

ESLAC 2018 State Relay Team Information

Congratulations to the 67 athletes who will be representing ESLAC at the State Relay Championships taking place at Sydney Olympic Park Athletics Centre this weekend the 17th and 18th of November. Please download the [ESLAC 2018 State Relay Junior Teams](#) and [ESLAC 2018 State Relay Senior Teams](#) to see who is representing ESLAC in the 2018 Championships. The Junior day (U8 – U11) is on Saturday the 17th and the Senior day (U12 – U17) is on Sunday the 18th of November. To see what time your event is scheduled, download a copy of the [State Relays 2018 Event List with Times V2 2](#) (this version was updated on November 16th). You can also see the centres competing in each heat by downloading [Relays 2018 - Jnr Track](#) for the Junior day on Saturday and [Relays 2018 - Snr Track](#) for the Senior day on Sunday. All athletes need to be at the track 90 minutes before their event's scheduled start time to allow for warmup and fine tuning of changes. It is important to allow time for parking which can be very challenging at SOPAC on a busy day like the State Relay Championships. Check out the LANSW web site [here](#) for updated and further information on the State Relay Championships.

Relay Training. This Friday night (Nov 16th) ESLAC will run a normal Little A's meet but there will be no attendance or age champion points awarded. Teams are asked to report for relay training at 5:15pm at ES Marks on Friday. At 6pm teams should join their normal age groups and if it's required, coaches will pull teams out of their scheduled Friday night events to further polish their relay changing skills. Since there are no Age Championships points on Friday, the extra training will not affect trophies or awards at the end of the season.

Team Managers.

Junior Team Manager (Saturday 17th of November): Drew Richardson - Mobile: 0438 989 571 - Email: drew.allison@optusnet.com.au

Senior Team Manager (Sunday 18th of November): Robert Doohan - Mobile: 0417 584 503 - Email: rjdoohan@gmail.com

Uniforms. It is important that all our State Relay competitors have the correct uniform on the weekend. The correct uniform is the ESLAC Singlet (girls or boys) or Crop Top (girls) and ESLAC Red Shorts (boys) or Red Bike Pants (girls) or Red Briefs (girls). The athlete registration number is sewn on the Singlet/Top front, the Age Group Patch sewn onto the left front leg and the Coles Sponsor Patch is sewn into the right shoulder (in line with the armpit) of the Singlet/Top. Team managers will have a limited number of Age Patches and Sponsor Patches with some safety pins for emergency use only on the day. For further details on the uniform please visit the ESLAC [Uniform Page](#).

Getting to SOPAC on Time. All competitors should arrive at the track 90 minutes before their event's scheduled start time (see the attached Event List with Times). This allows time to meet up with your team, head over to the warm up track for warm up and fine tuning of changes and then to get the Call Room 20 minutes prior to your event start time. When arriving at SOPAC, be sure to allow time to find a car park which can be challenging on an extremely busy day like the State Relays.

Finding Your Team. When you arrive at the SOPAC stadium there will be a notice board in the forecourt below the central stairs with Club names and the bay in which they can be found for the

day. Team managers will make sure that ESLAC (or Eastern Suburbs LAC) and our bay number appear on the board.

Merchandise. It is always good to grab some merchandise to get some cred for your achievement of representing ESLAC at the State Relay Championships. Make sure you get in early as gear sells out quickly at big events.

The State Relay Championships are already shaping up to be a much bigger event for ESLAC this year than last year with many more teams being ready to compete and a great new crop of athletes joining the club this year that really promises to boost our chances. My thanks go out to Drew Richardson the ESLAC Vice President, our dedicated Age Managers, and our coaches for getting us this far. Now it is up to our athletes. We are looking forward to them doing their best and letting everyone know that there are great things happening at ESLAC this season.

We look forward to seeing you on the weekend.

Regards,

Your ESLAC Committee