

BMLAC News



Edition 5
Saturday 2nd December 2023

Region Relays

Congratulations to all the athletes who competed at the Region Relay Carnival on Saturday 18th November at Melton City.

The Carnival was a fun day for all with many exciting moments shared by our teams. It was great to see all the smiles as the teams and coaches worked together to achieve their best results. Across the day our teams won 3 gold, 7 silver and 6 bronze medals and 13 teams have progressed through to compete at the State Relay Championships on Saturday 16th December at Lakeside stadium.

A big thank you to our coaches and parents for supporting our athletes. Overall, a fantastic effort by everyone involved!



Twilight Meet – Fri 15th Dec



Our final meet for the year will be held this Friday 15th December at 5pm. We will be expecting a special visit from Santa during our competition.

State Relays

The 2023/24 Commonwealth Bank State Relay Championships will be held at Lakeside Stadium on Saturday 16th December 2023.

The following 13 BMLAC teams have now progressed to the State Relay Championships.

- Mixed 4x100m Under 09
- Girls 4x100m Under 10
- Girls 4x200m Under 10
- Girls Medley Under 10
- Girls 4x100m Under 11
- Girls 4x200m Under 11
- Girls Medley Under 11
- Mixed 4x100m Under 11
- Mixed 4x100m Under 14
- Mixed 4x200m Under 14
- Boys 4x100m Under 15
- Boys 4x200m Under 15
- Boys Medley Under 17

Timetable [HERE](#)

Live Stream [HERE](#)

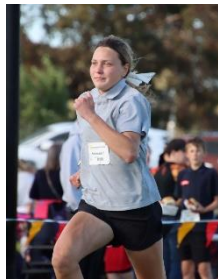
Event Shirt pre-orders [HERE](#)



Records and Ranking

3 Centre records were broken at our Twilight Meet on Friday 17th November. Mackenzie Estlick bettered her own previous record in the Girls Under 16 100 metres, running a new time of 13.17 secs.

Macca then backed up with a record of 26.46 secs in the 200 metres. In the same race, Emma Stewart set a new record of 29.79 secs for the Girls Under 17.



Last Saturday another 5 Centre

records were broken. In the Under 17's, Sam White broke 3 records; the 800 metres, 110m hurdles and the 100 metres, while teammate Emma Stewart claimed the Under 17 800 metres record.



Anni Clarke has been rewarded for her training efforts, increasing her own Under 11 Discus record, with a new distance and big PB of 24.21 metres.

Volunteers of the Week

Thank you to our volunteers who continue to officiate at events, your assistance is much appreciated.



*Alyson Myers
- Start Line -*



*Daniel Dalton
- Discus -*



*Bree Pickett
- Discus -*



*Leonie Ireland
- Discus -*

How to Volunteer & Officiate

LAVic have developed a 'How to Volunteer & Officiate' video series explaining the basic techniques used in each event for able-bodied and Multi-Class athletes. These videos are aimed at parents & volunteers who have shown an interest in assisting Centres to run their weekly Little Athletics Competitions.

Visit the links below to view the video series.

- DISCUS [HERE](#)
- HIGH JUMP [HERE](#)
- JAVELIN [HERE](#)
- LONG & TRIPLE JUMP [HERE](#)
- HURDLES [HERE](#)
- SHOT PUT [HERE](#)

coles

Combined Event Presentations

Congratulations to the 2023 BMLAC Multi Event Award Winners. Presentations took place prior to our twilight meet.

All athletes received a Participation Certificate with full results.

	<u>BOYS</u>	<u>GIRLS</u>
UNDER 17	1 st Samuel White	1 st Emma Stewart
UNDER 16	1 st Alex Lloyd	1 st Mackenzie Estlick 2 nd Hannah Lee
UNDER 15	1 st Max Schoemaker 2 nd Troy Lee 3 rd Nicholas Ide	1 st Evie White
UNDER 14	1 st Nicholas Mai 2 nd Patrick Lovett 3 rd Deegan Doyle	1 st Lily Norman 2 nd Jenna Baker 3 rd Keira Stapleton
UNDER 13	1 st Dushan Baniluk 2 nd Jett Ewart 2 nd Elijah Sundqvist 3 rd Dylan Havran	1 st Myah Estlick 2 nd Mathilde Grant 3 rd Zara Slater
UNDER 12	1 st Harrison Lovett 2 nd Ezekiel Horne 3 rd Logan Simons	1 st Halo Arahanga 2 nd Iyla Robinson 3 rd Mackenzie Delaney
UNDER 11	1 st Angus Norman 2 nd Harry Holland 3 rd Mitchell Tung	1 st Anni Clarke 2 nd Skyla Berryman 3 rd Alexis Farrell
UNDER 10	1 st Cohen Mills 2 nd Auden Sundqvist 3 rd Harry Johansen	1 st Mya Berryman 2 nd Nyah Halfhide 3 rd Evelyn Grant
UNDER 9	1 st Jacob Cassar 2 nd Hunter Robinson 3 rd Kobi Hehir	1 st Mia Dutt 2 nd Rylee Robinson 3 rd Isabelle Way
UNDER 8	1 st Hendrix Wake 2 nd Harvey Whitney 3 rd Saatvik Dwarampudi	1 st Blaithe Fletcher 2 nd Arijana Brown 3 rd Olive Blokland
UNDER 7	1 st Jordy Fenwick 2 nd Brodie Jreige 3 rd Kyson Berryman	1 st Charlee Attard 2 nd Alena Lloyd 3 rd Zoey Simpson
UNDER 6	1 st Billy Pickett 2 nd Dante Hooper 3 rd Mason Myers	1 st Ava Will 2 nd Eden Jones 3 rd Aubreigh Wake



State Combined Event

The 2023/24 State Combined Event Championships will take place at Lakeside Stadium, Albert Park on Saturday 20th and Sunday 21st January 2024.

Athletes in the Under 9-17 age groups are eligible to participate.

The Combined Event consists of between four and seven separate disciplines depending on which age group a child is in. Events consisting of four or five disciplines will be held on one day. Events consisting of more than five disciplines will be held on two consecutive days.

Entry Fee: \$50

Registrations Open: Friday 17th November

Registrations Close: Thursday 14th December

Full details and registration portal [HERE](#)

Commonwealth Bank Registration Tags & Coles Patch

A reminder that it is a Little Athletics Victoria requirement that all athletes must be wearing their Commonwealth Bank registration tag when competing. Club polo shirts must have the Coles patch sewn on. These should not be just pinned.

LAVic have stated that as a Centre we need to be enforcing this compulsory requirement.



Athletes must also be in full Club uniform; this includes club polo shirt and plain black shorts.

Coles Community Round

Thank you to everyone who supported the Coles Community Round at our Twilight Meet on Friday 17th November.

Congratulations to our Best Dressed award winners - Isabelle Conroy, Evelyn Grant, Victoria Hannam, Genevieve Winfield, Molly Shea, Paige Foley, Lola Parsons, Remy Rowe, Tait Ash & Annalise Winfield. Each athlete was presented with a Coles voucher.



Container Deposit Scheme

Members are encouraged to download the Container Deposit Scheme App and link BMLAC to their account. Money raised will be directly transferred to the BMLAC account.

Members are invited to bring their containers to little aths and place them in the deposit bin out the front of the pavilion.

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

Fundraising Thermometer



Zatopek:10

On Saturday 2nd December, Athletics Victoria is teaming up with Swiss sportswear brand *On* to put on an athletics meet unlike any you've seen before. Little Athletics Victoria members can get free General Admission Junior (11-17 years old) tickets, by using the code *lavic* at checkout. Note: Kids 10 & under also get free admission via the ticket portal.

ZÁTOPEK:10 has been a proving ground for runners since 1961 but this year's edition is sure to be the best yet. Here's some of what you can expect:

- Some of the world's best athletes competing for National Championships
- Special performance from ARIA winning act, Peking Duk
- Over-the-track spectator bridges
- Food trucks
- a community run
- plus more!

Purchase tickets [HERE](#)

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 2nd Dec	Eagles	Blues
Sat 9th Dec	Boomerangs	Eagles
Fri 15th Dec	Dolphins	Boomerangs

Coming Events

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](#)
Jan 20 Little Aths returns in 2024
Jan 20/21 [State Combined Event](#)