

BMLAC News



Edition 10
Saturday 2nd March, 2024

President's Piece

Welcome to this edition of the BMLAC newsletter where I will briefly touch on all things BMLAC.

Over the weekend we saw BMLAC compete in the Maryborough Little Athletics Club Open Day with 53 athletes from all age groups representing our club. It was a huge achievement having that many turn up and it shows what a great weekend event MLAC put on. Our Centre had the largest representation of athletes from any visiting club. I personally saw many athletes over the day with medals and ribbons from the achievements at their chosen events. It was very pleasing to see all our athletes having a great day. A huge thank you to those parents/guardians who volunteered and assisted our friends from MLAC run the day's events where they were a little short at events.

Our Centre Championship Day is fast approaching which means the end of the season is fast approaching also. The cut off for entry forms was last Saturday's Centre event, with our Records and Ranking officer Linda Thompson collating and putting together the entry list for all those athletes taking part. Keep an eye out in your emails for the entry list and check if any errors have occurred. There will be no change of events moving forward.

Also, with the end of the track and field season fast approaching this means the Cross Country season will be starting soon. Keep an eye out in the next few weeks for the program that I am currently putting together for this season. I am waiting to hear back from some new venues so stayed tuned. Just for those families who are

unaware or unsure of Cross Country, here are the age groups and distances:

Under 6: 500m, Under 7-8: 1000m, Under 9-10: 1500m, Under 11-12: 2000m Under 13-17: 3000m

We have a few more events coming up listed below:

- Twilight Meet - Friday 8th March
- State Track and Field Championships Day 1 - Saturday 9th March at Knox
- State Track and Field Championships Day 2 - Sunday 10th March at Knox
All athletes and families who are heading to State track and Field. Please note the change in venue if you have not seen the Facebook post or email. The event is now being held at Knox and not at Casey Field.
- BMLAC Bendigo Bank Gift Under 7-16 - Saturday 16th March
- BMLAC Championship Day - Saturday 23rd March

Any athlete who has a Centre singlet please return to Gina at the office for your \$25 refund.

Don't forget Eagles are on set up this Saturday with Blues on pack up. Please can all families assist with the set up and pack up at events. The more hands helping the quicker it will be. Same goes for volunteering at events also. The more volunteers we have the smoother and quicker all our events will be. If we have any reservations or doubts about volunteering, please see our Track and Field manager Andy or our Officials Billy or Justin or any committee member and they will help guide you through any event.

Just a reminder to all families, that unless you are volunteering at an event or chaperoning age groups you cannot enter the infield or be at any events. Can you please remain in the team's area and canteen area of the arena.

**Brett Edwards,
BMLAC President.**



Laps for Kids



Laps for Kids will be held this Saturday. All athletes and family members will be invited to participate in walking a lap of the track to raise money

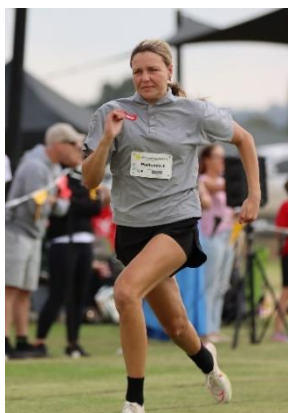
for the Good Friday Appeal. A gold coin donation would be appreciated or donate via online [HERE](#).

Records & Ranking

Congratulations to Mackenzie Estlick and Sam White for setting new Centre records on Saturday 17th February.

Macca flew down the front straight, breaking both Under 16 70m & 100m records, clocking 9.71 secs for the 70m and 13.09 secs for the 100m. Sam bettered his own Under 17 1500m, crossing the finish line in 5:28.54 mins.

Well done, Macca and Sam!



State Track & Field Championships venue and final timetable (note changes of both)

The 2023/24 State Track and Field Championships will now be held at Knox Park Athletics Centre on Saturday 9th and Sunday 10th March 2024.

The final version of the timetable is now available [HERE](#). Several minor changes have been made since the draft version to reduce the number of potential clashes, so please disregard that previous version. As a general rule, no event has been moved by more than 60 minutes apart from the U9-10 Boys and U11-12 Boys Multi-Class Long Jump which is now at 2pm (was previously 12pm).

BMLAC will be represented by the following athletes – Halo Arahanga, Mya & Skyla Berryman, Jacob Cassar, Anni Clarke, Mia Dutt, Mackenzie & Myah Estlick, Alexis Farrell, Evelyn & Mathilde Grant, Nyah Halfhide, Caleb Hurst, Nicholas Ibrahim, Alex Lloyd, Harrison & Patrick Lovett, Nicholas Mai, Eni Olaitan, Emma Stewart, Sam White.

Athletes have the opportunity to purchase a 2024 State Track & Field Championships commemorative shirt to mark the occasion.

Please note, due to the t-shirts having already been in production, the venue will still display on the item as Casey Fields.

Event Pickup Shirt Orders will close 11am Tuesday 5th March 2024.



Order Now [HERE](#)

Return of Centre Singlets

Athletes who hired a Centre singlet for Maryborough Open Day and do not require it for the State Championships, please return your singlet to the Office this Saturday and collect your refund.



PC Cup Day

Well done to Mackenzie Estlick and Troy Lee who represented the Centre at the PC Cup Day sprint at Maddingley Park last Sunday.

Macca finished strongly closing down the gap but was narrowly pipped on the line, to take 2nd place. Troy also had a great run to finish in 4th place.



Coles Bananas

As part of the partnership with Coles and Little Athletics Australia, Coles donate bananas to Little Athletics Centres each week for our athletes to enjoy on competition days.

A reminder to please ensure these are shared between all athletes. We don't want to see kids missing out.

Maryborough Open Day

Athletes had an extremely successful day at Maryborough on Sunday winning 47 Gold, 35 Silver, 35 Bronze medals.

New Open Day records were set by Blaithe Fletcher U8 70m, Atlas Ferreira U9 800m, Harbin Aujla U9 800m, Emma Stewart U17 SP, Dis, LJ, and Sam White U17 800m, 1500m.

Thank you to all the parents who supported the kids and helped out at events.



Championship Day Details

The BMLAC Championship Day will be held on Saturday 23rd March at Masons Lane Reserve.

All qualified athletes must register their attendance with their team manager by 8.15am. Athletes who fail to register will be deemed absent and scratched from all events.

Athletes must be in full Club uniform – Club polo shirt and plain black shorts (no footy shorts, floral leggings or surf shorts permitted). Commonwealth Bank registration tags must be worn. This is a LAVic requirement and will be strictly enforced.

Championship events will conclude at approximately 2.30pm. Athletes from all Clubs will then come together for the official Centre end of season presentations. These presentations will take approximately an hour. At the conclusion of presentations, athletes will then disperse to their Club area for Club presentations which should take approximately half an hour.



End of Season Raffle

Tickets will be on sale this week for the Championship Day raffle.

Many prizes donated by local business will be on offer.

Tickets are \$2 or 3 for \$5.



BMLAC Community Bank Bacchus Marsh Gift

The Bacchus Marsh Little Athletics 100m Gift, proudly sponsored by the Community Bank Bacchus Marsh – Bendigo Bank, will be held on Saturday 18th March at 8.30am, prior to the meet program commencing.

The fastest seeded athletes in each age group from Under 7 to Under 16 will be invited by the Centre to participate in the inaugural Community Bank Bacchus Marsh Gift.

There will be a Girls and Boys race. Athletes will be handicapped using their season's PB time. The winner of each race will be awarded with a perpetual shield and the first 3 placegetters will be presented with Gift sashes by Ian Prince, Manager of the Bendigo Bank.

This will be an exciting event and all athletes and supporters are invited to line the front straight to cheer and support representatives of their Club/Age group.

We kindly thank the Community Bank Bacchus Marsh – Bendigo Bank for supporting the Gift.

Proudly supported by

Community Bank
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Stawell Gift

Australia's richest footrace, the Powercor Stawell Gift, returns to Central Park over the Easter long weekend with three action packed days of elite athletic racing, activities, and family entertainment. Marking its 142nd year of racing, the Powercor Stawell Gift continues to be a prominent event on the Australian sporting calendar.

Date: 30th March – 1st April

Location: Central Park, Stawell

Age Groups: U9 – U17 athletes

Registrations Open: Monday 12th February

Registrations Close: Monday 4th March 11am

Events, capacity & age groups permitted. Age group is taken as for the 2022-2023 Little Athletics Victoria registration year.

100m Boys (96 spaces): U9 – U17 athletes
100m Girls (96 spaces): U9 – U17 athletes
400m Mixed (150 spaces): U9 – U17 athletes
800m Mixed (105 spaces): U9 – U17 athletes
1600m Mixed (42 spaces): U11 – U17 athletes

The 400m, 800m & 1600m events will be combined gender events.

Timetable [HERE](#)

Timetable

Saturday 30th March: 800m heats & final

Sunday 31st March: 100m heats, 400m heats

Monday 1st April: 100m semi-final & final, 400m final, 1600m final

Qualifying Criteria, further information and Registration Portal can be found [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 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

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