

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

Newsletter No 8. 23rd October 2017

WITH DAYLIGHT SAVING STILL START 5.30pm

WEEKLY PROGRAM.....TONIGHT..... ROUND 3 WEEK 2

TRAINING

THURSDAY 5.30 to 6.30pm

ATHLETE COMPETITION NUMBERS

every Registered Wallsend Athlete should have received their Registration Number
.....if you haven't got a number.....it's your fault

ALL ATHLETES REGISTRATION NUMBERS ARE AVAILABLE AT THE TABLE

PORT HUNTER ZONE MULTI

Not many Wallies up there at Medowie yesterday, it was a nice easy running day of competition, Many Thanks to Mr Craft and Mr Vogt for their help in running our Club job duties of conducting the Discus.

BIG!!! BIG!!! CHANGE for event times

this applies to 18 years and over **((((NOT LITTLE ATHLETICS)))**

the IAAF & Athletics Australia have changed the times allowed to commence an event NOTE this is the allowed time TO COMMENCE THE ATTEMPT

you must be moving in process of doing your attempt or at the 30 seconds be Fouled out on a Time Limit

**THIS RULE APPLIED TWO WEEK AGO TO NSW STATE ALLSCHOOLS AND
WILL APPLY TO FUTURE STATE EVENTS & WILL INCLUDE NSW COUNTRY**

Rule is	Highjump	Pole vault	Long-Triplejump	All Throws
4 +	30 sec	1 min	30 sec	30 sec
2-3	90 sec	2 min	30 sec	30 sec
1 only	2 min	3 min	30 sec	30 sec
consec..	2min	3 min	2 min	2 min

For Wallsend Club competition will discuss at the November Committee Meeting as we don't push the present time limit allowed BUT we really should be more strict
FOR WALLSEND GALA NEXT SUNDAY WE WILL STAY WITH OLD RULES

**Don't know what Little A will do about these changes
but feel is they won't like this change**

LOOKING FOR HELP AT GALA

Sunday at our Club Gala we are desperate for Two High Jump Officials to run the High Jumps. Unfortunately the two outsiders who were going to assist can't make it, one emailed I'm in New Zealand won't make it back, and told over weekend, sorry Dad can't make it, now rostered for work. Parents and others will assist, be we need someone to conduct the event IF you can help even just morning or afternoon Please see the Officers at the Table. All other events appear to be covered, thanks

CARNIVALS COMING UP SOON

RAYMOND TERRACE TWILIGHT PENTATHLON SATURDAY 28th OCTOBER

at Vi Barnett Field Raymond Terrace Starts at 2.00pm, for under 6 to Masters
Entry Fee \$8 per athlete...ENTRY CLOSE WEDNESDAY 25/10/17
entry forms available at table

WALLSEND CLUB GALA DAY SUNDAY 29th OCTOBER

entry forms are now available YOU CAN ENTER ONLINE
or PUT PAPER ENTRY AT CLUBHOUSE TONIGHT
our GALA ENTRIES CLOSE THURSDAY 26 / 10 / 17

EDGEWORTH CHALLENGE SUNDAY 5th NOVEMBER

at Edgeworth Oval (off Charles St) Edgeworth,
first event Walk starts 8.30 then follows full program,
ENTRY CLOSE 3 / 11 / 17 entry fee \$15 entry forms available at table

Problem Solvers

Answers to last week's teasers

DOMINATE "T" for 2 TWO THINK BIG FOOT IN THE DOOR

ADOMTE 1T3456 THINKXXXL DO12"OR

All too easy, well try these

IMAGE / EGAMI _____ AG/LIE/ONY NIGHT
NOURISHED NITE
KNIGHT