

COACHING CLINICS for new events

Under 9, 11 & 12 registered ELAC athletes are invited to attend a coaching clinic on Sunday 5th October.

Under 12 athletes are required to use a crouch start for all sprint events. Coaching in crouch starts & starting block use will be held between 1:30 and 2:00pm.

Under 11 athletes start Javelin competition this season. Coaching will be provided between 2:00 and 2:30pm.

Under 9 athletes have 2 new field events this season: Triple Jump and High Jump.

Triple Jump coaching will be between 2:30 and 3:00pm and High Jump coaching will be between 3:00 and 3:30pm.

Times are approximate and will depend on numbers.

U12's 1:30-2:00pm

U11's 2:00-2:30pm

U9's 2:30-3:30pm