

PORT HUNTER ZONE COMBINED EVENTS – 2 NOVEMBER

AND

PORT HUNTER ZONE CHAMPIONSHIPS – 15 & 16 NOVEMBER

LITTLE ATHLETICS PORT HUNTER ZONE COMBINED EVENTS (MULTI)

This is open to athletes from 6's to Masters from our Port Hunter Zone's 10 Centres. Athletes compete in 6 events on the day. A multi-event point score is used. The Multi is being held on Sunday 2 November at Tilligerry Little Athletics Centre. Five bonus points are awarded to competing RTAC athletes towards their end of season pointscore.

Entry fee is \$5 for 6's and \$10 for others with a maximum fee of \$25 per family. Entries close 29 October.

Our Centre has been allocated time keeping and place judging for the day, so some of our parents will be asked to assist for a short while. See Barbara to enter.

LITTLE ATHLETICS PORT HUNTER ZONE CHAMPIONSHIPS

These Championship are for the 7's to U20's athletes from the 10 Centres of our Zone; and are being held this year at Port Stephens Athletics Centre, located at Dick Burwell Oval, Tomaree Sports Complex Nelson Bay on Saturday 15 November and Sunday 16 November. Athletes must enter online to nominate their preference of events - 4 events for 7's to 12's and 6 events for 13's to U20's.

There is no entry fee, however, it is a Zone requirement of all 10 Centres in our Zone that a parent of each athlete assists in at least one duty per athlete over the Championship weekend. Because a few of our parents over previous years have failed to do their assigned duty, other parents have had to double up on theirs. There is now a refundable deposit of \$50 per athlete with a maximum of \$100 that must be paid with the Nomination form. If you do your duty and your athletes don't qualify for Region, your deposit will be refunded at the next Centre Meet. If they do qualify, it can will be held over for the Regional Championships' duties and refunded at a later Centre Meet. If you do not do your duty, your deposit will be paid to the parent who has doubled up. You will also be expected to pay an additional deposit before Region.

Certificates, listing their performances, are awarded to all athletes. The 7's don't compete beyond Zone and are presented with medals for 1st, 2nd and 3rd placings in their finals. For everyone else, the first three finalists in each event automatically qualify to compete at the Regional Championships plus the 4 next best performances from across the 4 Zone carnivals in our Region, this season at Glendale.

Raymond Terrace Athletics Centre

Newsletter 2 11 October, 2025

www.raymondterraceathletics.com.au

Cancellation No: 4983 1407 and RTAC facebook page

TODAY IS WEEK 3 PROGRAM

ZONE CHAMPIONSHIPS VENUE CHANGE TO TILLIGERRY LITTLE ATHLETICS CENTRE

Unfortunately, the scheduled venue of Port Stephens Athletics Centre at Tomaree Sports Complex is still too wet for competition. So, Tilligerry has kindly offered their field for us to hold the Zone Championships.

PORT HUNTER ZONE COMBINED EVENT AND ZONE CHAMPIONSHIPS

It's a bit confusing having 2 annual competitions with similar names and only a couple of weeks apart and now at the same venue – Mallabulla Sports Complex, Lemon Tree Passage Rd.

On 2 November we have the Port Hunter Zone Combined Event and on the weekend of 15 & 16 November is the Port Hunter Zone Championships. The **Combined Event** is for all athletes, 6's to Masters, for 1 day of competition with everyone doing 6 events. **See Barbara to enter.** Zone Championships is a Saturday and Sunday competition for 7's to U20 athletes who pre-select 4 or 6 events in an online entry. There is an attached sheet explaining the 2 events.

There is a Combined Event program on the noticeboard. The table on the verandah has the Zone Championships event choices.

ENJOY A BANANA

Coles is a major National sponsor of athletics and has donated bananas to every Centre for several years. We encourage our athletes and siblings to enjoy a banana before, during or after competition. Parents are also free to enjoy if there are any left at the end.

WOULD YOU LIKE THE CHANCE TO WIN \$50?

We have a 50's Club for which we are selling numbered squares to 50 for \$2 each. When all of the numbers are sold, we'll draw the winner. There are still a few left. Another one will start after that.

CANTEEN TODAY

As well as our popular hot dogs, we have chicken burgers and cheese burgers for \$6. The burgers need to be ordered before you head onto the track.

FREE INTRODUCTION TO TEACHING LITTLE ATHLETICS SKILLS WORKSHOP

For a limited time, Little Athletics is offering **free workshops** that usually cost \$70 at 4 locations in our region. Thornton is the closest to us (Allan and Don Lawrence Oval) and is being held **next Sunday, the 19th** from 9:30 till 4pm. Minimum age is 13 years. You will learn practical coaching skills in a fun way. You'll also earn about hurdles, relays, race walking, long, triple and high jumps, shot put, discus, and javelin. This is a great chance to improve your confidence on the field and to help young athletes. No experience needed.

On completion of the course, you will be eligible to attain your Level 1 coaching accreditation for just \$70 instead of \$270. CHECK OUT THE FLYER AND REGISTRATION LINK ON THE NOTICEBOARD

UPCOMING EVENTS:

Sat 18 Oct	RTAC Centre Meet
Sat 25 Oct	RTAC Centre meet
Sat 25 Oct	Entries close Port Hunter Zone Combined Event – 6's to Masters
Sat 1 Nov	RTAC Centre Meet
Sat 1 Nov	Entries close Port Hunter Zone Championships – 6's to U20
Sun 2 Nov	Port Hunter Zone Combined Event (Multi) 9:30 Mallabulla Sports Complex
Sat 8 Nov	RTAC Centre Meet
Sat 15 Nov	NO RTAC CENTRE MEET
Sat 15 & Sun 16 Nov	Port Hunter Zone Championships – Mallabulla Sports Complex
Sar 22 Nov	RTAC Centre Meet

Raymond Terrace Bowling Club

Proud to be supporting Raymond Terrace Athletics Centre