Hey SELAC members,

**PB’s**

Last week 228 new PB’s

This week 354 new PB’s – And several club records got broken as well. Well done to all.

Special mention goes to Felix Wain (7), Emma Horiatopoulas (7) Giselle Moore (7) and the U10 girls Gigi Remond (6), Rosalie Girgis and Maggie Kennelly (6) who achieved the highest amount of PB’s. Amazing efforts all round.

In the graded 200m’s last week we had 74 new PB’s, out of 101 participating athletes. That’s 73% of people who entered got a PB. Incredible!!

**Zone - Inner City Zone SELAC**

Inner City Zone Championships will be held on Saturday 2nd and Sunday 3rd of December 2023 at ES Marks. We have 138 athletes entered in 583 events. Good luck to everyone. Remember you need correct uniform for zone including the Coles patch, age group patch and Little A’s Number to compete. There is no normal competition so tots, U6 and non zone competitors get the weekend off.

**SELAC Silly Sock Saturday.**

As a part Coles round last week, we held the **SELAC Silly Sock Saturday** and raised $200 for a registered Little A's Charity.

**Massive thank you to Olympic** **Athletes Nina Kennedy and Brandan Stark**

It was awesome to have them join us and there are still extra posters if you need to grab one. In an email I received about the visit it said:

***“Thanks for hosting us and turning on the great weather and such an engaging centre. Brandon and Nina really enjoyed the experience and said they were impressed by the athletes.”***

**PB-Athon**

This is last week to hand in the PB forms and money. With the winner announced at the final Saturday sessions on 9 December.

**Remember, this is both a team and individual effort, with prizes awarded to those who have achieved the MOST PB'S and MOST FUNDS RAISED.**

**General Information;**

**Track & Field Status** – Were back on the original program Two this week.

This is the last week of competition before the Zone Championship.

There is the chance of rain, so bring a rain jacket as athletics **will proceed** unless there is lightning above the track. Any weather updates will be posted on the website and socials.

**On the Day**

Set-up is from 7.15am. Please make sure that as many parents as possible lend a hand to set-up.

Sean will coordinate the walks at 7:45am.

We will also be running [Graded 1500](http://southeasternlac.org.au/client_files/Files/1500M%202324%20Grading%20-%2025Nov.xlsx) this week. Anyone that has not got a time and wishes to run will need to see Sean at 8.30am.

Other track events start at 8am with the P300 (U6s), P500 (U7), P700 (U8), 800m (U9 & U10) Graded 1500 (U11s upwards). The long hurdles will run in parallel with these. We will then have the 50m and [Graded 100m](http://southeasternlac.org.au/client_files/Files/100M%202324%20Grading%20-%2025Nov.xlsx) sprints followed by the [Graded 400m](http://southeasternlac.org.au/client_files/Files/400M%202324%20Grading%20-%2025Nov.xlsx).

**BBQ** - The U11’s parents are on BBQ/Canteen duty, please assist in the Canteen.

See you on Saturday and let’s make a great one**.**

SELAC Committee