We are holding **Round One on October 26 and Round Two on February 8**. Each Round consists of 5 events which must be completed on the programmed day. Points are awarded for achievement - the better the result, the greater the points. A multi-event pointscore is used.

Total points earned over the 2 Rounds will determine the Sub-Junior (U6 - U8), Junior (U9 & U10),

Sub-Senior (U11 & U12), Senior U13 – U15), U17-U20, Open; and Masters Champions for which trophies will be awarded at Presentation Day. **Athletes must have satisfied 60% attendance before and after Christmas to be eligible for awards.**

**TRANS TASMAN TOUR TO AUCKLAND FOR U11'S, U12'S AND SOME U13'S FROM JANUARY 9 – 21**

This will, unfortunately, be the final Trans Tasman Tour after an amazing 22 years. It's a fantastic opportunity for athletes and parents. There are some flyers on the U11 and U12 age boards for interested athletes. The Trans Tasman Challenge will be held on January 19 19 at Mt Smart Stadium. It's primarily an educational tour with exposure to customs, heritage and environment with some tours, and fun events including an Antarctic Encounter, a fun park and Auckland city sights. Cost is \$2900 - \$2990 which includes uniform, airfare, taxes, accommodation, meals, coach travel, admissions, entertainment and \$130 pocket money. Nominations and a \$300 deposit close Wednesday October 23, with full payment due November 13.

**ARE YOU COMPETING AT OUTSIDE COMPETITIONS?**

See Deidre with your results if you are competing in outside Championships or competitions. We like to acknowledge the performances of our athletes in the Newsletter. The NSW Combined High Schools Championships and NSW Catholic High Schools have recently been held but we've not heard any results. **If you let us know about competitions that will prevent you from competing here on a Saturday morning, let us know and you will still be awarded your 5 competition points for the week.**

**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 and generators as well. Terrace Mowers are open 6 days per week and are located in Port Stephens St. Don't forget to tell Sue that you saw their ad in our Handbook! You'll find it on p26.

## *Raymond Terrace Bowling Club*

Proud to be supporting Raymond Terrace Athletics Centre