



HANDBOOK SEASON 2020/2021

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Please take time to read this handbook carefully and ensure that you and your children are aware of the rules and regulations. The committee is available to answer any questions you may have.

PRESIDENT WELCOME

Welcome to the new season of Little Athletics. Last season was a great success and I hope this year will be just as enjoyable.

Our club nights are Thursday evening starting at 5.00pm. Age groups will finish at different times depending upon the number of events they compete in. Generally we try to finish the younger age groups first.

Wagga Wagga Little Athletics Club is run totally by volunteers so your help is vital. Every club night, we need track marshals, age managers, volunteers to help run every event, people to set up the equipment and pack up at the end of the night and people to help in the canteen.

Being a volunteer is not just work. Being out in the field where it's happening is really good fun. Many volunteers will tell you that by increasing their knowledge of athletics it increases their appreciation of their children's activities and they are able to provide encouragement and advice as their skills develop.

Little Athletics is a family sport – everyone should be involved. Our aim is to encourage children to participate in sport and improve their skills within their own abilities, whilst creating friendships and having fun. Children love to run, jump, throw things and have a good time with their friends! At Little Athletics the emphasis is on fun and participation.

If you have any concerns or inquiries, please do not hesitate to speak with a committee member. NSW Little Athletics motto is 'Run for Fun' so above all make sure you have a great season at Little Athletics.

Parents, please remember that you must remain with your child at the track on Thursday nights. This is especially important if your child gets hurt or if for some reason we need to cancel or suspend the club night. If your child/children are left at the venue with no supervision that child will be unable to compete in his/her events for the evening.

Website address: <https://www.wvla.com.au>

Facebook page: <https://www.facebook.com/waggalittleathletics/>

Team App: <https://waggawaggalittleathletics.teamapp.com/>

Regards,

Michael Cameron

President

Ph 0417 407 683

Wagga Wagga Athletics Club

COMMITTEE POSITIONS FOR 2019/2020 SEASON

Position	Name	Mobile	Email
President	Michael Cameron	0417 407 683	president@wwla.com.au
Vice President			
Secretary			admin@wwla.com.au
Treasurer	Laurain Hathaway		admin@wwla.com.au
Recorder	Laurain Hathaway		admin@wwla.com.au
Registrar	Laurain Hathaway	0419 236 855	admin@wwla.com.au
Carnival Manager	Hamish Wheatley	0427 661 323	carnivals@wwla.com.au
Publicity Officer			admin@wwla.com.au
Uniform Officer	Clair Schneider		admin@wwla.com.au
MPIO	Laurain Hathaway	0419 236 855	admin@wwla.com.au
WWC Officer	Carly Hood		admin@wwla.com.au

General Committee Brent Hathaway, Bob Hay, Leanne Mather

The Member Protection Officer: (MPIO) is the first point of call in the club or for any enquiries, concerns or complaints about harassment or abuse.

COACHES CONTACT DETAILS

As part of your registration fees coaching is available free of charge for all athletes. Please see below or ask any of the committee for contact details. There is a Council fee of \$17.50 per athlete for winter training. The summer council fee is included in your registration fees.

Please inform the coach you wish to see prior to turning up.

Name	Events	Phone	Days	Location
Owen Hogan	Sprinting	0428 307 010	Wed	Jubilee Park, As required
Mark Conyers	Middle/Long distance	6931 3272	Mon, Wed	Jubilee Park
Owen Hogan	Hurdles	0428 307 010	As required	Jubilee Park,

GENERAL MEETINGS

The committee meets once a month and time & locations are advertised on the clubs website and Facebook page. All parents are welcome to attend and have a voice in the running of our club.

PROGRAM MANAGEMENT

Events are programmed to ensure that there are minimal delays between events for each age group. To enable us to make that happen, as soon as an athlete has finished his/her events they are to return to their age groups and the Age Manager will then inform the Announcer who will instruct you of which event is next. The events are not programmed in any particular order, as some age groups will finish their events quicker than others.

CANCELLATION OF CLUB NIGHTS

In the event of extreme heat or thunder storm activity as required by LANSW Risk Management Policies club nights may be cancelled. A generic SMS message will be sent to the mobile number provided as the primary contact when registering advising of cancellations. It is important that you provide a mobile number otherwise you may miss this and other important communication. Cancellations will also be posted on the clubs social media outlets. These include Facebook

(<http://facebook.com.au/waggalittleathletics> & our Team app site <https://waggawaggalittleathletics.teamapp.com/>)

COMPETITION FACILITIES


Little Athletics meetings are held on Thursdays at the Jubilee Park Athletics Track starting at 5pm. All athletes are expected to take care of the track and surrounding areas.

REGISTRATION: 2020/2021

[Registration Link](#)

AGE GROUP CHART

Competitors are placed into the following age groups:

AGE GROUP CALCULATION TABLE														 Little Athletics NSW	
2020/2021 Season														THE AGES LISTED BELOW REFER TO THE ATHLETE'S AGE GROUP (eg 12 = U12 Age Group)	
DATE OF BIRTH	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	
JAN	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT	
FEB	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT	
MAR	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT	
APR	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT	
MAY	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT	
JUN	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT	
JUL	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT	
AUG	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT	
SEP	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT	
OCT	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT*	at 3yrs
NOV	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT*	at 3yrs
DEC	17	17	15	14	13	12	11	10	9	8	7	6	TT	TT*	at 3yrs

*Tiny Tots Age Group

Three and four year olds may register as a Tiny Tot where a centre offers a Tiny Tots program. Children born in 2017 who are two years of age and have not yet turned three, are not permitted to join Little Athletics until their third birthday. All Tiny Tots will only participate in fundamental movement skill games and activities.

No child can compete without being registered with the club.

No child can compete without a registration number or correct uniform except for:

1. The first two (2) nights of competition (or where we haven't yet been able to supply the uniform)
2. Where the child has not yet received his/her numbers

PARENT PARTICIPATION

Parents, guardians and friends play an integral role in the success and enjoyment of Little Athletics. Our club nights require a large number of officials and parent volunteers every week to run it properly and for this reason, parent involvement is essential. With this in mind we ask all parents to help out with whatever tasks they are able to.

For some people this will mean a big effort each week, and for most it will mean sharing a task once in a while, but if everyone helps, the necessary tasks will be completed more easily and the athletes will benefit from an uninterrupted program.

All athletes MUST be in the care of an adult who is present at the ground for the whole time the child is there.

Listed below are the main tasks that require parent participation. Please take a look at the list and see what you think you would be able to do. Then, when the seasons starts (or before) please let the President know that you are available for that task. Practically all of the tasks can be done entirely on the night, they need no preparation time, and as a result you will not be committing yourself to something that will tie you down during the week.

Apart from all the another reasons, you will find that helping with events on the night it is very satisfying, it allows you to enjoy the time with your child and it makes the night go quicker.

PARENT ASSISTANCE ROLES

Some of the example roles are below:

Age Managers

There are Age Managers required for each age group of athletes for the girls & boys. An Age Manager is someone who has volunteered to look after and help young children understand, compete and, most importantly, enjoy Little Athletics in both track and field events.

A Basic Events Course will be provided for Age Managers and anyone who wants to help. This course gives people an overview of the rules and regulations for several events. We hope to see many parents involved in this course so as to be able to instruct their children correctly for each event.

Age Manager Assistants

Up to 5 parents are required to assist each age manager in the running of the events.

Starter

It is important that we have a few extra people trained in this role so that they can fill in if both our starters are unavailable. This is a reasonably easy job and there is online training available to assist anyone who is interested in learning this vital role.

Setting Up

In order to start on time we need all of the equipment set up before 4.45pm. It would be greatly appreciated if anyone is available to arrive early and assist in this process. Generally, a committee member is at the track from 4pm. We understand that due to work commitments this is not an option for many people and we hope you will consider helping in other areas if this is the case.

Packing Up

All equipment must be packed up at the conclusion of the final event for each area on club nights. Many hands make light work! So you can offer a hand to pack up, it greatly speeds up the process. If you are unsure what to do, just ask.

Time Keeping

Our club uses electronic finish line timing gates. This speeds up the recording at the finish line and also gives the participants accurate and timely results. In most instances race results will be available

online via ResultsHQ almost immediately or by the following night <https://resultshq.com.au/Login/>

Your Username/Password is the same as your Little Athletics NSW (LANSW) username/password used when registering at the commencement of the season.

Volunteers are still required at the finish line to marshal the athletes for recording and placing of lane numbers.

Recording Field Events

Each club night the results of the field events are recorded on the results sheets. Field event results are also published to ResultsHQ no later than the following Monday. <https://resultshq.com.au/Login/>

PERSONAL ACCIDENT INSURANCE

Australian Little Athletics (which includes every affiliated Association and Centre) provides Personal Accident Insurance cover for all registered little athletes, officials and voluntary workers. **This cover does not extend to spectators.** Cover for an athlete is effective in the following circumstances.

- When engaged in Little Athletics competitions and training, which is officially organised by and under the control of the LAANSW or a centre.
- When travelling directly to and from, either of the above.

Cover for Officials and Voluntary Workers is effective in the following circumstances.

- When a volunteer or official is actively involved in helping or officiating at a competition conducted by LAANSW or a Centre.
- When travelling directly to and from an activity conducted by LAANSW or a Centre
- Due to limitation of the Insurance code, you must remain on the outside of the circular fence if not officiating or helping conduct events.

It should be noted that anyone who suffers an injury or accident, who is on the field but not officiating or helping is not covered by this policy.

Please sign on for duty at the event table prior to assisting at that event on club nights. This will ensure that you are then covered for insurance.

SAFETY

Athletes and spectators must never walk in front of the discus, shot put or javelin events as you could be seriously injured. You are also reminded you must never intentionally interfere during a run up for long jump, triple jump, or high jump. When crossing the track always check that there is no race in progress. Children must not leave their Age Groups without first informing their Age Manager/ Managers.

POLICY STATEMENT

The Little Athletics Association of New South Wales Inc. is firmly committed to a coordinated and comprehensive approach to promote the protection of children and adults. In accordance with the NSW Government principles for child protection and intervention, the Little Athletics Association of New South Wales Inc. aims to promote a safe environment for all children and adults and to recognise and notify suspected child abuse and neglect.

BEHAVIOUR

Parents are responsible for the conduct and behaviour of their children at all times. Under LAANSW policy on child protection, either a parent or carer must accompany their children at all times. **Children who are not accompanied by a parent or carer will be removed from competition and receive no points.** The members of the committee reserve the right to remove children who disrupt events.

Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the “game” is played and the manner in which our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Over-zealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate behaviour for Little Athletics.

Little Athletics is a community activity, which utilises athletics to help foster the development of Australia’s children, and as such, endorses and applies the following Codes of Behaviour.

The privilege of membership with the Little Athletics Association of NSW (LAANSW) may be withdrawn where it is determined that a person’s conduct is inconsistent with the mission of the LAANSW and in breach of the Codes of Behaviour.

Athletes

1. Show respect to coaches and officials. Any approach to an official should be in a courteous manner. Never argue with an official.
2. Control your temper – no “mouthing off” throwing equipment etc.
3. Never verbally abuse or sledge other athletes, deliberately distract or provoke another athlete.
4. Do not bully or harm another athlete.
5. Do not use bad language or obscene gestures at any time.
6. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural background or religion.

Adults

1. Never ridicule or yell at an athlete for making a mistake during a competition.
2. Respect the official's decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision.
3. Never use violence or abuse in any form.
4. Keep to designated spectator areas and do not encroach on the arena or other competition sites if you are not officiating.
5. Demonstrate appropriate social behaviour, by not harassing athletes, coaches, officials or spectators, smoking outside designated areas, being intoxicated or using bad language.
6. Ensure that any physical contact with a young person is appropriate to the situation and/or necessary for the athlete's skill development.
7. Respect the rights, dignity and worth of all athletes and officials, regardless of their gender, ability, cultural backgrounds or religion.

Penalties for Breaches of the Codes of Behaviour

Any penalties that are imposed will be appropriate to the seriousness of the breach and will be imposed by the President and MPIO officer.

Penalties for breaches of the Codes of Behaviour that occur at events conducted by the LAANSW that are confined to the day of competition shall be determined by the Carnival Manager. Penalties that go beyond the day of competition shall be determined by the Board of Management.

SPECIAL NOTES

No Child is to be left unattended on Thursday nights or at any association related events.

There must be a responsible adult present for every child attendance. The reason for this is; if there is an accident this adult may need to make a decision on medical treatment.

If there is no adult/parent present then the athlete will not be able to compete.

Dropping children off and picking them up later is not acceptable.

Stealing from the club or club members will not be tolerated.

There is a strict NON SMOKING POLICY at Jubilee Park

NO ALCOHOL OR DRUGS is to be consumed at the ground

UNIFORM

Centre uniform is compulsory at all Club Nights, Association sanctioned carnivals and centre level competition. Uniforms are available for sale from the equipment shed prior to competition. Singlets cost \$30.00.

The official club uniform is as follows: -

Female Athletes

- ✓ Black/White and Gold singlets.
- ✓ ALL black shorts/bike pants or sports pants. NO LOGOS.
- ✓ If bike pants are worn under shorts then they must also be ALL black
- ✓ Singlets are ordered and purchased directly from the club

Male Athletes

- ✓ Black/White and Gold singlets.
- ✓ ALL black shorts/bike pants or sports pants. NO LOGOS
- ✓ If bike pants are worn under shorts then they must also be ALL black
- ✓ Singlets are ordered and purchased directly from the club

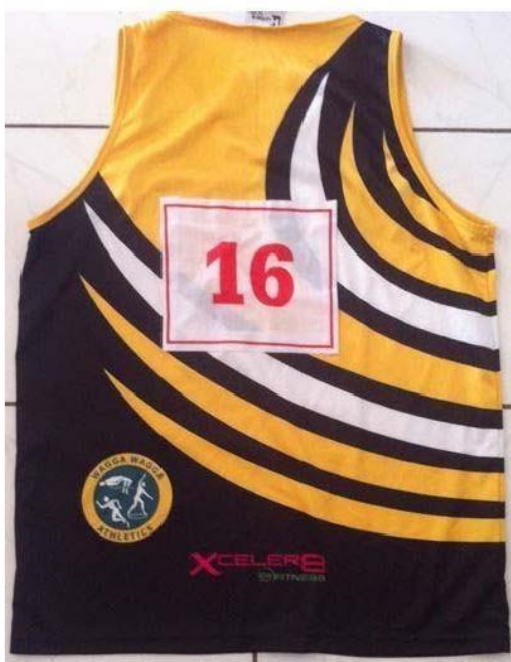
Registration Numbers are to be securely fastened to the **FRONT** of the singlets. Age patches are to be attached to the **Left Breast** of singlets.

If the age patch is sewn around three sides and left open at the top children's event tickets may be placed there for safekeeping. The correct club uniform must be worn and Singlet tops must be tucked in with the registration number still visible. Lost patches can be replaced at a cost of \$50.00 Per Rego Number and \$10.00 Centre Patch & Age Patch

FRONT



BACK



FOOTWEAR

Shoes must be worn at all times in all events. Spikes can only be worn by U 11's ages and above and then only during the course of a track event excluding 800m, 1500m & walks.

At no time are spikes to be worn outside the fenced area of the track or travelling from one event to another.

The rules regarding uniform and footwear are in line with LAANSW rules and must be strictly adhered to for both child safety and insurance purposes.

FIRST AID

In case of an accident, assistance and a first aid kit is available at the ground.

CANTEEN & BBQ

Our canteen and BBQ are open most competition nights, providing cold drinks, ice blocks and sausage sandwiches. Please support our canteen as the proceeds are used to purchase equipment and other items for the club.

CLUB AWARDS

In Little Athletics each Athlete is encouraged to compete against themselves to achieve & improved performances in each event as the season progresses. The clubs web site www.wvla.com.au will be regularly updated with weekly times / distances from club nights.

PARTICIPATION TROPHY'S & AWARDS

All financial athletes who have attended at least participated in 50% of club nights are eligible for a participation award. An Age manager award will be presented to an athlete in each age group gender who displays good sportsmanship and listens throughout the year. There will also be special awards presented to those athletes who have excelled throughout the season.

POINT SCORE SYSTEM

Athletes will accumulate points at club nights, which are as follows:

1 x point for each event they participate in at regular club nights

1 x point for each Personal Best time or distance

1 x point for breaking a club record

So remember every improvement (Personal Bests) the athlete breaks the more points they accumulate toward the age and club champions' award. Participation in carnivals outside of regular club nights will contribute towards the special awards.

KNOW YOUR EVENTS

Straight Track

At the Start of each lane race the starter will issue three commands:

On Your Marks: This Commands athletes to move up to a position just behind the starting line.

SET: This commands the athletes to get ready and stand completely still until the gun is heard.

Bang: At the sound of the gun the athletes run like the wind from the starting line to the finish staying in their lane.

Circular Track

Events conducted on the circular track have two distinctly different starting methods. The staggered start is used for 200 metres, 400 metres and 800 metres. Athletes must remain in there for the entire race with the exception of the 800m where athletes switch to the inside lane after completion of the first bend.

The other method is the pack start, where athletes start along a curve line and gradually cross to the inside lane before the next bend is reached. Pack start races do not use the “**SET**” step in the start sequence. **Pack Start Distances: 300m, 500m, 700m, 1500m and 3000m**

Hurdles

Hurdles are obstacles placed on the track at predetermined distance and height that competitors must jump whilst racing towards the finish line. Hurdles are constructed in such a way that, when jumped from the correct direction and knocked down; they will simply collapse and not hurt or interfere with the athlete. Hurdles should never be jumped from the reverse direction as this could result in serious injury.

Relays

Relays are events for teams of runners who compete in the same race by passing a baton (smooth rigid hollow tube made in one piece) from runner to runner. The baton is carried in the hand and passed to the next runner in the change zone. If dropped, the athlete who passed it must pick up the baton. The athlete receiving the baton should be running at full speed when the changeover occurs.

Shot Put

The Shot Put used by our athletes is a round metal ball, which varies in weight according to the athletes’ age. The shot put must be put from the circle and land within given radii of 40³ from the centre of the circle. When the throw is completed, the athlete must exit the circle from behind the dividing line.

Discus

The discus is a plate like disc made from rubber or laminated wood. Depending on the athletes’ age. The discus must be thrown from within a radius similar to that to shot put. On the completion of the throw, the athlete must exit the circle from behind the dividing line.

High Jump

The athlete's task in this event is to run up from the approach area and jump over a crossbar between rigid uprights. The crossbar is raised after each round (When all competitors have competed their jump at that height). Competitors remain in the competition until eliminated by missing three consecutive jumps. The Athletes must commence their jump take off, from one foot only.

Long Jump

This event is exactly what the name says – jump “long”. It consists of three phases, 1 run up, 2 take-off, 3 landing. The take-off must occur at or behind the take-off pad. The important things are speed in the run up and height in the take off. The distance jumped is measured from the front of the toe at take off to the closest indentation to the take off point made by the athlete on landing.

Triple Jump

Similar to long jump, previously called (hop, step, & jump). The athletes take off leg must be the leg on which they next land. The athlete must use the opposite leg for their final jump into the pit. Athletes can choose whether to take off from the 5, 7, 9, or 12 metre marks where available. Beginners should always start from the 5-metre mark.

Javelin / Turbo Javelin

The Javelin / Turbo Javelin are thrown from behind a curved line. The aim for the athlete is to land the Javelin / Turbo Javelin point first inside the sector and as far as possible forward.

WEEKEND CARNIVALS

Carnivals are days when the athletes can compete against other centres and these are usually held on Sundays. There is generally an entry fee to cover the cost of the trophies, medals or pennants for place getters.

Look for entry forms on the notice board and Website. The entry form will also be emailed to you if you have registered your email address. All entry forms will need to be given to the Carnival Secretary via email admin@wwla.com.au with payment.

REPRESENTATIVE EVENTS

Each club is required to provide officials and helpers for all Association Championships competition. These include Carnivals, Zone, Regional and State Championships. To share these tasks out evenly the club requires that every family who enters athletes into the competition must provide one parent to perform a duty on the day on their child's events. In most cases the required duty will be quite simple, not requiring any special expertise.

Zone Championships

WWLAC is part of the Eastern Riverina Zone, which includes other Centres from, Cootamundra, Junee, Koorngal Wagga, Lockhart, Temora, Tumut, Wagga Wagga, Coolamon, West Wyalong, Lake Cargelligo and Tumbarumba who once year compete to determine the best athletes in the Zone. Each Athlete may enter a maximum of four (4) events. All interested athletes should enter the events of their Choice. If an athlete finishes in the first 3 placing's in a Zone final, they will qualify for Regional Championships. Due to being a smaller zone your child may still qualify if they finish outside the first three placings.

Note: If your child qualifies for Regional and cannot go please inform the Carnival Secretary via email

admin@wwla.com.au If you don't you are costing another athlete the opportunity to compete at a higher level.

At Zone Championships U7 age group competes for medal, they do not progress to Regional Championships.

Regional Championships

Our club is part of Region 4. The rules are the same as Zone but you must finish in the top two placing's to qualify for State Championships. If your child finishes outside these places they may still qualify in the next best 8 in either region/state selected. **Note:** If your child qualifies for State and cannot go please inform the Carnival Secretary via email admin@wwla.com.au. If you don't you are costing another athlete the opportunity to make it to the higher level. At Regional Championships U8 age group compete for medals; they do not progress to State Championships.

NSW State Championships

Ages under nine and above may progress to the state championships. It is an event where the best athletes state-wide meet to compete and possibly win medals. Athletes in the under thirteen age group who perform well, may gain selection in the State team to contest the interstate (Nationals) and the under fifteen are selected for the state team on results from the State Multi.

Interstate Championships (Nationals)

The ultimate achievement for any Little Athletics athlete is to contest the Nationals. The Nationals are held each year in a different state.

State Multi - Championships

This event is open to all registered athletes within NSW and consists of seven (7) individual events conducted as a single event. Competitors must compete in all events for their age group. Points are given based on performance in all events and added together to find the winner in each age group.

QUALIFICATION CONDITIONS FOR CENTRE RECORDS

Wagga Wagga Little Athletics centre records can only be claimed by registered athletes of the Wagga Wagga Athletics Club. Records can be claimed for any event at Thursday night competition but must be verified by appropriately qualified members of the committee.

2020-2021 SEASON CALENDAR

Date	Event	Location/Rotation
	Riverina PSSA Athletics	SOPAC
	CHSSA Athletics State Carnival	
Thu 22nd October	Lockhart Carnival	Recreation Reserve
	Club Night Week 1	Rotation 1
	Murray Valley Championships	Finley Recreation Reserve
Thu 29th October	Club Night Week 2	Rotation 2
	Koorinal-Wagga Carnival	Jubilee Park
Thu 5th November	Club Night Week 3	Rotation 3
	Deniliquin	Rams Oval
	Temora	Nixon Park
Thu 12th November	Club Night Week 4	Rotation 4
	Wagga Wagga Carnival	Jubilee Park
Thu 19st November	Club Night Week 5	Rotation 1
	Griffith Carnival	Westend Oval
Thu 26th November	Club Night Week 6	Rotation 2
	Eastern Riverina Zone	Jubilee Park Wagga
Thu 3rd December	Club Night Week 7	Rotation 3
Thu 12th December	Club Night Week 8	Rotation 4
2021		
Thu 4th February	Club Night Week 9	Rotation 1
Thu 11th February	Club Night Week 10	Rotation 2
TBA	NSW Junior & Youth Championships	SOPAC
Thu 18th February	Club Night Week 11	Rotation 3
TBA	Region 4	
TBA	Region 4	
Thu 25th February	Club Night Week 12	Rotation 4
Thu 4th March	Club Night Week 13	Rotation 1
	State Combined Championships	Lake Illawarra
Thu 11th March	Club Night Week 14	Rotation 2
Thu 25th March	Club Night Week 15	Rotation 3

27-28 March	U13-17 LANSW Youth State Champ.	SOPAC
Thur 1st April	Presentation Night/ AGM	Rotation 4
20-21 March	LANSW U9-12 State Little Athletics Champ.	SOPAC

EVENT ROTATION

We run a 4-week rotation of events so the athletes have the opportunity to participate in the full range of disciplines available for their age under the rules of LANSW. Athletes are not compelled to participate in any event programmed however be mindful that points are awarded for participation in events which count towards the end of season awards. We encourage everyone to attempt all planned events.

	Under 6	Under 7	Under 8	Under 9	Under 10	Under 11	Under 12	Under 13-17
Rotation 1	70m	70m	70m	70m	70m	100m	100m	100m
	100m	100m	100m	100m	100m	200m	200m	200m
	Shot Put	Shot Put	Shot Put	High Jump	200m	Shot Put	Shot Put	Shot Put
	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	High Jump	Discus	Discus
Rotation 2	100m	50m	100m	70m	100m	100m	100m	100m
	200m	200m	200m	800m	800m	800m	800m	800m
	Long Jump	Long Jump	Long Jump	Long Jump	Shot Put	Long Jump	Triple Jump	High Jump
	Discus	Discus	Discus	Shot Put	Discus	Shot Put	Javelin	Triple Jump
Rotation 3	50m	50m	70m	70m	70m	100m	100m	100m
	100m	100m	100m	200m	200m	200m	200m	200m
	300m	500m	400m	400m	400m	1500m	1500m	1500m
	Shot Put	Shot Put	Shot Put	Discus	High Jump	Javelin	Long Jump	Long Jump
Rotation 4	50m	50m	70m	70m	70m	100m	100m	100m
	100m	100m	200m	100m	400m	400m	400m	400m
	Shot Put	Shot Put	Shot Put	Discus	Long Jump	Discus	High Jump	Discus
	Long Jump	Long Jump	60H	60H	60H	80H	80H	Hurdles

EXPLANATORY NOTES FOR WEEKLY PROGRAMMES

1. Club nights are held every Thursday through the season. The program will be displayed each week and generally follows a four-week rotation of track and field events.
2. Some age groups will run together if there are not enough athletes to run the age groups individually.
3. The emphasis is on flexibility, so if changes need to be made at short notice then they will be announced.

Tiny Tots: The Tiny Tots have their own separate program with an emphasis on fun and developing skills around running, jumping and throwing which form the basis of participation in athletics in future years. Tiny Tots normally finish around 6.15pm each week.

CLUB NIGHT RECORDS

Under 6 Female

100m	18-03-10	18.68	Georgia Hallam
200m	18-03-10	41.13	Georgia Hallam
300m	04-12-14	1:03.00	Georgina Hayes
500m	07-03-96	2:00.40	Ashleigh Kendall
50m	10-12-10	9.18	Georgia Hallam
70m	02-02-95	10.20	Brodie Davis
Discus 350g	18-02-10	13.59	Mindy Quade
Long Jump	25-03-10	2.73	Georgia Hallam
Shot 1kg	11-02-10	5.45	Mindy Quade

Under 6 Male

100m	24-02-94	18.20	Owen Byrne
200m	10-02-11	36.55	Oscar Mitter
300m	06-12-12	1:01.40	Oliver Spackman
500m	07-03-96	1:50.40	Brady Denholm
50m	05-02-15	9.01	Flynn Webster
70m	09-02-95	10.20	Shane Gow
Discus 350g	26-02-15	14.56	Kaleel Goolagong
Long Jump	05-11-98	2.80	Patrick Woods
Shot 1kg	26-03-09	5.90	Samuel McCready

Under 7 Female

100m	25-11-93	16.20	Zoie Close
200m	26-10-00	39.70	Jacquie Mortimer
500m	10-02-11	1:52.30	Georgia Hallam
50m	10-02-11	8.93	Georgia Hallam
70m	02-02-95	9.90	Amanda Plum
Discus 350g	08-11-13	14.10	Montana Hathaway
Long Jump	17-03-94	3.10	Samantha Kilmaster
Shot 1kg	04-03-10	5.59	Lucy McIntyre

Under 7 Male

100m	20-10-05	12.14	Matthew Barrie
200m	09-10-14	36.68	Charlie Harper
500m	10-02-11	1:55.10	Charlie Wykes
50m	02-02-12	8.62	Frankleen Newah-Jarfoi
70m	02-02-95	9.60	Owen Byrne
Discus 350g	09-03-95	18.39	Owen Byrne
Long Jump	15-03-01	3.00	Brett Wendt
Shot 1kg	22-3-18	9.15	Xavier Wade

Under 8 Female

100m	13-10-11	14.09	Georgia Hallam
200m	23-10-97	36.10	Jessica Stemp
400m	15-11-13	1:26.20	Claudia Wheatley
60m Hurdles	27-02-97	12.61	Megan Booth
700m	16-03-00	2:51.00	Rebecca Harpley
70m	13-10-11	10.88	Georgia Hallam
Discus 500g	06-03-97	16.92	Jodie Barrat
Long Jump	09-02-95	3.40	Samantha Kilmaster
Shot 1.5kg	16-02-17	6.14	Kaelani Goolagong

Under 8 Male

100m	15-10-15	16.06	Kade Lyons
200m	13-11-03	33.85	Campbell Lovell
400m	13-03-03	1:18.30	Tyson Cottam
60m Hurdles	21-11-03	10.90	Tyson Cottam
700m	09-11-17	2:20.62	Harry Wheatley

70m	03-03-05	10.58	Joshua Paynter
Discus 500g	14-03-13	18.50	Cameron Walshe
Long Jump	22-10-92	3.79	Derek Byrne
Shot 1.5kg	15-10-92	7.85	Matthew Bartly

Under 9 Female

100m	24-10-96	15.20	Jorja Orreal
200m	04-03-93	32.10	Carrie Spokes
400m	14-03-13	1:16.10	Georgia Hallam
60m Hurdles	18-02-10	8.84	Rachel Trenaman
700m Walk	18-03-04	4:40.20	Bridgid Glover
70m	14-02-13	10.87	Georgia Hallam
800m	03-12-92	2:58.50	Carrie Spokes
Discus 500g	04-03-93	23.32	Emily Nolan
High Jump	07-02-13	1.18	Georgia Hallam
Long Jump	21-02-13	4.01	Georgia Hallam
Shot 2kg	22-03-18	6.83	Kaelani Goolagong
Turbo Javelin	18-03-10	15.01	Rachel Trenaman

Under 9 Male

100m	06-02-14	14.24	Frankleen Nahja-Jafoi
200m	27-02-14	31.55	Frankleen Nahja-Jafoi
400m	16-10-08	1:06.30	Bradley Peacock
60m Hurdles	18-02-10	8.31	Logan Flanagan
700m Walk	18-03-04	4:37.40	Joshua Ashcroft
70m	22-11-13	10.11	Frankleen Nahja-Jafoi
800m	26-10-00	2:37.40	Billy Hindmarsh
Discus 500g	09-03-17	26.04	Jack Warden
High Jump	21-02-13	1.17	Charlie Wykes
Long Jump	20-03-14	4.08	Frankleen Nahja-Jafoi
Shot 2kg	02-02-17	7.70	Jack Warden
Turbo Javelin	08-12-05	18.29	Dylan McLachlan

Under 10 Female

100m	22-10-98	14.30	Alyisha House
1100m Walk	22-10-15	7:23.98	Claudia Wheatley
1500m	24-02-94	5:38.40	Carrie Spokes
200m	25-03-10	29.10	Tara Winbank
400m	18-03-99	1:15.10	Alyisha House
60m Hurdles	15-11-13	11.24	Georgia Hallam
60m Hurdles	02-02-12	11.24	Ellie Coleman
70m	15-03-12	10.19	Shanae Pope
800m	28-10-93	2:54.30	Carrie Spokes
Discus 500g	03-02-94	27.49	Emily Nolan
High Jump	15-10-15	1.23	Claudia Wheatley
Long Jump	22-11-13	4.13	Georgia Hallam
Shot 2kg	09-12-93	8.23	Emily Nolan
Triple Jump	05-02-98	6.46	Karnie Hill
Turbo Javelin	22-10-09	13.13	Maddison McIntyre

Under 10 Male

100m	13-03-15	14.05	Frankleen Newah-Jafoi
1100m Walk	18-11-04	6:58.40	Toby Harris
1500m	08-03-07	5:28.20	Hayden Ashcroft
200m	18-03-93	28.10	Rhys Van Der Rijt
400m	14-12-17	1:11.42	Sam Emery
60m Hurdles	03-12-92	10.30	Nigel Plum
70m	23-03-06	9.25	Campbell Lovell
800m	15-03-01	2:38.00	Matthew Lewington

Discus 500g	13-03-15	31.63	Cameron Walshe	60m Hurdles	03-11-16	10.09	Hunter Schultz
High Jump	28-11-13	1.31	Charlie Wykes	800m	17-02-94	2:30.10	Leif Kennedy
Long Jump	28-01-93	4.39	Gavin Byrne	Discus 750g	04-03-10	32.49	Nicholas Hay
Shot 2kg	15-11-07	10.05	Nicholas Hay	High Jump	24-11-94	1.45	Nigel Plum
Triple Jump	05-02-98	4.51	Luke Le Cerf	Javelin 400g	06-02-14	24.61	Jackson Wykes
Turbo Javelin	08-02-07	22.90	Lachlan Davis	Long Jump	27-10-16	4.70	Frankleen Newah-Jarfoi
				Shot 3kg	18-03-10	9.91	Nicholas Hay
				Triple Jump	03-11-16	9.44	Hunter Schultz
				Turbo Javelin	04-03-10	25.49	Nicholas Hay
Under 11 Female				Under 13 Female			
100m	09-12-93	14.20	Marney Dunlop	100m	27-11-96	13.30	Tina Frater
1100m Walk	09-03-17	7:14.02	Holly Roach	1500m	07-12-00	5:43.30	Karnie Hill
1500m	26-11-92	5:28.00	Tamla Scammell	1500m Walk	09-12-04	9:05.30	Sharmaine Hurst
200m	09-03-00	30.10	Alyisha House	200m	10-03-05	27.40	Amber Lowry
400m	02-03-00	1:11.40	Alyisha House	400m	19-11-15	1:05.53	Leyla Liakatos
60m Hurdles	13-11-14	11.15	Georgia Hallam	800m	28-03-19	2:34.19	Holly Roach
800m	28-01-93	2:42.20	Kim Buchan	80m Hurdles	26-02-15	12.61	Madeline Walshe
Discus 750g	13-10-94	28.37	Emily Nolan	Discus 750g	10-12-98	39.32	Megan Kendall
High Jump	09-03-17	1.38	Claudia Wheatley	High Jump	17-11-16	1.55	Georgia Hallam
Javelin 400g	16-02-17	10.54	Natalia Horsley	Javelin 400g	14-11-96	32.70	Emily Nolan
Long Jump	03-12-98	4.31	Karnie Hill	Long Jump	07-11-96	4.54	Emily Nolan
Shot 2kg	18-10-93	9.78	Megan Linsell	Shot 3kg	04-03-99	10.92	Megan Kendall
Triple Jump	09-03-00	8.91	Alyisha House	Triple Jump	01-12-16	9.50	Sophie Hallam
Turbo Javelin	29-11-13	17.60	Leyla Liakatos				
Under 11 Male				Under 13 Male			
100m	26-11-98	13.10	Bryce Roberts	100m	09-12-93	12.80	Luke Spokes
1100m Walk	14-11-02	6:59.30	Djali Bloomfield	1500m	06-03-97	5:08.40	Joel Reeves
1500m	08-03-07	5:22.20	Campbell Lovell	1500m Walk	14-11-02	10:49.50	Taina Syme
200m	05-11-92	28.90	Leif Kennedy	200m	22-02-96	26.00	Jermaine Packer
400m	28-02-19	1:05.90	Leif Kennedy	400m	22-03-07	1:09.20	Bryden Stapleton
60m Hurdles	22-11-01	10.30	Sam Whitfield	800m	17-11-94	2:28.30	Leif Kennedy
800m	23-03-06	2:32.20	Joshua Ashcroft	80m Hurdles	22-10-09	14.75	Jonathan Lally
Discus 750g	26-02-09	29.81	Nicholas Hay	Discus 1kg	24-03-11	36.71	Nicholas Hay
High Jump	09-03-17	1.40	Simphiwe Smedley	High Jump	01-02-18	1.50	William Field
Javelin 400g	16-02-17	15.00	Lachlan Field	High Jump	24-11-94	1.45	Leif Kennedy
Long Jump	04-02-16	4.58	Frankleen Newah-Jarfoi	Javelin 600g	17-03-11	30.71	Nicholas Hay
Shot 2kg	05-03-09	11.05	Nicholas Hay	Long Jump	01-12-94	4.98	Leif Kennedy
Triple Jump	17-03-16	9.64	Hunter Schultz	Shot 3kg	24-02-94	11.92	Nicholas Henderson
Turbo Javelin	27-09-07	21.56	Lachlan Davis	Triple Jump	01-02-18	9.92	William Field
Under 12 Female				Under 14 Female			
100m	22-02-96	13.50	Tina Frater	100m	14-12-95	13.40	Catherine Robinson
1500m	03-03-05	5:00.20	Rosie Latimer	1500m	24-02-94	5:48.40	Michelle Smith
1500m Walk	01-02-18	10:03.86	Holly Roach	1500m Walk	09-12-04	8:13.10	Luci Dobbin
200m	10-12-92	29.10	Susan Berry	200m	16-11-95	28.00	Melissa Brown
400m	19-11-92	1:09.00	Melissa Jaques	3000m	10-11-16	13:41.20	Leyla Liakatos
60m Hurdles	10-12-92	10.30	Susan Berry	400m	07-03-96	1:03.40	Sarah Tunstall
800m	11-11-93	2:46.10	Kim Buchan	800m	14-03-96	2:41.30	Sarah Tunstall
Discus 750g	13-03-14	32.51	Madeline Walshe	80m Hurdles	07-03-96	14.50	Catherine Robinson
High Jump	17-03-16	1.45	Georgia Hallam	Discus 1kg	02-12-99	37.63	Megan Kendall
Javelin 400g	04-02-16	13.45	Madeline Stout	High Jump	25-10-18	1.52	Claudia Wheatley
Long Jump	10-12-92	4.72	Susan Berry	Javelin 400g	16-02-17	15.67	Leyla Liakatos
Shot 2kg	19-02-98	11.31	Megan Kendall	Javelin 600g	13-11-97	32.16	Emily Nolan
Triple Jump	23-02-12	10.00	Ellen McIntyre	Long Jump	30-11-17	4.66	Sophie Hallam
Turbo Javelin	03-11-11	15.52	Gabrielle Tschirn	Shot 3kg	17-02-00	10.50	Megan Kendall
Under 12 Male				Triple Jump	03-11-16	10.00	Leyla Liakatos
100m	11-11-99	13.10	Bryce Roberts	Under 14 Male			
1500m	03-03-05	4:52.40	Cade Price	100m	06-03-97	11.60	Jermaine Packer
1500m Walk	18-03-04	9:56.00	Billy Hindmarsh	1500m	06-03-97	5:12.20	Corey Tarrant
200m	18-11-99	27.10	Bryce Roberts	1500m Walk	22-10-09	10:11.10	James Hay
3000m	10-11-16	13:19.74	Cameron Walshe				
400m	02-03-00	1:01.10	Old Record				

200m	12-12-96	24.40	Jermaine Packer	Under 17 Male			
400m	16-11-95	55.80	Cameron Brown	100m	13-11-14	12.31	James Demby
800m	09-11-95	2:23.30	Leif Kennedy	110m Hurdles	03-11-16	19.42	Jacob Mills
90m Hurdles	03-11-16	15.35	Jordan Mills	1500m	27-10-16	5:54.87	Jacob Mills
Discus 1kg	08-12-11	41.91	Nicholas Hay	200m	06-11-14	26.52	James Demby
High Jump	07-02-19	1.62	William Field	400m	03-11-16	1:01.63	Jacob Mills
Javelin 600g	15-03-12	34.56	Nicholas Hay	800m	17-11-16	2:39.39	Jacob Mills
Long Jump	16-11-95	5.22	Leif Kennedy	Discus 1.5kg	13-03-15	46.53	Nicholas Hay
Shot 3kg	03-11-11	12.39	Nicholas Hay	High Jump	06-11-14	1.60	James Demby
Shot 4kg	20-10-94	11.85	Nicholas Henderson	Javelin 700g	19-11-15	37.39	Damien Hay
Triple Jump	14-11-96	10.42	Jermaine Packer	Long Jump	16-02-17	5.58	Jacob Mills
				Shot 5kg	13-03-15	14.19	Nicholas Hay
				Triple Jump	03-11-16	11.54	Jacob Mills
Under 15 Female							
100m	31-01-02	12.70	Kree Jefferies				
1500m	20-02-97	5:15.40	Sarah Tunstall				
1500m Walk	16-11-00	13.00	Megan Kendall				
200m	31-01-02	27.50	Kree Jefferies				
400m	07-02-02	1:03.30	Kree Jefferies				
800m	10-03-16	2:39.79	Brandy Nicholson				
90m Hurdles	15-11-13	16.59	Sophie Thomson				
Discus 1kg	15-03-01	35.10	Megan Kendall				
High Jump	24-10-96	1.50	Melissa Brown				
Javelin 500g	09-03-17	11.78	Madeline Walshe				
Javelin 600g	11-03-99	33.50	Emily Nolan				
Long Jump	07-11-96	4.66	Catherine Robinson				
Shot 3kg	29-10-98	10.70	Emily Nolan				
Triple Jump	23-10-14	9.74	Ellen McIntyre				
Under 15 Male							
100m	27-11-96	11.50	Cameron Brown				
100m Hurdles	15-10-15	20.27	Jacob Mills				
1500m	20-02-97	4:56.20	Ryan Burrows				
1500m Walk	09-12-04	8:13.10	Luci Dobbin				
200m	12-12-96	23.20	Cameron Brown				
3000m	10-11-16	14:03.94	Jackson Wykes				
400m	06-03-97	52.40	Cameron Brown				
800m	13-02-97	2:18.10	Ryan Burrows				
Discus 1kg	01-11-12	47.90	Nicholas Hay				
High Jump	02-03-17	1.60	Latrell Goolagong				
Javelin 600g	08-03-01	39.80	Paul Boyton				
Javelin 700g	09-03-17	26.38	Jackson Wykes				
Long Jump	01-12-94	5.68	Mathew Adams				
Shot 4kg	17-03-11	12.56	James Hay				
Triple Jump	13-11-97	10.77	Nigel Plum				
Under 17 Female							
100m	04-02-16	13.66	Ellen McIntyre				
100m Hurdles	11-10-12	18.78	Madeline Lucas				
1500m	16-02-17	6:19.28	Brandy Nicholson				
200m	24-11-16	28.89	Ellen McIntyre				
400m	03-11-16	1:13.01	Ellen McIntyre				
800m	17-11-16	2:53.81	Brandy Nicholson				
90m Hurdles	15-10-15	20.52	Ellen McIntyre				
Discus 1kg	18-02-16	29.09	Ellen McIntyre				
High Jump	20-10-16	1.52	Ellen McIntyre				
Javelin 500g	12-11-15	16.38	Ellen McIntyre				
Javelin 600g	20-11-14	15.60	Briar Phyland				
Long Jump	11-10-12	4.82	Madeline Lucas				
Shot 3kg	10-03-16	8.31	Ellen McIntyre				
Shot 4kg	13-11-14	7.41	Caitlin Issott				
Triple Jump	03-11-16	10.40	Ellen McIntyre				

MAP JUBILEE PARK ATHLETICS TRACK

