



### Weekly Newsletter Christmas, 2016

We are now halfway through our athletics season - where does the time go? It's been a busy past few months. The committee hope all our members have a safe and happy Christmas break.

This week is our Christmas Handicap (more below), and it coincides with the LA Vic mandated **Jetstar Round**. We have been tasked to celebrate our major sponsor Jetstar by turning Mace Oval orange on Saturday. We are ahead of the game with our uniforms, but we need to go all out. Please wear as much orange as possible on Saturday - that goes for the parents too! Prizes are awarded to the most orange club, and there are individual prizes as well. See you Saturday!

**More club records were broken last Saturday the 3rd of December. Congratulations to the following athletes:**

- **Josie Reichelt broke the U13 girls Javelin club record with a throw of 19.63m.**
- **Olivia Stuart broke the U14 girls 1500m club record with a time of 5:19.79.**
- **Dylan Osborne broke the U15 boys Javelin club record with a throw of 35.30m.**
- **Makai Veidreyaki broke the U6 boys Shot Put club record with a throw of 6.04m.**

The key points to note this week are:

- Duty Roster
- Christmas Handicap
- State Relays
- State Multi Event
- Region Track & Field
- Rye Junior Gift
- Cranbourne Meteorite Gift
- Season Restart in 2016

### Duty Roster for Saturday 10th December, 2016

The following Age Groups are rostered on this weekend:

**Setup** : **The Committee** (*please arrive by 7.30am*)

**BBQ** : **Anyone available to help**

**Pack Up** : **Last man standing**

### Christmas Handicap

This Saturday sees us again running our annual Christmas Handicap race. The morning will kick off around 9am and to compete you will need to be registered and financial. Athletes will be competing against each other in a handicapped 100m race, similar to the Stawell Gift. As we did last year, we will again run a Junior Christmas Handicap for U6 to U8 athletes and our traditional Christmas Handicap will be for athletes from U9 and above. There will be up to 30 heats to begin with then 13 semi-finals. The winner of each semi-final both junior and the handicap will run in separate final races of 9.

Bring along a chair, set yourself up along the front straight and watch all our athletes run their hearts out!



Santa will be making an appearance around 11am, so make sure you've been good! There are also prizes available to win on the morning, plus we will be drawing our Christmas Raffle just before the finals. Tickets will still be available to buy up until 10.30am. \$2 each or 3 for \$5.

For those athletes who competed at our Multi Event day on November 26th, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place trophies will be awarded for each age group.

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### **State Relays**

Good luck to the 37 athletes (16 teams plus 1 athlete competing in a SMR team) who are running at Lakeside Stadium on Saturday the 17th of December. Do your best and have fun!!

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### **LA Vic State Multi Event Championships**

After the Subway State Relay Championships, the next big State competition is the LA Vic State Multi Event Championships. This year it is being hosted in Bendigo at the Latrobe University Athletics Complex over the weekend of the 28th and 29th of January, 2017. Registrations are open now, and close on Monday the 9th of January 2017 at 11.59pm. The cost is \$30 per entrant (plus a processing fee). The U9-11's compete on the Saturday, the U12-13's on the Sunday, and the U14-15's over both days. Click [here](#) for more information and to register.

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### **Regional Track & Field Championships**

Registrations are also open for the 2017 Regional Track & Field Championships. This season it is being held at Ballam Park, Frankston, on the weekend of the 18th & 19th of February, 2017. U9-U15 athletes are eligible to compete, provided they have participated in a minimum of 4 weeks of competition at their centre and have paid their registration fees. The week of Regional Relays is not included for eligibility purposes. Registrations close at 11.59pm on **Monday the 30th of January, 2017**. NO LATE ENTRIES CAN BE ACCEPTED UNDER ANY CIRCUMSTANCES. Athletes can choose up to 4 events to compete in over the 2 days, and may progress to the State Track & Field Championships if they do well. States is being held at Lakeside Stadium on the 11th & 12th of March, 2017. Click [here](#) for more information and to register.

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### **Rye Junior Gift**

Registrations for the amazing 2017 Rye Junior Gift on Saturday January 14th 2017 are now open. This exciting event for U9 - U15 athletes takes place in the middle of the Rye Gift professional athletics carnival on the Rye Football ground in front of thousands of spectators. Registrations for U16 and older are made through VAL [here](#).

This junior event is run by the Southern Peninsula LAC in conjunction with the Rye Gift Athletics Carnival at the RJ Rowley Reserve, Melbourne Road, Rye. Entry is \$10 per athlete, payable on the day. The entry form can found at the end of this newsletter. Entries close 9<sup>th</sup> of January 2017 at 11.59pm. For more information check out [The Rye Gift Facebook page](#).

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### **Cranbourne Meteorite Gift**

Also on January 14th 2017 is the Cranbourne Meteorite Gift at Casey Fields, Cranbourne. There are handicapped races for the U6-U8's (100m and 200m), and for the U9-U16's (100m and 400m). Entry is \$15 per athlete (plus a SportsTG processing fee). Athletes are to arrive by 5.30pm. Click [here](#) to register and find out more information. Registrations close on January 7th, 2017.

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### **Season Restart 2017**

Our first competition day for 2017 is Saturday the 7<sup>th</sup> of January, starting at 4pm. This is our traditional Twilight Meet at Ballam Park in Frankston, competing against the Frankston, Seaford and Casey Little Athletics Centres. It's a great experience for our athletes being able to run on a synthetic track - good practice for those who will compete at Regional Track & Field. Bring chairs and picnic



rugs, a picnic dinner, and watch the sun set over our kids as they run, jump and throw. The program will be added to our website when we receive it.

Also, if you know of any families that do Little Aths with another centre, but holiday down our way, let them know they are more than welcome to join in our competition days at any time over the summer!

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The Mornington LAC Committee would like to take this opportunity to wish all our members a safe and festive Christmas and New Year. Stay safe, and we look forward to seeing you all again in 2017!

Regards,

**Mornington Little Athletics Centre**

[mornington@lavic.com.au](mailto:mornington@lavic.com.au)

PO Box 544

Mornington, Victoria, 3931

[www.morningtonlittleaths.org](http://www.morningtonlittleaths.org)

**Rye Junior Gift entry form is on the next page.**

# ALIEN FITNESS Rye Junior Gift

The annual 100m *Dash for the Sash*



**Saturday 14th January 2017**

RJ Rowley Reserve, Melbourne Rd, Rye  
(Rye Football Ground). Melway Ref 168 D5

This fantastic event is run in conjunction with

## The Rye Gift Professional Athletics Carnival

This major Vic Athletics League carnival sees 500 professional and amateur athletes complete in events ranging from 70M to 1600M, plus relay events across an exciting 6 hour timetable.

The Rye Junior Gift is an amazing and exciting opportunity for athletes to experience the sights, sounds and feeling of a senior sprint carnival atmosphere. Junior athletes run on the main event track in front of 5000 spectators.

## Entry information

- U9, 10, 11, 12, 13, 14, 15 (Male | Female events)
- Current Little Athletics Victoria athletes may enter (Including Rye Junior Sports Club members)
- Straight to final 'off scratch' racing program for each age group with placing based on time
- Place by time where 2 races for same age group
- Sashes presented to 1st, 2nd & 3rd places
- Athletes sign in marshal by 11am on day
- Athletes age group as per age on 01.10.15
- Proof of age if registration no. not provided
- Centre top not mandatory as 'colour lane bibs' provided compression pants acceptable
- Spikes for U11+ only. Block / crouch start for U12+
- Entry fee \$10.00 per athlete (includes full day entry of athlete and one guardian to venue)
- **ENTRIES close 11.59pm 9TH JANUARY 2017.** Late Entry on day \$15.00 based on lane availability only.

Southern Peninsula Little Athletics Centre invites all LAVic athletes to Friday competition from 5.00pm, on Truemans Reserve, Truemans Rd, West Rosebud (Mel:169 E6) on 13th 20th 27th Jan if holidaying on our Mornington peninsula

## RYE JUNIOR GIFT - 14th JANUARY 2017 - ATHLETE ENTRY FORM

ATHLETE NAME		D.O.B.			
AGE GROUP	GENDER	CENTRE NAME	REG. NO.		
GUARDIAN NAME					
ADDRESS					
EMAIL					
MOBILE		GUARDIAN SIGNATURE			



PLEASE SCAN AND SUBMIT TO: [southernpeninsula.littleaths@gmail.com](mailto:southernpeninsula.littleaths@gmail.com)