

**WALLSEND RSL ATHLETIC CLUB &
WALLSEND RSL LITTLE ATHLETIC CENTRE**

Newsletter No 11. 20th November 2017

MONDAY COMPETITION START 5.30pm

WEEKLY PROGRAM.....TONIGHT..... ROUND 4 WEEK 2

TRAINING

THURSDAY 5.30 to 6.30pm

CLUB UNIFORM

All athletes are required to wear the correct Club Uniform

Athletes to be warned not wearing uniform no Competition Points

PORT HUNTER ZONE LA CHAMPIONSHIPS

Form on table regarding

a) Zone Rules and Regulations b) athlete age events available

c) walks - distance runs qualifying standards d) responsibility of athletes parents

THERE IS AN ENTRY FORM...ONE FOR EACH ATHLETE

MUST BE FILLED IN AND RETURN TONIGHT 20 / 11 / 17

Note a warning Regional is at Mingara, their Committee are scheduling Friday night events, we are still waiting to be advised what are the Friday night events....sorry

FOR ZONE we will not be taking the big Club Tent ...not a lot of space
but we are taking our 6 Club Gazebo to set up a Wallsend Gazebo City

WALLSEND RELAY TEAMS FOR ZONE

Club Meeting has selected a Relay Group for training, day and times tba

... the Zone Relay Team will be picked from the Group

...Relay Coach Cale Farquharson for the Junior Boys & Girls

...Relay Coach Rob Browne for Senior Girls Team

...Relay Coach Peter Watson for Senior Boys Team

ZONE TEAM MANAGERS are Mrs Lee Grant and Mr Paul Goeldner

Please Note it is the Team Managers who have the total and sole Management and decisions responsibility of all Wallsend Athletes and Wallsend Teams at Zone

REDUCED TIMES FOR EVENT TRIALS APPLIES NOW

THIS APPLIES TO BOTH SENIOR AND LITTLE ATHLETICS

30 SECONDS FROM TIME NAME CALLED TO START TRIAL

COLES

NEW AUSTRALIAN LITTLE ATHLETE SPONSOR

..as a promotion COLES are supplying boxes of Bananas to Centres..

CARNIVALS COMING UP SOON

PORT HUTER ZONE CHAMPIONSHIPS SATURDAY & SUNDAY 9th 10th NOVEMBER

think already covered everything earlier

JINGLE BELLS RELAY TUESDAY 5TH DECEMBER

at the FEARNLEY DAWES (blue) TRACK IN TOWN

A 10 kilometre Relay of 20 runners each running a 400m lap, Great Fun,
Wallsend Club will be submitting Teams for the JBR,
put your name down on the sheet in the Clubhouse

OH!!!

it was built as a CLUBHOUSE by Wallsend Athletic Club & Hunter Christian Churches Football Club it is a Clubhouse...NOT a Meeting Room

(WAC and HCCFC spent over \$60,000 of Club monies to build the Clubhouse)

Problem Solvers NONE from last week, ran out of space

BUT HERE WE GO AGAIN

A C U M L O O S E N E 1 4 1 0 S P E T S A