



GUNLAC Weekly Wrap-up

Week 16, 2017-18 Season

ACT Championships entries now open!

Entries for the Little Athletics ACT Championships are now open online via RESULTSHQ. The Championships are held at Woden Athletics Park on the weekend of 23rd, 24th and 25th of March (ie the weekend after our Presentation Day). All athletes Under 8s and older are welcome to enter - there are no qualification standards. Athletes can enter just one event or several up to the event limit for their age group. The championships are always held in a great spirit and we encourage all those athletes interested to enter. Full details of the Championships are in this newsletter.

We will still be running **THURSDAY TRAINING** for two more weeks, which is a great opportunity for those athletes attending ACT Champs to get some extra practice. Coaching Coordinator Simone is currently seeking feedback from athletes on what events they would like these sessions to cover - email her at coachingcoord@gunlac.org.au with your suggestions!



Presentation Day 2018

- Saturday March 17th

Our final meet for the year is our Presentation Day which is on Saturday March 17th - commencing at our usual time of 9am. This year we will be commencing with presentations and the GUNLAC Gift Handicap race rather than running events first. We ask that all athletes come to presentation day in their GUNLAC uniform, including those who are running the Gift. We will be contacting those athletes who have been selected to run the Gift during the week prior to the day. We will also need some reserves in each age group to run in case we have some absences - so come along ready to run!



All athletes who have competed in at least one meet in 2018 will receive a medal. We also present awards for PB Champions, Age Champions (first, second and third place medals), Coaches award, Club Record Breakers, Club Champion and Club Person of the year. This is also an opportunity to thank our many volunteers from this season. It should be a great morning so make sure you come along and help us celebrate our season!

Little Athletics ACT Championships

When: Friday March 23rd (evening), Saturday March 24th and Sunday March 25th 2018

Where: Woden Athletics Track

Who can compete: Athletes Under 8s and older.

ONLINE REGISTRATIONS NOW OPEN VIA RESULTSHQ

Entries Close at 11:59pm on Tuesday 13th March 2018. The cost to enter the Championships is \$5.00 per athlete. Please note there will be **NO LATE ENTRIES** and **NO ENTRIES TAKEN THROUGH GUNLAC.**

Athletes can enter only one or several events over the weekend. There are limits on the number of events athletes can enter across the weekend

Under 8s and Under 9s - maximum 5 events

Under 10s - Under 14s - maximum 6 events

Under 15s - Under 17s - maximum 7 events

Events by age group are the same as those offered at GUNLAC. Exact times of events have not been set as yet but this [Guide](#) lists events by day of the Championships.

All families who enter the carnival will be included on our parent roster to help on the weekend. The entire carnival is run by parent volunteers - it runs most smoothly when everyone makes a contribution. GUNLAC will be responsible for running one areas of long jump, shot put and high jump at the carnival.

IMPORTANT NOTE ON UNIFORMS FOR ACT CHAMPIONSHIPS

If you are planning on competing at ACT Championships, you **MUST** have a GUNLAC shirt or crop top with your Registration number, Age Patch and Coles sponsor patch.

Further - **all sponsor logos must be visible on your uniform** - this includes the sponsor logo on the age patch and the registration number. We are aware that some athletes's shirts and (in particular) crop tops have had these trimmed - you will not be allowed to compete without the logos on your shirt or crop top so these will need to altered before ACT Championships. This is the directive we have received from Little Athletics ACT, recognising the value that sponsors which to receive from the funding they have provided to Little Athletics this season. Many thanks for your cooperation on this matter.



