

WALLSEND ATHLETIC CLUB INC

Wallsend RSL Athletic Club & Wallsend RSL Little Athletic Centre

NEWSLETTER No 9 2016-2017 7th November 2016

WHATS on TONIGHT

Round 3 Program 3 AND IT'S BBQ NIGHT

No 3 DISCUS GONE

the location for No3 discus over near the canal has been removed.

This is on a safety issue, during our Gala Day 3 times the Discus landed on went onto the Longjump runway while Longjump was being conducted, fortunately no one got hit, this site is obviously not the best location.

DISCUS FOR TONIGHT

there are 3 age groups for Discus on Program 3, with a bit of fiddling we will do all Discus on the present 2 Discus areas. We are also looking at other areas to use, U9F discus move from 6.10 to 5.30 on No2...U6F stays 6.00 from No3 to No2 U6M discus move from 6.40 to 6.30 on No2...U9M at 6.50 discus on No2 U13—U15 M & F remain as per Program 3 using the Hammer/Discus cage area

RELAY TEAMS FOR ZONE

our Committee at Friday night's Meeting selected a athletes for our Centre Relay Training Group, athletes are to be advised tonight of their selection and training dates and times

BOTH LA & SENIOR NUMBERS ARE AVAILABLE

please collect from Officers at the table

NEW CLUB UNIFORMS ...HAVE ARRIVED.....AVAILABLE

LA and Senior Athletic Associations have approved our new Club Uniform if size not available we are accepting Uniform Orders all through the season delivery is on a 4 week delivery time

SIGN THE OFFICIAL / HELPERS SHEET

ANY PERSON: MUM - DAD – GRANDPARENTS who are helping at an event PLEASE .sign the Age Event Officials Sheets.....thank you.....

TRAINING THURSDAY ...

Daylight Saving Thursday Training time NEW TIME IS 5.30pm to 6.30pm

NOW THE PORT HUNTER ZONE CHAMPIONSHIPS

held here at Federal Park on Saturday & Sunday 10th & 11th December
T HERE IS NO ENTRY FEE... BUT YOU ARE LIMITED TO EVENTS YOU CAN COMPETE IN....FOR ZONE & REGIONAL EVENTS AND DAYS ARE THE SAME

ENTRY IS DONE BY WALLSEND CENTRE you cannot enter yourself

GET INFORMATION SHEET with TIMETABLE AND ENTRY FORM FROM THE TABLEcomplete entry details and RETURN BEFORE MONDAY 28//11//16

LAST YEAR TROPHY WINNERS

Club and Centre athletes from last year unable to attend Presentation Night we still have your trophies available, we will be contacting families to come and collect the trophies, if you know someone who missed out please contact them to see us.

EVENTS COMING UP

RAYMOND TERRACE TWILIGHT MEET

Saturday 12th November at Vi Barnett Oval Raymond Terrace
program starts at 2pm.....entry form with full details at table

PORT HUNTER ZONE CHAMPIONSHIPS

Saturday 10th and Sunday 11th December, at Federal Park Wallsend
YES WE ARE HOSTING THE CHAMPIONSHIPS and although Zone appoint all the Competition Officials from each Centre
AS THE HOSTS CENTRE WE DO HAVE A LOT OF EXTRAS TO DO TO MAKE SURE WALLSEND CLUB DOES A GREAT JOB.....we will do a jobs list asap

Little teasers.....GOLLY GOSH!!! We missed you last week so here we go

Night	FIRES	TwinS	one one	SCALE
. Night	CAUGHT	TwinS		
. Night	FIRES			