



flying over the high jump... .

letting the discus fly...

sprinting down the track...

I've made some great friends...

Dad times my races...

5th November 2009

Sat 7th November: Normal competition day with Relay Practice

Sun 8th November: Met West Relay Day – Qld Uni @ St Lucia

Sat 14th November: Normal competition day

Sat 21st November: Normal competition day

Fri 27th November: Toowong Invitation at Jack Cook Park, Taringa from 6:00pm

Sat 28th November: No Centre Competition

Sat 5th December: Normal competition day with BBQ.

Sat 12th December: State Relays – SAF (QEII), Nathan

Sat 16th January 2010: Centre competition recommences

Happenings

Last week the club took delivery of its new javelin trolley. This purchase was possible as a result of a donation made by the Athlete's Foot store at Indooroopilly. The club would like to thank the Athlete's Foot for their continued support. Please mention Kenmore Little Athletics when you buy shoes from the Athlete's Foot and they donate a percentage of the sale to the club.

Relay Training

There will be relay training on Saturday for those teams competing at the Regional Relay Carnival. Please refer to the centre program as to timing for your age group.

Regional Relay Carnival

The Regional Relay Carnival is this Sunday at the **University of Qld athletics facility at St. Lucia.**

Competition starts at 8:30am. Athletes should be there at least 45 minutes before the nominated time for their event.

A program of events and the team listing are attached. Should you have any queries please contact Janet on janetcbell@gmail.com

Kenmore is looking after the one of the **long jump pits.** A parent roster will be available at centre competition on Saturday. The jobs involve raking, spiking, measuring and marshalling the kids.

All help on the day will count towards your parent participation.

Images courtesy of Sporting Images

If you are not competing or helping out in an event you will not be allowed onto the arena. That means parents cannot follow their children to events like on normal competition days at Kenmore. This is the best reason to be volunteering – it gets you into the action!

Under 9 upwards that place in the top four (top three for high jump) will go to the State Relay Day in mid December. All Under 7s and 8s will receive a participation medal.

Spikes

Athletes from U13 and up can wear spikes in the relays. U11 & U12 cannot wear spikes in the relays but they can wear them in the field events. U 7 to U 10 cannot wear spikes at all.

What to bring

The Uni has good facilities including a tartan track and a shaded stand to view the events. Athletes and parents still remember to bring a water bottle, hat, sunscreen, and, if required, your own food and drinks. A canteen will provide selected food and drinks. Parking at Uni on Sunday is plentiful.

If you have nominated...

If you have nominated for the relay carnival it is imperative that you compete on the day because your team may miss out and not compete at all, if one member simply doesn't turn up. Of course if there is a sickness or last minute emergency please let Nicole know ASAP.

VERY IMPORTANT - Uniform

Those competing in the Regional Relays must wear the correct uniform which is the club shirt and **NAVY BLUE** shorts/bike pants, correct registration number, correct age patch and the IGA patch.

Officials may not let you compete with the incorrect uniform or number.

Next competition day is this Saturday at Kenmore – see you there!

For further details:

www.kenmorelittathletics.org.au

www.qlaa.asn.au

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