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Sunnybank Little A's *Announces.....*

THE SOUTH-EAST REGIONAL RELAYS

Sunday 12 November 2017 at

**State Athletics Facility (SAF),
CNR Kessels and Mains Rds. Nathan**



The first of our two Regional competitions for the 2017/2018 Season will be held at the **SAF Nathan** on Sunday 12 November. The Centres that make up The South-East Region are Algester, Balmoral, Beenleigh, Browns Plains, Jimboomba, Mt Gravatt, Redlands, Springwood, **Sunnybank** and Wynnum Manly.

Regional Relays provides a friendly competition for all athletes aged U/7 – U/17 where both track and field relays events are contested. Each athlete may nominate to participate in a maximum number of 5 events (LAQ Nomination Fee \$3.50 per event).

Athletes form teams of four in Track events and the U/9's – U/17's Teams that place 1st, 2nd or 3rd in an event will progress to the McDonalds State Relays, to be held at SAF, Nathan on Sunday 02th December 2017.

For Field events teams of two are formed, their best performances at the event are combined to give their total score. All teams that place 1st, 2nd or 3rd in the U/9 – U/17 ages will progress through to the State Relays.

Although our **U/7** and **U/8** athletes don't participate at State level they will **all** be presented with a special **Participation Medal** on the day.



Each Centre in the Region is allocated an event to run for the day, this season Sunnybank will be running Girls Shot Put. If you would like to help, and are able to, we would certainly appreciate it. Once again you will receive points towards your parent helper levy refund; you will learn more about how events run; and you will help to make the competition run smoothly and more enjoyable for all.

Below is the list of events available for each age group:

<u>U/7 B/G</u>	<u>U/8 B/G</u>	<u>U/9 B/G</u>	<u>U/10 B/G</u>	<u>U/11 B/G</u>	<u>U/12 B/G</u>
4 x 70m	4 x 70 m	4 x 100m	4 x 100 m	4 x 100m	4 x 100m
4 x 100m	4 x 100m	4 x 200m	4 x 200m	Medley Relay	Medley Relay
Long Jump	Long Jump	High Jump	High Jump	Long Jump	Long Jump
Shot Put	Shot Put	Shot Put	Long Jump	Shot Put	High Jump
Discus	Discus	Discus	Shot Put	Discus	Discus
<u>U/13 B/G</u>	<u>U/14 B/G</u>	<u>U/15 B/G</u>	<u>U/16/17 B/G</u>		
4 x 100m	4 x 100m	4 x 100m	4 x 100m		
Medley Relay	Medley Relay	Medley Relay	Medley Relay		
High Jump	High Jump	High Jump	Long Jump		
Shot Put	Long Jump	Long Jump	Shot Put		
Discus	Shot Put	Discus	Discus		

As always the Family, Fun and Fitness atmosphere that makes Little Athletics Carnivals so successful will ensure a great day for all, Relay Days are particularly fun for athletes, as they work together in teams.

Sunnybank Tents will be set up for our Families so bring your fold up chairs and picnic blankets for comfort.

Bring your eskies and a picnic lunch or take advantage of the SAF Canteen.

Nomination forms are available at the main tent and are due in at Centre Saturday 14th October.