

NEWSLETTER No 1 – 2014/5 8th SEPT 2014

WALLSEND RSL ATHLETIC CLUB

WALLSEND RSL LITTLE ATHLETIC CENTRE

www.wallsendathleticsclub.org.au

A.B.N. 70 859 060 841

WELCOME

We “Welcome” all our athletes of last season back again

We “Welcome” all the new athletes who have joined this year

Our aim is to provide a good athletic program that is suitable to all our athletes no matter what standard you wish to achieve

DUE TO BUILDING CONSTRUCTION

It has been necessary to do a number of fiddley changes

REGISTRATIONS ARE BEING TAKEN in the Female Change Room

FEMALE TOILETS are to be the two new unisex toilets

THE CHANGES are indicated with Notices

WHAT'S ON TONIGHT

Tonight will be Round ONE (1) Program ONE (1)

TRAINING

Thursday **starts 5.00pm to 6.00pm** (can be late just join in)

NOTE TIMES WILL CHANGE LATER with Daylight Saving

NOWA NUMBER EVENT RULES & AMENDMENTS

(a) this is a new Little Athletics Australia Rule

Little Athlete Under 9 are no longer allowed to wear spike shoes

(b) from the 2015 season onwards this Rule applies to U9 and U10

(c) we have changed the Club Rules as applies to Veteran and Master athletes for Monday Club competition Veterans age will be 30 to 49yrs and Master 50yrs+ applies for both Male and Female athletes in line with World Master Association

(d) Veteran - Masters Club Records will be 5 year brackets 30-34 35-39 40-44 etc
The Club will re-examine all previous Records and update to the correct age group

COMPETITION SHEET FOLDERS.....In the LA Age Folders will be

(A) PARENTS Sign—On Sheet for parents who are running the events

PLEASE Print and Sign the sheet...this is Insurance cover in case of accident

(B) the events for the nights competition

(C) a laminated instruction sheet on how to conduct tonight's events

(D) a location map showing where events are conducted

BE ALERT... BE AWARE....of Track Events

Parents with younger children (and some older athletes)

BE AWARE of Track Events going almost all the time...

CROSS THE TRACK WITH SAFETY

KEEP FINISH LINE CLEAR..STAY AWAY from Finish Line

