

QHLAC Running Program for 2016/17 Season				
<i>Date</i>	<i>Day</i>	<i>Time</i>	<i>Event</i>	<i>Location</i>
16/09/2016	Friday	6:30	Week 1 (intro)	Wright Reserve
23/09/2016	Friday	6:30	Week 2	Wright Reserve
30/09/2016	Friday	School Holidays (Long Weekend)		
7/10/2016	Friday	6:30	Week 3	Wright Reserve
14/10/2016	Friday	6:30	Week 4	Wright Reserve
21/10/2016	Friday	6:30	Week 5	Wright Reserve
28/10/2016	Friday	6:30	Week 6	Wright Reserve
4/11/2016	Friday	6:30	Week 7	Wright Reserve
11/11/2016	Friday	6:30	Week 8	Wright Reserve
18/11/2016	Friday	6:30	Week 9	Wright Reserve
25/11/2016	Friday	6:30	Week 10	Wright Reserve
2/12/2016	Friday	6:30	Week 11	Wright Reserve
9/12/2016	Friday	No Athletics prior to Zone Weekend		
16/12/2016	Friday	6.30	Week 12 (Ribbon Night)	Wright Reserve
		2 week Christmas Break		
6/01/2017	Friday	6.30	Week 13	Wright Reserve
13/01/2017	Friday	6:30	Week 14	Wright Reserve
20/01/2017	Friday	6:30	Week 15	Wright Reserve
27/01/2017	Friday	6:30	Week 16	Wright Reserve
3/02/2017	Friday	6:30	Week 17	Wright Reserve
10/02/2017	Friday	6:30	Week 18	Wright Reserve
17/02/2017	Friday	No Athletics Prior to Region Weekend		
24/02/2017	Friday	6:30	Week 19	Wright Reserve
3/03/2017	Friday	6:30	Week 20	Wright Reserve
10/03/2017	Friday	6:30	Week 21 (Fun Night)	Wright Reserve
02/04/2017	Sunday		Presentation	Blacktown RSL

Other important dates to remember					Entries By
6 Nov 2016	Sunday	All day	Trans Tasman Trials	The Crest Bass Hill	2/11/16
19-20 Nov 2016	Sat + Sun	All day	State Relays	Sydney Olympic Park	
15 Jan 2017	10 days	All day	Trans Tasman (U11-U12)		
9-11 Dec 2016	Fri, Sat & Sun	All day	Zone Championships	Blacktown International Sports Park	8/11/16
17-19 Feb 2017	Fri, Sat & Sun	All day	Regional Championships	Blacktown International Sports Park	
4-5 Mar 2017	Sat + Sun	All day	State Multi-Event	Hunter Sports Centre Glendale	TBA
17-19 Mar 2017	Fri, Sat & Sun	All day	State Championships	Sydney Olympic Park	
TBA	Sunday	All day	State Cross Country & Road Walks	TBA	TBA
22-23 Apr 2017	Sunday	All day	Australian Championships	Sydney Olympic Park	

Parent Set Up Roster 2016/17 Season

All age groups are required to arrange for volunteers to help with equipment set up from 5:30 pm. The general rule for Pack-up duties is the last group at each event will help the committee pack up and bring in the equipment. Please refer to the schedule of dates below to determine when your age group is on 'Set up Duties'. Committee members will be on hand to help with the overall coordination at all times. This will help to ensure smooth on time running during our Friday competition nights. Failure to provide volunteers for set up WILL result in your group being delayed until set up is complete

Date	Set up Group (from 5:30 pm)
16/09/2016	Committee plus volunteers
23/09/2016	U / 6 Boys
07/10/2016	U / 7 Boys
14/10/2016	U / 8 Boys
21/10/2016	U / 9 Boys
28/10/2016	U / 10 Boys
04/11/2016	U / 11 Boys
11/11/2016	U / 12 Boys
18/11/2016	U /13 Boys
25/11/2016	Senior Boys and Girls
02/12/2016	Tiny Tots Groups
16/12/2016	U / 6 Girls
06/01/2017	U / 7 Girls
13/01/2017	U / 8 Girls
20/01/2017	U / 9 Girls
27/02/2017	U / 10 Girls
03/02/2017	U / 11Girls
10/02/2017	U / 12 Girls
24/02/2017	U /13 Girls
03/03/2014	Senior Boys and Girls
10/03/2017	Committee plus volunteers

All help is greatly appreciated and we thank you in advance for your assistance.

Regards
QHLAC Committee