

BMLAC News

Edition 6

Saturday 3 December, 2016

President's Piece

Only a few more weeks to go until we have a break over Christmas, and we have a couple of busy weeks to get through.

Well done to all our athletes, coaches, parents and our team manager, Linda Thompson for a very successful day at Region Relays, with several medals won by our teams, and at least 5 teams qualifying for State Relays in a few week's time. I can see you are continuing to train hard for this next level of competition. Keep up the great work.

Don't forget next week is the Jetstar Orange Theme day so everyone is to wear orange and I think there may even be a few special orange surprises on offer in the canteen on the day. But don't forget to wear your Subway tags.

We have a raffle to be drawn before Christmas, with 3 prizes of Coles/Myer vouchers, which would be fantastic to be lucky enough to win right before the festive season. Please support the Centre by purchasing lots of tickets.

All athletes should be super proud of their results each week and working on improving their skills and achievements in all events.

Remember, always keep an eye out for all news and upcoming events by checking the noticeboard every week near the office, reading the newsletter and keeping an eye on our website which is constantly being updated.

Remember kids to "Be Your Best" & "Go Marsh"

Maria Downes, President



Multi Event Presentations

Presentations will be made this week at 8.30am. Trophies will be awarded to the winners of each age group and medals for second and third. All athletes will receive a Certificate of Participation.

Qualification for Centre Championships

To be eligible for Centre Championships, athletes must compete in at least half the available meetings before Christmas (from the time of registration with the Centre) and half the available meetings after Christmas. For Centre Championships, athletes must be registered by December 31, 2016. This rule does not apply for children who transfer from other L.A. Centres.

A list of qualifications as at Nov 28 is available [HERE](#)

Christmas Raffle

Raffle tickets will be on sale for the next 3 weeks. \$2 per ticket.

1st prize - \$200 Coles/Myer Voucher
2nd prize - \$100 Coles/Myer Voucher
3rd prize - \$50 Coles/Myer Voucher

To be drawn on Friday 16 December at our Twilight Meet.



Records & Rankings

At the modified meet held on Friday 18 November 3 new Centre records were set.

Nelson Banigo (Eagles) broke the Under 8 200 metres, which had previously stood for 27 years, running a blistering time of 33.05 secs. Nelson also bettered his 100 metres, setting a new record of 15.31 secs. Jarvis Miles (Blues) showed his recent hard training is paying off, breaking his own Under 13 Discus record, throwing 33.33 metres.

Well done boys.



Schools Sport Australia

Congratulations to BMLAC athletes Jarvis Miles and William Lalor who represented Victoria at the School Sports Australia Track and Field Championships at Olympic Park, Sydney last weekend.

Jarvis placed 7th in the 12-year-old Discus with a PB throw of 38.43 metres, while William also threw a PB of 34.03 metres in the 11-year-old Discus and finished 11th in the High Jump with a jump of 1.35 metres.



Region Track & Field Championships Entries Open

The **Western Metro Region Track & Field Championships** is taking place at Victoria University Wyndham Sporting Complex, Werribee on 18 and 19 February 2017.

Open To: U9 to U15 Athletes

Entries Open: Monday 7 November 2016

Entries Close: Monday 30 January 2017

No late entries will be accepted. Note: Athletes may only enter a maximum of 4 events.

[REGISTER HERE](#)

Who can compete?

To be eligible to enter the Region Track & Field Championships, athletes must be registered and be a financial Little Athletics Victoria Competitive Member by the closing date and time for entries. There are no exemptions. They also must have competed in a minimum of 4 weeks of Centre competition by the close of entries. The week of Region Relays is not included for eligibility purposes. Entries will be provisional until this participation criteria has been met.

This table displays the events contested at the Region and State Track & Field Championships and the number of qualifying positions available.

Event	Age Group						Qualifiers by place per Region	Maximum Field Size
	U9	U10	U11	U12	U13	U14		
70m	X	X					1	24
100m	X	X	X	X	X	X	1	24
200m	X	X	X	X	X	X	1	24
400m	X	X	X	X	X	X	1	24
800m	X	X	X	X	X	X	1	16
1500m			X	X	X	X	1	24
60m Hurdles	X	X	X	X			1	24
80m Hurdles					X	G	1	24
90m Hurdles						B	1	24
100m Hurdles						B	1	24
200m Hurdles					X	X	1	24
300m Hurdles						X	1	24
700m Race Walk	X						1	24
1100m Race Walk		X	X				1	24
1500m race Walk				X	X	X	1	24
High Jump	X	X	X	X	X	X	1	24
Long Jump	X	X	X	X	X	X	1	24
Triple Jump			X	X	X	X	1	24
Discus	X	X	X	X	X	X	1	24
Javelin			X	X	X	X	1	24
Shot Put	X	X	X	X	X	X	1	24

Relays

Bacchus Marsh had 24 teams represent the Centre at the Western Metro Region Relay Championships held at the Melton Athletics Track.

The Relay Squad put in many hours of training leading up to the Championships and thanks must go to all coaches who volunteered their time to ensure our athletes were well prepared for the day.

The Under 11 team excelled, claiming 3 Regional medals. The Mixed 4 x 200m and 4 x 100m teams both won Gold medals and the Under 11 4 x 100m girls team placed third to claim Bronze. The Under 14 girls held on for Bronze, after a close finish in their 4 x 100m event.

Many thanks to all parents who carried out their duties on the day. Special thanks to Trena Lidgett who took on the role of Box 3 Manager for the entire day. Thank you to those who helped set up on the morning and stayed behind to pack up. A big thank you to all members who came and supported our athletes, your encouragement was much appreciated.

BMLAC Results - [HERE](#)

Congratulations to the following BMLAC teams who have now qualified for the State Relay Championships to be held at Lakeside Stadium on December 17:

Boys U 09 – 4×200 Metre Relay
Girls U 11 – 4×100 Metre Relay
Girls U 11 – 4×200 Metre Relay
Mixed U 11 – 4×100 Metre Relay
Mixed U 11 – 4×200 Metre Relay

Full List of Qualifiers [HERE](#)



Jetstar Round – 10 December

On Saturday 10 December, our meet will be turning orange. We encourage all athletes to wear orange with the theme of the meet Jetstar. LAVic will be offering individual and Centre prizes, so join in the fun to be eligible.

We will be looking at running some orange activities – any suggestions would be welcomed.



Hoodies & Club Polo Shirts

New stock of BMLAC Hoodies should be available next Saturday. If you order your hoodie before Christmas they will be sold at our current price of \$35, purchases after Christmas will be sold at the new updated prices.

We are still waiting on the Club Polos to arrive, apologies for the delay.



ZÁTOPEK:10

Athletics Victoria is pleased to present the 56th edition of Zatopek:10 on Thursday 8 December at Lakeside Stadium, Albert Park commencing at 6.30pm.

A celebration of Athletics featuring the Australian 10,000m Championships and the Victorian State Championships supported by our friends at Little Athletics Victoria and Athletics Australia.

Australia's best distance athletes will be on display in the 3000m, 1500m and 800m. The Victorian 4x400m Open Championship will be held, as well the Long Jump and Pole Vault Challenge.

Coming Events

- Dec 08 – [Zatopek 10](#)
- Dec 10 – Jetstar Round
- Dec 16 – Twilight Meet (Santa visit)
- Dec 17 – [State Relay Championships](#)
- Jan 09 – [State Multi Event](#) entries close
- Jan 14 – Little Aths starts back
- Jan 28– [State Multi Event](#)
- Jan 29– [State Multi Event](#)
- Jan 30 – [Region Track & Field](#) entries close
- Feb 04 – Relaython
- Feb 4-11 [Nitro Athletics](#)
- Feb 18 – [Region Track & Field Championships](#)
- Feb 19 – [Region Track & Field Championships](#)