

BMLAC News



Edition 7
Saturday 20th January, 2024

President's Piece

Welcome back from the festive break. I hope you all had a great Christmas and New Year with hopefully being able to take a break and get away for a while. We have a jam packed second half of the track and field season with some dates to keep an eye detailed below.

- Saturday 20th Jan: Return to competition at BMLAC Program 1: Blues on Set Up, Dolphins on pack up.
- Monday 22nd Jan: Region Track and Field entries close.
- Saturday 27th Jan: BMLAC Program 2: Eagles on Set up, Blues on pack up.
- Wednesday 31st Jan: Maryborough Open Day entries close.
- Saturday 3rd Feb: BMLAC Program 3.
- Sunday 4th Feb: Maryborough Open day.
- Friday 9th Feb: Twilight meet Modified Program 1a.
- Saturday 10th: Region Track and Field Day 1.
- Sunday 11th Feb: Region Track and Field Day 2.

A couple of reminders for the start of the season:

- When a team is nominated for set up or pack up duty on a Saturday morning throughout the season it is the responsibility of the families within that team to be at Masons Lane at 7:30am to assist with the set up so that program commences on time and all athletes are on track for an 8:30am start time. This is the obligation of all families.
- All awards given on competition day PB Stars,

training awards, Centre Records etc and athlete warm up's will be completed prior to 8:30am. So, please ensure that you arrive at Mason's Lane before 8:15am to be a part of this.

- All parent volunteers are required to make their way out to their nominated event prior to 8:30am. Chief Marshall can collect their folders and radio from the Announcer's desk.
- Only one call will be made for parent assistance for the field events in the circumstances where there are not enough volunteers at these events at the time of marshalling the athletes. Little Athletics is a volunteer based sport and it only runs with the support of parent volunteers each and every week.
- There are to be NO ball games played near the Triple Jump/Long Jump pits. If athletes are too busy playing ball games and miss the call for their event. That event will be cancelled.
- Lastly, in the age groups where chaperones don't escort the athletes to their track and field events (Under 9 and up) it is the responsibility of the athlete, not the other athletes in the age group to get themselves to their events. So, please listen to all the calls that are made and be at your events on time.

The Maryborough Open day is coming up soon, which is a fantastic event that BMLAC have been a part of for many years. If your child wishes to participate in this open day, please register via Results HQ. If there are any other open days that your family might be interested in attending, please let the Committee know and we will open the portal for you to register.

If you need to hire a Centre singlet for any of the open days, Region or State events coming up please see our Merchandise Officer, Gina at the office or contact her on email bmlacsponsorship@gmail.com to organise one. A \$25 cash deposit is required and will be returned to you upon returning the singlet back to Gina.

I hope all the athletes have a great start to the second half of the season. Remember to go out there and do your best, be a good sport, support other athletes and have fun.



Brett Edwards,
BMLAC President.

State Combined Event

Good luck to the following athletes representing the Centre at the 2023/24 State Combined Event Championships this weekend at Lakeside Stadium, Albert Park.

- Harbin Kaur Aujla, Jacob Cassar, Mia Dutt, Kobi Hehir, Harry Holland, Patrick & Harrison Lovett.

Livestream [HERE](#)
Live Results [HERE](#)
Timetable [Saturday](#) [Sunday](#)
Venue Map [HERE](#)
Information Book [HERE](#)
Athlete Groups [HERE](#)

Container Deposit Scheme

Thank you to members who have participated in the CDS and raising funds for the Centre.

Please continue to deposit your containers or drop them off to the bins provided at little aths. All money raised will be directly transferred to the BMLAC account.

Fundraising Thermometer



Region Track & Field Carnival

When: 10th & 11th February 2024

Venue: Newport Park Athletics Track, Newport

Entry Fee: \$11 per event (+admin fee)

Age Groups: U9 – U17 Athletes

Registrations Close: Monday 22nd January 2024 (11am)

State Championships: 9th & 10th March 2024 at Casey Fields, Cranbourne

**Athletes can choose a maximum of 5 events.*

Track	Girls & Boys										Qualifiers by Place per Region	Maximum Field Size
	U9	U10	U11	U12	U13	U14	U15	U16	U17			
70m	Sat	Sat									1	24
100m	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	1	24
200m	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	1	24
400m	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	1	24
800m	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	1	16
1500m			Sun	Sun	Sun	Sun	Sun	Sun	Sun	Sun	1	24
40m Hurdles	Sun	Sun									1	24
80m Hurdles			Sun	Sun	Sun	Girls - Sun					1	24
90m Hurdles						Boys - Sun	Girls - Sun	Girls - Sun			1	24
100m Hurdles							Boys - Sun	Boys - Sun	Girls - Sun		1	24
110m Hurdles									Boys - Sun		1	16
200m Hurdles					Sat	Sat					1	24
300m Hurdles							Sat	Sat	Sat		1	24
700m Race Walk	Sat										1	24
1100m Race Walk		Sat	Sat								1	24
1500m Race Walk				Sat	Sat	Sat	Sat	Sat	Sat		1	24

Field	Girls									Qualifiers by Place per Region	Maximum Field size
	U9	U10	U11	U12	U13	U14	U15	U16	U17		
High Jump	Sat	Sun	Sat	Sun	Sat	Sat	Sun	Sun	Sun	1	24
Long Jump	Sun	Sat	Sun	Sat	Sun	Sun	Sat	Sat	Sat	1	24
Triple Jump			Sat	Sun	Sat	Sat	Sun	Sun	Sun	1	24
Discus	Sun	Sat	Sun	Sun	Sun	Sun	Sun	Sun	Sun	1	24
Javelin			Sat	Sat	Sat	Sat	Sat	Sat	Sat	1	24
Shot Put	Sat	Sat	Sun	Sat	Sun	Sun	Sat	Sat	Sat	1	24

Field	Boys										Qualifiers by Place per Region	Maximum Field size
	U9	U10	U11	U12	U13	U14	U15	U16	U17			
High Jump	Sat	Sun	Sat	Sun	Sat	Sat	Sun	Sun	Sun	1	24	
Long Jump	Sun	Sun	Sun	Sat	Sun	Sun	Sat	Sat	Sat	1	24	
Triple Jump			Sat	Sun	Sat	Sat	Sun	Sun	Sun	1	24	
Discus	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	Sat	1	24	
Javelin			Sun	Sun	Sun	Sun	Sun	Sun	Sun	1	24	
Shot Put	Sat	Sat	Sun	Sat	Sun	Sun	Sat	Sat	Sat	1	24	

REGISTER [HERE](#)

Training

Centre training will recommence from Thursday 1st February, once school returns.

Maryborough Open Day

The Maryborough Open Day will be held on Sunday 4th February.

This Open Day has been a long-standing tradition for BMLAC families. A fun country meet with lots of medals up for grabs. If you are interested in joining the BMLAC contingent traveling to Maryborough, register now via ResultsHQ. More information [HERE](#).

If you require any further information about the day or registering, speak to Amanda or Linda.



Maurie Plant Meet

The World Athletics Continental Tour Gold series is the uppermost level on the World Athletics Continental Tour calendar, sitting just under the Diamond League in status. Each meet attracts the best athletes across the globe, with 14 existing meets offered in Africa, Europe, Asia and Oceania.

The Maurie Plant meet is supported by the Victorian Government via Visit Victoria and conducted within Athletics Australia's Chemist Warehouse Summer Series.

Tickets for the Maurie Plant Meet – Melbourne to be held at Lakeside Stadium on February 15 can be purchased [HERE](#).



Centre Singlets

Athletes requiring a Centre singlet for upcoming Open Days or Region T&F can collect one from the Office this Saturday between 10-11am. A reminder that a \$25 cash deposit is required, which will be refunded on return of the singlet. Relay athletes can also return singlets and collect deposits.

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 20th Jan	Blues	Dolphins
Sat 27th Jan	Eagles	Blues
Fri 9th Feb	Boomerangs	Eagles
Sat 17th Feb	Dolphins	Boomerangs
Sat 24th Feb	Blues	Dolphins
Sat 2nd Mar	Eagles	Blues
Fri 8th Mar	Boomerangs	Eagles
Sat 16th Mar	Dolphins	Boomerangs
Sat 23rd Mar	Committee	Committee
Sat 27th Jan	Eagles	Blues

Coming Events

- Jan 20 Little Aths returns in 2024
- Jan 20/21 [State Combined Event](#)
- Jan 22 [Region T&F entries close](#)
- Jan 27 BMLAC competition Program 2
- Jan 31 [Maryborough Open Day entries close](#)
- Feb 3 BMLAC competition Program 3
- Feb 4 [Maryborough Open Day](#)
- Feb 9 BMLAC competition Twilight Meet
- Feb 10/11 [Region Track & Field Carnival](#)
- Feb 15 [Maurie Plant meet](#)
- Feb 17 BMLAC competition Program 4
- Feb 24 BMLAC competition Program 1
- Feb 24 BMLAC Championship Day entries close
- Mar 2 BMLAC competition Program 2
- Mar 2 Royal Children's Hospital Lap for Kids
- Mar 8 BMLAC competition Twilight Meet
- Mar 9/10 State Track & Field Championships
- Mar 16 BMLAC competition Program 3
- Mar 16 Bendigo Bank 100m Gift
- Mar 23 BMLAC Championship Day
- Mar 24 BMLAC Alternative C/Ship Day