



GUNLAC Weekly Wrap-up

9 March 2017

PRESENTATION DAY THIS SATURDAY!

The season is flown by and we are getting ready for our final GUNLAC meet and Presentation Day which is this Saturday!

The meet will commence at the normal time with the 1500m at 8.30am and announcements and first events at 9am. We will run a modified program of 3 events (or 2 for groups with high jump), until 10am when we will run the **GUNLAC Gift Handicap race**. This year as part of the Gift races we will also be running a **AGE GROUP MANAGER RACE** - should be lots of fun (we'll take no responsibility for any dodgy knees or hamstrings in this race!).

After these events we will make presentations on 'the hill' at the oval. We will be presenting the following awards -

- Athlete participation medals (awarded to all athletes who return and participate at GUNLAC after the Christmas break),
- Age group PB Champions
- Age Champion awards (this year we will be presenting Gold, Silver and Bronze Medals in this category)
- Club Record certificates
- Athlete 10 year medals.
- Club Champion and Club Person of the Year.

We will also be acknowledging the contribution of our Age Group Managers and regular helpers.

If you are not able to come on Saturday please arrange for someone else to collect your medals for you.



WHAT IS THE GUNLAC GIFT?

The GUNLAC Gift is a Handicapped 100 metre race run in the style of other gift races such as the Stawell Gift. In the GUNLAC Gift we run a girls and boys race, with heats and finals. There is one competitor from each age group, who is chosen as the athlete with the fastest 100 metre time this season (with the exception that if you ran the gift last season we choose the next fastest athlete so as to share around the experience!). In each heat athletes start from a mark based on their times, thereby making it a handicapped event.

We run two heats and a final for both boys and girls (6 races in total). Heats are run as odd numbers and even numbers (eg Under 6,8,10,12,14,16 race then Under 7,9,11,13,15,17).

The event is lots of fun with the whole club cheering on from the sidelines - don't miss it from 10am this Saturday!



GUNLAC FUNDRAISING BBQ AND CANTEEN AT ACT CHAMPIONSHIPS

At ACT Champs we will be running the BBQ and Canteen on Friday evening, Saturday and Sunday. This is a big task, but potentially very beneficial to the club with the funds to be put towards new long jump pits and runways.

While we will be rostering on parents of those athletes competing at the champs, we will need additional helpers across the weekend also. If any parents or older athletes can help for even a few hours over the weekend of 17th-19th March please email us at enquiries@gunlac.org.au.



WEEK 17 PARENT ROSTER

The following age groups are rostered on this Saturday -

Morning set-up help - Under 9 Girls A (2-3 people)

Canteen/BBQ - Under 8 Boys (4 people)

Track helpers - Under 12 Boys (6 people)

Pack-up Assistance - Under 7 Boys A (2-3 people)

For more info on these roles go to our [Parent Roster](#) page on the website.

