



Big 6 Xmas Meet Information

Saturday December 5th - 8.30am start

We have a bouncy castle, face painting, DJ, Father Christmas, our amazing canteen and sausage sizzle, a tiny tot's race, the Corporate Mile plus the BIG 6 -a host of WA's top senior athletes competing alongside our own UWALAC athletes. The modified program is up on the website and the BIG 6 athletes attending will be emailed to all members. **Records count for all events on the day. The program is up on the website and our Tiny Tots is still on!**

It is a great opportunity for all athletes to watch some of the best athletes in Australia in action.

Important information

- The meet starts at 8.30am- please arrive at 8.15am sharp
- **Both Parent Rosters** i.e. Roster 1 & Roster 2, **run together**. There are limited events and the BIG 6 on. We have all hands on deck at this meet. Site officials will direct you. Please note you may be moved to other sites as required due to the nature of the meet.
- Discus sites 3 & 4 and Shot Put 3 & 4 will be operational. So both rosters can split over the 4 sites -you will have help from other parents who have been shifted across roster.
- Once your site is finished please pack up all equipment. Sites have minimal events due to the modified program. Most sites have 2 or 3 events total.
- Some sites will have the BIG 6 on-be prepared for big jumps and throws
- All Big 6 athletes get **6 jumps & 6 throws** (They must do a minimum of 3). There will be special files on site for the Big 6 with rules and start sheets.
- High Jump - athletes are challenged to be strategic with just four fouls permitted across the whole competition and in the Elimination mile - the last athlete to complete each lap (400m) is eliminated

Big 6 Field Sites

- High Jump Site1
- Long Jump Site1
- Shot Put Site 1
- Discus Site 1

The University of Western Australia Little Athletics Centre
M: 0412 101 047 | E: contact@uwalac.com | W: www.uwalac.com



Roster Changes

- **High Jump roster 2 will run the big 6 competition. High Jump roster 1 will assist on Discus 3 and 4.**
- Hurdles do not run for this competition, **Parents on these rosters are asked to assist at on Shot put 3 and 4.**
- **All parents on Discus Roster 2 will man sites 2-4. Discus Roster 1 -will all do the big 6 event on site 1.**
- **Set up has both crews on to get it done correctly.** Set up start time is from 6.15am.
- **Pack up starts at 11am**
- **Parents, athletes and coaches must move around the outside of the track on this day as the Big 6 high jump and discus will take place in the centre of the field.**

Variety Charity-Gold Coin & Wear Something Red

At our big 6 on December 5th we will also be collecting a gold coin donation (or more!) to support Variety WA. There will be collection tins at the desk. We also encourage all our athletes and coaches to wear something red-red socks-red head band, hair ribbons or paint a red heart on their face, arms or legs. Variety – the Children's Charity supports kids and families who are facing many challenges through sickness, disadvantage or living with disability. We encourage all parents on site to get in the Xmas spirit and support variety by wearing a red Xmas hat!





Magpies

Please be aware that we have some very friendly magpies at McGillivray that have are not afraid of approaching athletes, parents or the admin tent for food. They are not afraid of interaction with people as there are so many groups using the venue. If there are any incidents please let us know.

Post Xmas

We now break until mid-Jan including training – This Saturday is our last competition until January, (except for those athletes competing on December 12th at the State Relay Champs-your training continues).

Individual coaches will contact those in the state relay teams re training next week. Some of you may be training at the WA Athletics Stadium so remember your \$4 entrance fee.

Training re-starts: Tuesday January 12th and Thursday January 14th

First Competition back: Saturday January 16th- Roster 2

State Relays

For those parents who have a child in the state relays please remember that you will need to **choose a parent roster**. This will be emailed out as soon as we have the information from Athletics West. Head Coaches are not required to do a roster slot. All the information is up on our website for this event and will be uploaded onto the UWALAC APP. Championship Officers contact details will be on the board in the UWALAC tent at State Relays.

State Combined Events

Congratulations to all the athletes who competed at the WA State Combined Championships on the weekend. Thanks to all our parents who did a roster and all the officials and volunteers who gave up their time to run the event. Thanks to Jim, Robyn and Nicolle our Championship Officers over the weekend. UWALAC had some outstanding results with the following athletes receiving medals;

U11G Jayde Ververka Gold
U11B Oliver Poot Silver
U13G Cara Dziegielewski Gold
U13 B Heath Mellody Silver
U14 G Stephanie Berlinger Silver
U14 B Kalani Chong Sue Bronze
U15 B Austin Van der Struyf Gold
U17G Lucy Gleghorn Silver

Well done again to everyone who competed!! A fantastic effort.



We wish all our members a Merry Festive Season and Happy New Year

Sponsor

ROBERT WALTERS
 SPECIALIST PROFESSIONAL RECRUITMENT

Handbook Advertisers

TROPHY SPECIALISTS
 19 COLRAY AVENUE, OSBORNE PARK 6017
 sales@trophyspecialists.com.au



KEEP ON RUNNING
 FLOREAT FORUM (08) 61613972



ATHLETIC
 - BUILD YOUR IDENTITY -

activate
 physio | pilates

Athletics West Sponsors



Go for 2&5[®]
 FRUIT VEG



healthway coles

The University of Western Australia Little Athletics Centre
M: 0412 101 047 | E: contact@uwalac.com | W: www.uwalac.com