Little Athletics Victoria E-News

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Issue 11
February 2014

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State Multi-Event Championships 2014

Bendigo last played host to the State Multi-Event Championships in 2010 and so it was great to be back at Latrobe University Bendigo Athletics Complex for this year's event. Little Athletics Victoria and its members are always given a warm welcome by the City of Greater Bendigo (CoGB) and the local community.

Bendigo can be hot and dry at this time of year and so it was no surprise when the early weather forecasts came true. As the mercury predictions continued to climb nearer the event, Little Athletics Victoria and Athletics Victoria conducted a review of possible event changes. Unfortunately, due to existing commitments with both dates and venues at this busy time of year, no alternative options were available.

The next best option was to make some changes and modifications to the event, and the following contingencies were put in place: a revised program, additional shade areas, misting fans, a water slide and also free access to the Bendigo Aquatic Centre. The principal concern for every LAVic event is the health and safety of all our athletes, officials and volunteers.

The Multi-Event is always an exciting spectacle with sprints, jumps and throws happening at any one time. As part of Little Athletics Victoria's 50 year celebrations the State Multi-Event was keenly contested with over 500 athletes in the U9 to U16 age groups taking part. Attendance figures were down based on registration, however, those athletes competing were given the highest priority for the weekend. Proper hydration and staying cool were the order of the day and the water slide and misting fans proved a big hit with athletes and parents. Our excellent First Aid team was also on hand throughout the weekend.

Keep up to date with what's happening at LAVic by 'Liking' Little Athletics Victoria on Facebook and following us on Team App and Twitter

The weekend's event program began promptly at 8.00am on Saturday morning with participants from 80 Centres from around Victoria taking part. There was also an U6-U8 Skills Clinic in conjunction with the main program that attracted interest from budding contestants throughout the state. Thanks to the dedication of all our Centre Team Managers and the fantastic parents who volunteered their time over the weekend, the event program progressed quickly and smoothly throughout both days.

The Under 9-11 athletes got through their full program without the heat break on Saturday, allowing the Under 15-16 athletes plenty of space to kick off their Day 1 program at 5:30pm. The Day 2 program for the Under 12-16 age groups, that included a number of Athletics Victoria athletes, got underway at the earlier time of 7:30am in order to capitalize on cooler morning weather. The heat did not seem to deter from any athlete's performances and probably assisted with 6 VBP's (Victorian Best Performances) pending approval in the system.

There were certainly a lot of tired bodies at the end of the weekend - athletes, parents, volunteers and officials alike! Fortunately, with the help of the heat policies put in place and the dedication of everyone involved on the event, there were no serious incidents over the weekend. Instead there were a lot smiling faces after yet another enjoyable Little Aths State Championships.

Congratulations to all the athletes who gave it their all and put in an amazing effort at this year's Multis. LAVic would also like to thank everyone for their continued support of this event and we look forward to seeing you at Track & Field in March**.**

After the clean-up of the weekend, we still have some event T-Shirts on offer. Should you wish to purchase an event T Shirt at $30 inclusive of postage, please call the office on 8646 4510 and ask for Jo Linford. Sizes available are: Size 8, 10, 12 and XS – first in, best dressed!

Event Results — Little Athletics Victoria

Official Photography

KIDS KLIX

Event ID: lavic
Password: 2013

LAVic Photos — Little Athletics Victoria

State Multi-Event Thank you

LAVic wish to thank all Centre Team Managers along with the parents who volunteered their time over the weekend in Bendigo to assist in the smooth running of this event. Based on a number of negative comments made prior to the competition, LAVic believe that the athletes along with officials and volunteers, were always the highest priority for the weekend. For those in attendance, we're sure you will agree that all measures were taken to assist everyone concerned and the athletes definitely enjoyed themselves and the activities on offer, such as the misting fans and water slide. The heat did not deter from any athlete's performances and probably assisted with 6 VBP's (Victorian Best Performances) pending approval in the system. These athletes will be acknowledged in the future.

Medal Tally for State Relays and Multis

The Medal Tally for the State Relay and State Multi-Event Championships are available online. Please click on the following links to view them – **State Relays** and **State Multis**.

State Multi-Event Lost & Found

We collected a pair of running shoes and a pair of track spikes over the weekend in Bendigo. Please get in touch with the LAVic office if you are missing an item.

Region Track & Field Championships 2014

Region Track & Field qualifying competitions will be held on 22 and 23 February 2014 at the following venues:

Region:	Date:	Venue:
Eastern Metro Region	Sat 22 - Sun 23 Feb 2014	Bill Sewart Athletics Track, Nunawading
Gippsland Country Region	Sat 22 - Sun 23 Feb 2014	Casey Fields, Cranbourne
Northern Metro Region	Sat 22 - Sun 23 Feb 2014	Meadowglen International Athletics Stadium, Whittlesea City
Northern Country Region	Sat 22 - Sun 23 Feb 2014	Alexandra Park, Albury
Southern Metro Region	Sat 22 - Sun 23 Feb 2014	Ballam Park, Frankston
Western Country Region	Sat 22 - Sun 23 Feb 2014	Brauerander Park, Warrnambool
Western Metro Region	Sat 22 - Sun 23 Feb 2014	Goldsworthy Reserve, Corio

A full list of confirmed athletes from each Region is now available **here.**

Also, please find below some helpful resource documents which will assist in the smooth running of the Championships:

IAAF Rules / **LAVic Competition Rules** / **Centre Uniforms**

State Track & Field Championships 2014

The State Track & Field Championships 2014 will be held on Saturday 29th & Sunday 30th March 2014 at Lakeside Stadium, Albert Park, Melbourne. **In order to qualify for the State Track & Field Championships athletes are required to compete in their Region qualifying event.**

Spike Sales

Little Athletics Victoria have spikes available for sale that meet the standards for all tracks around Victoria. These are available for sale at merchandise during State Championship events. LAVic will supply individual bags (14 spikes) at a cost of $8.00 each. The following link is a helpful resource for the upcoming State Track & Field Championships: **Spike Specification Chart.**

Pullman Hotel Exclusive Rates

This is a reminder to all Little Athletes that the Pullman & Mercure Melbourne Albert Park offers special rates for everyone attending the Track & Field Championships in March.

Mecure Melbourne Albert Park (4 Star) – $140 per night
Pullman Melbourne Albert Park (5 Star) – $220 per night

Breakfast - $25 per person (when confirmed at time of booking)
Car Parking - $16 (Self-parking for 24 hours/exit)

To make a reservation call 1800 633 888 and quote 'Little Athletics'
65 Queens Road Melbourne VIC T. 61 3 9529 4300 E. **H8788@accor.com**

Australian Little Athletic Championships 2014

Saturday 3rd May 2014 – Lakeside Stadium Albert Park

LAVic are currently seeking expressions of interest for General Officials for the 2014 Australian Little Athletics Championships. To register your interest please contact: Andrea Hallett - **andrea.hallett@lavic.com.au**

RCH Good Friday Appeal – Volunteers

Friday 18 April 2014.

Do you always wonder what to do on Good Friday?
Do you sit back and watch the appeal on TV and think I should get involved next year?
Here is your opportunity to do something for the "Kids".

Little Athletics Victoria will be conducting an interactive site on the day at the new venue – Exhibition Centre.
To do this and assist in our fundraising, we require volunteers who can assist at our site. From starting some races, to timekeeping, to measuring jumps and even handing out balloons – we NEED YOU!

Interested volunteers should email Jo Linford – **jo.linford@lavic.com.au** by Monday 24 March with the following details:

- Name
- Email
- Contact Phone Number
- Centre you are involved with
- Preferred availability – AM and/or PM

Stawell Gift Registrations

The 133rd edition of the Australia Post Stawell Gift will be staged from April 18 – April 21, 2014, over the Easter long weekend. As part of the 2014 carnival, Little Athletics Victoria in conjunction with McDonald's will be conducting four handicap events.

EVENTS

- **100m Boys & Girls** (Heats and Finals SUNDAY 20th APRIL)
- **400m** (Heats SUNDAY 20th APRIL / Final MONDAY 21st APRIL)
- **800m** (Heats & Finals SATURDAY 19th APRIL)
- **1600m** (1 mile) **U11 - U16 athletes ONLY** (MONDAY 21st APRIL)

Each event carries **up to $800** in prize money along with generous sashes and trophies. For more information and to register for the Little Athletics Victoria events please visit: **Little Aths at Stawell**

The Stawell Gift is a true carnival atmosphere with plenty of action off the track too, including a betting ring, fashions on the field and children's entertainment. See more at **www.stawellgift.com**

2014 IAAF Melbourne World Challenge

Little Athletics Victoria are thrilled to offer our valued members a **50% PARENT DISCOUNT** on adult general admission tickets to the IAAF Melbourne World Challenge on Saturday 22 March 2014.

Pitting Victoria's best against athletes from across the country and the globe, this event is a 'must attend' on the Australian athletics calendar. Celebrating the confirmed start of Olympic champion Sally Pearson (AUS, 100mH), world champions David Oliver (USA, 110mH) and LaShawn Merritt (USA, 400m), as well as IAAF World Championships silver medallist Kim Mickle (AUS, Javelin), this EXCLUSIVE OFFER via **Ticketmaster Australia** ensures a cheap but great night out for the whole family at Australia's pinnacle athletics event.

EXCLUSIVE OFFER PRICES:

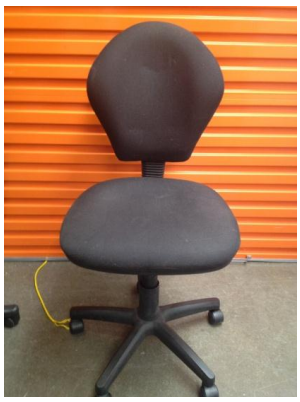
Adult: *$12 TODAY*
or $26 at the gate
Concession: *$10 TODAY*
or $14 at the gate
Children U12: *FREE*

To claim this outstanding offer, **CLICK HERE** and enter the promotional code **LittleAths** when prompted. For further details on the IAAF Melbourne World Challenge, please **follow this link** to the Athletics Australia website.

Experience Amazing. Come and support Australia's best athletes as they take on the world in their push for qualification to the 2014 Commonwealth Games in Glasgow!

Items for Sale – New Discounted Prices

LAVic have some old office furniture for sale that would be perfect for you at home. Should you be interested please contact our office – 03 8646 4510. First in best dressed! Items will need to be collected from our storage at Port Melbourne.



OFFICE CHAIRS (8 in stock) - $8.00 each

BOOK SHELF (Shelves Included – 1 only) - $15.00

SLIDING DOOR CABINET $35.00

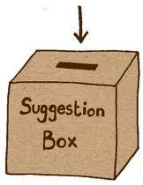
SIDEBOARD UNIT $35.00

DESK FILE DRAWER (5 in stock) $8.00 each

BOOK SHELF $15.00

Member Feedback & Suggestions

We hope you're enjoying our monthly e-Newsletter for Little Athletics members. We are constantly trying to improve our member communications and would love to hear from you with any feedback, suggestions and ideas. Please feel free to send any messages through to **chris.lonergan@lavic.com.au** or simply click the suggestion box below.



Upcoming Calendar of Events

February

14 Feb	AV Junior Track & Field (Day 1) / JDS Day 5 – Albert Park
15 Feb	AV Junior Track & Field (Day 2) / JDS Day 5 – Albert Park
16 Feb	AV Junior Track & Field (Day 3) / JDS Day 5 – Albert Park
16 Feb	Collingwood Little Athletics Centre Open Day
16 Feb	Traralgon Little Athletics Centre Open Day
22 Feb	LAVic Region Track & Field (Day 1)
23 Feb	LAVic Region Track & Field (Day 2)

March

2 Mar	Coburg Little Athletics Centre Open Day
12 Mar	Australian Junior Track & Field Championships - Sydney (Day 1)
13 Mar	Australian Junior Track & Field Championships - Sydney (Day 2)
14 Mar	Australian Junior Track & Field Championships - Sydney (Day 3)
15 Mar	Australian Junior Track & Field Championships - Sydney (Day 4)
16 Mar	Australian Junior Track & Field Championships - Sydney (Day 5)
22 Mar	IAAF Melbourne World Challenge
23 Mar	JDS Day 6 - Albert Park
24 Mar	Online State Cross Country Entries Open
29 Mar	LAVic State Track & Field Championships (Day 1)
30 Mar	LAVic State Track & Field Championships (Day 1)
30 Mar	ALAC Squad Selection