



# GUNLAC Weekly Wrap-up

## Week 9, 2017-18 Season

### FINAL GUNLAC MEET FOR 2017!

After our big wash out last weekend we are look okay (fingers crossed) to run our final meet of 2017 this Saturday. The following Saturday (December 16th) is the relay carnival and then we return back after the Christmas/New Year break on January 20th (see key dates below).

This Saturday we will be running the Program which was washed out last week. As we have lost two weeks to rain this year we wont be including relays in the program (as our athletes have missed out on several events already this year), however we will have the batons out and Age Group managers are welcome to set up some relays if athletes are keen at the end of the day.



We have heard that we may be having a special visitor this Saturday (has everyone been good?), and some treats for the kids - don't miss it!

#### Have you signed up for the relay carnival yet?

Lists of athletes who have registered with us will be emailed this week (specific teams wont be put together until next week). Its not to late to register, check out more information in this newsletter. All athletes need to register with BOTH ACT Little Athletics and GUNLAC to ensure you are put on a team - if you have registered with ACTLAA but are not on our list let us know ASAP so we can update our team lists.

**PACIFIC SCHOOL GAMES UPDATE - A huge congratulations to Emma Vermeulen who won GOLD in long jump at Pacific School Games (10 years Girls) and Thomas Penfold who won a Bronze in the 12 Years Boys Relay! We will have a full run down of results next week once the senior athletes finish their events (this coming weekend).**

### Key Diary Dates for the remainder of the season

A quick reminder of some key dates for the rest of the season:

**Saturday December 9th** - our final GUNLAC Meet before Christmas holiday break.

**Saturday December 16th** - ACTLAA Relay Carnival

**Saturday 20th January 2018** - First meet back in 2018.

**Saturday 27th January 2018** - NO meet due to Australia Day holiday

**Sunday 25th February 2018** - ACT Little Athletics Multi-event Carnival (Under 8s and above able to enter)

**Saturday 17th March 2018** - Final GUNLAC Meet and Presentation Day

**Weekend of 23rd, 24th, and 25th March** - ACT Championships (Under 8s and above able to enter)

Any questions about any of these dates please email us at [enquiries@gunlac.org.au](mailto:enquiries@gunlac.org.au)

# Sign up for the Little Athletics ACT Relay Carnival: Saturday 16 December 2017

The Little Athletics ACT Relay Carnival is being held on Saturday 16th December 2017 at Woden Park. The carnival is open to ALL athletes, including Under 6s. On this Saturday there will be no normal GUNLAC meet held.

## Start time

This year the carnival will be run differently - younger age groups will compete FIRST starting at 9am, with an expected finish time of approximately 10.30am (depending on numbers entered). This will be for **Under 6, Under 7 and Under 8** athletes. Under 9 - Under 17 athlete events will commence once younger athletes are finished, but not before 10am.

## Events

A full list of events by age group can be found on the event flyer which is available on our website ([relay carnival page](#)). All age groups expect Under 6s compete in four events, two track and two field.

## How do we sign-up?

Email us your name, registration number and age group to [carnivals@gunlac.org.au](mailto:carnivals@gunlac.org.au) so we can put teams together. ACT Little Athletics has also asked that parents sign up their athletes online so field event recording sheets can be printed prior to the carnival (to save time on the day!) - find links for this on the [relay carnival page](#) on our website.

## Do we need to make-up teams of four?

No - we are able to put together teams on the day, including with other centres if we have extra athletes or not quite enough to make a full team. We will email GUNLAC teams the week before the carnival however these can be adjusted on the day if necessary. Often athletes will compete across multiple age groups to ensure that everyone can compete in both relays.



Please note - athletes must have a GUNLAC uniform with Age patch, sponsor patch and Registration number to compete. Parents will be asked to assist on the day.

## New things coming to GUNLAC this season

The Committee has been busy this year planning and purchasing new equipment and infrastructure.

- New Discus Cage - We have received grant funds for a new discus cage and construction on this will commence very soon! This will in the same location of the current Discus 2.
- New Sun Shades - We have purchased three new large sun shades in anticipation of some summer sun this season! With these new shades we will be able to have more shade at High Jump, the Straight Track start and the round track finish line. We will also have shade at the 200 metre start.
- Long Jump Pit - TAMS has completed their work constructing the new pit. Our GUNLAC Committee is now working to contract for run-ups to be constructed (the same as the existing run ups for Pits 1 and 2). If any GUNLAC families know of contractors who would be keen to help us with this work email Ken at [President@gunlac.org.au](mailto:President@gunlac.org.au)



### COLES SPONSOR PATCHES NOW AVAILABLE!

Coles is the new major sponsor of Little Athletics Australia. All Little Athletes have been provided a Coles sponsor patch for their uniforms, which can be picked up from the registration desk from this Saturday.

All athletes who wish to compete in Little Athletics ACT carnivals this season (Relay, Multievent and ACT Championships) must wear the sponsor patch at these carnivals.

## Need More Info?

### GUNLAC website

Our website has a wealth of information including the Club Handbook, Club Records, Season Calendar and Training information. Make sure you check it regularly.

### Like us on FACEBOOK

We regularly put information on our Facebook page including photos from meets, training updates, wet weather notices and lots of other useful information. Make sure you like our page and like our posts regularly to ensure you keep on seeing our posts on your newsfeed.

### Contact our Committee

The best way to contact our committee is via our enquiries email - [enquiries@gunlac.org.au](mailto:enquiries@gunlac.org.au)



