

Redlands Athletics

General Information (more details in the Yearbook)

Starting Time

Competition starts at 3.00pm. Saturday competitions take approximately 3 hours, but this can vary depending on a range of factors. For safety reasons, athletes are expected to participate in the pre-competition warm-up, at 2.45pm.

Competition will be twilight meets on Saturday from 7 January to 21 January 2017, with athletes to arrive from 4.30 pm for a 5.00 pm start. See the calendar tab and Program tab for more details.

Registrations

If you missed our sign on days, you can register online via the registration tab. You have the option to pay online or pay at the clubhouse or message for the club's bank details. Registrations and Rego pack pick-ups will be taken from Week 2 (September 3rd) between 1 and 2 pm and then any Saturday after week 2. **No Registrations taken on Week 1 (August 27th)**. See the rego tab for more details.

Athletes can trial

Our club has a no refund policy once registration fees are paid. We provide new athletes with a two-week trial period at a cost of \$20. **Athletes wanting to trial can register in person any Saturday (from week 2 - September 3rd) between 1-2pm.**

Tiny Tots

We offer a play based program to cater for 3-4year old children. **This program starts on October 1st** and runs for 10 weeks. Uniform is not compulsory however we encourage your tiny tot to wear our colours of Red and Green. Tiny tots are given an age group label and Registration number to be sewn onto their shirts. See the registration tab for more details.

Wet Weather Cancellations

Competition can be held in light showers, with the possible exception of high jump, hurdles and javelin. If rain is continuous it is likely that competition will be cancelled. The decision to cancel or postpone competition due to weather will be made by the management committee on the day of competition and information posted to Club's website after 1 pm.

Coaching

The club has qualified coaches who volunteer their time. Athletes in U9- U17 age groups are welcome to attend these sessions. **Coaching commences Monday and Wednesday afternoons from Monday September 5th**. The timetable is displayed on the noticeboard and will also be posted on Facebook and in the Coaching tab.

LAQ Carnivals See our carnival tab for details of Regional and State Interclub days.

Club Carnivals Many clubs also hold carnivals throughout the season. See calendar tab for more details.

Pets and Smoking Pets are not permitted at the school grounds at any times Smoking is also not permitted on the school grounds.