

# Mount Isa Athletics



## PRESS RELEASE

19 March 2013

The Mount Isa Athletic Club will kick off the 2013 athletics season with their first sign-on to be held this Sunday the 24<sup>th</sup> March. If volunteer numbers permit the clubs two Level 3 Coaches are hoping to be able to give the new members a crash course in some of the athletic events so the feel a little more confident come season start. There will also be a second sign-on on the last weekend of the school holidays, Sunday 14<sup>th</sup> April. Both days will start at 10.00am at Sunset Oval on Abel Smith Parade and conclude around 12 noon.

The first competition day will be on Saturday 20<sup>th</sup> of April and is planned to commence at 2.00pm, if anyone is able to offer assistance with set-up from 1.00pm on club days it would be greatly appreciated.

The Mount Isa & District Athletics Association is a club that caters for all age groups, there is no age limit upwards making it one of the few sports where the whole family can compete at the same time and place. We are lucky to have a number of adults who train and compete and it is wonderful for the kids to see their parents "have a go". Athletics is open to anyone turning 5 years old in 2013 right through to Masters. The club also caters for budding athletes turning 4 years who are also able to join the Tiny Tots age group where events are modified to suit their age however no recordings are kept for this age group. Extra parental supervision is essential for this group. New athletes in all ages will need to bring along a copy of their birth certificate for sighting when registering.

After consistently high registrations in recent years the club always needs many helpers on the oval with measuring, raking, time-keeping, retrieving shot puts and discus' as well as just keeping an eye on the kids. It is very easy and a fun way to see how well your children are doing. Lack of assistance in earlier years forced the club to introduce a Family Levy. The Levy is a fee which is to be paid at time of registration and refunded at the end of the season provided that a parent or guardian has assisted the club at least half the time their child has attended.

The club boasts an impressive array of equipment for and outback town. They offer all the usual events as well as some of the not so common ones such as Hammer throw and Pole Vault and a number of the older athletes are heavily into the Multi Events such as Decathlon and Heptathlon, so if there is something you have always wanted to try come on down and have a look.

Visit the club website [www.mountisaathletics.com.au](http://www.mountisaathletics.com.au) for any further information.

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### CLUB VENUE

Sunset Oval  
Able Smith Parade  
Mount Isa, Queensland

### CORRESPONDENCE

Mount Isa & Districts Athletics Association  
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### CONTACT US

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