

NEPEAN DISTRICT ATHLETICS CLUB Inc



**SECRETARY: EVELYN STARK
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ABN 80 805 163 502

Hi there,

As you are registered with a Little Athletic Club we would like to invite you to become a "DUAL" registered athlete with the Nepean Senior Athletic Club. Dual registration is for athletes 11yrs and over.

We invite you come and join us on Wednesday evenings here at Blair Oval, St Marys. We have a short sharp program each week commencing at 6.30pm and finishing by 8.30pm.

Our program covers all athletic events except pole vault. You can have a go at throwing the hammer if you are 14 yrs & over. We have a coach that will show how it is done.

All our running events are graded this gives you competition at your own level.

You will be able to compete in the Senior State Championships if you wish. There is also competition at other venues at the week end if you want. You may also compete in the NSW State Relays

There is no registration fee if you are registered with a LA's club and for our club fee we ask you to sell a box of mixed Cadbury Chocolates.

We are hoping that you will come and join us

Yours in Sport

Evelyn Stark.

Athletes' can be registered with any LA'S club to have DUAL registration