



flying over the high jump... .

letting the discus fly...

sprinting down the track...

I've made some great friends...

Mum times my races...

25th November 2009

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

Christmas Break

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

Sat 16th January 2010: Normal competition day

Sat 23rd January 2010: Normal competition day

This Friday night we are competing at Toowong commencing 6:00 pm.

Toowong Little Athletics is situated at Jack Cook Memorial Park – corner of Indooroopilly Rd and Heroes Ave, Taringa. Attached is a map for those new to the club.

This is a great opportunity to compete against some different athletes and get some coaching. It is run just the same as our competition days – just turn up and compete – no need for nominations.

There will be no competition at Kenmore this Saturday.

Happenings

Despite the heat, the athletes turned up ready to complete. Hurdles were first up and the advice from Coach Alex must have worked as there were improved performances. There was also some spirited running in the final event of the day, the 800m.

For the first time this season the water containers were almost empty by the end of the day. It was pleasing to see athletes keeping hydrated.

Last 2009 Competition Date

The last Centre competition day is Saturday 5th December at Kenmore. There will be a BBQ that afternoon. We will break for the Christmas school holidays. **The season recommences on Saturday 16th January 2010.**

Images courtesy of Sporting Images

For those teams competing at State Relays there will be the opportunity to have a short relay practice after the Saturday program.

Award Levels

Various achievement levels (**Red, Green and Blue**) can be reached by athletes during the season. The requirements for these levels are set down by the QLAA and can be found on their website. www.qlaa.asn.au

Green level is achieved by about 80% of athletes in Queensland, **Red level** by about 50% and **Blue level** by 15 – 20% of athletes.

Kenmore also awards **Silver** and **Gold** levels. **Silver** is for outstanding achievement (State Qualifying Level) and **Gold** is achieved only by an exceptional few (National Level).

State Relay Carnival

The State Relay Carnival will be held at QEII on **12th December**. Each athlete is part of a team. Field events compete in teams of two with the aggregate of their distance or height being the result for that team. Track events compete in teams of four. If you are part of a team that qualified for the States it is imperative you turn up on the day otherwise your team may not compete at all. Please let Nicole know if you are unavailable on the day.

Regional Championships

This is an early warning for the **Regional Championships on 6th/7th February 2010 hosted by the Souths Club**. They pave the way for individuals to qualify for the state championships in March 2010. The nominations for the Regional Championships close **23rd January 2010** – so start thinking about what events to nominate in.

For further details:

www.kenmorelittleathletics.org.au

www.qlaa.asn.au

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