



flying over the high jump...
letting the discus fly...
sprinting down the track...
I've made some great friends...

Mum times my races...

Images courtesy of Sporting Images

28th January 2010

Sat 30th January: Normal competition day
Sat 6th / Sun 7th February: Regional Championships at Qld Uni
Sat 13th February: Normal competition day
Sat 20th February:- Normal competition day <i>Nominations close for Junior Carnival / Senior Pentathlon</i>
Fri 26th February: Western Suburbs Games @Toowong Little Athletics – 5.30 – 9.00pm <i>No Nominations required</i>
Sat 6th March: Normal competition day
Sun 7th March: Junior Carnival / Senior Pentathlon at QEII
Sat 13th March: Normal competition day
Sat 20th March: Break up and Trophy Presentation at Kenmore
Fri 26th – Sun 28th March : State Championships at Townsville

Regional Championships

Nominations have now closed for the Regional Championships They will be held at the University of Queensland , St Lucia on the **6th and 7th February.**

It is vital that those competing must wear the **correct uniform** which is the club shirt and **Navy Blue** shorts/bike pants. Please ensure the athletes have this season's **registration number** and the **correct age patch** on their shirts to ensure accurate recording. Also do not forget the **IGA patch**

In regard to **spikes** athletes from U11 and U12 up can wear spikes (with spikes or blanks) in laned events and field events only. U13 up can wear spikes in unlaned events. U 7 to U 10 cannot wear spikes in any event.

Also see attached rules regarding wearing skins.

Kenmore is looking after one of the long jump pits. **A parent roster** will be placed on the club's notice board on Saturday for you to volunteer your services. Please note that helping out at this Carnival does count towards your Parent Participation.

Triple Jump Revisited

For the benefit of the Under 11 Girls who did triple jump last Saturday, the editor would like to clarify an oversight which was brought to his attention later in the day. The take-off boards at Pit B are set at 5, 7, & 9 metres and not 3, 5 & 7. Therefore, all Under 11 Girls were off the 5 metre board and this should be noted for future competitions. Please accept my apology for any confusion.

Thank You

A big thank you goes to Hannah Markwell whose good deed was gratefully appreciated by the parents who had lost a sum of money on the oval during the last competition day before Christmas. Hannah had found the money and handed it into the canteen. Well Done.

This Week

Coach Alex will again do sprint drills this week and for the older age groups she will also be explaining race tactics.

Look out it is Hurdles time again.

Western Suburbs Games

The **Western Suburbs Games** are on **Friday 26th February** at **Toowong**. These are the friendly games with the local clubs of Toowong, Centenary and Kenmore. We encourage the Under 6s to participate in this carnival to have their first experience with Little Athletics in a carnival atmosphere. So just turn up – its run as a normal competition day.

REMEMBER - If you're buying any shoes from Athlete's Foot Indooroopilly, tell them that you are from Kenmore Little Athletics, as they provide a donation to the club for every pair of shoes sold to club members.

Competition this Saturday at Kenmore... See you there!

See our web page for further details:
<http://www.kenmorelittleathletics.org.au> or
www.qlaa.asn.au or the KLA Yearbook

For further details:
Phone: Nicole 0408 060 209
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Extract from QLAA Sunsafe & Uniform Policy

Uniforms

- Uniform bottoms are defined as: bike pants / skins, sports shorts (suitable for Track & Field), netball skirt (with sports briefs / bike pants / skins under). Bike pants / skins shall be above knee length. Full length will not be acceptable.
- If boys choose to wear bike pants/skins as part of their uniform, they must wear sports shorts/pants over the top. Bike pants/skins on their own are not acceptable for boys.
- Bike pants / skins may be worn under shorts as long as they are the correct uniform colour. If the correct uniform colour is not available, then the bike pants / skins must be black.
- The manufacturer's logo should not be a dominant part of the uniform shorts, i.e. no larger than 4cm×4cm. Centre sponsorship logos to be no larger than 10cm×5cm on shorts and no larger than 30cm×10cm on shirts
- Any logos on uniform shorts that do not follow the above size guidelines will be taped, or the athlete will be asked to remove them.