



The Despatch Runner

Version 2
Volume 1, Issue 6, 15th December 2016



Local Sponsors

- Parafield Gardens Community Club
- Cloudy Sheep Printing
- David Pfeiffer (accountant)

Away Meet Dates:

For more information, please see the Programme Booklet, our Website, or a Committee Member.

State Multi-Event Championships (U9+)

21/22 Jan @ the Stadium
Nominations close 2nd Jan.
\$15 entry fee.

Nthn Region Open Day

5th Feb @ Playford
No nominations necessary.
\$2 entry fee.

State Relay Championships

12th Feb @ the Stadium
We handle nominations.

State Challenge

5th March @ the Stadium
Nominations close 19th Feb
\$10 per event, max \$30.

Nthn Zone Improvers

12th March @ Gawler
Nominations close 19th Feb

State Championships

17-19th March @ the Stadium
Nominations close 19th Feb
\$10 per event, max \$30.

Christmas Edition



Merry Christmas and a happy new year to all.

Hi Everyone,

We've made it half-way through the season, and in doing so have seen a great number of PBs set by most athletes, and a few club records fall. Last week's State Classic, in particular, saw athletes taking advantage of the Stadium's facilities to set plenty of PBs.

Moving into the new year, we are drawing closer to the Relay and Multi-Event Championships. More information on both of these is over the page. Both of these events are restricted to athletes in the Under 9s and up. Those who have qualified for the Multi-Event Championships have received an email alerting them to that, and those who are close have also been notified that they have a final chance to do so this week.

This week we'll take a break from the usual events, and have more of a fun and games environment, with a special guest paying a visit. The BBQ and Canteen will, of course, be in full swing. After this weekend we will have a two week break, with our next competition on the 8th of January.

During this time the main training sessions will also be taking a break, and will resume on Thursday January 5th. If you wish to continue training during the break, you may be able to arrange to do so with Sam or Shane.

On behalf of the IFLAC Committee, I would like to wish everyone a very merry Christmas, and a happy New Year. See you in 2017.

Sponsor in Focus

Cloudy Sheep Printing

CSP Printed our programme booklets, and also the paper slips that were sent to some schools prior to the season.

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Jetstar State Classic (PB Day)

The results for last week are on our website and TeamApp. Please note that some errors that were present in the live results have been corrected. If you believe there are any errors remaining let us know.

SALAA was trialing a new way of running PB Day, designed to minimise the extensive delays historically associated with the day. If you have any feedback on how successful or otherwise this was, please contact them.

State Relay Day Teams

We've had a busy week, but with the break now upon us we will have time to sort out the Relay Teams over the coming weeks. If anyone has any questions about this, please ask Shane.

Multi-Event Championships

Nominations for the State Multi-Event Championships, will close on the 2nd of January, at the following link:
<https://salaaportal.myrCRM.com/events/>

The State Multi-Event Championships are styled off the Decathlon and Heptathlon events. Most age groups will run Pentathlons: 100m, 800m, Hurdles, Long Jump, and either Shot Put or Discus, depending on age and gender. Older age groups add in additional events.

Unlike other competitions, the performances in individual events aren't overly important, it's the overall performance that matters. In each event your performance scores points – the faster/further, to more points. These are tallied up to determine the overall position of each athlete.

Of course, PBs and records can still be claimed in each individual event, but it adds another level of competition. Athletes who are good at everything, but not outstanding at anything usually go well here.

Those who have, or have nearly, qualified have been notified via email. If you think you have met the qualifying criteria, please email us, or see Maree on Sunday.

Recent Achievements

We are seeking athletes who have achieved something, whether a massive PB, or a PB in every event, or something else, to be included in this section.

If you know any athletes who fit the description, let us know to the end of the meet, and they might find their name in the newsletter!

Congratulations to **Isabelle St. Clair** and **Kate James** who qualified for the State Multi-Event Championships on Sunday. They join several other athletes who have already qualified for the Competition, which takes place in late January.



Above are some of the photos from the Jetstar State Classic (PB Day). The full set is available at:
www.getsnapt.com.au/photo-galleries/little-athletics-sa

With the access code SALAA1617.

We also have some parent-taken photos on Facebook and TeamApp.