

City North Little Athletics Season 2019/20 Update

Program

The City North Little Athletics 2019/2020 season will commence on Saturday 24th August 2019 with a Come and Try Day for age groups U6 to U10. The following week Saturday 31st August 2019 will be the Come and Try Day for age groups U11 to U17.

Come and Try Days offer potential new members the chance to experience Little Athletics. The cost of a Come and Try day will be \$10 per athlete which is redeemable against the athlete's season membership should they join the club.

Come and Try Days and Competition Days will commence at 2.30pm to approx. 5pm.

During Competition Days athletes will rotate through five events (program) which will alter from week to week offering experience across multiple track and field events.

All previous seasons members are welcome to accompany referring friends to the Come and Try Days, however please note formal recording of all results for **registered athletes** will commence as of the first scheduled Competition Day on Saturday 7th September 2019. The season will run through to the end of March 2020 – refer to Events Calendar on the City North website for up to date details of dates and event throughout the season.

**It is recommended that if you have children in age groups U6 to U10 and U11 to U17 you attend both weeks as events for the allocated age groups will only be available on the dates noted.*

Fees

The following fees will apply for the 2019/2020 season:

- First and Second Child \$195 (\$175 U6)
- Each Child Thereafter \$175 (\$155 U6)
- Arena and Field Set Up Volunteer Bonds \$80 per family (paid with registration)
- Active Committee Member (per child) \$100

The bond is payable for all new registering families and all existing families who have not met the volunteer requirements for the previous season. The \$80 family bond is transferrable to the next season when parents/guardians assist the club for 8 or more times during the season's Competition Days. **You must sign the Volunteer Register when you help for our records. Families who have an active Family Member on the Committee are not required to pay the bond or complete the register.*

Registrations are to be completed online (details and payment). Links and further details located on our website www.citynorthlas.asn.au

Athletes re-registering from previous season/s will need to complete their 2019/20 registration by 14th September 2019 to retain their current athlete number. Please note if registration is not completed by this date, the athlete's previous number will re-enter the pool and may not be reallocated.

Determining Age Groups - The age your child turns in 2020 will determine what age group they are to commence and complete in the 2019/20 season ie: if your child is turning 9 next year (2020), they will be in the under 9 age group for this season 2019/20.

Events:

City North have six programs consisting of five events with a range of track and field events that each age group will rotate through on Saturdays (boys and girls in each age group will complete their programs separately). The table below shows all Little Athletics Queensland recognised events. NB: City North do not offer any of the Cross-Country events in the table below.

| EVENTS | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 |
|------------------|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|
| 70 metre | C | √ | √ | √ | √ | | | | | | | |
| 100 metre | C | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 200 metre | C | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 300 metre | C | C | | | | | | | | | | |
| 400 metre | | | | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 500 metre | | C | C | | | | | | | | | |
| 700 metre | | | C | | | | | | | | | |
| 800 metre | | | | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 1500 metre | | | | | | √ | √ | √ | √ | √ | √ | √ |
| 60m Hurdle | C | C | √ | √ | √ | √ | √ | | | | | |
| 80m Hurdle | | | | | | | | √ | G | | | |
| 90m Hurdle | | | | | | | | | B | G | G | |
| 100m Hurdle | | | | | | | | | | B | B | G |
| 110m Hurdle | | | | | | | | | | | | B |
| 200m Hurdle | | | | | | | | √ | √ | | | |
| 300m Hurdle | | | | | | | | | | √ | √ | √ |
| 300m Race Walk | | C | | | | | | | | | | |
| 700m Race Walk | | C | √ | | | | | | | | | |
| 1100m Race Walk | | | | √ | √ | | | | | | | |
| 1500m Race Walk | | | | | | √ | √ | √ | √ | √ | √ | √ |
| 3000m Race Walk | | | | | | | | | √ | √ | √ | √ |
| 4 x 70 Relay | | √ | √ | | | | | | | | | |
| 4 x 100 Relay | | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 4 x 200 Relay | | | | √ | √ | | | | | | | |
| 4 x Medley Relay | | | | | | √ | √ | √ | √ | √ | √ | √ |
| 1000m Cross | | | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| 2000m Cross | | | | | | √ | √ | √ | √ | √ | √ | √ |
| 3000m Cross | | | | | | | | √ | √ | √ | √ | √ |
| 4000m Cross | | | | | | | | | | √ | √ | G |
| 6000m Cross | | | | | | | | | | | | B |
| Long Jump | C | C | C | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Triple Jump | | | | | | √ | √ | √ | √ | √ | √ | √ |
| High Jump | | | C | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Shot Put | C | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Discus | C | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ | √ |
| Javelin | | | | | | √ | √ | √ | √ | √ | √ | √ |
| Vortex | C | C | C | | | | | | | | | |
| Turbo Jav | | | C | | | | | | | | | |

Legend:

√ Centre & LAQ Competition
 C Optional at Centre only

permitted
 Standard Events (may be eligible for ABP's)

Uniforms:

We recommend all athletes wear their club uniform at our regular Competition Days. Full club uniform must be worn by City North Athletes when competing in Little Athletic Association events (athletes may be disqualified if they are not dressed in the full uniform at these meets). The full uniform comprises of a club shirt and shorts/bike pants. Cost of uniforms as follows (purchased at club house):

- Polo Shirt \$40
- Shorts \$30
- Bike Pants \$30
- Caps \$15

Training:

Regular training will be held throughout the season on Tuesday and Thursday nights at Windsor Park from 5:45pm to 7:00pm. Accredited and club known coaches will be in attendance with a variety of events on each night (details of the weekly training events will be released on Team App *refer communication).

Spike Safety

- U6 to U10 are not permitted to wear spiked running shoes with or without blanks.
- U11 and U12 may wear spikes in all laned track events, all jumping events and javelin (any spike shoe without spikes attached may be worn in unlaned events)
- U13 to U17 may wear spikes in all laned and unlaned track events (excluding walks), jumping events and javelin.

Communication:

City North Little Athletics uses a variety of tools to communicate with our members. Our principal communications tools are:

- Team App
- City North Facebook page
- City North Internet website
- Registered Parents/Carer's email
- Noticeboards

Team App is our principal tool for communication. It is a free app that runs on Apple and Android devices, and contains a wealth of information about club events, news, and track and field information. To install Team App on your phone, follow these steps:

1. Download Team app from the Apple or Google Play app store
2. Sign up to Team app - you will be sent an email to confirm your registration
3. Log into the app and search for 'City North Little Athletics'
4. Choose your applicable access group(s) and in the reason/supporting documentation field please provide the name(s) of your children who are registered members of our club

If you do not have a smartphone go to citynorthlittleathletics.teamapp.com to sign up and view our Team App website online.

City North has a regularly updated Facebook site. Please visit and like it at:

www.facebook.com/CityNorthLittleAthletics

Our Internet website can be found at: www.citynorthlas.asn.au

A noticeboard is located outside the canteen and each week will display the Program of Events for the afternoon as well as details of coming events and carnivals. Please check the noticeboard each week.

This is a quick reference guide/introduction to City North Little Athletics, for full and further details please refer to the City North Little Athletics 2019/20 Parent and Athlete Information Booklet located on our website www.citynorthlas.asn.au