



Central Coast Zone of Little Athletics

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

Dear Madeleine Hart

U/10 Girls Toukley

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

Madeleine 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. Madeleine 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 Madeleine 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 Dukes

U/11 Girls Toukley

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 Nicolaas Harmsen U/12 Boys Toukley
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

Nicolaas 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 Nicolaas 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 **Katie-Lee Harris** **U/12 Girls** **Toukley**
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

Katie-Lee 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. Katie-Lee 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 Katie-Lee 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 Piper Nowland

U/12 Girls Toukley

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

Piper 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. Piper 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 Piper 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 Jaggar Altoft

U/13 Boys Toukley

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

Jaggar 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. Jaggar 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 Jaggar 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 Lleyton Ivimy U/13 Boys Toukley
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

Lleyton 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. Lleyton 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 Lleyton 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 Dale Parsons

U/13 Boys Toukley

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

Dale 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. Dale 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 Dale 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 Joshua Parsons

U/13 Boys Toukley

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

Joshua 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. Joshua 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 Joshua 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 Gelila Barrett

U/13 Girls Toukley

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

Gelila 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. Gelila 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 Gelila 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 Maddison Harris U/13 Girls Toukley
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

Maddison 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 Maddison 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 Kallee Richardson U/15 Girls Toukley
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

Kallee 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. Kallee 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 Kallee 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 Taylor Harris

U/17 Girls Toukley

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.

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Parents

Taylor 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 Taylor 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 Imogen Hart

U/8 Girls Toukley

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

Imogen 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 Imogen 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 Abigia Barrett

U/9 Girls Toukley

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

Abigia 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 Abigia 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 Tanaysha Carr U/9 Girls Toukley
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.

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Parents

Tanaysha 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 Tanaysha 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 Charlotte Lowe U/9 Girls Toukley
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.

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

Charlotte 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 Charlotte 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