

Dear Parents,

## Background Come and Try

Some children are unsure whether athletics is the sport for them- hence the Come and Try option that we now offer. Under the insurance policy, non-members trialling before becoming a member are allowed two training sessions and one competition day. You will have outlined your dates on your Come and Try form. Please attend on the days you have picked and email [contact@uwalac.com](mailto:contact@uwalac.com) if you need to change them. We train and compete at McGillivray Oval.

## Clothing

- Athletes need to wear comfortable shorts and a t-shirt/singlet to train and participate.
- Black shorts and a plain white top are preferred but not compulsory.

## Where to Meet

- For Tuesday training please meet at the sea containers-see the information below re Tuesdays.
- For Thursday training and competitions athletes meet their group and coaches at the age-group sign on the hill.
- Coaches wear vests with the age-group on them. Boys coaches wear orange and girls yellow.
- To check which age group your child is in please see the age group calculator attached.
- Please tell the coach you are a Come and Try Athlete.

## Training Times for Summer

Tuesday U11-U17: Tuesday 5.15pm-6.30pm

Thursday U6-U10: Thursday 4.45pm-6pm U11-U17: Thursday 6pm-7.15pm

## Training Days

- Tuesday Training is not in age-groups – it focuses on fitness, middle distance and sprints. Athletes train in mixed age-groups and pick their area of interest.
- Thursday athletes train in age-groups with their age-group coaches and focus on event skills such as jumping, hurdles and throwing.

## Competition Day

- On competition days please arrive at 7.45am. Athletes stay with their coach and age-groups for the morning. The programs are up on the website <https://uwalac.com/competition-program/>
- No results are recorded in the computer system however if you register afterwards we will manually add your results from your Come and Try day.

**If you wish to register after the trial please email the centre  
contact@uwalac.com then go online to register at:  
<https://uwalac.com/registration/>**

Once registered - uniforms & numbers can be collected at the UWALAC tent on competition mornings



## UWALAC 2022/23 Competition Calendar V1.0

Date	Day	Program	Where	Roster
8 <sup>th</sup> October	Saturday	UWALAC 1	McGillivray Oval	1
15 <sup>th</sup> October	Saturday	UWALAC 2	McGillivray Oval	2
22 <sup>nd</sup> October	Saturday	UWALAC 1	McGillivray Oval	1
29 <sup>th</sup> October	Saturday	UWALAC 2	McGillivray Oval	2
28 <sup>th</sup> -30 <sup>st</sup> October	Sat & Sun	WA All-Schools Championships	State Aths Stadium	State
5 <sup>th</sup> November	Saturday	UWALAC 1	McGillivray Oval	1
12 <sup>th</sup> November	Saturday	UWALAC 2	McGillivray Oval	2
19 <sup>th</sup> November	Saturday	UWALAC 1	McGillivray Oval	1
25 <sup>th</sup> November	Friday	UWALAC 2	McGillivray Oval	2
2 <sup>nd</sup> December	Friday	UWALAC BIG 6	McGillivray Oval	Both
3 <sup>rd</sup> -4 <sup>th</sup> Dec	Sat/Sun	State Combined	Ern Clarke	State
14 <sup>th</sup> January	Saturday	UWALAC 1	McGillivray Oval	1
21 <sup>st</sup> January	Saturday	UWALAC 2	McGillivray Oval	2
28 <sup>th</sup> January	Saturday	UWALAC 1	McGillivray Oval	1
4 <sup>th</sup> February	Saturday	UWALAC 2	McGillivray Oval	2
4 <sup>th</sup> February	Saturday	State Relay Championships	State Aths Stadium	State
11 <sup>th</sup> February	Saturday	UWALAC 1	McGillivray Oval	1
18 <sup>th</sup> February	Saturday	UWALAC 2	McGillivray Oval	2
25 <sup>th</sup> - 26 <sup>th</sup> February	Sat-Sun	State Zone Championships	TBC	State
3 <sup>rd</sup> - 5 <sup>th</sup> March	Fri-Sun	State Track and Field Championships	State Aths Stadium	State
11 <sup>th</sup> March	Saturday	UWALAC Centre Championships	McGillivray Oval	Both
17 <sup>th</sup> - 19 <sup>th</sup> March	Fri - Sun	WA State Junior Track & Field Championships	State Aths Stadium	State
26 <sup>th</sup> March (Tentative)	Sunday	Trophy Day	McGillivray Oval	

Saturday Competitions start at 8am Friday Twilight Meets at 5pm

### Training Times for 2022/23 Season

Tuesday U11-U17: 5.15pm -6.30pm Sprints/Middle Distance /Strength & Conditioning

Thursday U6-U10: 4.45pm-6pm U11-U17: Thursday 6pm-7.15pm

**Please Note that this calendar is subject to change**

AGE GROUPS for the 2022/23 Season. Age Groups are aligned by the year of birth, as follows

<b>Year of Birth</b>	<b>Age Group</b>
2006	U17
2007	U16
2008	U15
2009	U14
2010	U13
2011	U12
2012	U11
2013	U10
2014	U9
2015	U8
2016	U7
2017	U6