

# *Raymond Terrace Athletics Centre*

## *Newsletter 9 November 9, 2019*

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

Cancellation No: 4983 1407

**TODAY IS WEEK 6**

### **WE ARE ACCEPTING PENTATHLON ENTRIES THIS MORNING**

Because of our cancelled meet last Saturday due to poor air quality, we will be taking last minute entries for our Pentathlon. See Barbara before you go into the field.

### **OUR ANNUAL PENTATHLON IS TODAY FROM 1:45PM**

We are fortunate to have a much milder day today than yesterday. This event is an enjoyable afternoon which is quite different from our Saturday mornings. Events are announced, so athletes only need to listen for their event call and be on the field when they are competing in one of their 5 events. Parents are only requested to be on the field assisting when their athlete is competing. For the rest of the afternoon, you are able to sit under some shade and relax, so bring a chair along. There will be yummy freshly made salad rolls, pies and sausage rolls in the canteen. Medals are awarded to the first 3 males and females in each age group. Any of our athletes that compete will be awarded **5 bonus points** to go towards their end of season point scores.

### **PORT HUNTER ZONE CHAMPIONSHIPS ENTRIES CLOSE NEXT SATURDAY**

The Zone Championships are being held at our field on the weekend of November 30 and December 1. Athletes from U7 to U17 are able to enter by choosing their 6 favourite events in order of preference. The younger athletes only compete in 4 events. If you can only compete on 1 of the days, just choose events for that day. Parents will be rostered for 1 duty per competing athlete. A refundable deposit of \$50 per athlete must be paid with your entry. This deposit will be refunded if the rostered duty is done. If a duty is not done, the deposit will be paid to the parent who, having already done their duty, does the additional duty.

### **CHOCOLATE BOXES**

Come in and collect a box on the way home if you haven't had a chance to do so. We'd like to have them all out before the hot weather sets in. Thanks to those families that have returned their moneyo.

### **UPCOMING EVENTS:**

Sat Nov 16	Centre Meet
<b>Sat Nov 16</b>	<b>Entries close Port Hunter Zone Championships</b>
Sat Nov 23	Centre Meet
<b>Sat Nov 30</b>	<b>NO CENTRE MEET</b>
<b>Sat Nov 30-Sun Dec 1</b>	<b>Port Hunter Zone Little A Championships</b> RTAC
Sat Dec 8	Centre Meet
<b>Sat Dec 15</b>	<b>Final 2019 Centre Meet</b>
<b>Sat Jan 11</b>	<b>First Centre Meet for 2020</b>

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

*Medowie Sports & Business Centre* is located at 58 Ferodale Rd, Medowie. It offers a range of activities and services that include Martial Arts, Squash, Racquetball, School Holiday workshops, Gym, Creche, a Café, Physio and Nutritionist. They also have a party room you can book for events or parties. Go to their website for What's on at the Centre at [medowiesportsandbusinesscentre.com.au](http://medowiesportsandbusinesscentre.com.au), or call 4982 8118. Their ad is on Handbook p32.