



SUNBURY LITTLE
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Web: <http://home.vicnet.net.au/~slac83>

Welcome

Hello and welcome to the start of the new track & field season for 2009/10. We hope it will be a great one for all our little athletes. **Just a reminder, it is compulsory that all athletes wear their chest patch for identification and safety reasons.**

Cross Country 2009

We would like to congratulate all our athletes who competed in cross-country over the winter - a great effort from you all. Well done to all the athletes that competed at State, a very challenging field but everyone managed to do extremely well. Sunbury also competed in the first ever Sandown Relay where our team **Sunbury Speed Demons** won their event.

Additional Competitions this Season

Many parents and athletes may not be aware of all the additional meets that run through the track & field season. A summary of these are below:

- **Coburg Day - 8 November 2009:**

This day is a normal meet for Sunbury except we will be having some visitors competing from Coburg. This special competition day started last year when we went to Coburg. This year it is at Sunbury and should be a great fun day for all our athletes and parents.

- **Region Relays - 15 November 2009:**

Relays are a team event. Each team consists of 4 athletes. There are same & mixed age teams and same & mixed gender teams. This event will be held at Diamond Valley. If teams are successful they then qualify for the State Relay competition.

- **Region Multi Event - 29 November 2009:**

In this event athletes compete for the most points in their age groups over 5 events. Events are designated for each age group. There is an additional cost to compete (\$5). This event will be run at Kilmore.

- **State Relays - 13 December 2009:**

Your relay team would have had to qualify to make the State competition. This competition will be run at Olympic Park.

- **State Multi Event – 30 & 31 January 2010:**

This is exactly the same format as the Region event although you will be competing against the entire State. There is no qualifying for this event. This event will be run at Bendigo. There is an additional cost to the athlete (\$10).

- **Region Track & Field - 20 & 21 February 2010:**

Athletes at Region Track & Field compete in 4 or 5 events depending on age. There are a variety of events to choose from. If athletes are successful at Region they then may qualify for State. This competition is an additional cost to the athlete (\$5 per event).

- **Sunbury Championship Day – 13 March 2010:**

This event will be a normal competition day except the athletes will be competing for medals. It will cost \$10 for each athlete to compete for the day.

- **State Track & Field - 20 & 21 March 2010:**

Here athletes do their best and compete against the best in the State in events they have qualified in. This event is run at Olympic Park.

- **Open Days:**

Many clubs throughout Victoria hold their own Open Days. You are charged a fee to enter and the athletes compete for medals. To find out more about these Open Days please ask a Committee member or check out our website:

<http://home.vicnet.net.au/~slac83>.

All these additional events are coordinated through our Centre except for Open Days. If you have any questions or want to compete in any of these special events you can visit our website <http://home.vicnet.net.au/~slac83>, or discuss with a Committee member.

Enjoy the Season!!

