

# BMLAC News

**Edition 3**  
**Saturday 4<sup>th</sup> November 2023**



## President's Report

Another huge week at BMLAC. We have reached 227 registered athletes with still a few trial athletes in the system. Finger crossed we may even reach 230 to 240 in the next month or so. 50 teams and 61 athletes have registered for the Relay Carnival being held at Melton on Saturday 18<sup>th</sup> November. It's great to see so many athletes want to participate and represent our Centre.

On Saturday 11<sup>th</sup> November we have our Centre Combined Event this is a huge day on our season calendar. Full details below.

We have our Coles Community Round coming up at our first twilight meet on Friday 17<sup>th</sup> November. I encourage everyone to dress up in their Coles inspired costumes and participate in their events throughout the evening.

Just a couple of reminders moving forward:

- \* All BMLAC events are smoke and vape free. If you need to smoke or vape please do so outside the perimeter fence.
- \* There are to be no ball games played behind the Club area. This is something I have spoken about now for a couple of weeks. Committee members have been asked if they see a ball, confiscate it and bring it to the announcer table. It will be returned at the end of the day.
- \* Parents are reminded that unless you are volunteering at an event to play stay off the center in field and stay in the Club areas.
- \* With Region relays coming up, it's a timely reminder to ensure all athletes are in appropriate

Centre uniform. This includes your choice of short worn where there is to be no other visible colors shown, no pockets and plain black in color. This is a requirement from LAVic that all athletes are to be in their Centre uniform when participating at event days.

\* No dogs are allowed at the Centre on event days. Please keep your dogs at home.

Remember, keep going out there and being your best, strive to improve every week, be positive to each and everyone around you.

**Brett Edwards,**  
**BMLAC President.**



## Records and Ranking

Week 3 of competition saw 7 Centre records broken.

Mackenzie Estlick (Dolphins) set 2 records for the day - the first in the Under 16 300m hurdles in a time of 49.09 secs and then the 200m in 28.21 secs.

Emma Stewart (Blues) set 3 new records in the Under 17 300m Hurdles, High Jump and 400m while teammate Sam White (Blues) recorded new record times in the Under 17 300m Hurdles and 400m.



On Saturday 28<sup>th</sup> October Captain, Sam White broke another two Under 17 Centre records. Sam ran 5:30.40 mins in the 1500 metres, then in the 100m stopped the clock in 14.48 seconds. Well done, Sam.

## Region Relays

This year we have an amazing 61 athletes running in 50 teams at the Region Relays Carnival on Saturday 18<sup>th</sup> November at Melton City.

Coaches are Jessica Cassar (U9), Jo Johansen & Jay Clark (U10), Dannielle Clarke (U11), Bethan White (U12) and Leon Whitehand (U13-17).

Coaches have been in contact with their teams and training for all age groups has commenced.

We encourage all of our BMLAC community to come down to Melton on November 18 and support our athletes.

Thank you to our coaches who have volunteered their time to train our athletes and prepare them for this event.

## Centre Singlets for Relays

Athletes who require a Centre singlet for Region Relays can hire one from the Office this Saturday after 10.30am or next Saturday.

A \$25 **cash** deposit is required, which will be refunded on return of the singlet.



## BMLAC Combined Event

The Centre Combined Event will be held on Saturday 11<sup>th</sup> November at Masons Lane Reserve. There is no entry or fee payment required, as this is a scheduled BMLAC meet. All registered athletes will compete in five events (hurdles, sprint, distance, discus & long jump) gaining points in each event. All five events must be competed in to have completed the Combined Event, so please ensure you arrive by 8.30am for the first event. If one event is not competed in, that athlete will be deemed ineligible to win an award.

Presentations will be made the following week. Trophies are awarded to the winners of each age group, with medals for second and third. All athletes will receive a Certificate of Participation.

**Athletes must be in correct uniform** (Club polo and plain black shorts), including Commonwealth Bank registration tags. Athletes not in correct uniform risk being disqualified.

Please ensure you arrive ready for the first event at 8.30am.

## No Ball Games

A reminder that athletes should not be playing ball games during competition. This is for the safety of all athletes and spectators. Unfortunately, if this is not adhered to, balls will be confiscated until all events have been completed.



## Volunteers of the Week

Thank you to everyone who has volunteered to officiate at events, so far this season.

It takes almost 50 helpers to run our weekly program. Without your help we could not conduct all our events for the kids.

Each week all volunteer's names go into the draw to win a canteen voucher. Well done to the following volunteers who have been presented with vouchers over the past 2 weeks.



*Bec Pickett (Shot Put) Jay Clarke (Finish Line)*

## Officials Training

Thank you to all the volunteers who have been officiating at events for the start of the season. The program doesn't run without your assistance.

During training sessions in November, Billy, Andy and Justin will be running some 'How to do' sessions covering the basics of being a Chief or an Official at an event. These will run for around 15 minutes and each session will cover

- an introduction on what a Chief and Official need to do,
- basic things to watch for at a 'jump' and 'throwing' event.

**When:** Thursdays in November

**Time:** 5.15-5.30pm

We will continue to walk around on Saturdays and will be checking in with you as you help out - so feel free to hit us up with any questions when you see us walking around.

## BMLAC Buy & Sell Facebook Page

Are you looking at buying or selling second hand little aths uniforms, running shoes or equipment? Join our Buy & Sell Facebook page [HERE](#). We have had a lot of running shoes, including spikes, recently posted which our athletes have grown out of. Pick up a bargain now.



## Twilight Meet – Friday 17<sup>th</sup> Nov

Due to the Region Relay Carnival being held on Saturday 18<sup>th</sup> November a Twilight Meet will be held on the Friday evening commencing at 5pm.

## BBQ at Twilight Meet

Sausages, hamburgers and vegie burgers will be available from the Canteen at our Twilight Meet on Friday 17<sup>th</sup> November.



## Uniform – Black Shorts

Athletes are reminded that Club uniform includes plain black shorts (no pockets). This is part of our registered uniform with Little Athletics Victoria. Please do not risk your child being disqualified for wearing the incorrect uniform.



## Coles Community Round

BMLAC will host the Coles Community Round at our Twilight Meet on Friday 17<sup>th</sup> November (due to our Combined Events being held on Saturday 11<sup>th</sup> November).

We encourage our athletes and families to wear Coles related dress or just something red to win vouchers. Athletes are still required to pin their Commonwealth Bank Registration tag to the front of their top.

This is a great way to celebrate our partnership and provide the kids with something slightly different to the normal weekly program. Little Athletics Victoria will again run social media competitions once the round begins. Keep an eye out on their social pages for more information on how to enter **#ColesCommunityRound**



# coles

## Weekly Results

All registered athlete's results will be recorded and available via Results HQ [HERE](#).



## Training

Training will be held on Thursday's at Masons Lane Reserve for all registered athletes. The Under 6-10 athletes will train from 4:30-5:15pm and the Under 11-17 from 5:15-6:00pm

## Schools Track & Field Championships

BMLAC athletes have excelled at recent Schools Track & Field Championships.

Weekend 1 of the Victorian All Schools Championships were held last week at Lakeside Stadium.

Day 1 - Mackenzie Estlick placed 4th in the Under 16 Shot Put, 6th in Triple Jump and 3rd in her 100m heat. Alex Lloyd finished 4th in the U15 High Jump with a leap of 1.65m.

Day 2 - Nicholas Mai finished 5th in the U14 Triple Jump with a PB of 10.87m. Mackenzie placed 2nd in the 100m semifinal and then went on to win Silver in the U16 100m final, running a PB time of 12.46 secs. This was an automatic qualifier for the National All Schools Championships and Mackenzie's time also qualified her for the Australian Track & Field Championships.

Weekend 2 will be held this weekend.



The Primary Schools Sports Victoria Championships were held on Wednesday, at Lakeside Stadium.

Alexis Farrell won Gold in the 9-10yo Shot Put, throwing over a metre PB of 9.31m.

Anni Clarke finished 13th in the 9-10yo Discus and 11th in the 800m.

## Set-Up and Pack-Up Duty

Set-up duty is from 7.30am (4pm on Twilight Meets) and Pack-up duty is when all competition has been completed.

Meeting Date	Set Up Duty Club	Pack Up Duty Club
Sat 4th Nov	Eagles	Blues
Sat 11th Nov	Boomerangs	Eagles
Fri 17th Nov	Dolphins	Boomerangs
Sat 25th Nov	Blues	Dolphins
Sat 2nd Dec	Eagles	Blues
Sat 9th Dec	Boomerangs	Eagles
Fri 15th Dec	Dolphins	Boomerangs

## Coming Events

Nov 4      Program 1  
Nov 11     BMLAC Combined Event  
Nov 17     Twilight Meet – Modified Program 1a  
Nov 17     Coles Community Round  
Nov 18     [Region Relays - Melton City](#)  
Nov 25     Program 2  
Dec 2      Program 3  
Dec 9      Program 4  
Dec 15     Twilight Meet – Modified Program 1b  
Dec 16     State Relays - Lakeside