



## Gungahlin Little Athletics Centre (GUNLAC) SEASON 2023-24 Information for new families

Gungahlin Little Athletics Centre (GUNLAC) provides a fun and competitive athletics program for athletes aged 5-17 years, based at Amaroo Playing fields in Gungahlin. Little Athletics aims to promote and foster athletics amongst young people, and to do this through friendly competition. The focus on all events is achieving 'personal best' (PB) results. Athletes' results for each event are recorded each week and ribbons are awarded when athletes achieve a given number of personal bests.

### Season Dates

The 2023-24 season gets underway on **Saturday, 14 October 2024**. The season runs from 14<sup>th</sup> October 2023 – 9<sup>th</sup> March 2024, with a break over the Christmas/New Year period. A full set of season dates is provided on the Club website.

### GUNLAC Centre Meets

Our meets are run across two sessions, with staggered start times based on athlete age groups. Athletes are will undertake a 10min warm up before commencing their meet. From week 2, a 1500m run (U11-U17) and walks events (U9-U17) will be offered between the sessions at 9.35am.

#### **Junior Session (U6, U7, U8 age groups)**

8.20-8:30am Warmup, 8:30am Start time, expected to finish by 9.45am. Junior session athletes meet at designated areas on the track: U6 - Top Oval, U7 - Bottom oval near the start of the straight track, U8 - Bottom oval near the finish of straight track.

#### **Senior Session (U9 – U17 age groups)**

9:50-10:00am Warmup, 10.00am Start time, expected finish time 11.30am. Senior session athletes meet on the top oval at appropriate age group sign, before moving to their event.

*Please note: It is an insurance requirement that all children are accompanied by an adult. Little Athletics is run by volunteers so we need your assistance to run the meets each week.*

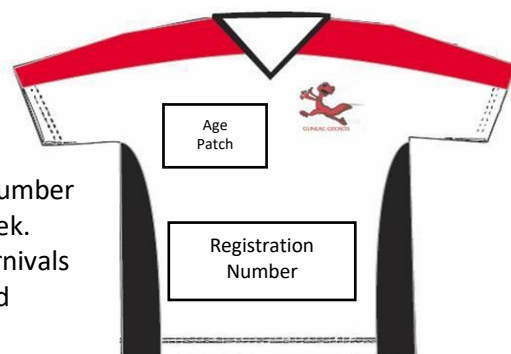
### Weekly Event Program

Each week depending on their age, children participate in a program of 4 or 5 events, consisting of run, jump, throw or hurdles events. The GUNLAC program detailing the events that each age group will complete is available throughout the season on the GUNLAC website. A copy of the day's program is placed on the noticeboards, located at the pavilion. Age Group Managers will also have a copy of the program in their folders.

### Uniform

GUNLAC uniform consists of white club t-shirt/singlet/crop top with red and black panels and black shorts. Shirts/singlets and crop-tops are available through the centre. The uniform is **not compulsory** at centre meets, however for event results to be recorded an athlete's registration number and an age patch must be attached to the t-shirt they are wearing each week. The uniform is compulsory for athletes who wish to compete in ACTLAA carnivals (e.g. multi-event, relay and ACT championship carnivals). The Age patch and individual Registration Number patch must be secured to the front of shirt either by \*sewing on, using iron-on hemming tape or securing with safety pins.

\*Dual registered athletes should use a non-permanent attachment so their number can be transferred between uniforms.



### **Communications**

Email is the primary form of correspondence to GUNLAC members. Email is used to advise information, updates, reminders, circulate newsletters etc. GUNLAC operates a Facebook page which is a great way to stay up-to-date with happenings around the club. The GUNLAC website also houses lots of information including dates, weekly results, club records, club contacts, weekly program, event fact sheets, basic events technique information etc.

### **Age Groups**

Age groups are determined by an athlete's date of birth. These age groups are standard across Australian Little Athletics. Accordingly, we are bound to enforce the age group eligibility and DOB range each season. Depending on the number of registered athletes in each age group, we may need to split the age group into two (or sometimes three) groups. These groups are determined by the Age Group Manager and should allow for friends to be together.

### **Age Group Managers**

Age Group Managers are volunteer parents who are responsible for a group of athletes from a specific age and gender at each meet (for example U8 Girls). Often there is more than one Age Group Manager for an age group in order to keep the groups to a manageable size. The role of the Age Group Manager is to take athletes to their events, line them up for track events and coordinate field events (including measuring and recording). While the Manager is responsible for the group they are assisted by other parents. Age Group Managers are not expected to do it alone, but we need a parent to take on the role so that there is someone responsible for each group of athletes. Managers wear a vest with the name of their age group on the back so parents can easily find their athlete's group at the commencement of each meet.

### **Family Assistance**

Little Athletics is run solely by volunteers and we need families to help out each week to run our meets. It also helps to reduce the time taken to complete events and makes everyone's morning more enjoyable! Your Age Group Manager will often request assistance with things like raking the long jump pit, measuring throws, etc. In addition, during the registration process you selected a Duty to undertake on set weeks during the season.

### **Weather**

Every effort is made to conduct meets each week, but in the event that we have to cancel due to bad weather, we will endeavour to have an announcement put up on our Facebook page and the website by 8.15am.

### **Training**

All GUNLAC registered athletes can attend optional training sessions held on Thursday afternoons between 5.30-6.30pm. The training will focus on improving athletes skills and is included in your registration fee. The training schedule will be on our website and will commence from Thurs, 12 Oct 2023. Please note: These sessions are subject to the availability of enough coaches and attending athletes to run each session.

### **Results**

You can see your athletes results and track their Personal Bests (PBs) by logging into ResultsHQ (<http://resultshq.com.au>) with the login details you used to register your athlete. Results will be available within a few days of each meet happening and athletes will receive a ribbon for achieving multiples of 5 PBs (5,10...).

### **ACT Little Athletics and ACT Athletics Carnival & Championship Dates for 2023-24**

There are a range of other carnivals that your athlete may like to attend during the season. At these events your athlete will get a chance to compete against athletes from other Little Athletics Centres.

**Sunday, 19 November 2023 – Coles ACT Relay Carnival**, Woden Park Athletics Centre. Open to all registered athletes U6-U17.

**Saturday, 2 December 2023 - ACT Club/Centre Challenge**, Woden Park Athletics Centre. (No GUNLAC meet)

**Saturday & Sunday, 16-17 December 2024 – ACT Combined Events Championships**, Woden Park Athletics Centre.

**Sunday, February 11, 2024 – U6-U8 Teams Challenge** Chapman Oval.

**Friday-Sunday, February 16-18, 2024 – U14-18 ACT Championships**, Australian Institute of Sport, AIS (No GUNLAC meet for U14-U17 age groups).

**Saturday-Sunday, March 16-17, 2024 – ACT Littles Championships (U9-U13)**, Woden Park Athletics Centre.