

A Come and Try Day will be held on Saturday 21st September between 9:00-11am at the Moonee Valley Athletics Track, Corio Street, Moonee Ponds for prospective new members to try Little Athletics. Alternatively children are able to participate as a visitor on any competition day.

Registrations must be completed and paid online at [www.lavic.com.au](http://www.lavic.com.au) Proof of Age such as a Birth certificate needs to be sighted or the registration will not be accepted. Registrations can be finalised on 21st September or on any competition day.

The first competition day for Season 2019/20 is on Saturday 5th October starting at 8am.

**COST:**

**Registration:** \$155 each for the first two children, \$145 each for the 3rd & 4th child and each subsequent child is free.

**Weekly Competition:** \$3 or \$5 a family

**UNIFORM:**

All Teams have their T'Shirts on sale when you attend to finalise your Registration.

Essendon shorts are included in the Registration fees. Running shoes are required to compete in as socks or bare feet are not permitted.



**COMPETITION TIMES:**

Saturday Morning: 8:00 - 12:00pm

Friday Twilight Meetings: 6:00 - 10:00pm

**LOCATION:**

Moonee Valley Athletics Track

Corio Street

Moonee Ponds

Parking is also available in the Bruce St. car park.



**FOR FURTHER INFORMATION CONTACT:**

**THE CENTRE SECRETARY**

**MRS GWEN TIMMINS**

**0438 558 060**

**Email: [essendon@lavic.com.au](mailto:essendon@lavic.com.au)**

**Web site: [www.elac.com.au](http://www.elac.com.au)**



**FAMILY, FUN,  
FITNESS**

# GENERAL INFORMATION

Essendon Little Athletics Centre provides weekly athletic competition for children aged between 5 and 16 years of age. Once a child turns 5, they are eligible to compete.

The Centre comprises of 4 Teams:

Aberfeldie: Blue T-Shirt

Bombers Red T-Shirt

Niddrie: Green T-Shirt

Royal Ascot: Yellow T-Shirt

Local Primary Schools are zoned to one of the above Teams.

Track and Field weekly competition is held between October and March.

Cross Country is held during the winter months of April-July on a Saturday morning and is included in the initial Registration Fee.

Training is held during the Track and Field Season for those children interested.

Throughout the year, U9-16 children have a chance to represent the Centre at Region and State Championships in Relays, Track and Field, Combined-Event and Cross Country.

If children attend for a certain number of weeks, at the end of the season they will be eligible for awards from the Centre and their Team.

Please note that a parent or guardian is required to be present at all times.

The Essendon Centre relies on parental help to run its weekly competition and as such a requirement of registration is that parents agree to participate in a roster system to help out during competition as an official at an event or in the canteen once every three weeks.

The Canteen is run by the Centre through help from parents. It is open for all weekly competition and sells hot food, sandwiches, drinks and a variety of confectionary at very reasonable prices. The Canteen is the Centre's main form of fundraising and profits made are used to fund new equipment.



The Essendon Centre provides competition for children of all abilities and encourages children to participate and "have a go". Children are not forced to compete in events if they don't want to.

In the running events, the children are graded according to their ability and as such gain better and fairer competition.

The most important aspects of Little Athletics are participating, having fun, making new friends and doing "personal bests" in events.

The Essendon Centre provides one of the most comprehensive weekly programs in the State.

Over a 3 week program the following events are conducted:

Event	6	7	8	9-10	11-12	13-16
60m	▲					
70m	▲	▲	▲	▲		
100m	▲	▲	▲	▲	▲	▲
200m	▲	▲	▲	▲	▲	▲
400m				▲	▲	▲
800m				▲	▲	▲
1500m					▲	▲
60H			▲	▲		
80 / 90 100H					▲	▲
200 /						▲
LJ	▲	▲	▲	▲	▲	▲
HJ				▲	▲	▲
TJ					▲	▲
SP	▲	▲	▲	▲	▲	▲
DIS	▲	▲	▲	▲	▲	▲
JAV					▲	▲
On Track	▲					

▲ = Events conducted for that age group

On Track is an athletic skills development program held on a Monday night.