



**WULGURU BRANCH LITTLE ATHLETIC CENTRE INC.**  
 ABN 85377164049

Wulguru State Primary School  
 54 Edison St, Wulguru, Townsville, QLD 4810

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## Newsletter 6 – April 29th 2017

AGE GROUP	Warm Up	EVENT (1)	EVENT (2)	EVENT (3)
<b>Tiny Tots</b>	Warm Up & 60m	Game	Relay	Game
<b>Juniors (U6-U7)</b>	Warm Up	100m Run	Long Jump	Shot Put
<b>Modies (U8-U9)</b>	Warm Up	Long Jump	Shot Put	100m Run
<b>Intermediate (U10-U11)</b>	Warm Up	Shot Put	800m Run	Long Jump
<b>Seniors (U12+)</b>	Warm Up	Shot Put	800m Run	Long Jump
SHOT PUT	DISCUS	JAVELIN	SPRINT HURDLES	
1kg U6 - U7 B&G 1.5kg U8 B&G 2kg U9 - U11 B & U9-U12 G 3kg U12 - U13 B & U13 - U15G 4kg U14 - U17 B, U16 & U17G	350G U6-U7 B&G 500G U8-U10 B&G 750G U11-U12B & U11-U13G 1 KG U13-U17B & U14-U17G	400gm U11 - U12B 400gm U11 - U13G 600gm U13 - U15B 600gm U14 - U17G 700gm U16 & U17B	60mH 45cm U8 - U9 B&G 60mH 60cm U10 - U11 B&G 60mH 68cm U12 B&G 80mH 76cm U13 B&G & U14 G 90mH 76cm U14B & U17G 100mH 76cm U15 – U17B 200mH 68cm: U13 B&G 200mH 76cm: U14 - U15 B&G	

**Note – we will do a Group Relay at the end of events, if time permits!**

- We will be recording times and distances this week. Do we have any parents who would like to help with this? Our Coaches and other Club Members will show you the ropes on how it is done. The kids love it when their parents get involved!!!
- Do we have any parents who would be interested in learning to operate the starter gun for races??? If so Bindee will be showing/training any interested parents this Saturday, on how to use the Starter Gun – thanks!
- Bowen Track and Field Carnival Saturday and Sunday, 20th and 21st May 2017. We are now calling for nominations for this event for any interested families. Come and see us over at the canteen area for nomination forms and to discuss – thanks!
- **Remember to bring your water bottle, hat, sun cream and running shoes – all a MUST and THANKS!!!**