## Newsletter #8

Where has the month gone!

**Regular Club competition** is happening this Saturday 30th.  Programme 2. All welcome. The parent help has been sent out tonight  but you can check it on our website.

**Wederell & Chambers Cups Information**:   only the athletes who  competed last weekend in Long Jump for the cups are eligible to compete in High Jump this Saturday - if any athletes were 13 years or younger, you will do High Jump NOT Long Jump as programmed.

If you have matters relating to uniforms, registrations or age patches please come early from 1pm. We would prefer not to attend to these matters after 1.30pm.

When a school has been at the track, we have been asked not to enter the Track facility until 4pm, even if the facility appears empty. This is to allow the facility to be cleaned and gear put away.

**Our STAR award (Sportsmanship, Trying hard, Attitude & Respect)**
Congratulations to this weeks winners;  Karen McDonald and Edward Laing.

### ****Upcoming events:****

**The Sub-centre Inter-club this Friday** will now be held in Timaru on the All Weather Track, gates will be open from 5pm.

**Colgate Games** – Entries are now closed. Colgate Tee shirts can be ordered online  at <https://athleticsnz.shopdesq.com/colgate-games>

**Primary School Athletics Tuesday 3rd December**. Good luck to all those competing. A request for parent helpers has gone out so please offer to share your knowledge and help at events as able. If you are available please contact  Jan know  on either 036881960 or 0276658709

**The Lovelock Classic i**s being held on Saturday 11 January 2020.

Programmes for the Children’s in the morning and Classic in the afternoon are on the website <http://www.scathleticsclub.co.nz/other-competitions.html>

Please note that the Lovelock Classic programme has changed slightly this year, there are no long distance hurdles, and hammer has been replaced with Javelin.

**South Island Teams Meeting 25 January 2020**

Information for this meeting for 15 – 19 years will be forwarded out to clubs shortly from Canterbury for the Sub Centre team.  We will be looking at 14 year old athletes if they wish to be part of the team.

Queensland have been in touch and are looking forward to coming to this event in Timaru.

We are looking for parent help for feeding the teams on the day, please ask the parents of the eligible athletes to put their hands up to help. Let’s show the Aussies that we can look after them well.

See you on Saturday or Wednesday

Grant and Co