NEWSLETTER No 4 2015 / 16 28th SEPT 2015

Wallsend RSL Athletic Club Wallsend RSL Little Athletic Centre

www.wallsendathlreticsclub.org.au A.B.N. 70 859 060 84

TONIGHT

Tonight's program is ROUND TWO (2) WEEK ONE (1)

Note.... Next Monday we will be in DAYLIGHT SAVING time YES we still start at 5.30pm

TRAINING

Thursday 5.0pm to 6.00pm, looking at long/triple jump, shotput, sprints, highjump, and if Hayden is available Javelin

NEW MEMBERS

Still signing up new athlete members, no worries, not a problem. Our registrations continue through the whole season. If you have a friend or know someone interested in athletics...invite them along

NEW START SYSTEM

REMEMBER ITS IN THE AGE EVENT FOLDER

<u>The SIGN ON SHEET</u>....all parents/helpers working at event MUST sign the Officials Sign On Form, This is for Insurance cover for parents and helpers

COMPETITION FOLDERS

In the Age Group Folders the events sheets for the night / instructions on conducting the events / Park map of all event locations

CLUB MONTHLY MEETING THIS FRIDAY, DIGGERS WALLSEND 7.30pm All Welcome to attend, your chance throw your tuppence worth in

SENIOR ATHLETESANSW REGISTRATION NUMBERS

ANSW athlete numbers available if you did not get your number last week please see Bob Ryan

fixing up the ANSW/NSWLA Dual athlete numbers, ready for issue next week

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RAYMOND TERRACE TWLIGHT MEET Got details last week of the Raymond Terrace Twilight Pentathlon To be held at Vi Barnett Oval Raymond Terrace Saturday 17th October competition starts at 1.45pm ENTRY FORMS at the Table Note Entries CLOSE on the Wednesday 14th October

COMING UP SOON.....most information on the State's website 8th—11th OCTOBERNSW Allschool Championship at SOPAC

2 Competitions at Newcastle Athletic Field might have got date wrong, checking up on details more information next week.

ANSWERS TO LAST WEEK TEASERS

TEE for TWO	BACK LOG	BEST IS YET	NO ONE THERE
		TO COME	

1T3456 GOL GOOD>BETER> 23456789

2 out of 4 correct......just a pass only just.... LETS DO BETTER

>>>GRAVITY<<< <u>BR</u> Much PAUSE ZE Much