

NEWSLETTER No 5 – 13/14 14th OCT 2013

WALLSEND RSL ATHLETIC CLUB

WALLSEND RSL LITTLE ATHLETIC CENTRE

www.wallsendathleticsclub.org.au

A.B.N. 70 859 060 841

SPIKES OFF

Went well last week with our Safety Officer pointing and pushing the spike shoes Club policy...WE WILL CONTINUE UNTIL THE MESSAGE GET THROUGH
It is LA policy and Club policy that all athletes remove spike shoes after an event

WHAT'S ON TONIGHT

Tonight will be Round TWO (2) Program TWO (2)

HOW TO for U6 ... to U15

There are laminated Instruction Sheets in Age Folders covering the Field Events due to be conducted that night (Sheets are changed for each weeks Program)
PLEASE REFER TO THEM FOR ADVICE or IN DOUBT

TRAINING

THURSDAY DAYLIGHT SAVING TIMES 5.30pm to 6.30pm

PROGRAM CHANGES.....ROUND 2SWAP AROUND

Program 2 the U10 and U11 100m Handicap GOES TO PROGRAM 3

Program 3 the U10 and U11 1100m Walk GOES TO PROGRAM 2

In Program2 there are too many circular track events, hope this fixes problem

CROSS COUNTRY ATHLETES

Any Club athlete who competed at Newcastle Cross Country events the past winter please advise the Table Officers of the runs and your performance

LA STICKER BOOKS AVAILABLE

CLUB HANDBOOKS AVAILABLE

Please collect a copy from the table

CLUB RECORDS

Records MUST be claimed on the night of performance

Track Records have the sheets signed off by the Chief Timekeepers

Field Event Records a Club Officials to check the distances and sheet

WALLSEND GALA DAY.....SUNDAY 27th OCTOBER

HELP needed setting up the Club Tent >>> the event sites>>> getting things ready

these jobs start as 7.00am if you can give us a help PLEASE let the Officers know

HELP needed during the day two shifts on the bbq >>>roster help for canteen >>>

and on the field of play HELP OUT at events...please let the officers know

DON'T FORGET TO PUT YOUR ENTRY IN ,,,,,,save 60c put Entry in at the Table

WHAT'S COMING UP IN OCTOBER

Raymond Terrace Twilight Pentathlon NEXT Saturday 19th October

start 2.00pm U6 to Masters...entry \$8 per athlete

Copy of age events and entry form at the table...**entry CLOSE 18/10/13**

Wallsend Club Gala Day Carnival.....Sunday 27th October

It's the biggest and best Carnival in the Hunter

For U6 to Masters, place Ribbons for all events a Feature Trophy in all ages

Special Junior & Senior Handicap Race....**entry CLOSE Thursday 24th October**

Cost \$10 per athlete plus extra options ...entry forms are at table

Port Hunter Zone Multi Event Championship on Sunday 10th Nov

Have the entry forms....will be out on table next week....

Entry is by Club only and Club pays the entry fee, **NEED ENTRY BY 7th NOV**

This weeks little problems

OPINION_{opinion} etunimani THINGTHING

and here is something to worry about

Life is too short to dance with ugly men

and

If you wake up in the morning

You have another chance