



Mackay Athletics Club Inc

NEWSLETTER - AUGUST 2009

RELAY FUN & FAMILY ACTIVITY DAY



Saturday 5 September. We are putting together a great day of fun activities for our last weekend before our presentation day. Events will include Egg & Spoon races, Boot Throwing, Sack Races, Relay Baton Races and more. And parents you won't be left out of the activities. We invite all members including those who only made it along a few times during the year, so come along and have some fun. Points will not be earned on this day. Normal start time of 12.50pm and finish approx 4pm.

PRESENTATION DAY 2009



Saturday 12 September. New Mulherin Park, Mackay Harbour, 11am - 2pm. Awards to be presented are; Harrup Park Country Club Champion 2009 (Male & Female), Don & Colleen Wilson Sportsman or Sportswoman 2009, and Age Champions for each age group (Male & Female) and participation medals.



Bring your chairs, picnic rug, hats and sunscreen. Fun activities with an all ages Jumping Castle and the park playground. Sausage Sizzle and Burgers are available (Free for Members) and soft-drinks for sale also. Please advise of any special dietary requirements. This event is smoke free and smoking will not be permitted near the event area. **To help us cater for this event we appreciate an RSVP. Do this at a club event over the next couple of weeks or by calling James Grech on 0431 973 129**

GRANTS RECEIVED

Great news for our club as we have been selected to receive over \$3000.00 in the 2009 round of the **Woolworths Fresh Food Kids Community Grant** and \$790.00 in the **Mackay Regional Council Small Equipment Grant**.



This money will be used to purchase shade gazebos to put around our field during the season and some new training material like, Micro Hurdles, Gym Balls, Skipping Ropes, Hoops and more. Many thanks to Lawrence Booth our Club President and Grants Officer for the success in obtaining these and many thanks to the team at Woolworths and Mackay Regional Council. A manager from Woolworths will present the cheque to the club in the coming weeks.



CLUB VENUE

Mackay State High School Oval
via English Street
Mackay, Qld

CORRESPONDENCE

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ERGON ENERGY ANQ CHAMPIONSHIPS & COMBINED EVENTS



2 - 3 - 4 October 2009. This annual event is held at the Townsville Sports Reserve and all members are welcome to participate. Nomination forms and a draft timetable are available for download from the **Forms and Downloads** page of our website www.mackayathletics.com.au If you are planning on going, please consider your accommodation options now as this event is during school holidays. **Nominations close Friday 25 September.**



SHOE POLICY

We have revised our shoe policy and have made changes to spike shoes to be in line with the ANQ policy. These are detailed below.

Closed in shoes are compulsory when competing in all events; this reduces the risk of injury. Most age groups may wear sneakers or waffles and can be purchased from most Sports Shops.

Spike shoes may be worn in age groups 10 and above. 10-12 years are only permitted to wear spikes in laned events only (i.e. the athlete must not cross over into another lane), jumps and javelin. Years 13 and over may wear spikes in laned and unlaned events, jumps and javelin.

Spike shoes **MUST BE CARRIED** to all events and be **REMOVED BEFORE LEAVING** the event area. These are important safety issues as spikes can cause serious injuries.

The maximum spike size can vary on different surfaces, events and venues. Always find out what the Shoe Policy is for other venues if participating in events.

	5-9	10	11	12	13+	Max Spike Size Grass Area M.A.C.	Max Spike Size Townsville Synthetic Area
Laned Track Events	x	✓	✓	✓	✓	12mm	7mm
Unlaned Track Events	x	x	x	x	✓	12mm	7mm
Long Jump	x	✓	✓	✓	✓	12mm	7mm
Triple Jump	N/A	N/A	N/A	✓	✓	12mm	7mm
High Jump	x	✓	✓	✓	✓	12mm	9mm
Javelin	N/A	N/A	N/A	✓	✓	12mm	9mm
Shot Put	x	x	x	x	x	x	x
Discus	x	x	x	x	x	x	x

UPCOMING EVENTS

- Sat August 22 Club Competition - Program B
- Sat August 29 Club Competition - Program C
- Sat Sept 5 Relay Fun and Family Day
- Sat / Sun Sept 5/6 Clermont Track & Field Carnival
- Sat Sept 12 Club Presentation Day
- Oct 2/3/4 ANQ Championships and Combined Events - Townsville