Weekly Newsletter – Christmas Edition

Well it is hard to believe that we are now over half way through our athletics season and it won’t be long before we celebrate Christmas with our family and friends. We’ve had a busy first half of the season, and look forward to a great second half.

These key items this week are:

- State Relay Results
- Christmas Handicap
- Region Track and Field
- LAVic Multi Event
- Season Restart in 2015
- Open Days
- Lost Property

State Relays

Congratulations to all the athletes that competed in the State Relay competition last Saturday, all of you represented “TEAM MLAC” wonderfully. It was obvious to see that all the hard work that each of our athletes put in at training paid off on the day with several teams competing in finals.

Unfortunately no medals this year but a gold medal needs to go to each of the parents that bought their children all the way to the city plus a special mention for all the grandparents and special friends that came along on the day.

Thanks to our team managers James Barrett and Mark O’Donnell. They’ve put in a lot of work beforehand and on the day. Plus a special thanks to Mark Henry and Trevor Quint who on the day helped as LAVic officials in the roles of Zone 4 Chief and Starter respectively.

Christmas Handicap

This Saturday sees us again running our Christmas Handicap. All the children present on the day compete against each other in a handicapped 100m race, similar to the Stawell Gift. We run 30 heats and 9 semi-finals until we get our final 9. Santa will be making an appearance on the morning around 11am, so make sure you’ve been behaving!! For those athletes who competed at our MLAC Multi Event day on the 29th November there will be 1st, 2nd and 3rd place trophies for each age group handed out during the morning as well.

Region Track and Field Championships

The online portal for athletes to register for the 2015 Region Track and Field is now open.
Registrations are online and can be entered through the LA Vic website by clicking here.

This year there is the option of early-bird payment (see below). The absolute final date for registrations is **Tuesday the 3rd of February at 11:59pm**. If you miss this cut off time, you will unfortunately miss out.

<table>
<thead>
<tr>
<th>Entry Fee</th>
<th>Entries Close at 11:59 pm</th>
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</thead>
<tbody>
<tr>
<td>$7 per event * - Early Bird Discount</td>
<td>Friday, 16 January 2015</td>
</tr>
<tr>
<td>$10 per event * - Standard fee from 17 January</td>
<td>Tuesday, 3 February 2015</td>
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* IMGSTG Fee applies to all transactions

($1.65 transactions under $30, $2.00 transactions over $30) The Regional event will be held on the 21st and 22nd of February at Ross Reserve, Memorial Drive, Noble Park with qualifiers progressing to the State Championships in Lakeside Stadium, Albert Park on the 28th and 29th March.

To be eligible to compete at Region Track & Field, the athlete must have participated in a minimum of four weeks of Centre competition prior to the closing date of entries.

Centre competition is any competition inclusive of all members, excluding Region/State competitions (or any competition scheduled on these days) and Centre Open Days.

More information about the event can be found in the news section of our website.

### LAVIC State Multi Events Championships

The online portal for athletes to register for the 2015 State Multi Event Championships is now open. The link to the registration portal and all information about the event including the timetable can be found on the LAVic website by clicking here. The absolute cut off time for registrations is **Tuesday the 13th of January at 11:59pm**.

<table>
<thead>
<tr>
<th>Online Registrations Open</th>
<th>Entry Fee</th>
<th>Entries Close at 11:59pm on</th>
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<tbody>
<tr>
<td>14 November 2014</td>
<td>$30.00 - Early Bird Discount</td>
<td>19 December 2014</td>
</tr>
<tr>
<td></td>
<td>$50.00 - Standard fee from 20 December 2014</td>
<td>13 January 2015</td>
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Please note: An IMGSTG Processing Fee applies to all transactions

The event will be held on Saturday the 31st of January and Sunday the 1st of February at the Joe Carmody Athletics Track, Moe.

A summary of the LAVIC handbook/information pack containing up to date information and a summary of rules and guidelines which should be used in conjunction with LAVIC’s Competition Regulations (Reg 8) and IAAF Rules can be found at [www.lavic.com.au](http://www.lavic.com.au)

Depending on the number of athletes from MLAC we may need to complete a duty at the event and provide a team manager which would be sourced for the athlete parents that are attending.

### Season Restart in 2015
Our first competition day for 2015 will be a twilight meeting at Casey Fields Athletics Complex, Cranbourne. It will be held on Saturday the 10th January starting at 5.30pm. We will be competing with Frankston LAC at Casey Fields. More information about this meet will be sent out closer to the date.

On Saturday the 17th January we will be back at Mace Oval with normal competition.

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**Open Days**

There are a number of open days coming up:

- The Rye Junior Gift which is held at Southern Peninsula LAC on Saturday 10th January 2015. All information can be found by clicking here.
- Ringwood LAC is holding a Multi Event Open Day on Sunday the 18th of January 2015. All information can be found by clicking here.
- Chelsea LAC is holding a Track & Field Open Day on Sunday the 18th of January 2015. All information can be found by clicking here.
- Maryborough Little Athletics Open Day on Sunday 8th February 2015.
- Seaford Little Athletics Open Day on Sunday 8th February 2015.
- Traralgon Little Athletics Open Day on Sunday 8th February 2015.

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**Lost Property**

We have again started to amass quite a good collection of lost property this year. If you or your child has left behind any of their belongings please do not forget to retrieve it from our lost property section.

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The committee we would like to wish each of you a very Happy Christmas and a Safe New Year and look forward to seeing you again in 2015.

Regards

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