



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Jackson Anthony Quinell U/10 Boys Woy Woy Peninsula
Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.
There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend
Printed Programs need to be ordered by the 15th January

This year the Regional Championships are to be held at the Narrabeen Academy of Sport, Athletics Facility, at Narrabeen, and will be held on Saturday and Sunday 18th and 19th February 2012. Driving directions are on the Central Coast Little A's website www.centralcoastathletics.com

Please Note

The list of events is not a program. Start times for events will be different to at Zone. Please ensure that you are at the ground in plenty of time for your event, as the order of events will be altered to suit the conditions on the day or, to assist the smooth running of the carnival.

The Narrabeen facility is similar to the Central Coast Facility. A list of events can be downloaded from the NSW Little Athletics Website. **Do not expect that any events will be run at the same time as they were at our zone carnival.**

A printed program will be available at the Regional Championships and all programs must be pre-ordered by the end of January. The list of events is available now from the NSW Website.

The program of events will be different than at Zone, so please make sure you have a copy of the program well before then.

Parents

Jackson has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Jackson will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Jackson on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Steven Collins

U/10 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

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Parents

Steven has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

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Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Steven on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards



Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear **Zac David Healey** U/10 Boys Woy Woy Peninsula
Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.
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Parents

Zac has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

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Again, Congratulations Zac on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Lachlan Rousell

U/10 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

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Parents

Lachlan has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Lachlan will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Lachlan on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Dylan Willcox

U/10 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

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Parents

Dylan has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Dylan will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Dylan on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Thomas Wilson

U/10 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

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Parents

Thomas has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

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Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Thomas on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Jessica Brown-Hall

U/10 Girls Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

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Parents

Jessica has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Jessica will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Jessica on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Jessica Brown-Hall

U/10 Girls Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

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Parents

Jessica has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Jessica will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Jessica on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Alina Watson

U/10 Girls Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

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Parents

Alina has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Alina will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Alina on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Emily Yannis

U/10 Girls Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

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Parents

Emily has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Emily will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Emily on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Bradman Best

U/11 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

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Parents

Bradman has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

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Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Bradman on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Richard Lopez

U/11 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

This year the Regional Championships are to be held at the Narrabeen Academy of Sport, Athletics Facility, at Narrabeen, and will be held on Saturday and Sunday 18th and 19th February 2012. Driving directions are on the Central Coast Little A's website www.centralcoastathletics.com

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The program of events will be different than at Zone, so please make sure you have a copy of the program well before then.

Parents

Richard has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Richard will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Richard on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards



Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear **Brandon Naprawski** U/11 Boys Woy Woy Peninsula
Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.
There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend
Printed Programs need to be ordered by the 15th January

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Parents

Brandon has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Brandon will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Brandon on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Zac Robert Fulton

U/11 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

This year the Regional Championships are to be held at the Narrabeen Academy of Sport, Athletics Facility, at Narrabeen, and will be held on Saturday and Sunday 18th and 19th February 2012. Driving directions are on the Central Coast Little A's website www.centralcoastathletics.com

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Parents

Zac has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

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Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Zac on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Jack Young

U/11 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

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Parents

Jack has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Jack will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Jack on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Amber Rose Leggett

U/11 Girls Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

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Parents

Amber has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Amber will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Amber on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Mikayla Louise Sonter

U/14 Girls Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

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Parents

Mikayla has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

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Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Mikayla on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Matthew Lachlan Roberts
Peninsula

U/15 Boys Woy Woy

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.
There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend
Printed Programs need to be ordered by the 15th January

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Parents

Matthew has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Matthew will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is Important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Matthew on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley
Little Athletics N.S.W



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Michael Pain

U/17 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

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Parents

Michael has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Michael will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Michael on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Mikahli Clune

U/17 Girls Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

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Parents

Mikahli has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Mikahli will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Mikahli on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Ryan Brown

U/8 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

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Parents

Ryan has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Ryan will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Ryan on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Bailey Holt

U/8 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

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Parents

Bailey has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Bailey will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Bailey on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Bethwyn Lily Caller

U/8 Girls Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

This year the Regional Championships are to be held at the Narrabeen Academy of Sport, Athletics Facility, at Narrabeen, and will be held on Saturday and Sunday 18th and 19th February 2012. Driving directions are on the Central Coast Little A's website www.centralcoastathletics.com

Please Note

The list of events is not a program. Start times for events will be different to at Zone. Please ensure that you are at the ground in plenty of time for your event, as the order of events will be altered to suit the conditions on the day or, to assist the smooth running of the carnival.

The Narrabeen facility is similar to the Central Coast Facility. A list of events can be downloaded from the NSW Little Athletics Website. **Do not expect that any events will be run at the same time as they were at our zone carnival.**

A printed program will be available at the Regional Championships and all programs must be pre-ordered by the end of January. The list of events is available now from the NSW Website.

The program of events will be different than at Zone, so please make sure you have a copy of the program well before then.

Parents

Bethwyn has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Bethwyn will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Bethwyn on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards



Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Daisy Love Duguid U/8 Girls Woy Woy Peninsula
Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.
There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend
Printed Programs need to be ordered by the 15th January

This year the Regional Championships are to be held at the Narrabeen Academy of Sport, Athletics Facility, at Narrabeen, and will be held on Saturday and Sunday 18th and 19th February 2012. Driving directions are on the Central Coast Little A's website www.centralcoastathletics.com

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The Narrabeen facility is similar to the Central Coast Facility. A list of events can be downloaded from the NSW Little Athletics Website. **Do not expect that any events will be run at the same time as they were at our zone carnival.**

A printed program will be available at the Regional Championships and all programs must be pre-ordered by the end of January. The list of events is available now from the NSW Website.

The program of events will be different than at Zone, so please make sure you have a copy of the program well before then.

Parents

Daisy has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Daisy will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Daisy on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Caisha Skye Shorrock

U/8 Girls Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

This year the Regional Championships are to be held at the Narrabeen Academy of Sport, Athletics Facility, at Narrabeen, and will be held on Saturday and Sunday 18th and 19th February 2012. Driving directions are on the Central Coast Little A's website www.centralcoastathletics.com

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Parents

Caisha has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Caisha will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Caisha on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Zali Sue-Ann Fulton

U/8 Girls Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

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Parents

Zali has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

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Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Zali on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Noah Jovanovic

U/9 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

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Parents

Noah has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Noah will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Noah on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011



Central Coast Zone of Little Athletics

Gosford Tuggerah Lakes-Mingara Woy Woy Peninsula Terrigal / Wamberal Wyong Toukley

Dear Jack Wilson

U/9 Boys Woy Woy Peninsula

Congratulations on your excellent result at the Central Coast Zone Championships. You are now eligible to represent your centre and the Central Coast Zone at the Metropolitan North Regional Athletics (Region One) Championships because you finished in the top 4.

Please ask your team manager to confirm the events that you are entered in.

There is a \$5.00 Levy per athlete that needs to be paid by your centre on the weekend

Printed Programs need to be ordered by the 15th January

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Parents

Jack has worked very hard to make it to the Region Championships. To have the best conditions for all athletes to compete, we need your help. Just like at the Zone Championships, you may be required to help in some way during the day. Clubs and Zones are given certain areas that they are required to assist in. Please assist your Club and Zone organisers by attending duties that you have been rostered to do. Little Athletics Competitions are run totally by Volunteers. Please do your bit to assist where possible.

Uniforms

Don't forget that all athletes **MUST** be in **Full Club Uniform**. All numbers and patches must be in the correct location. If in doubt, please see your club to ensure there is no disappointment on the day. Uniform standards are enforced more strictly at this level of competition. Jack will need to have a uniform check at your club, before you attend the championships.

Remember "Skins" are not allowed at any N.S.W Little Athletics Event unless they are worn under the registered club uniform! It is important to have your running uniform checked before you travel to Sydney.

Again, Congratulations Jack on behalf of the Central Coast Zone.

Go have fun and enjoy the Championships and be proud of your results. No matter what the outcome, you will know that you have tried your best, and that's all that really counts !

Regards

Ed Batten
Central Coast Zone Coordinator
Little Athletics N.S.W



15/12/2011