



General News

With the hot weather well and truly upon us parents are reminded that sunscreen is available at the first aid centre and that a bubble tap is located at the Eastern end of the pavilion.

Today's program includes the Walks and 300m hurdles, which are optional events.

Parent's Race TODAY!

Parents, today you will get their chance to show the kids what you can do in the Parents' 100m sprint. Mums and dads we will be looking for a good turn out (and a bit of a laugh) in the parents sprint. Entry is \$2 on the day and you DO GET A TICKET! Parents who don't finish the race pay \$5 bucks! Money raised will also go the Royal Children's Hospital.

Northern Metro Region - Relay Championships

Last Sunday our relay teams (74 teams in total) travelled to Diamond Valley to defend our NMR Relay Championship Trophy from last year.

Although our centre recorded the highest number of 1st placings and including 49 top 3 finishes (equal 1st) we did not secure enough overall points to defend our title. Nevertheless we are extremely proud of the achievement of our teams and their coaches.

A huge thanks to all the volunteers that helped on the day especially Pauline McShanag & Vicky Thomson who were kept on their feet all day and did a splendid job as Keilor's Team Manager's. Below is a summary of the number of teams and their placings.

Finally we would like to extend our gratitude to the NMR and Diamond Valley Little Athletics Centre who did a wonderful job in hosting the efforts and again to DVLA's who were successful in regaining the NMR Relay Trophy

Club	1	2	3	4	5	6	7	8
Diamond Valley	16	23	10	8	7	9		5
Keilor	20	13	16	6	5	1	2	1
Essendon	9	10	15	8	6	2	2	1
Coburg	8	9	7	7	4	3	3	1
Whittlesea	8	7	5	8	5	2	3	1
Sunbury	6		5	7	1	2	1	1
Kilmore	1	3	2	7	6	5	3	2
Hume		1	1	1	4	3	3	
Cragieburn							1	
Grand Total	68	66	61	52	38	27	18	12

State Relay Champs - 45 Keilor Teams Make it Through!

We are thrilled to advise that 45 teams have qualified for the state relay champs – to be held at Olympic Park on Sunday 13 December 2009. Although slightly down on last year, we had 70% of our teams (Under 9 and above) from Regions qualify which is an outstanding achievement and per capita would make Keilor arguably the best represented centre in Victoria.

Go Team Keilor

The following team will represent the mighty *Team Keilor*

Age	Boys 4x100	Girls 4x100	Mixed 4x100	Boys 4x200	Girls 4x200	Mixed 4x100	Mixed 4x200	Boys Medley	Girls Medley	Total Teams
U9	A	A	A & B	A	A		A			7
U10				A	A		A			3
U11	A	A		A	A				A	5
U12	A	A		A	A			A		5
U13		A		A	A	A		A	A	6
U14	A & B	A & B		A & B	A & B	A, B & C				11
U15	A			A	A	A		A	A	6
MIXED AGE 13-15								A	A	2
	6	6	2	8	8	5	2	4	4	45



Trivia Night - Postponed

The trivia night, which was scheduled for this evening, has had to be unexpectedly postponed.

We apologise for any inconvenience this causes but we will advertise to revised date

next week.

Our organizer Shane Hayes, promises that it will be the best one ever.

Regional Multi-Event Championships-Sunday 29 Nov

Just a reminder for those athletes who have entered the Regional Multi –Event champions – they are on Sunday 29th November at Kilmore LAC.

Reminder - Twilight Competition Next Friday(27th Nov)

Just a reminder folks that next week is our 2nd twilight competition for the season. Comp starts at 5:30pm sharp. Parents on duty are asked to report in by 5:15pm-thanks.

