



GUNLAC Weekly Wrap-up

Week 13, 2017-18 Season

In the home stretch for season 2017-18

We're back into the swing of things following our Summer break, and it was great to see a big turn out last Saturday, and also great to have some sunny Saturdays after our rainy start to the season.

Four more Centre records were broken at our Week 12 meet, which makes a total of 31 Records broken for the season so far! We're also excited to start awarding our first GOLD PB Ribbons for the year - a great achievement!

Families will have received an email today indicating that, due to an error in the online roster, we do not have families allocated this weekend. We are asking that if you were rostered on the Australia Day weekend, which was subsequently cancelled, or if you have cancelled your scheduled roster duty this season, that you volunteer for duty this weekend. Please see Ken at announcements to help out. Remember if we don't get helpers the tracks cannot run properly for our athletes.

Presentation Day 2018

Preparations are already underway for our final meet which doubles as our Presentation Day - this will be the **SATURDAY MARCH 17th 2018**. On the day we will have a number of special awards, as well as participation medals to all athletes who have competed in at least one meet following the Christmas break (January 20th onwards).

We also run the GUNLAC Gift which is a fun handicap sprint race with athletes from each age group (boys and girls). Age Managers - unfortunately we won't be able to repeat the Age Group Manager race from last season (apologies for those who many have already been in training.....) due to our insurance with Little Athletics Australia not covering these types of events (non registered participants).



Little Athletics ACT Multievent Carnival

When: Sunday February 25th 2018

Under 15, 16 and 17 athletes competing in the Heptathlon also have events on Saturday February 24th - Check the Little Athletics ACT website for the full schedule

Where: AIS Athletics Track

Athletes need to arrive by 8.15am for a team warm up. Officials will be called from 8.45am. First events commence 9am.

REGISTRATIONS HAVE NOW CLOSED

Arrangements for registered athletes

Next week families will receive an email with all details for the day - including the parent roster.

PLEASE check the roster and make sure you attend where you are allocated.

When you arrive at the track in the morning please check in at the GUNLAC and check your rostered time and location. Athletes will have the opportunity to do a group warm up before events commence at 9am.

Parents of Athletes competing in the Heptathlon on Saturday afternoon are asked to make themselves available to assist in running events as needed (we will not have a roster for that day).

If you have any questions about the carnival you can email us at enquiries@gunlac.org.au.





Training and Coaching update

At Thursday training over the last weeks we have run some great sessions in javelin, scissors high jump, throws and sprints. Next Thursday (February 22nd) we will be running a High Jump session for flop technique (U11s and older) with Matt Wecker (Senior Athlete and coach with North Canberra Gungahlin Athletics Club). This is a great opportunity for athletes to get some technical advice and practice their jumping!

For younger athletes we will be running hurdles practice - come along to practice your hurdling and get some advice from our coaches on technique.

Thursday Training is run every week of the season from 5.15pm at Amaroo Oval. Training is FREE for Under 7s and older. We ask parents to please stay and supervise their children during training.



RESULTSHQ Update

All our meet results are uploaded to the RESULTSHQ website each week. All families have a log-in for RESULTSHQ, if you are not able to access your results please email us and we can resend log-in details.

Our fabulous Recorders Nadine and Paul enter all results each week to RESULTSHQ, and we greatly appreciate the time they dedicate to this task for all our athletes. Track results are uploaded directly from track computers, while field results are entered manually from results sheets. Most weeks track results are available online by the end of the weekend of the meet, with field results entered over the course of the week following the meet. We do sometimes encounter technical challenges with track results, fortunately these are small in comparison to the number of races we run across the three tracks each week. When this happens results may not appear until the Monday or Tuesday following the meet. If you are missing a result and it has been over a week since the meet, or you are not sure about the accuracy of a result, you can email our recorders at (chiefrecorder@gunlac.org.au),

Are you a Record Breaker? - do you think you may have broken a GUNLAC record this season? If the answer is yes, please email our Chief Recorder Nadine with the details so we can recognise this achievement properly (chiefrecorder@gunlac.org.au)

