

NEWSLETTER No19 2013-2014 Mon 3rd MAR

Wallsend RSL Athletic Club Wallsend RSL Little Athletic Centre

www.wallsendathleticsclub.org.au

A.B.N. 70 859 060 841

PRESENTATION ATTENDENCE FORM

please COMPLETE the Form URGENT

SORRY, the Form is out later than normal with only 3 weeks left

PARENTS OR OLDER ATHLETES NEED TO COMPLETE THE FORM

PRESENTATION IS SUNDAY 25th MAY 2014 at WALLSEND DIGGERS

Information on number of athletes and people attending is required so
Wallsend Diggers can prepare the room for Presentation seating

TONIGHT and first Monday of Month its BBQ NIGHT

Club Pointscore Competition Round 7 Program 1

TRAINING

Thursday 5.30pm

REGION 2 L.A. CHAMPIONSHIP at MINGARA

ABSOLUTELY GREAT...."well done" Wallsend Centre Athletes

The competition results were really wonderful we have 16 out of 43 athletes
who compete qualifying for the LA State Championship

A full list of all our athlete results will be available next week

on PRESENTATION there will be A BIG RAFFLE with HEAPS PRIZES

to assist we are asking for donation for Raffle Prizes

can bring to Club Tonight or next 2 weeks

CLUB FUNDRAISER

100 CLUB tickets on sale tonight, will be drawn at Presentation

PERPETUAL TROPHY WINNERS of 2013.....please return Trophy

Perpetual Trophy winners please return Trophy next two weeks..."thank you"

notice of ANNUAL GENERAL MEETING...FRIDAY 2nd MAY 2014

nomination Form for election of Officers are available

CLUB MEETING this FRIDAY 7TH MARCH Wallsend Diggers 7.30pm

NO BALL GAMES ON PARK when athletics is on

SPIKES OFF!!DON'T WALK AROUND IN SPIKES

CLUB EVENTS

Questioned last week why children under 12 could not do the 3000m run
LAANSW Rules of Competition say under 13 years and above for 3000m
We leave ourselves open for liability if anyone is injured competing in non
approved Association events

((some activities like sack race-minty spoon are classified as agility / co-ordination exercises
and are permitted under the classification.)))

WORKING WITH CHILDREN CHECK

All adults MUST complete a Working With Children Form If you have not
signed off on a Form for this year please get a Form from the desk and
complete the information required

Monday 17th MARCH added optional event **1 MILE HANDICAP RUN**
(handicap will be based on 1500m times) PLEASE PUT YOUR NAME ON
SHEET AT TABLE IF YOU WANT TO COMPETE

What's on MARCH 2014

AUSTRALIAN MASTERS CHAMPIONSHIPS SAT-SUN 8th-9th Mar
at the Domain Sports Centre Hobart

AUSTRALIAN JUNIOR CHAMPIONSHIPS WED-SUN 12th-16th Mar
Sydney Olympic Park Athletic Centre (SOPAC) Homebush Bay

NSW LITTLE A CHAMPIONSHIP FRI-SAT-SUN 4th-5th 6th Mar
Sydney Olympic Park Athletic Centre, Homebush Bay

ANSWERS to last week's Teasers

SEASON GREETINGS	MID TERM EXAM	MULTI LISTINGS	ALMOST FORGOTTEN
Winter Aloha	TEEXAMRM	Listing	FORGOTTE
Spring Hi		Listing	
Summer Hello		Listing	
Autumn Shalom		Listing	

and now for some more

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