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Facebook: Mildura & District Little Athletics Centre

Mildura Website: www.littleathsmildura.org.au

South Australian Little Athletics Association website: www.salaa.org.au

TRACK & FIELD commences Sunday 6 Oct 2019

Registration for all athletes **must** be done online with payment by credit card using a PC, smartphone, or tablet. Online registration is done on the SALAA website www.salaa.org.au by following the prompts: Register here/New Registration/Mildura, from the home page. **Cash payments for registrations will not be accepted.**

The registration fee for this year is **\$157** for the first athlete in a family, with discounts for additional family members. Tiny Tots (3 & 4 years old) is **\$115**. The compulsory uniform costs **\$40** for a polo shirt or singlet (latter is optional for U12 and above) and **\$10** for optional hat, payable by cash. The Tiny Tot uniform is a plain yellow T or polo shirt purchased individually, or alternatively our Centre polo is optional. There are no other fees or charges for weekly competition during the season. Fees include seven weeks of cross country during winter 2020 (optional).

Additional information on our Centre can be found by visiting our Facebook page or webpage. Registration and payment on line takes a few minutes. For those children who are uncertain about joining, we allow two **"come and try"** days on any competition day, but you will still need to fill in a shortened registration on line as a "come and try". If a "come and try" athlete decides to join you will need to complete the full registration and payment on line.

For fully registered athletes an information kit will be provided on registration day or on competition days later if you miss the registration day. The kit includes our information booklet and three sew-on patches for the polo shirt or singlet. Plain black shorts complete the uniform. The full uniform is compulsory.

The 2019-20 track and field season commences on Sunday 7 October at Oval 8, Old Aerodrome Ovals Sporting Complex, Eleventh Street, Mildura. Competition commences with warm ups at 8.45am, and events at 9am. Set-up roster for equipment commences at 8am. An age group leader (parent) runs each age/gender group. The season runs for 18 weeks of competition with a six week break over the holiday period. Competition takes approx. two hours each Sunday, depending on the number of athletes. Parents are expected to help with a range of on-track and off-track duties each Sunday including canteen, barbecue and running events. All results for each registered financial athlete are recorded each week.

Little Athletics caters for athletes from the ages of 3 -16, age taken in the current calendar year, but must be 3yo to start. For each competition day, athletes compete in a set number of events on a 3-week cycle. The events (depending on age group) may include sprints, middle distance, walks, hurdles, long jump, triple jump, high jump, discus, shot put and javelin (or vortex). Tiny Tots participate in a special program between 9am and 10am designed to develop movement and coordination skills via fun activities. Supervised training for athletes 5 years and older is on Thursdays, 5.30-7.00pm. We accept athletes beyond 16 years of age as "recreational athletes" for \$40 or if registered with Athletics SA.

**For more information contact: Steve Erlandsen, President, 0427 233 504,
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Affiliated with South Australian Little Athletics Association