



# Mackay Athletics Club Inc

**NEWSLETTER  
FEBRUARY 2010**

**Welcome back to another year of Athletics for our club and our region.**

## **2009 SIGN-ON DAY & ORIENTATION TO ATHLETICS**

**Saturday 13 March      Sign-on from 12pm    Orientation from 1pm to 4pm**

**New and returning members welcome**

This year's sign-on day will be on **Saturday 13 March** from 12pm at the Club Venue, Mackay State High School Athletic Grounds via English Street or Penn Street. **For a quick registration process**, complete the attached 2010 ANQ Registration Form which can now be completed on your computer, print it and bring it along with you. The form can also be downloaded from our Forms and Downloads page on our website. For new members, a copy of the athlete's Birth Certificate will be required for viewing and the membership form also completed. Membership is available from ages 3 (turning 4 before 31.12.2010) and upwards.



Orientation to Athletics will be the same day from 1pm to 4pm. Orientation gives members the opportunity to learn a bit about the different athletics events we do.

The 2010 membership fee of Mackay Athletics Club for the year is \$90.00 per athlete. Additional members from the same family are \$75.00 per athlete. There are no weekly or attendance fees during home Club Competition days. Payment methods are Cash or Cheque and must be paid on registration.

**Come and try.** The club provides a trial period for new members. This is available for a two-week consecutive period. The Trialist fee is \$10.00 each and is non refundable. After this time the athlete must either complete the registration formalities or not participate. The \$10.00 trial fee is deducted from the membership fee if membership continues. Trial period ceases at the end of April. Please complete the registration form for each Trialist and bring along a copy of their Birth Certificate.

**Can't make it that day? You can sign on at any club competition day but remember to be early as the days events start at 12.45pm. See our [Event Calendar page](#) for dates.**

## **INVITE A FRIEND**

Do you know someone who could be interested in athletics as a regular sport? Why not forward this newsletter onto them.

### CLUB VENUE

Mackay State High School Oval  
via English Street  
Mackay, Qld

### CORRESPONDENCE

Mackay Athletics Club Inc  
P.O. Box 322  
Mackay, Qld, 4740

### CONTACT US

Ph: 0431 973 129  
Email: [mail@mackayathletics.com.au](mailto:mail@mackayathletics.com.au)  
Web: [www.mackayathletics.com.au](http://www.mackayathletics.com.au)

## CLUB EVENT CALENDAR & CLUB COMPETITION DAY PROGRAM OF EVENTS



The clubs Event Calendar and Club Competition Day Program of Events for 2010 can now be viewed or downloaded from the ['Event Calendar'](#) page of the website.

## GRAND STAND RELOCATION

The school has decommissioned the grandstand located near the finish line for safety reasons and it has been removed. We have been given permission by the school to move the remaining grandstand into the finish line position. Having the grandstand at the finish line aids those who assist with time keeping of the track events.



**We need about 10 able people to help us move this to the new location. If you are able to assist on Saturday 20 February at 1pm, come down to the club house. It will be greatly appreciated. I should not think it will take very long to move. For more information, contact James Grech on 0431 973 129.**

## TRACK & FIELD LINE-MARKING & WORKING BEE



### **Saturday and Sunday 20-21 February**

In preparation for this year's events, a working bee will be held on Saturday 20th February from 9am to 3pm and again on Sunday 21 February if we don't complete it all on Saturday.

The school, as always is doing a terrific job keeping the grounds ready for us to use during the season.

There are a few things that we need to do to help with the preparation of the grounds.

**These are: Line Marking of Track & Field areas.**

**Replace timber jump boards at the long jump and triple jump pits.**

**General tidy up of the club shed.**

If you are able to assist, please meet at the Club Shed. All necessary equipment required to complete the task will be supplied.

For more information, contact James Grech on 0431 973 129.

## WET WEATHER INFO PHONE NUMBER CHANGE



Due to the nature of Athletics being held outdoors, for the safety of all athletes it may be necessary to cancel events or club competition days due to the wet grounds. Cancellation notices are usually published on the home page of our website on the day of competition or you can call **0431 973 129** after 10am on the day of competition for information.

## 2010 HANDBOOK



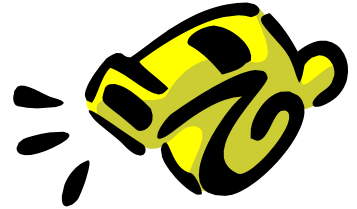
Our 2010 handbook can now be downloaded from the club website. Packed with useful information for our athletes, parents and carers and those interested in the club itself and what we do. Printed copies will be available to all families on registration.

## WEBSITE

For the most up to date club news, see our website. [www.mackayathletics.com.au](http://www.mackayathletics.com.au)

## M.A.C. PLAYS HOST TO LEVEL 1 COACHES COURSE

The Mackay Athletics Club will host a Level 1 Athletics Coaches Course on Saturday and Sunday 6 and 7 March for 15 new coaches from our region and other areas of North Queensland. Course provider, Sports Credentials, will have instructors here for the two day course. The course costs \$375.00 each. If you are interested in attending, download the information and registration pack from the home page of our website. Registration closes Friday 19 February.



## 2010 NORTH QLD GAMES



Athletic events for the 2010 North Queensland Games will be hosted by Cairns Athletics Club at Barlow Park, Cairns

For further information contact Shane Watson.

Mobile: 0417 754 952 Email: [watson81@dodo.com.au](mailto:watson81@dodo.com.au)

or visit the **North Queensland Sports Foundation Website** [www.ngsports.com.au](http://www.ngsports.com.au)

[CLICK HERE TO DOWNLOAD THE NOMINATION FORM NOW](#)

Nominations close Friday 26th March

PLEASE NOTE: All Programs & Nomination Forms are in PDF format and you will need the latest version of Adobe Reader (9.2) to download these file. The latest version of Adobe Acrobat Reader and can be downloaded free [here](#).

## 2010 CLUB COMMITTEE



### **Our 2010 Club Committee is.**

President, Registrar & Web	James Grech
Vice-President, Records & Head Coach	Cameron Quirk
Secretary & Public Relations	Joscelyn Grech
Treasurer & Uniforms	Rhonda Bates
Equipment & Grounds	Wade Bates
Grants Officer	Lawrence Booth

**Contact details are on our website.**

## 'NO FALSE START' RULE

January 1 2010 saw the introduction of a new rule by the IAAF (International Association of Athletics Federations), the world governing body of athletics. The no false-start rule is to exclude any runner who jumps the gun from this year.

Previously, only the second runner to commit a false start in any race is expelled regardless of who caused the first one. Under the new rule, an offender will be immediately disqualified.

In keeping with the decision by ANQ (Athletics North Queensland) to also introduce the rule to all age groups, our club will also introduce the rule.

Athletics Australia has issued an explanatory and guidelines paper which includes advice for starters and referees on the new rule. Download it now from our [News & Newsletters](#) page on our website.

The complete set of IAAF rules can also be downloaded from our [Downloads](#) page.



## HARRUP PARK COUNTRY CLUB DONATION

Thanks to the team at Harrup Park Country Club for the latest donation of \$260.00 to our club.



Are you a Harrup Park Country Club member? Did you know by linking your Harrup Park membership card to Mackay Athletics Club, every dollar you spend at Harrup Park will earn our club points. At the end of certain periods, Harrup Park then makes a donation to our club, in accordance with the points earned.

These donations are used by the Mackay Athletics Club to purchase the most up-to-date and safe sporting equipment for your children's benefit.

If your card is not already linked to our club, ask the Harrup Park team at the front desk to link it up. It costs no extra. Your family and friends can also link their Harrup Park membership to our club.