

Raymond Terrace Athletics Centre

Newsletter 5 November 28, 2020

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407

TODAY IS WEEK 6 PROGRAM

IT'S GOING TO BE HOT!

We will be monitoring the heat conditions today as recommended by Little Athletics. Once temperatures rise, we will be taking temperature and humidity readings at 15-minute intervals. We'll also make regular announcements to remind everyone to stay hydrated. If conditions become too severe we will look at suspending events or competition if necessary. **It is essential that everyone applies sunscreen, wears a sunsafe hat, uses the shade whenever possible and drinks small amounts of water frequently.**

ROUND 1 CENTRE CHAMPIONSHIPS IS NOW DECEMBER 12.

The date has been changed due to the All Schools Championships on December 5. **What are Centre Championships?** It is 2 rounds of competition, one before Christmas and another after Christmas. These 2 days are the only time when your results earn points towards end of season awards. The better the result, the higher the points. Total points earned 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 are awarded at Presentation Day. Each day has 5 events. There are no 8am or 8:15am events on these days. **Athletes should be in correct Centre uniform with all patches attached.**

LITTLE ATHLETICS NSW LITTLES STATE CHAMPIONSHIPS STATE CHAMPIONSHIPS QUALIFYING INFORMATION FOR U9'S TO U12'S

Athletes are able to enter up to 4 events if they achieve the qualifying standard (displayed on our noticeboard) at our Centre Meets or at other venues. **Entries must be received at LANSW no later than 5pm December 31 at competitions@lansw.com.au.** More entry information next week.

NEW RECORDS FOR NOVEMBER 21, 2020

Ashlyn Wall	U13 1500m	5-33.8
Joshua Serrett	Open 800m	2-08.8
Joshua Serrett	Open 1500m	4-32.1
Andrew Smee	Masters 30-49yr 1500m	5-15.9

UPCOMING EVENTS:

Sat Dec 12	Round 1 Centre Championships
Sat Dec 19	Final Centre Meet for 2020
Thurs Dec 31	Entries close 5pm – The Littles State Qualifier Program
Sat Jan 9	First Centre Meet for 2021
Sat 6 – Sun 7 Feb	The Littles State Qualifying Meet - at The new Maitland Track

BUSINESSES OF THE WEEK: Please support these businesses that support us:

Heatherbrae's Pies

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 ByronBay. As well as coffee, they serve cappuccino, croissants, banana bread with cinnamon butter, Danish, jaffles and have a drive-through where you can quickly pick up bread, milk, family pies and cakes.

The Pegman

– is locally owned and operated and is part of H&D Timber. Located at 1 Archibald Pl, Heatherbrae, they supply surveyors, concreters, landscapers, real estate agents and the home handyman at competitive prices and are open Mon to Fri from 7am – 4pm.

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre