

# BALLARAT LITTLE ATHLETICS

TRACK & FIELD SEASON 22/23

## SATURDAY MORNINGS

MULTI-CLASS ATHLETES WELCOME  
U6&7- 'ON TRACK' ACTIVITIES & EVENTS  
U8-U17 - 4 OR 5 EVENTS ON A 3 WEEK  
ROTATING PROGRAM  
SPRINTS, WALKS, JUMPS, THROWS AND  
DISTANCE  
REGION AND STATE OPPORTUNITIES

SEASON START: SATURDAY OCTOBER 15TH

### 1. "ENQUIRING"

- WE WOULD JUST LIKE MORE INFORMATION

Please email us and we will add you to our email list to forward information as it becomes available.

[ballarat@lavic.com.au](mailto:ballarat@lavic.com.au)

### 2. "TRIALING ATHLETE"

KEEN TO START LITTLE ATHLETICS, BUT WOULD LIKE TO TRIAL FIRST (2 WEEKS TRIAL - FREE)

[HTTPS://LAVIC.COM.AU/MEMBERSHIP/NEW-MEMBER/](https://lavic.com.au/membership/new-member/)  
AT STEP 4 CHOOSE TRIAL ATHLETE

### 3. "NEW ATHLETE REGISTRATION"

NEW ATHLETE RARING TO GO! REGISTER NOW  
CHOOSE BALLARAT AS YOUR CENTRE

[HTTPS://LAVIC.COM.AU/MEMBERSHIP/NEW-MEMBER/](https://lavic.com.au/membership/new-member/)

### 4. "RETURNING ATHLETE REGISTRATION"

YOU HAVE BEEN EMAILED DETAILS TO REGISTER - YOU WILL NEED YOUR LOG IN DETAILS.

**RUN, JUMP AND  
THROW DAY**

**8/10/22**

FUN FAMILY

FITNESS

#HAVEAGO

