

**Welcome to our final week of regular competition.** Whilst the season is not quite over- and there are some exciting activities in store before the summer season concludes – today marks the end of our "regular" weekly competition....fingers crossed that the weather is kind and allows us to run the steeplechase today. If it is decided it is too cold we will run 400m for ALL age groups in lieu of the steeple. It's acknowledged that the 400m is a long way for the U6/7 athletes but it will give them a taste of what to expect if doing cross country distance running during the winter season.

**Last chance to Catch-Up on Duties TODAY!**

To those parents/guardians who are yet to complete their 5 duties and their child(ren) are entered in the Centre Championships, today is the last opportunity to complete your obligations and ensure your child(ren) are then eligible to compete in the championships.

**Next Week – Centre Championships- We're Excited!**

More than 300 athletes have submitted an entry for next week's Centre Championships. Entries have closed and unfortunately late entries cannot be accepted. The championships are the culmination of the track & field season and athletes will experience a different look and feel to the running of the program compared to regular competition. Medals & ribbons are up for grabs - and with athletes putting in that little bit of extra effort, it is usually a big day for PBs!

**Centre Championship Entry Lists – Members to Check**

Our championship organisers have prepared the final entry lists per event and age group for next week's championship. As the data entry process is a manual one we ask that you check the entry lists and any problems with entries should be advised to Dana or Craig Hill (Phone 9390 4348 or Email DHill@tabcorppark.com.au) by 7pm Tuesday 9th March 2010. Entry lists are on the notice board. Our website ([www.keilorlac.org.au](http://www.keilorlac.org.au)) also has the entry lists on its home page.

Please note: The checking process is only to ensure we have the correct events entered for an athlete. **No change to events can be accepted.**

**Note: Inclusion in the listing of entries does not confirm entry into the championship for those athletes/families that are still trying to meet participation and/or duty roster eligibility requirements.**

**Eligibility for Centre Championships & Participation Awards** - It is Centre policy that to be eligible for Centre Championships or end of season awards - including participation awards - athletes must have competed in more than 50% of regular KLAC competitions. It is pleasing to note that a large majority of athletes have already met the eligibility criteria. With only today's competition left we hope many more athletes also become eligible. An eligibility list is available on the website & the notice board.

**Key Dates:**

- 🏁 **13 March – Keilor Centre Championships** (entries have closed). Participation/parent duty requirements apply.
- 🏁 **20/21 March – State Track & Field Championships @ Olympic Park** (athletes that have qualified are listed on our website).
- 🏁 **27 March (Saturday) – KLAC Presentation Day**, incorporating the Warren Hosking/Tim Golder Handicaps.

**State Track & Field – Parent's Meeting**

Listen for an announcement today regarding a parent's meeting for the upcoming State Track & Field Champs.

**Presentation Day – Keilor Little Aths Track - Saturday 27<sup>th</sup> March (9:00am)**

Planning for our end of season presentation day is in full swing and we promise another great event! To members you have attended previous presentation days please note it is on a Saturday and starting much earlier than usual. The theory behind the change in day (was a Sunday previously) and start time is that it is consistent with weekly competition and most families are use to that time slot by this stage in the season. Hope you can make it!

**We ask that families arrive early at the track and get settled in for a 9:00am start to presentation of the awards.** All eligible athletes will get a participation trophy and there are also most improved and top performer awards.

We also look forward to acknowledging our sponsors & supporters and will announce this years intake to Senior & Junior Life members. The presentation day promises to have something for everyone.

**Tim Golder & Warren Hosking Handicaps**

In the past two seasons we have run the Tim Golder 100m & Warren Hosking 800m handicaps. The naming of the handicaps are after two ex-Centre Presidents who are long standing administrators of the club and both are still actively involved behind the scenes. Tim & Warren have made significant contributions to making our Centre as great as it is today. It is pleasing to report that a large number of athletes expressed interest in competing in the 100m handicap (open to U7-16s); and a healthy number have put their hand up to be part of the 800m handicap (open to U9-16s).

Handicap selection guidelines are included in the centre handbook but in general, automatic selection goes to athletes who have the best performance in their age group for the handicap distance or to the winner of 100m/800m in each age at the Centre championships. In addition, and so every athlete has a chance to participate in the handicaps, some spots are reserved for athletes for athletes who are randomly drawn out of the hat. The random draw will occur at the Centre Championships and all selected athletes will be advised on that day.

**The handicaps will be held on Presentation Day, Saturday 27<sup>th</sup> March. Athletes involved will need to be in full KLAC competition uniform, including chest patch.**

**Keilor Little Athletics Footy Tipping Competition**



You are invited to join the Keilor Little Athletics footy tipping competition for the 2010 AFL season. Anyone can join, regardless of whether you are a Keilor LAC member or not.

To participate there is a one-off entry fee of \$10 with 50% of the money raised going towards weekly and end of season cash prizes. The size of the prize pool will be determined by the number of entries. Prizes will be confirmed in the first couple of weeks of competition - once all tipsters are "financial". Tips can be entered online or via SMS. To put your tips on each

week simply click on the  link on the homepage on our website ([www.keilorlac.org.au](http://www.keilorlac.org.au))

Before you can enter your tips you will be asked to register and then join our competition. Joining details also available on our website.

Give it a go and stay in touch with Keilor athletes and friends during the off season.





# ON TRACK



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