

WALLESEND RSL ATHLETIC CLUB

WALLESEND RSL LITTLE ATHLETIC CENTRE



NEWSLETTER No 17 of 2019-20 20th JANUARY 2020

TONIGHT POINTSCORE COMPETITION ROUND 5, WEEK 2

TRAINING this Thursday 5.30 to 6.30

6-8 skills training... 9-10 throws... 11+ Triple-Long Jump

REGIONAL CHARGE

As per last year, to cover Wallsend athletes attending Regional at Glendale (admin and ground entry for athletes and family) – we ask parents to pay \$5.00 per athlete, club will subsidise \$10. Please pay in the clubhouse on Monday night.

When: February 1st and 2nd 2020

Where: Hunter Sports Centre, Glendale

List of Athlete Entries

<https://lansw.com.au/wp-content/uploads/sites/3/2019/12/Region-2-qualifiers-2020-by-centre.pdf>

Order of Events

<https://lansw.com.au/wp-content/uploads/sites/3/2020/01/Region-2-Event-List-2020-Web-Final-nbt.pdf>

Parents of athletes attending are asked to sign up to help out over the weekend. A signup form is available in the clubhouse on Monday night.

BUNNINGS BBQ >>>> NEED HELP FOR ONE HOUR <<<<

Saturday 26th January at Bunnings Wallsend, this is a great fundraiser and reduced other Club costs that would be passed onto you....just one hour gives someone a break... can you help form at table to indicate the hour you can help

COMPETITIONS (a busy time in January and February)

NSW Senior Multi at SOPAC

Sat/Sun 25th-26th Jan

NSW Masters Championship at SOPAC

Fri/Sat/Sun 7th-9th Feb

Newcastle Blue Track Series

Wed 11th Feb

Fearnley Dawes Blue Track Newcastle 6pm, \$5

MacHunter Carrangal Shield

Sun 9 Feb Glendale U6-17 with 9am start

\$20 entry on day,

\$15 early ([click here for Entry form](#))

NEW Cardiff Challenge

for U6-17 Neegulbah Park Lawson St Cardiff

afternoon show 3pm start \$15 entry

([click here for Entry form](#))

NSW Junior Championships at SOPAC

Fri/Sat/Sun 21st-23rd February

NSW Masters Combined Championship at SOPAC

Sat/Sun 25th-26th Feb

Little Athletics Regional at Hunter Sports

Sat/Sun 1st-2nd Feb

those crazy problems silly questions answers to last week

just between

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see you in

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YOUJUSTME

A.M./ P.M.

PETSA

A C U M