

WALLSEND ATHLETIC CLUB INCORPORATED

Wallsend RSL Athletic Club & Wallsend RSL Little Athletic Centre

NEWSLETTER No 21 of 2016-17 Summer 20th FEB 2017

WHAT'S ON TONIGHT

ROUND 7 PROGRAM 2

TRAINING

Thursday 5.30pm to 6.30pm

PLEASE COMPLETE THE PRESENTATION ATTENDANCE SHEET

..... Need this information pretty quick as Wallsend Diggers need to know what table arrangements and seating is required

REGIONAL AT GLENDALE

went well !!! we had some great results, still awaiting full final events results print our athletes did us very proud, some excellent performances, good number of PBs parents and helpers made the two days enjoyable and our four Club Officials did a good job on the field of play

HUNTER REGION ATHLETICS NSW.....new Facebook page

covers regions of Hunter, Upper Hunter, North Coast, and Central Coast please like and join in, search for – Athletics NSW Hunter Region

OFFICIALS SEMINARS for WALKS & THROWS

schedules for Friday 3rd March at Hunter Sports Centre, starts 5.00pm 2 separate Seminars being conducted (A) Walks (B) Throws, no cost or charge involved register to attend, email admin@lansw.com.au use reference Glendale Seminar need to register by 27th February, the course is accepted as part of AAOES Level 2

HUNTER SCHOOLS KNOCKOUT

in planning for May from 2pm to early evening in Nitro style, African Drummers Dancers. Club stalls, market stalls, MC, athlete interviews, more on this later as details come to hand

HUNTER WINTER HITOUT

now in planning 3 winter events for Clubs and schools current dates ((1)) May 12 in conjunction with School Knockout ((2)) June 9th or 11th ((3)) July 7or 9th with NIB Games

WHAT'S COMING UP

NSW STATE OPEN & U23 & PARA CHAMPIONSHIP

FRI SAT SUN 24th 25th 26th FEB at SOPAC entry on line closed 16/2
can get late entry in now, but cut-off date coming up quick

LA STATE MULTI CHAMPIONSHIP

SAT SUN 4th 5TH MARCH GLENDALE SPORTS CENTRE
SORRY entries have definitely closed

NSW MASTERS CHAMPIONSHIP

SAT SUN 4th 5th MARCH at SOPAC entries still available on line

NSW STATE LITTLE ATHLETIC CHAMPIONSHIP

FRI SAT SUN 18th 19th 20th MARCH at SOPAC
Entry is via Region qualification

AUSTRALIAN JUNIOR & OPEN CHAMPIONSHIP

at SOPAC for U15 U16 U17 U18 U20 OPEN age groups
8 DAYS of TRACK & FIELD: 9 HOURS COMPETITION EACH DAY
session from 9am > 2pm & 5 pm > 9 pm
SUNDAY 26th MARCH to SUNDAY 2nd APRIL

ANSWERS TO LAST WEEKS TEASERS

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and a few more to worry about

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