

BMLAC News



Edition 4
Friday 17th November 2023

President's Report

Welcome to the next edition of the BMLAC newsletter, we have a few events coming up that everyone will need to be across.

- Thursday 16th November - Centre training is cancelled. This is due to Relay training being held for the Region Relay Carnival this Saturday 18th November.
- All athletes who are in relay teams are required for training Thursday night at Melton Athletics track - 82 Bridge Rd, Strathtulloh. Start time 5:30pm.
- We have a twilight meet this Friday night 17th November. Dolphins Club are on set up. Boomerangs Club is on pack up. Can I please ask all teams when it's your duty to set up, please assist with this as it helps us be ready and on time start our events. Many hands make light work.
- Friday night is our Coles Community Round. I encourage all athletes to wear something Coles inspired for the night. Coles are a major sponsor of Little Athletics, and we should show our support to them as they support us.
- A reminder to all families heading to Relay Training Thursday night. Traffic along Ferris Rd isn't great at that time of evening. Please plan the trip to allow yourself plenty of time to get there. There are road works currently underway along Ferris Rd.

I wish all athletes the best of luck for Region Relay this weekend and a big thank you to all our volunteer coaches who have taken the time out their days to train, support and encourage all our athletes to do their best to be prepared for the weekends event.

- Jess Cassar
- Jo Johansen
- Jay Clark
- Dannielle Clarke
- Bethan White
- Leon Whitehand

On Tuesday night, our Centre captains, Emma Stewart, Sam White and I were lucky enough to be invited to the Community Bank annual general meeting, where the Centre was presented with a grant that we were successful in obtaining. This grant will enable the Centre to purchase a new gazebo that will be used on all our event days, Region and State events throughout the track and field and cross country seasons. Thank you so much to the Community Bank Bacchus Marsh for this grant.

Brett Edwards,
BMLAC President.



Coles Community Round

BMLAC will host the Coles Community Round at our Twilight Meet this Friday 17th November commencing at 5pm.

We encourage our athletes and families to wear Coles related dress or just something red for a chance to win 1 of 10 Coles 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.



Twilight Meet – Friday 17th Nov

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

BBQ at Twilight Meet

Sausages, hamburgers and veggie burgers will be available from the Canteen at our Twilight Meet this Friday.

Officials may pay and preorder food to be held until the end of their events.



Combined Event presentations

Presentations for last week's Combined Event will take place at the start of our Twilight meet on Friday.

Trophies will be awarded to age group winners, medal to 2nd and 3rd placegetters. All competitors will receive a participation certificate with full results.

Region Relays

Goodluck to all our 61 athletes competing this weekend at the Region Relay Carnival in Melton. We have 50 teams entered this year and we are looking forward to an exciting day!

We invite all our BMLAC community to join us and cheer on our athletes.

Reminder that there is full relay squad training at 5:30pm this Thursday at Melton City Little Athletics Centre, Strathtulloh.

WMR Relay Final Timetable [HERE](#)

Parent Information [HERE](#)

Duty Roster [HERE](#)

Records and Ranking

On Saturday 4th November Alexis Farrell (Boomerangs) broke the Girls Under 11 Shot Put Centre record with a put of 8.94 metres.



At our Combined Event last Saturday, Sam White (Blues) broke another 2 Centre records. Sam set new times in the Under 17 800m and 110m Hurdles.

Container Deposit Scheme

BMLAC is a registered charity with the Victorian Government Container Deposit Scheme.

Families are encouraged to download the app and when depositing containers at the vending machine, scan the barcode. Money raised will be directly transferred to the BMLAC account.

We are happy for members to collect their containers and drop them off at the store shed next to the canteen and we can deposit them for you.

Please do not crush your containers and leave all labels on them.



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
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 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 2 [Zatopek 10](#)
- Dec 8-10 [Aust. All Schools Championships](#)
- Dec 9 Program 4
- Dec 15 Twilight Meet – Modified Program 1b
- Dec 16 [State Relays – Lakeside Stadium](#)

Training

