



SOUTH AUSTRALIAN ATHLETIC LEAGUE

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29 July 2011

Dear Athlete,

With permission from the SA Little Athletics Association, the SA Athletic League would like to invite you to become a member of our League for the forthcoming 2011/2012 season.

The League has 15 carnivals programmed for this season in the metropolitan area, including the 125th running of the Bay Sheffield as well as events in Whyalla, Mount Gambier and Loxton.

The League caters for all categories of athletes and all types of abilities. All races are run from individual handicaps, to promote competitiveness for all athletes. Races are held over 70 metres, 100m, 120m, 200m, 300m, 400m, 550m, 800m, 1000m, 1600m and 3200m. All official races run by the SA Athletic League are run for prize money, so after paying the initial registration fee, athletes choose which races they would like to compete in, and pay the applicable nomination fee.

All races are handicapped which gives all runners an opportunity to be competitive, and assists to even up the competition for all competitors. There are several categories of events, i.e. Open (for all to compete, regardless of age or gender), Women, Under 20, Under 17 and Under 14 (must be at least 12 years of age on the date of competition), Over 35 and Novice (for those runners who have not won a race before).

The SA Athletic League also has many registered and experienced coaches who are willing to help athletes improve their technique, fitness and speed.

If you would like to receive further information, or would like to ask any questions about the League, please do not hesitate to telephone our office on (08) 8443 6177, access our website at www.saal.org.au or email us at saal@internode.on.net

Yours sincerely

Michelle Burckhardt / Deb Osmond
Executive Officers