



LA Vic Top Centre 2015 2016

Regional and State relay competition

Werribee LAC has a proud tradition of competing at relays over the years and wish for the tradition to continue. This year's Regional Relay Championships will be hosted by the Geelong Little Athletics Centre on Saturday 25th of November, with the State Championships being held at Lakeside Stadium in Albert Park on the 16th of December.

The relay championships give our U9 to U15 athletes a chance to compete in a team environment in a variety of events which include the following:

4 x 100m for all age groups as well as mixed sex (2 girls and 2 boys)

4 x 200m for all age groups as well as mixed sex (2 girls and 2 boys)

Medley races (2 x 100m, 1 x 200m & 1 x 400m) for all age groups as well as a variety of mixed aged groups.

Training will commence for the U9/U10 age groups Wednesday 11/10/2017, with the U11+ commencing 25/10. Training from 5.30pm every Wednesday night for approximately 1hr.

Like any other regional event, parents will be required to do a duty during the day, this will be organised once final numbers are completed.

Please be aware that the State Finals for relays are later this year and occur on the 16th of December, and both Regional and State Championships are full day events. For your child to be eligible, they **MUST** be available on both dates.

Costs for relays is \$5 per athlete as the centre will subsidise the entry fees.

Please return the below slip to register your child's interest in competing in relays this year.

Childs Name: _____

Age Group: _____

Preferred distance: _____

You are available on both the 25th Nov and the 16th Dec 2017. Yes/No