



3rd November 2007

Officials

Thank you to all parents who have helped so far. Please remember to get your officials card signed by the Chief at the event where you help and return the card to your Team, so that your duty can be recorded.

When it is your week to help, please arrive by 7:45am so that we can get the program started on time. Parents are required to help on at least 6 weeks.

Running events

Grading sheets will be introduced today. This allows athletes of similar ability to compete against each other.

Results Weekly results are published in the Moonee Valley Leader and Community News. Results can also be found on the ELAC website www.elac.com.au

10th November

Change for Kids –

The Royal Children's Hospital Appeal is supported by VLAA. At Essendon we participate in the One Lap option where we ask that parents and athletes on the 10th November walk or run around the track and give a gold coin donation.

18th November

Region Relays will be held at Meadow Glen Stadium, Whittlesea City

Athletes representing the Centre in Relays or other Championship are required to wear an Essendon Singlet and plain black shorts / bum-huggers. The Essendon Singlets are available from Gwen Timmins for \$30.00 each.

Region Multi will be held at the Keilor Centre on Sunday 25th November. Entries close on Saturday 10th November. Entry Forms available at your Team Table.

Twilight Meeting Friday 16th November

Below is the modified Program 3 that we will be doing on the 16th November, starting at 6:00pm.

| U6 | U7 | U8 | U9 | U10 | U11-12 | U13 | U14G | U14B | U15/16G | U15/16B |
|----------|------|-----|------|------|--------|------|------|------|---------|---------|
| On-Track | 70M | 70M | | | | | | | | |
| 100M | 100M | | 100M | 100M | | 100M | 100M | 100M | 100M | 100M |
| | | | | 200M | | | | | | |
| | | | | | 400M | | | | | |
| | | 80H | 80H | 80H | 80H | 80H | 80H | 90H | 90H | 100H |
| | | | LJ | | | | | | | |
| | SP | SP | | | SP | | | | | |
| | DIS | DIS | DIS | | DIS | JAV | JAV | JAV | JAV | JAV |
| | | | | HJ | | TJ | TJ | TJ | TJ | TJ |

Sunsmart - Please remember to apply sunscreen, wear hats and drink regularly.

The Moonee Valley Athletics Track is a **NON-SMOKING VENUE**.

E.L.A.C. Committee