

- This Saturday is the final day to enter for the Region Track & Field Championships to be held on 20-21st February 2010 at Whittlesea City. Entry forms are available [here](#).
- This Saturday is also our final competition day before the Christmas Break.
- Congratulations to all athletes who competed last Sunday at the VLAA State Relay Championships. Medal winners were
BU15: Medley **GOLD**, 4x100m **SILVER**:
Martin Sango, Alric Ellinghaus, Joshua Ojamiren, Matthew Sholakis
BU10: 4x100m **GOLD**:
Matthew Sostaric, Jack Bytel, Dyllon Hewa, Jack Evans
BU11: 4x100m **BRONZE**, Medley **BRONZE**:
Michael Romero, Patrick Brookes, Mitchell Burgess, Nicholas Giarrizzo
Mixed U14 4x200m **BRONZE**
Kirby Smith, Alejandra Karibian, James Costello, Robert Asquith
- Entries are now being accepted online (payment via credit card) at www.vlaa.com.au for the State Multi-Event Championships which are being held in Bendigo on 30-31st January 2010. These Championships are open to all U9-15 athletes. Entries close 13th January 2010 and must be done online. If help is required email essendon@vlaa.asn.au
- By now most parents/guardians should have officiated 3 times. Please remember that for your children to be eligible for trophies at the end of the season you must have helped on at least 6 weeks and they must have competed at 51% of competition weeks.
- The ELAC Committee would like to wish all our families a

Merry 
Christmas 

And a Safe and

HAPPY NEW YEAR 


- The first competition day of 2010 will be Saturday 16th January starting at 8:00am at the Moonee Valley Athletics Track. Athletes from Keilor will be competing with us on this day.