

Lake Illawarra Athletics Centre

Edition 1 - Spring 2019



WELCOME!

Whether this is your first year with our club, a returning athlete or member, whether young or a senior person, welcome to the 2019/20 athletics season with Lake Illawarra Athletics Centre. With the season now upon us, this newsletter highlights a few key items for your information.

Friday Weekly Competition

We run three weekly programs of 4-5 events each week, alternating throughout the season. For information on what program of events will be held each week, please refer to the Weekly Program section of the Club's Centre Handbook that came with your registration pack.

Throughout the season we also run three Club Centre Championship Friday nights. Points awarded will be added up to determine age group club champions at the conclusion of the season. Again, the Club's Centre Handbook has more information.

Parent involvement with our Club is what enables our Friday competitions to occur. Each week we require parents to help as Age Managers and Assistants. These important roles for each age group don't require a lot of pre-knowledge and enable our athletes to compete and enjoy their athletics. These volunteer roles begin by being just a little early and picking up one of the age group baskets, before the Friday events start. From there, the role involves coordinating athletes for that age group with getting to events, making sure they are in correct lanes, as well as measuring and writing results from field events. If you have not done this role before, you will soon pick up the basics required. Please ask a committee member if you have any questions.

Other Competitions and Carnivals

If you are new, then the following highlights some of the additional competitions that athletes are able to register for, and where you can help, during the season.

- Mid-South Coast Zone Grand Prix – Contested over four carnivals hosted by centres within our Zone.
- Zone Championships – This season hosted by Albion Park Centre on 14th/15th December. Qualifiers from the Zone competition will progress to Regional Championships to be hosted by our Zone at Myimbarr on 1st and 2nd Feb. 2020.
- Lake Illawarra October and Summer Carnivals – These carnivals are run by our Centre and invite competitors from other centres, including from outside our Zone and local area.

UPCOMING EVENTS

- **Friday 20th Sept. – 1st night of competition**
- **Saturday 19th October – Working Bee (time TBA – keep an eye on Facebook)**
- **Sunday 20th October – Lake Illawarra October Carnival**
- **Sunday 27th October – Albion Park Carnival, MSC Zone Grand Prix Round 1**
- **Friday 1st November – Round 1 Club Championships**
- **Refer to the Centre Handbook for more info on carnivals and events.**

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