



ESSENDON LITTLE ATHLETICS CENTRE INC.

ABN 49 509 395 955

Moonee Valley Athletics Track,
Corio Street, Moonee Ponds
PO Box 454 Moonee Ponds 3039
www.elac.com.au

1st November 2008

NAMETAGS MUST BE WORN ON THE FRONT OF YOUR T'SHIRT AT ALL TIMES. If you go to your events without your nametag you will not be allowed to compete. If an athlete forgets to bring it they can purchase a temporary tag from the Team Table for \$1.00. Replacement tags will cost \$3.00. All proceeds will be donated to the RCH Good Friday Appeal. Temporary stickers will not be issued this season. IGA patches must also be attached to the back of your T'shirt.

Team Uniform

All athletes should now be wearing their Team Uniforms.

Officials

Thank you to all parents who have helped so far. Please remember to get your officials card signed by the Chief at the event where you help and return the card to your Team, so that your duty can be recorded.

When it is your week to help, please arrive by 7:45am so that we can get the program started on time.

Parents are required to help on at least 6 weeks.

Running events

Grading sheets were introduced last Saturday. This allows athletes of similar ability to compete against each other.

Results

Results can be found on the ELAC website www.elac.com.au

Weekly results are published in the Moonee Valley Leader and Community News when they have space available.

McDonalds PB's

McDonalds Awards coming soon, listen out for announcements and look at the notice board.

16th November

Region Relays will be held at the Harold Stevens Athletics Track Coburg

Athletes representing the Centre in Relays or other Championship are required to wear an Essendon Singlet and plain black shorts / bum-huggers. The Essendon Singlets are available from Gwen Timmins for \$30.00 each.

Region Multi will be held at the Hume Centre on Sunday 7th December. Entries close on Friday 14th November. Entry Forms available at your Team Table.

22nd November

Change for Kids –

The Royal Children's Hospital Appeal is supported by VLAA. At Essendon we participate in the One Lap option where we ask that parents and athletes on the 22nd November walk or run around the track and give a gold coin donation.

Sunsmart - Please remember to apply sunscreen (available at Royal Ascot & Aberfeldie tables), and at the announcing table for Officials, wear hats and drink plenty of fluids regularly.

The Moonee Valley Athletics Track is a NON-SMOKING VENUE.

Twilight Meeting Friday 14th November

Below is the modified Program 1 that we will be doing on the 14th November, starting at 6:00pm.

PROGRAM 1

U6	U7	U8	U9	U10	U11-12	U13-16
On-Track		70M	70M			
	100M		100M	100M	100M	
60M	200M	200M				200M
			400M	400M	800M	400M
	LJ	LJ		TJ		LJ
		SP	SP	SP	HJ	SP
	DIS				DIS	

VLAA U14/15

On the 30th November there is a Multi Event Clinic for any U14/U15 athletes at the Doncaster Centre.

CHANGE OF DATE:

State Track & Field has been changed to the weekend of 21/22 March 2009, due to the Melbourne Storm playing at Olympic Park on the Sunday.

ELAC Committee