



web: www.kenmorelittathletics.org.au
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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

3rd December 2009

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
Sat 30th January 2010: Normal competition day
Sat 6th & Sun 7th February: Regional Intercentre Games

This Saturday is a normal competition day at Kenmore

This Saturday

This Saturday sees the last centre competition for 2009 before the break for Christmas and the school holidays. There will be a sausage sizzle at the end of competition.

For those teams competing at State Relays there will be the opportunity to have a short relay practice on the track after the Saturday program. Those teams competing in field events please see the committee person in charge of the event if you wish to have some additional practice.

The season will recommence on Saturday 16th January 2010.

Last Friday Night

Last Friday night was our annual visit to Toowong. We had a good turn out with some spirited performances from our athletes! Also there were some very favourable comments about the Kenmore Athletes behaviour in general.

State Relay Carnival

The State Relay Carnival will be held at QEII on **12th December**. If you are part of a team that qualified, 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.

Uniform

Those competing in the State Relay Carnival, 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.**

If you do not have an IGA Patch please see Skye this Saturday to collect one.

Spikes

While athletes from Under 11 up can wear spikes in lane events at competitions, only athletes from U13 up can wear spikes in the relays. U11 & U12 cannot wear spikes in the relays – but they can wear them in the field events.

See attached rules regarding wearing Skins.

Upcoming Events in 2010

The Regional Intercentre Games are being hosted by Souths Little Athletics on 6th and 7th February 2010. This competition is open to all athletes from U7 to U17 who can nominate for up to 5 events. These are the individual championships that pave the way to the state championships in March 2010 for the U9s upwards. **Nominations close 23 January 2010 and the fee is \$2.50 per event.**

Western Suburbs Games, a friendly competition between Centenary, Toowong and Kenmore is on **Friday 26th February 2010 at Toowong.**

Junior Carnival (U7 to U10) / Senior Pentathlon (U11-U15) is being held at QEII on **Sunday 7th March 2010.**

The Committee would like to thank you for your support over the year.

We wish our athletes and families a very Merry Christmas and a safe and fun holiday season.

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.