



flying over the high jump... .

letting the discus fly...

sprinting down the track...

I've made some great friends...

Mum times my races...

## 3<sup>rd</sup> February 2010

**THERE IS NO COMPETITION this Saturday at Kenmore.**

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

**Regional Championships are on at the University of Queensland, St Lucia this Saturday and Sunday.**

Timetable is attached. Please note events can be brought forward by 30 minutes. It is suggested that athletes arrive at least 45 minutes prior to the advertised event block start time.

**Good luck to all our athletes competing at the Regional Championships this weekend – remember just be your best!**

### Uniform

Those competing at Regionals must wear the correct uniform which is the club shirt and **NAVY BLUE shorts/bike pants**. You may not be allowed to compete if the wrong uniform is being worn.

### 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. U7 to U10 cannot wear spikes in any event. You will not be allowed to compete if these shoes are worn.

Images courtesy of Sporting Images

### Registration Numbers & Age Patches

Please ensure that the athletes have this season's registration numbers and age patches on their shirts to ensure accurate recording.

### Parent Roster

Kenmore has responsibility of a long jump pit. Thank you to those parents who have already nominated to assist. However, more help is required. See the attached parent roster. If you are around at these times, we would appreciate if you could help out at the long jump pit.

Please note that helping out at this Carnival does count towards your Parent Participation.

### Last Saturday

It was an interesting start to competition last Saturday when the skies opened up and forced a quick reshuffle of the program of events. Thank you for the patience shown by everyone as a result of the unforeseen delay.

Rain did not appear to dampen spirits too much and as soon as it stopped the athletes were ready to compete. We even managed to hold the eagerly awaited hurdles races by late afternoon. Once again a big thank you to all of the parents who assisted during the afternoon.

### 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.

### **NO Competition this Saturday at Kenmore...**

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

For further details:

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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.