



The Despatch Runner

Version 2
Volume 1, Issue 4, 1st 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 Classic / P.B. Day

11th Dec @ the Stadium
Nominations closed.

State Multi-Event Championships (U9+)

21/22 Jan @ the Stadium
Nominations close 2nd Jan.

Nthn Region Open Day

5th Feb @ Playford
No nominations necessary

State Relay Championships

12th Feb @ the Stadium
We handle nominations

State Challenge

5th March @ the Stadium
Nominations close 19th Feb

Nthn Zone Improvers

12th March @ Gawler
Nominations close 19th Feb

State Championships

17-19th March @ the Stadium
Nominations close 19th Feb

Pre-State Classic Edition



SA STATE CLASSIC

PB DAY: TT - U17

SUNDAY 11th DECEMBER

SA Athletics Stadium
Railway Terrace, MILE END

@ St Albans Reserve, Chester Avenue, Clearview

Senior Athletics

Athletes aged 12 or over are able to compete at Senior competitions, generally held on Saturdays at the Stadium. These are separate to Little Athletics, and so are not covered by your registration here.

Ingle Farm is not a senior club, however there are two 'Open Days' where any athlete aged 12+ can compete. The dates are below. Please see the Athletics SA website for more info.

The next date is:
3rd December

Hi Everyone,

We are getting near the mid season Christmas break, with only three weeks of athletics left: This week's meeting, the Jetstar State Classic, and the X-mas break-up.

We will then take a two week break, resuming on the 8th of January; and continuing until the 19th of March. Cross Country is available in the winter, and we will provide more information on that as it draws nearer.

For those athletes in the Under 9 and older age groups, please note that nominations for the State Multi-Event Championships will close on the 2nd of January, during the break.

For those aged 12 and over (including you, parents), who are looking for another opportunity to compete at the Stadium, Athletics SA are holding a "Club Day" this Saturday. Entries are online only, and due by 9:00 am Saturday morning, with a \$10 fee applying. We will send an email soon with more details.

A reminder that training is on Mondays and Thursdays, 5-6pm.

Please remember to support our sponsors where possible, and have a look at the Health Partners document attached to this email.

Regards, IFLAC Committee



The Despatch Runner

inglefarmlac.wix.com/iflac



Jetstar State Classic (PB Day)

Next week is the Jetstar State Classic. For many of our athletes this will be their first visit to the Stadium, and for some, their first ever visit. This means that there will be no home meet, and because this event is open to everyone (provided they have entered online), there is **no meeting** on the Friday night either.

Please take note of which events you have entered in, and know what time you need to be at them for (marshalling time, not the time at which the event starts).

A reminder that athletes should be in full uniform, including all appropriate badges. If you are missing one of these, please see Maree on Sunday.

After this, the next event at the Stadium is the Multi-Event Championships, open to U9s up, providing the qualifying criteria is met – please see the State Championships page, under the Season 2016/17 tab on our website for more information on that. Nominations will close on the 2nd of January, with a cost of \$15 per athlete.

Relay Selection

We would like to thank everyone who has nominated to represent IFLAC at the State Relay Championships. We are currently going through the process of selecting teams. Once this has been done, everyone who's child has nominated will be sent an email with the teams.

We don't have to submit the teams until late January, so if something comes up, and you will be unable to attend, we can attempt to organise a replacement. In the case of field relay teams, the exact events each athlete will be doing may not be chosen until shortly before then, as this will give us more performances to judge each athlete on. In the case of track teams, the coaches will sort out who is running in each position, based on their suitability for it, as judged at training, both during the week, and in post-competition practice relays that we will run in the new year (who runs which position doesn't have to be decided until the day).

When possible we will try to get everyone who has nominated into a team, into one, but if you miss out we will keep you in mind in case an emergency replacement is needed.

North East Challenge

Poor weather contributed to a low turnout at this season's North East Challenge. The final scores were: Magil: 453, Enfield – 411, Campbelltown – 141, Ingle Farm 134. While we did finish last, I am told Campbelltown had a much larger attendance that we did, so finishing so close behind them is a testament to those IFLAC athletes that did attend.



State Carnival

We also have some pictures from the State Carnival.

More at the following link, password: SALAA1617
<http://www.getsnapt.com.au/photo-galleries/little-athletics-sa>

