



MLA NEWS



We couldn't have asked for better weather for our season opener. Thank you to everyone for coming along. We hope you and your children enjoyed it. Returning families will notice we are implementing some changes this season, we welcome your feedback. Thank you to our Committee and non-committee volunteers who have been working tirelessly preparing the grounds and keeping on top of the piles of behind the scenes tasks. Thank you also to former athlete McKenzie for coming along to operate our Timing Gates last week.



Club Records

What a strong start to the season with 4 Club Records broken on the first week. Well done to.....

Jesse Flynn U13B
Discus 34.23m

Chelsea Capps U14G
Javelin 33.25m

Cadence B-G U15G
Triple Jump 9.85m

Aidan Mackie U16B
High Jump 1.66m

Special mention to **Tara U15G**, who's Triple Jump distance was also an improvement on the old record.

Family Handbook

Families received a Welcome Email upon registering, which included the Family Handbook. We encourage everyone to read it, new members in particular. It is packed with information like patch placement, how to access weekly results, current club records, policies and other general information about how we operate as a club. Click below to view.....

[2022/23 Family Handbook](#)

BBQ Roster

The BBQ roster will commence in Week 3. For this week, we would be very appreciative if a volunteer could see us at the canteen after announcements

NZ Development Tour

The New Zealand Development Tour is an annual tour conducted by Little Athletics Queensland for U14-U15 athletes. For those athletes selected to go, it is a once in a lifetime opportunity to travel, train and compete against athletes from all over New Zealand's South Island. Nomination close on Wednesday, 14th September. For more information regarding cost, dates and how it works, please click on the link.....

<https://laq.org.au/athletes/new-zealand-development-tour/>

Photos

We often put photos of the athletes on our website, social media and in our newsletters. If you don't want your child's photo taken, please let us know.

Proof of Age

As a condition of registration, a proof of age document must be sighted for all athletes new to our club. We will be chasing these up over the next few days. An athletes registration may be put on hold until we can confirm that they are in the correct age group, please assist us by providing a relevant document for us to sight.

Thank you

Sending a massive thank you to **Micro Excavations** for coming out, turning the sand and levelling our Long Jump pits. It was an unexpected act of generosity to be told at the completion of their work, that there was no charge for their services. They modestly didn't want us to make a fuss. Thank you to their team for supporting our club and community. If you have a project that requires their services, you'll be supporting a great local, family owned business. <https://www.microexcavations.com/>

Verifying Club Records

U10 - M - Discus 500g - 21 Sep 2019 Heat Club				Centre Record Toby Fawson 30.90 01/09/2015 Unit of Measure - mm.cm				42 12:00 PM
Start Time: _____		End Time: _____		Recorded By: _____		Officials Signature: _____		
ID	Name	Surname	Club	Attempt 1	Attempt 2	Attempt 3	Best Result	PB
467			Mudgeeraba					22.02
492			Mudgeeraba					16.60
384			Mudgeeraba					16.19
310			Mudgeeraba					14.41
373			Mudgeeraba					12.42
725			Mudgeeraba					8.04
749			Mudgeeraba					NA
755			Mudgeeraba					NA

Above is a screenshot of a recording sheet used by age managers each week. At the top right of each sheet is the current centre record. Before you start each event, please make yourself familiar with the record. In all field events, except High Jump, once a throw/jump has been measured and determined to have equalled or bettered the record you must..... Pause the event, leave the tape measure where it is and call over a Committee member. For High Jump.....Once the bar has been raised to equal or better the record, signal for a committee member. A committee member must be present at the time of the jump.

Recording Sheets

Below is an example of how to fill out the recording sheets for field events. Athletes get 3 attempts only. Track events that are run through the timing gates (usually up to 400m) do not need to be written on the sheets, the sheets are there in the event that we need to manually time them. Please see a Committee Member if you need help with recording or any aspect of running the events on a Saturday morning. We are here to help :)

Field Events, except High Jump

- indicates an athlete has passed.
- X indicates an athlete failed / foul.

Competitor	Trial 1	Trial 2	Trial 3	Best
A	8.72	12.16	9.25	12.16
B	11.25	11.95	X	11.95
C	X	12.45	10.95	12.45
D	11.15	11.95	-	11.95
E	11.95	11.19	11.85	11.95

High Jump

- indicates an athlete did not attempt a height or has passed.
- X indicates an athlete failed an attempt at the height.
- O indicates an athlete was successful at the height.

Competitor	1.15	1.20	1.25	1.30	1.35	1.40	1.43
A	-	XO	O	XO	O	XXO	XXX
B	O	O	O	X	XO	XXO	XXX
C	O	O	X	O	XXO	XXO	XXX
D	O	X	O	XXO	XXO	XO	XXX