



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

13th January 2010

REGIONAL CHAMPIONSHIPS nomination forms are now due – Forms attached or available from Canteen (Only Under 7 and up, \$2.50 per event up to 5 events @ Qld Uni 6th/7th February)

Sat 16th January: Normal competition day

Sat 23rd January: Normal competition day

Nominations close for Regional Championships

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

Nominations close for Junior Carnival / Senior Pentathlon

Fri 26th February: Western Suburbs Games @Toowong Little Athletics – 5.30 – 9.00pm

No Nominations required

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

Competition starts this Saturday 16th January 2010 at Kenmore

Welcome Back

Happy New Year to all our athletes and families. We hope you all had a great Christmas / New Year break.

It is a traditionally quiet couple of weeks before school starts, however, with Regional Championship in early February it's a good time to run, jump and throw those holiday blues away.

Also, if you have friends who may be interested in Little Athletics, encourage them to come along for a free trial day. Discounts apply if they join now. Athletes must be at least 5 years old.

Upcoming Events in 2010

The **Regional Championships** are being held at University of Queensland, St Lucia on the **6th & 7th of February**. These are the individual regional championships which pave the way to the state championship in March. This carnival is the highlight of the season for the individual athlete. Nominations close **Saturday 23rd January**. Nominations forms, program and event lists are attached.

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.

Junior Carnival (U7 to U10) / Senior Pentathlon is being held at QEII on **Sunday 7th March**. This is a good opportunity for the younger athletes to experience the thrill of a major event at a large stadium. Nominations for the Junior Carnival close on **20th February**.

Break Up

Our break up and trophy presentation day is set down for **Saturday 20th March at Kenmore**.

Committee News

We are in need of energetic parents to help on the committee next season. Little Athletes grow up and move on so we are always looking for new members to help on committee. If you have some skills the club can utilise, please see a committee member.

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

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

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