

# **NEWSLETTER No 6 – 13/14 21st OCT 2013**

**WALLSEND RSL ATHLETIC CLUB**

**WALLSEND RSL LITTLE ATHLETIC CENTRE**

[www.wallsendathleticsclub.org.au](http://www.wallsendathleticsclub.org.au)

**A.B.N. 70 859 060 841**

## **WHAT'S ON TONIGHT**

Tonight will be Round TWO (2) ..... Program THREE (3)

## **FIELD EVENT INSTRUCTION SHEETS**

In the U6 to U15 Age Folders there are laminated Instruction Sheets covering the Age event for tonight advising on how to conduct the events  
Please use the guide sheets they may help the events go smoother

## **TRAINING**

THURSDAY DAYLIGHT SAVING TIMES 5.30pm to 6.30pm

## **SPIKES OFF**

WE WILL CONTINUE THIS MESSAGE

Little Athletics and Club policy is athletes remove spike shoes after an event

## **HANDBOOKS**

People who registered last Monday we ran out of the Club Handbooks, have done a limited reprint please collect a Handbook from the table

## **CHASING LAST WINTER 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

## **NOW 3 ½ things to do**

(1) FIX UP YOUR ENTRIES

### **WALLSEND GALA DAY.....NEXT SUNDAY 27th OCTOBER**

Entry forms at the table join in a great day of athletics

Entry CLOSE NEXT THURSDAY. put entry in tonight and save 60c postage

(2) FIX UP TOUR ENTRY

### **Port Hunter Zone Multi Event Championship on Sunday 10<sup>th</sup> Nov**

Entry forms at the Table NOTE Entry is by Club only

Club pays the entry fee, **NEED ENTRY BY 7<sup>th</sup> NOV**

(3) PICK UP YOUR ENTRY INFORMATION

### **Port Hunter Zone Little Athletic Championships Sat – Sun 14th – 15th Dec**

At Barnett Oval Raymond Terrace NOTE there are restrictions on event entry  
parents need to confirm acceptance of doing a job at Zone (its compulsory)\

Zone & Regional the day program and order of events are identical

BUT State is Friday night Sat Sun; be careful if going Zone to Regional to State

(3a) TAKE FORM HOME FIX YOUR ENTRY UP  
take form home tonight complete entry details return it before 25th November,  
Sorry we won't know till two weeks before Zone what our Club jobs will be

**NEXT SUNDAY SETTING UP FOR GALA**

HELP needed setting up the Club Tent >>> the event sites>>> getting things ready  
*these jobs start at 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

**WHAT'S COMING UP IN OCTOBER**

Told you most items over the page

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

It's the biggest and best Carnival in the Hunter U6 to Masters,  
place Ribbons for all events a Feature Trophy in each age group male and female  
Special Junior & Senior Handicap Race...entry CLOSE Thursday 24th October  
Cost \$10 per athlete plus \$5 to enter Handicap Race plus \$1 event in higher age

**Port Hunter Zone Multi Event Championship on Sunday 10<sup>th</sup> Nov**

Being conducted at Barnett Oval Raymond Terrace

Entry is by Club only and Club pays the entry fee, NEED ENTRY BY 7<sup>th</sup> NOV

**Answers to last weeks little problems**

DIFFERENCE OF  
OPINION

BACK IN A MINUTE

ONE THING  
AFTER ANOTHER

**OPINION**<sub>opinion</sub>    **etunimani**    **THINGTHING**

**EASY.....well try these little terrors**

**QUACK QUACK**      **2345**      **....SELF....**      *type*  
**CLUCK CLUCK**      **67890**

**and something to smile about**

If you had three apples and four oranges in one hand  
and four apples and three oranges in the other hand  
what would you have ????

*((very large hands))*