

INDEX

	Page
Opening Message from the Executive Committee	2
Little Athletics in Australia	3
Belmont Little Athletics Centre Affiliated Clubs	3
Belmont Little Athletics Centre Executive & Non-Executive Office Bearers	4
Belmont Little Athletics Centre Life Members	5
Belmont Little Athletics Centre Patrons	5
Belmont Little Athletics Centre State U13 Representatives Honours List	5
Belmont Little Athletics Centre State Team Officials Honours List	5
Belmont Little Athletics Centre 2009-2010 Honours & Awards	6
Belmont Little Athletics Centre 2009-2010 Representative Honours	8
Belmont Little Athletics Centre 2010-2011 Calendar of Events	11
Belmont Little Athletics Centre 2010-2011 Event Programs	12
Fundraising & Set-up Roster	15
Belmont Little Athletics Centre Arena Layout	16
Clubs Site Roster and Set-up & Clean-up Roster	17
Bill of Rights for Young Athletes	18
Parents Code of Conduct	18
General Rules of Belmont Little Athletics Centre	18
Belmont Little Athletics Centre Rules for Competition	19
Belmont Little Athletics Centre Championship Rules	20
Red Cards	20
Belmont Little Athletics Centre Supporters	21
General Information for Athletes & Parents	
Sunsmart Policy	22
Guidelines for Stretching	22
Health & Injury	23
First Aid Policy	23
West Australian Little Athletics Association 2010-2011 State Events	
PMH Relayathon	24
Personal Best Challenge Day	24
IGA State Relay Championships	24
Multi-Event Championships	24
Zone Qualifying Heats & Quarter Finals	24
State Track & Field Championships	25
National Track & Field Championships	25
International Championships	25
Winter Competition	25
Coaching & Development Clinics	25
Belmont Little Athletics Centre Event Rules & Specifications	
High Jump	29
Long Jump	31
Triple Jump	32
Javelin	33
Turbo Javelin	33
Discus	34
Shot Put	35
Hurdles	36
Race Walking	37
General Information for Parents Assisting	
Timekeeping & Starting	39
Tie Breaking Rules	40
Belmont Little Athletics Centre Yearly Awards Selection Criteria	41
Christmas Gift	42
Centre Records	43
Open Records	47
Centre Championship Records	49
Hurdle Sponsors	52

OPENING MESSAGE FROM THE EXECUTIVE COMMITTEE

The Executive Committee would like to welcome all the athletes and parents taking part in Belmont Little Athletics Centre's 41st season. If you are new to athletics, this book contains plenty of useful information about Little Athletics. If you can't find the information you are looking for in this book then please ask your Club Manager.

Little Athletics is about family, fun, fitness and doing your best. We have boys and girls of all ages and sporting abilities at our centre, and by accepting these values we can all support the young athletes of the Centre celebrate their success and encourage them to achieve their personal goals. One of the most rewarding sights is the way athletes respond as they are cheered and encouraged down the finishing straight. It is a great reminder of why we are all here. At the same time we have a duty to coach and develop the athletes so that when they go to state events they understand the rules of the sport. These rules are backed up with the codes of conduct for athletes and parents published in this book. Please take the time to read and understand them.

The volunteer officials and assistants running the sites each week make our sport possible. They don't always have an easy role, however they are in the best position to make decisions and do so to the best of their ability. They deserve our respect and support. We encourage interested people to consider becoming an official, it is a great way to be close to the action, and without officials there is no Centre.

We would like to encourage everybody at Belmont to be their best, respect the people and property of the Centre and be conscious of promoting the enjoyment of Little Athletics for everyone. There are many ways to help, signing on to the site roster promptly to get the events going early, cleaning your club area at the end of the day, helping with your club fundraising, or sitting your Level D or C exams and becoming an official yourself. It is all the little things that add up to make the Belmont Centre a pleasant place to be over summer.

Welcome back to Belmont Little Athletics, or welcome for the first time. We wish everyone a successful and enjoyable season.

BLAC Executive Committee.

LITTLE ATHLETICS IN AUSTRALIA

Nationally the Little Athletics governing body is Australian Little Athletics (ALA). ALA comprises of a Board of Management elected from nominations submitted by the State Associations. ALA is responsible for establishing national policies and sponsorship of the sport.

West Australian Little Athletics (WALA) is the State Association and is managed by a Board of Management elected by the affiliated Little Athletics Centres. WALA responsibilities include organising State events and Championships, obtaining sponsorship and government support, providing administrative support for affiliated Centres as well as education and assistance for coaches and officials.

The Centres, such as Belmont Little Athletics Centre (BLAC), organise weekly competitions for athletes in their geographical area. Volunteer Executive Committee members are elected at an AGM by members of the affiliated Clubs to manage the Centre. Centres are grouped into regional Zones and compete annually at an Inter-centre competition (called Zones) which is organised by a Zone Committee elected by the Centres within each Zone. Through this competition athletes qualify to compete at the State Track & Field Championships.

Clubs affiliate with their local Centre and organise training sessions for the athletes registered with them as well as keep the athletes informed of upcoming events. The Clubs meet weekly to compete at the Centre in programmed track and field competition. The Club Committees are volunteer parents who are elected by the members from within their Club.

More information can be obtained by visiting the Belmont Little Athletics Centre website at www.blac.asn.au or the WALA website at www.walittleathletics.com.au

BELMONT LITTLE ATHLETICS CENTRE AFFILIATED CLUBS

CLUB	CLUB COLOURS	CLUB CONTACT	PHONE NUMBER
Carlisle / Rivervale	Red / Green / Black	Jim Farr	0421 412 692
Forrestfield	White / Red / Black	Lea-Anne Johnson	9359 3048
High Wycombe	Blue / White / Black	Leanne Wallace-Gibb	9454 5478
Kalamunda / Lesmurdie	Lime Green / Black	Stacey Spencer	0432 906 236
Kewdale	White / Black	Bradley Edwards	0419 880 649

BELMONT LITTLE ATHLETICS CENTRE IS PROUDLY AFFILIATED WITH WEST AUSTRALIAN LITTLE ATHLETICS



Address: 15 Harrogate Street, Leederville 6007

Telephone: (08) 9388 2339

Facsimile: (08) 9388 2340

Email: hannah@walittleathletics.com.au

BLAC INC. EXECUTIVE COMMITTEE

Chairperson	Jim Farr	0421 412 692
Executive Officer		
Treasurer	Janet Rowe	
Registrar	Jennifer Burgess	0420 224 737
Arena Manager	Glenn Bartlett	
Championships Officer		
Publicity Officer	Bradley Edwards	0419 880 649
Officer of Officials		
Records and Ranking Officer	Cheryl Short	
Coaching Coordinator		
Chief Field Umpire	Catherine Geneste	0438 447 332
Chief Track Umpire		

BLAC INC. NON-EXECUTIVE OFFICE BEARERS

Administrator of Clubs	
Equipment Officer	Bradley Edwards
Chief Starter	
Chief Timekeeper	Craig Middleton-White
First Aid Officer	Rebecca Pitt
Canteen Manager	Mila Lewis
Winter Officer (2011)	Jim Farr
Assistant Recordings Officer	Diane Wallace-Gibb

A NOTE OF THANKS:

We would like to thank the **City of Belmont** for their continuing support of Belmont Little Athletics Centre and would ask that all BLAC Members please respect the grounds and facilities at Gerry Archer Athletic Track so that athletes and supporters can enjoy the best environment possible.

PLEASE NOTE:

In the interests of pedestrian safety cars are not permitted inside the entrance gates. Only vehicles displaying a valid ACROD permit may use the designated disabled parking zone. Please be aware of small athletes while entering and leaving the car-park.

We would also like to remind all members that skateboards, scooters, roller-blades and roller-skates are prohibited from use anywhere within the arena or car park for the safety of all members.

**GERRY ARCHER ATHLETICS TRACK IS A SMOKE-FREE VENUE**

Smoking is not permitted within the arena or 10m of any entry/exit gates during competition days, centre training or any other BLAC function or activity.

BELMONT LITTLE ATHLETICS CENTRE LIFE MEMBERS

1977 Joy Hardman	1983 Mavis Lee	1993 John Marsh	1997 Jill McIntosh
1980 Roy Cannon	1984 Tony Salmon	1994 Ron Hardman (Dec.)	1998 John Fouweather
1980 Margaret Harman	1985 Jean Crockett	1996 Anne Redmond	2001 Trish Gunn
1980 Noelene MacKenzie	1985 Frances French	1996 Peter Redmond (Dec.)	2004 Craig Middleton-White
1980 Vema Mason	1987 Lesley Romeo	1996 Krys Roberts	2007 Georgie Boyle
1980 Wendy Murray	1992 John Milburn	1996 Neil Roberts	2007 David Jarvis
1983 Merle Carter	1993 Bev Frost	1997 Rob Bowen	2009 Toni Clarke
2010 Kevin Kentish			

BELMONT LITTLE ATHLETICS CENTRE PATRONS

2009 Mr. Fred Rae

2010 Mr. Eric Ripper

**BELMONT LITTLE ATHLETICS CENTRE
STATE U13 REPRESENTATIVES HONOURS LIST**

Year	Boys	Girls
1971	I. Wilson	
1972	S. Dennon, G. Keeley, D. Miller, R. Smith	
1973	I. Murray	O. Allen, D. Coplen, M. Prestige
1974	N. Harman, A. Martin	N. Hitchens, M. Strachan
1975		T. Armstrong, M. Brignoli, C. Perry, C. Tunstall
1976		S. Timmings, S. Wijesundera
1977		K. Tunstall, S. Wijesundera
1978	R. Joyce, B. Renton, A. Watson	
1980	R. Crockett, D. Ogg	T. Heys, R. Lee
1981		N. Gallagher
1982		V. French
1985	A. Frew, B. Netherway	
1986	M. Lewenhoff	T. Walsh
1989		J. Davies
1990	S. Anderson	A. Frew, J. Taputoro
1993	P. Campo	
1997	S. Luckens, A. Sampey	M. Madgic, C. Boyanich
1999	T. Abreu, S. Boyle	
2000	M. Webber	
2001	B. Jarvis	
2004	C. Wells	J. Ward
2005	R. Suckling	S. Kassem
2006	C. Dale	
2009	B. McInerney	

**BELMONT LITTLE ATHLETICS CENTRE
STATE TEAM OFFICIALS HONOURS LIST**

1973	T. Miller (Manageress)	1981	N. MacKenzie (Manageress)
	R. Hardman (Manager)	1982	F. French (Manageress)
1975	J. Hardman (Manageress)		M. Lee (Coach)
	R. Smith (Manager)	1983	F. French (Manageress)
1976	J. Hardman (Manageress)	1986	F. French (Singapore Team Manageress)
1980	N. MacKenzie (Manageress)		

2009 – 2010 HONOURS & AWARDS

BELMONT LITTLE ATHLETICS CENTRE CAPTAINS

Each season, Clubs nominate and the Executive Committee select one male and one female athlete to represent our Centre as Centre Captains. The 2009 - 2010 captains were:

Stephanie Lam (Kewdale)

Michael Hortin (Kewdale)

BELMONT SPORTSPERSON OF THE YEAR

Thomas Wedge (Kewdale)

PERPETUAL TROPHY WINNERS

For outstanding performances in the following event categories:

South Australian LA Team Trophy	Middle Distance	Jake O'Dowd (Kalamunda/Lesmurdie)
Vanessa French Trophy	Throws	Mikaela Hoogenkamp (Kewdale)
Pat Lewis Trophy	Sprints & Hurdles	Tanisha Cayley (Kalamunda/Lesmurdie)
Kim Beazley Trophy	Jumps	Joshua Kirkup (Kewdale)
Merle Carter Trophy	Walks	Jessica Davies (Forrestfield)
Most Promising Flying Bee		Hana Vanek (Kalamunda/Lesmurdie)
Most Outstanding Under 7		Jake Romaro (Kewdale)
Junior Athlete Of The Year		Brittany Fare (Carlisle/Rivervale)

CHAMPION CLUBS

French Family Trophy Champion Club – Overall Winner

Kalamunda/Lesmurdie (22,800 points)

Joy Hardman Trophy Champion Club – Handicap Winner

Forrestfield (259.2 points/athlete)

March Past Award Winners

Kewdale

CLUB AGE GROUP CHAMPIONS

GIRLS		BOYS	
Flying B's	Kalamunda/Lesmurdie	Flying B's	Kalamunda/Lesmurdie
U/7	Kalamunda/Lesmurdie	U/7	Kalamunda/Lesmurdie
U/8	Kalamunda/Lesmurdie	U/8	Kalamunda/Lesmurdie
U/9	Kalamunda/Lesmurdie	U/9	Kalamunda/Lesmurdie
U/10	Kalamunda/Lesmurdie	U/10	Forrestfield
U/11	Carlisle/Rivervale	U/11	Forrestfield
U/12	Forrestfield	U/12	Kalamunda/Lesmurdie
U/13	Kewdale	U/13	Forrestfield
U/14	Kalamunda/Lesmurdie	U/14	Forrestfield
U/15	Kewdale	U/15	Kewdale
U/16	Kewdale	U/16	Forrestfield
U/17	Kewdale	U/17	Kewdale

CHRISTMAS GIFT 100m HANDICAP WINNERS

Juniors

Girls

- 1st** Hana Vanek (Kalamunda/Lesmurdie)
- 2nd** Eden McBroom (Kalamunda/Lesmurdie)
- 3rd** Sasa Vanek (Kalamunda/Lesmurdie)

Boys

- Tyler Clatworthy (High Wycombe)
- Jake Romaro (Kewdale)
- Harry Edwards (Kalamunda/Lesmurdie)

Seniors

Girls

- 1st** Stephanie Lam (Kewdale)
- 2nd** Vincion Geneste (Kewdale)
- 3rd** Kelly Pickles (Kalamunda/Lesmurdie)

Boys

- Tim Iffla (Forrestfield)
- Max Bradley (Kalamunda/Lesmurdie)
- Yusef Kassem (Carlisle/Rivervale)

1500m INVITATIONAL WINNERS

Girls

- 1st** Madelaine Gurton (Carlisle/Rivervale)
- 2nd** Bobbie-Lee Coombs (Kewdale)
- 3rd** Melissa Short (Kewdale)

Boys

- Dermot Forsythe (Kalamunda/Lesmurdie)
- Joshua Kirkup (Kewdale)
- Peter Murphy (Kewdale)

NINE-YEAR SERVICE ATHLETE AWARDS

- Brittany Fare (Carlisle/Rivervale)
- Vincion Geneste (Kewdale)

- Thomas Wedge (Kewdale)
- Benjamin Wedge (Kewdale)

SIX-YEAR SERVICE ATHLETE AWARDS

- Sarah Gilbert (Kewdale)
- Ashlee Webster (Kewdale)

- Paul Gilbert (Kewdale)
- Dean Murtagh (Carlisle/Rivervale)

TEN-YEAR SERVICE PARENT AWARDS

- Kevin Kentish (Forrestfield)

SIX-YEAR SERVICE PARENT AWARDS

- Toni Petts (Forrestfield)

- Kevin Short (Kalamunda/Lesmurdie)

THREE-YEAR SERVICE PARENT AWARDS

- Jim Farr (Carlisle/Rivervale)
- Rebecca York (Kewdale)
- Diane Wallace-Gibb (High Wycombe)
- Clint Wallace-Gibb (High Wycombe)
- Sharon Carter (Forrestfield)
- Nicki Roche (Forrestfield)
- Toni Lush (Forrestfield)

- Trish Farr (Carlisle/Rivervale)
- Adam York (Kewdale)
- Don Wallace-Gibb (High Wycombe)
- Pam Carcione (Forrestfield)
- Lance Carter (Forrestfield)
- Brett Roche (Forrestfield)

2009 – 2010 REPRESENTATIVE HONOURS

INTERNATIONAL STATE TEAM MEMBERS

Jessica Davies (Forrestfield)

NATIONAL STATE TEAM MEMBERS

No representatives this year

STATE RELAY CHAMPIONSHIPS MEDAL WINNERS

WA Athletics Stadium, December 13, 2009

U14 Boys 4 x 100m

Silver Medal

Brody McInerney

Jake O'Dowd

Michael Carcione

Conor MacKay

Res: Alex Botterill

Coaches: Keith MacKay

Toni Petts

STATE MULTI EVENT CHAMPIONSHIPS MEDAL WINNERS

WA Athletics Stadium, February 7th 2010

No medallists this year.

ZONE CHAMPIONSHIPS MEDAL WINNERS (U7 to U9)

Langford Oval, March 6 & 7, 2010

U7 Boys

Brayden Rutherford	Shot Put	Bronze
Tristan Naylies-Pereira	Javelin	Bronze

U8 Boys

Cale Osborne	Discus	Bronze
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U9 Boys

Harry Edwards	100m	Silver
Harry Edwards	200m	Silver
Harry Edwards	800m	Silver
Justin Russell	Javelin	Bronze
Harry Edwards	Long Jump	Gold

U7 Girls

Ella Cayley	70m	Bronze
Talitha More	200m	Bronze
Emily Stephens	Discus	Gold
Emily Stephens	Shot Put	Silver
Talitha More	Long Jump	Bronze

U8 Girls

Ayesha Jones	70m	Silver
Ayesha Jones	100m	Silver
Ayesha Jones	200m	Silver
Ayesha Jones	Long Jump	Silver

U9 Girls

Kara Spradbury	60mH	Gold
Sasa Vanek	60mH	Silver
Kara Spradbury	200m	Bronze
Kara Spradbury	800m	Gold
Sasa Vanek	800m	Bronze

ZONE CHAMPIONSHIPS FINALISTS (U7 to U9)

Langford Oval, March 6 & 7, 2010

Boys

U7	Antoine Vargiolu	70m, 100m, Shot Put, Long Jump
	Murray Jones	70m, 100m, Long Jump
	Brayden Rutherford	Discus, Long Jump
U8	Daryl Momus	70m, 100m, 200m
	Cale Osborne	200m
	Jaxon Schultz	200m
	Kane More	Discus, Shot Put, Javelin, Long Jump
	Matthew Burgess	Shot Put
	Mitchell Carter	Shot Put, Javelin
U9	Justin Russell	Discus
	Jordan Hickmott	Shot Put

Girls

U7	Khadejah Jones	70m, 100m, 200m, Long Jump
	Talitha More	70m, 100m
	Ella Cayley	100m, Long Jump
	Charlotte Edenburg	200m, Discus, Javelin
U8	Dharlia Haines	60mH, 200m
	Naomie Hayes	60mH, 200m, Long Jump
	Zarina Faridzal	70m, Discus
U9	Sinead Wallace-Gibb	60mH, 70m, 800m, Javelin
	Chloe Van De Klashorst	60mH, 100m, 700mW, Shot Put
	Angel Bordaje	70m, 700mW, Shot Put, Javelin
	Hannah O'Toole	70m, Long Jump
	Sasa Vanek	200m
	Isabella Skinner	800m
	Ashlee Cartwright	Discus, Javelin, Long Jump
	Shontel Vargiolu	Discus
	Tessa Thillainath	Discus, Shot Put

STATE TRACK & FIELD CHAMPIONSHIPS MEDAL WINNERS (U10 to U17)

WA Athletics Stadium, March 21 & 22, 2010

U10 Boys

Carlo Vinci	Javelin	Silver
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U17 Boys

Michael Hortin	200m	Bronze
Michael Hortin	High Jump	Bronze

U13 Girls

Imogen Howes	Shot Put	Silver
Jessica Davies	Javelin	Silver

U16 Girls

Mikaela Hoogenkamp	Discus	Gold
Vincion Geneste	Discus	Bronze

U17 Girls

Kelly Short	1500m	Bronze
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STATE TRACK AND FIELD CHAMPIONSHIPS FINALISTS (U10 to U17)**WA Athletics Stadium, March 21 & 22, 2010****Boys**

U10	Max Bradley Carlo Vinci	200m Discus
U11	Mason Langham	100m
U12	Steven Fare Matthew Loke Jess Cartwright	60mH, Shot Put 400m High Jump
U14	Brody McInerney Jake O'Dowd Zac Partington Alexander Botterill	400m 800m 1500mW Triple Jump
U17	Michael Hortin	110mH, Long Jump, Triple Jump

Girls

U10	Tanisha Cayley	400m, Long Jump
U11	Renee Rockliff	Javelin
U12	Kacie Buchanan Zamia Faridzal	60mH, 100m, Long Jump, Triple Jump High Jump
U14	Jessica Davies	Discus
U15	Rosie Collyer	High Jump
U16	Vincion Geneste	Javelin
U17	Kelly Short Brittany Fare Kathleen Heathcote Hannah Kentish	800m, Long Jump, Triple Jump 1500mW 1500mW High Jump, Long Jump

2010 STATE ROADWALKING CHAMPIONSHIPS MEDAL WINNERS**Rockingham, August 7th 2010****U14 Boys**

Zac Partington – Gold Medal

2010 STATE CROSS COUNTRY CHAMPIONSHIPS MEDAL WINNERS**Joondalup, August 14th 2010**

No medallists this year.

STATE EVENT KEY OFFICIALS 2009/2010

The Belmont Little Athletics Centre would like to thank all parents for their help throughout the season. Special mention goes to the parents who filled Key Official roles at State Events – PB Challenge, Multis, State Relays, Zones and State Championships. We have endeavoured to include everyone and extend our appreciation and apologies to anyone omitted.

Glenn Bartlett (KL)
Pam Brown (K)
Pam Carcione (FF)
Christine Christie (KL)
Anthony Davies (FF)
Dena Davies (FF)
Bradley Edwards (K)

Dennis Fare (CR)
Catherine Geneste (K)
Mila Lewis (FF)
Toni Lush (FF)
Steve Murtagh (CR)
Caroline Noble (K)
Fran Partington (HW)

Paul Partington (HW)
Toni Petts (FF)
Rebecca Pitt (K)
Max Rockliff (CR)
Janet Rowe (FF)
Cheryl Short (KL)
Clint Wallace-Gibb (HW)

SEASON CALENDAR 2010-2011

OCTOBER 2010	
Mon 04/10/10	BLAC Executive Meeting 7:00pm
Sat 09/10/10	Opening Day Program, 8:00am
Sat 16/10/10	Program 1: Interclub Competition, 8:00am
Sat 23/10/10	Program 2: Interclub Competition, 8:00am
Sat 30/10/10	Program 1: Interclub Competition, 8:00am
NOVEMBER 2010	
Sat 06/11/10	PB Challenge Program & PMH Relayathon: Interclub Competition, 8:00am
Mon 08/11/10	BLAC Executive Meeting 7:00pm
Fri 12/11/10	Program A: Interclub Competition, 6:00pm (Twilight)
Sun 14/11/10	<i>PB Challenge Day (WA Athletics Stadium)</i>
Sat 20/11/10	Program 2: Interclub Competition, 8:00am
Sat 27/11/10	Program 1: Interclub Competition, 8:00am
DECEMBER 2010	
Sat 04/12/10	Program 2 & Parent Relay: Interclub Competition, 8:00am
Fri 10/12/10	Christmas Gift Program: Interclub Competition, 6:00pm (Twilight)
Sun 12/12/10	<i>State Relay Championships (WA Athletics Stadium)</i>
JANUARY 2011	
Sat 08/01/11	1500m Invitational Program: Interclub Competition, 4:00pm (Twilight)
Sat 15/01/11	Program B: Interclub Competition, 4:00pm (Twilight)
Mon 17/01/11	BLAC Executive & Delegates Meeting 7:00pm
Sat 22/01/11	Program C: Interclub Competition, 4:00pm (Twilight) – Visit by Warren LAC
Sat 29/01/11	Program A: Interclub Competition, 4:00pm (Twilight)
FEBRUARY 2011	
Fri 04/02/11	Program B: Interclub Competition, 6:00pm (Twilight)
Sun 06/02/11	<i>State Multi-event Championships (WA Athletics Stadium)</i>
Sat 12/02/11	Program C: Interclub Competition, 4:00pm (Twilight)
Mon 14/02/11	BLAC Executive Meeting 7:00pm
Sat 19/02/11	Program A: Centre Championships - Day 1, 8:00am
Sat 26/02/11	Program B: Centre Championships - Day 2, 8:00am
MARCH 2011	
Sat 05/03/11	<i>Zones Track & Field Champs - Day 1 (venue TBA)</i>
Sun 06/03/11	<i>Zones Track & Field Champs - Day 2 (venue TBA)</i>
Sat 12/03/11	Program C: Centre Championships & Closing Ceremony - Day 3, 8:00am
Mon 14/03/11	BLAC Executive Meeting 7:00pm
Sat 19/03/11	<i>State Track & Field Champs - Day 1 (WA Athletics Stadium)</i>
Sun 20/03/11	<i>State Track & Field Champs - Day 2 (WA Athletics Stadium)</i>
Sat 26/03/11	Centre Stock-take & Clean-up day – Gerry Archer 10:00am
APRIL 2011	
Mon 11/04/11	BLAC Executive & Delegates Meeting 7:00pm
MAY 2011	
Mon 09/05/11	BLAC Annual General Meeting - Gerry Archer Athletic Track 7:00pm

EVENT PROGRAMS

Programs are normally setup to run over two weekends (programs 1 & 2) or three weekends (programs A, B & C). There are also individual programs for special events such as Opening Day, PB Challenge, Christmas Gift and 1500m Invitational. The number of two and three week programs, along with the combination of special event programs allows the athletes to compete in each event up to six times over the course of the summer season.

Note: Programs are subject to change by the Arena Manager on the day or by the Executive Committee prior to competition. Clubs will be advised through their Club Managers of program changes where possible.

PROGRAM 1 BOYS								
AGE	EVENTS							
FB & 7	Shot	Long		60mH Mini	200m		300mW	
8	Shot	Long		60mH	200m		300mW	
9	Shot	Long		60mH	200m		700mW	
10	Shot	Long	High	60mH	200m		1100mW	
11	Shot	Long	High	60mH	200m	800m	1100mW	
12	Shot	Long	High	60mH	200m	800m	1500mW	
13 – 14	Shot	Long	High	80-90mH	200m	800m	1500mW	200mH
15 - 17	Shot	Long	High	100-110mH	200m	800m	1500mW	200mH

PROGRAM 1 GIRLS								
AGE	EVENTS							
FB & 7	Turbo	Discus		60mH Mini	200m		300mW	
8	Turbo	Discus		60mH	200m		300mW	
9	Turbo	Discus		60mH	200m		700mW	
10	Javelin	Discus	Triple	60mH	200m		1100mW	
11	Javelin	Discus	Triple	60mH	200m	800m	1100mW	
12	Javelin	Discus	Triple	60mH	200m	800m	1500mW	
13 - 17	Javelin	Discus	Triple	80-100mH	200m	800m	1500mW	200mH

PROGRAM 2 BOYS							
AGE	EVENTS						
FB & 7	Turbo	Discus			70m	100m	400m
8	Turbo	Discus			70m	100m	600m
9	Turbo	Discus			70m	100m	800m
10	Javelin	Discus	Triple		100m	400m	800m
11	Javelin	Discus	Triple		100m	400m	1500m
12	Javelin	Discus	Triple		100m	400m	1500m
13 – 14	Javelin	Discus	Triple		100m	400m	1500m
15 - 17	Javelin	Discus	Triple		100m	400m	1500m

PROGRAM 2 GIRLS							
AGE	EVENTS						
FB & 7	Shot	Long			70m	100m	400m
8	Shot	Long			70m	100m	600m
9	Shot	Long			70m	100m	800m
10	Shot	Long	High		100m	400m	800m
11	Shot	Long	High		100m	400m	1500m
12	Shot	Long	High		100m	400m	1500m
13 - 17	Shot	Long	High		100m	400m	1500m

PROGRAM A BOYS					
AGE	EVENTS				
FB - 7	Long	Shot	60mH Mini	70m	
8	Turbo		60mH	70m	
9	Discus		60mH	70m	
10	High	Shot	60mH	400m	
11	Triple	Javelin	60mH	400m	
12	Long	Discus	200m	400m	1500mW
13 - 17	High	Shot	200m	400m	1500mW
PROGRAM A GIRLS					
AGE	EVENTS				
FB & 7	Turbo		60mH Mini	70m	
8	Discus		60mH	70m	
9	Long	Shot	60mH	70m	
10	Triple	Javelin	60mH	400m	
11	Long	Discus	60mH	400m	
12	High	Shot	200m	400m	1500mW
13 - 17	Triple	Javelin	200m	400m	1500mW

PROGRAM B BOYS					
AGE	EVENTS				
FB - 7	Discus		200m		300mW
8	Long	Shot	200m		300mW
9	Turbo		200m		700mW
10	Long	Discus	200m		1100mW
11	High	Shot	200m	800m	1100mW
12	Triple	Javelin	60mH	800m	
13 - 17	Long	Discus	80-110mH	800m	200mH
PROGRAM B GIRLS					
AGE	EVENTS				
FB & 7	Long	Shot	200m		300mW
8	Turbo		200m		300mW
9	Discus		200m		700mW
10	High	Shot	200m		1100mW
11	Triple	Javelin	200m	800m	1100mW
12	Long	Discus	60mH	800m	
13 - 17	High	Shot	80-100mH	800m	200mH

PROGRAM C BOYS					
AGE	EVENTS				
FB - 7	Turbo		100m	400m	
8	Discus		100m	600m	
9	Long	Shot	100m	800m	
10	Triple	Javelin	100m	800m	
11	Long	Discus	100m	1500m	
12	High	Shot	100m	1500m	
13 - 17	Triple	Javelin	100m	1500m	
PROGRAM C GIRLS					
AGE	EVENTS				
FB & 7	Discus		100m	400m	
8	Long	Shot Put	100m	600m	
9	Turbo		100m	800m	
10	Long	Discus	100m	800m	
11	High	Shot	100m	1500m	
12	Triple	Javelin	100m	1500m	
13 - 17	Long	Discus	100m	1500m	

OPENING DAY PROGRAM BOYS & GIRLS				
AGE	EVENTS			
FB & 7	Long	Turbo	100m	400m
8	Long	Discus	100m	600m
9	Long	Turbo	100m	800m
10	Long	Discus	100m	800m
11	High	Shot	100m	800m
12	Triple	Discus	100m	800m
13-17	Long	Discus	100m	800m

CHRISTMAS GIFT PROGRAM BOYS & GIRLS					
AGE	EVENTS				
FB & 7	Shot		70M		300MW
8	Turbo		70M		300MW
9	Shot		70M		700MW
10	High	Javelin		400M	1100MW
11	Triple	Discus	200M	400M	1100MW
12	High	Javelin	200M	400M	1500MW
13-17	Triple	Shot	200M	400M	1500MW

1500M INVITATIONAL PROGRAM BOYS & GIRLS					
AGE	EVENTS				
FB & 7	Discus		60MH Mini		200M
8	Shot		60MH		200M
9	Discus		60MH		200M
10	Triple	Shot	60MH		200M
11	Long	Javelin	60MH		1500M
12	Long	Shot	60MH		1500M
13-17	High	Javelin	80-110MH	200MH	1500M

PERSONAL BEST CHALLENGE PROGRAM BOYS & GIRLS				
AGE	EVENTS			
FB & 7	Long	Turbo	70m	100m
8	Long	Shot	70m	100m
9	Long	Shot	70m	100m
10	Long	Shot	100m	200m
11	Triple	Discus	100m	200m
12	Triple	Shot	100m	200m
13	Long	Shot	100m	200m
14	Triple	Discus	100m	200m
15	Long	Discus	100m	200m
16-17	Long	Javelin	100m	200m

FUNDRAISING & SET-UP ROSTER

Clubs can conduct fundraising activities during competition meets on the following days.

WEEK	DATE	FUNDRAISING ROSTER	SET-UP & CLEANING ROSTER
1	Sat 09/10/10	Kalamunda/Lesmurdie	High Wycombe
2	Sat 16/10/10	Kewdale	Kalamunda/Lesmurdie
3	Sat 23/10/10	Carlisle/Rivervale	Kewdale
4	Sat 30/11/10	Forrestfield	Carlisle/Rivervale
5	Sat 06/11/10	- Centre Fundraising -	Forrestfield
6	Fri 12/11/10 (T)	Kalamunda/Lesmurdie	High Wycombe
7	Sat 20/11/10	High Wycombe	Kalamunda/Lesmurdie
8	Sat 27/11/10	Carlisle/Rivervale	Kewdale
9	Sat 04/12/10	Kewdale	Carlisle/Rivervale
10	Fri 10/12/10 (T)	- Centre Fundraising -	Forrestfield
11	Sat 08/01/11 (T)	- Centre Fundraising -	High Wycombe
12	Sat 15/01/11 (T)	Forrestfield	Kalamunda/Lesmurdie
13	Sat 22/01/11 (T)	High Wycombe	Kewdale
14	Sat 29/01/11 (T)	Kalamunda/Lesmurdie	Carlisle/Rivervale
15	Fri 04/02/11 (T)	Kewdale	Forrestfield
16	Sat 12/02/11 (T)	Carlisle/Rivervale	High Wycombe
Ch1	SAT 19/02/11	Forrestfield	Kewdale (Set-up)
			Carlisle/Rivervale (Pack-up)
Ch2	SAT 26/02/11	High Wycombe	Forrestfield (Set-up)
			Kalamunda/Lesmurdie (Pack-up)
Ch3	SAT 12/03/11	- Centre Fundraising -	All Clubs (Set-up)
			All Clubs (Pack-up)

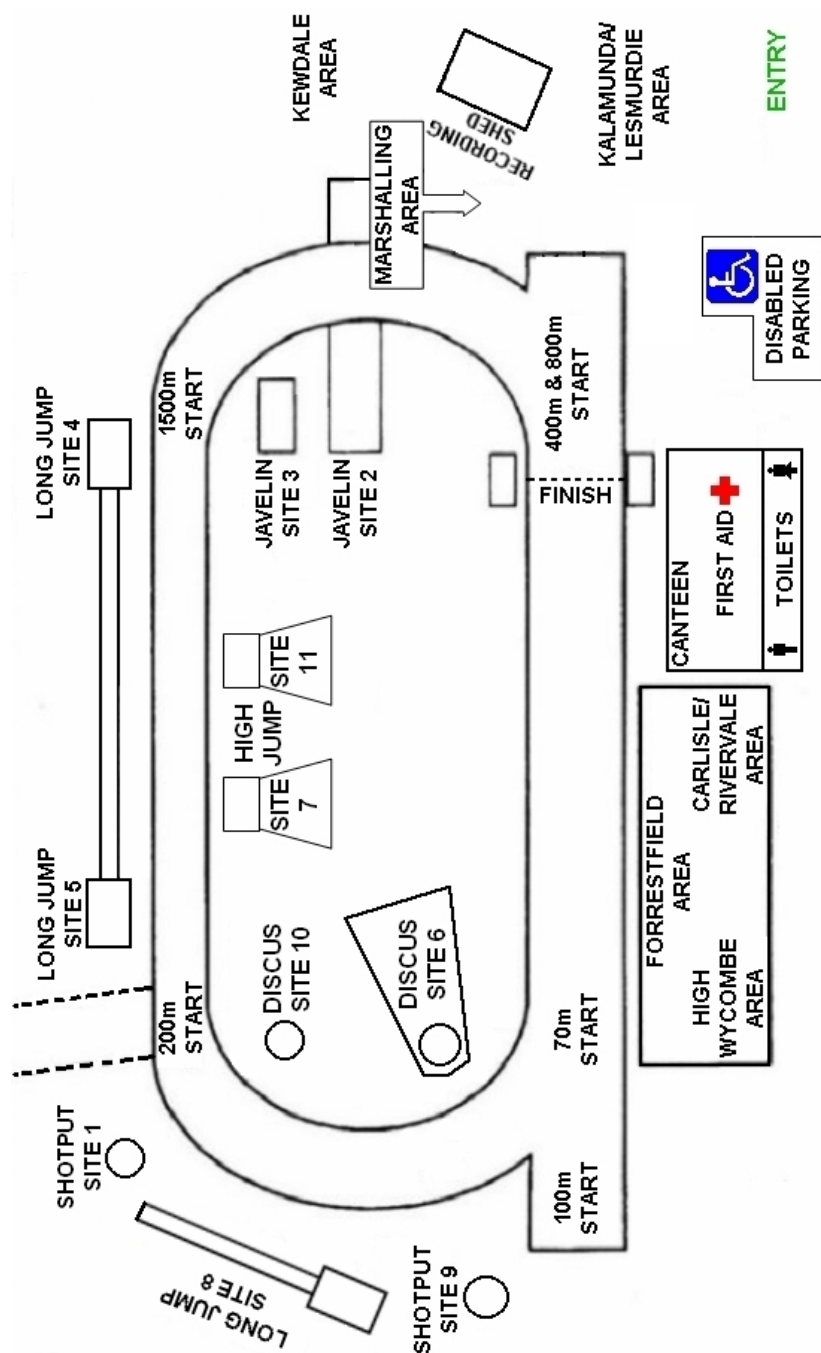
SET-UP AND CLEANING

ALL CLUBS are responsible for cleaning up **THEIR OWN** club area each week. The roster for Cleaning and Set-up Duties refers to the club required to do the following:

- Placing and removing rubbish bins in club areas.
- Hosing down the toilet block.
- Sweeping the First Aid room and veranda.
- Set up and put away tables for the Announcer and Officer for Officials.
- Set up and put away chairs for the timekeepers and recorders.
- Set up and put away site material & equipment.

NB: Each club may be required to provide one person for Canteen duty on their rostered day.

B.L.A.C. ARENA LAYOUT



**GERRY ARCHER
ATHLETIC TRACK**

CLUB SITE ROSTER

CLUB	EVENT	SITE
Carlisle-Rivervale	Javelin	2
	Long Jump	4
Forrestfield	Discus	6
	High Jump	11
High Wycombe	Shot Put	1
Kalamunda-Lesmurdie	Triple Jump	8
	Shot Put	9
	Discus	10
Kewdale	Turbo Javelin	3
	Long Jump	5
	High Jump (Scissor)	7

POSITION	CLUB	POSITION	CLUB
Chief Timekeeper	Craig Middleton-White	Chief Starter	Kalamunda/Lesmurdie
Short Track Timekeeper	Kewdale	Long Track Starter	Kalamunda/Lesmurdie
Finish Marshal (1)	Kalamunda/Lesmurdie	Short Track Marshal	Forrestfield
Finish Marshal (2)	Kalamunda/Lesmurdie	Long Track Marshal	Kalamunda/Lesmurdie
Long Track Timekeeper (1)	Carlisle/Rivervale	Asst. Recorder 1	Diane Wallace-Gibb
Long Track Timekeeper (2)	Carlisle/Rivervale	Asst. Recorder 1	Noreen Boyd
Chief Walks Judge	Max Rockliff	Walks Judges	One per Club (5)

Note: These are initial allocations for the start of the season and may be amended based on the number of registrations in each Club.

SIGNING ON:

The site roster is located near the Arena Manager's table. To reduce starting delays and endeavour to prevent children participating during the heat of the day, Officials and Assistants are required to sign on as early as possible at each meet.

Want to learn more about coaching? Try these FREE clinics.

Introduction to Coaching (ITC) Courses

Sunday 17th October 2010 – Eastern Hills LAC, Mundaring Weir Rec Centre, Mundaring
 Jumps and Throws 8.30am to 12.45pm
 Sprints, Hurdles, Relays and Middle Distance 1:30pm to 4:15pm
 Sunday 24th October 2010 - Dale LAC, Morgan Park, Armadale
 Sprints, Hurdles, Relays, Middle Distance 8.30am to 12.45pm
 Jumps and Throws 1:30pm to 4:15pm

A free basic introductory course for parents with little or no knowledge of athletics.

Specialised Coaching Clinics

Walks Clinic: Date: Sunday 10th October 2010
 Venue: Santich Park - Asquith Rd, Munster
 Time: 9am to 11am
 Relays Clinic: Date: Sunday 31st October
 Venue: Morgan Park - Ironcap Place, Armadale
 Time: 9am to 11am

CLINICS ARE FOR PARENTS ONLY - NO CHILDREN ALLOWED

BILL OF RIGHTS FOR YOUNG ATHLETES

Young athletes have the:

- Right to participate in sport regardless of ability level.
- Right to proper preparation for participation in the sport.
- Right to have qualified leadership.
- Right to an equal opportunity to strive for success.
- Right to participate in a safe and healthy environment.
- Right to be treated with dignity by all involved.
- Right to participate as a child and not as an adult.
- Right to have fun through sport.

PARENTS CODE OF CONDUCT

Parents should:

- Not force an unwilling child to participate in sport.
- Remember that children participate for their own enjoyment, not yours.
- Encourage your child to abide by the rules.
- Teach your child that honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Turn defeat into victory by helping your child towards skill improvement and good sportsmanship. Never ridicule or yell at your child for making a mistake or losing an event.
- Remember that children learn best by example. Applaud good performances by your own child and by other athletes.
- Not publicly question the official's judgement, and never their honesty.
- Support all efforts to remove verbal and physical abuse from children's sporting activities.
- Recognise the value and importance of volunteer coaches. They give their time and resources to provide recreation activities for your child.

GENERAL RULES OF THE BELMONT LITTLE ATHLETICS CENTRE

- 1 BEHAVIOUR OF CHILDREN:
 - (a) Disciplinary action will be taken against any children who:
 - i. Maliciously damage property or equipment.
 - ii. Gives verbal or otherwise abuse to Officials.
- 2 Clubs and parents are to ensure that children do not:
 - (a) Swing on the Double Gates or Turnstiles.
 - (b) Climb any fences.
 - (c) Go behind the Equipment/Recording Shed.
 - (d) Wander by themselves in the Car Park.
- 3 NO ONE is allowed behind any roped off areas without permission.
- 4 Complaints will not be considered unless the complaint is channelled through a Club Manager to the Arena Manager.
- 5 Spectators and Athletes must **NOT** tamper with the Public Address (PA) System.
- 6 Spectators and Athletes must respect each other's Club Area.
- 7 Adults are to encourage children to look after the toilet facilities, and not to play around with the water fountains.
- 8 Officials, parents and spectators are not permitted to smoke anywhere within the arena.
- 9 No skate boards, scooters, roller blades, roller skates, etc. are permitted to be used in and around the Centre on competition days. This includes the driveway and car-park areas.
- 10 Ball games or other activities which may interfere with the running of events or pose a hazard to others are not permitted. Failure to abide by a directive of an Executive Committee Member to cease such activities will result in the equipment being confiscated for the duration of competition.

RULES FOR COMPETITION

1. All athletes must be registered with a Club affiliated at the Belmont Little Athletics Centre.
2. All competitors must wear correct Club uniform with their Registration Number securely fastened to the front of their shirt and their Age Tag secured to the front left shoulder. No logos or insignias bigger than 4cm x 5cm are allowed on uniform bottoms. As per WALAA rules, compression pants may be worn under shorts **only** if they are plain black and finish above the knee.
3. Fully enclosed footwear is compulsory for all athletes whilst they are competing on any surface at the Belmont Centre.
4. A competitor may leave a field event once given permission by the Field Key Official to compete in a track event. On returning to the field event he or she must resume at the stage the event has reached in their absence.
5. On completion of a Track event athletes must report firstly to the Track Marshals and then to the Track Recorders to record their results. Once the athlete's result has been recorded they are to return to their Club area.
6. On completion of Field events athletes are to return immediately to their Club area.
7. Protests are to be presented by Club Managers in writing on official protest form to the Arena Manager and must be accompanied by the appropriate fee. The money will be forfeited should the complaint prove frivolous. A Protest Committee will deal with the complaint on the day.
8. Any misbehaviour by a competitor may result in a suspension for a period to be decided by the Executive Committee on the day.
9. Unless competing in an event or acting as an official, **no one** shall be allowed onto the arena or sites whilst events are being conducted. Failure to observe this rule may result in penalties to the Club or the offender. To be decided by the Executive Committee on the day, after completion of the day's program.
10. Athletes & Site Officials must at all times walk around the track and not across the centre of the Arena. Signs marked with an "X" indicate the only places athletes and officials may cross the track in order to get to sites.
11. Each affiliated Club must supply at least two officials one hour before the programmed start of the first event on the Club's Roster day to help put out equipment (including shade tents) and remain after competition is finished to assist in putting away equipment and generally clean up the grounds. Officials must report to the Technical & Equipment Officer on arrival.
12. Each affiliated Club must supply at least ONE official for every THREE REGISTERED athletes each week to assist in the running of the Program. These officials are to report to the Officer of Officials where they will sign on and be allocated duties. The 3:1 ratio is a minimum, and if Clubs are able to supply more officials it is appreciated.
13. Spikes:- Spike shoes are **not** permitted in the following events:
 - a) Flying B to under 10 – all events (may only wear shoes not capable of taking spikes)
 - b) Under 11 in LJ, TJ and HJ
 - c) Under 12 in LJ and TJ
 - d) Under 7-17 in track relay events
 - e) In all events that are not run entirely in lanes.Spikes must be carried to the start and removed at the end of all events.
14. Programmed events can be amended or cancelled at the discretion of the Arena Manager
15. Complaints on the day will be referred to the following:
 - a. Track events - CHIEF TRACK UMPIRE
 - b. Field events – CHIEF FIELD UMPIRE
16. Rules of competition are normally as per I.A.A.F. Rule Book, but modifications may be made for Centre competition.

RULES FOR B.L.A.C. CENTRE CHAMPIONSHIPS

1. To be eligible for Centre Championships, Athletes must have competed in an event at least three times at the weekly Inter Club competition.
Exceptions to this rule;
 - a. In the case of illness or injury during the season which prevents the athlete from competing. Club Managers must hand a letter or Doctor's certificate to the Championships Officer **at the time of illness or injury**. The Executive Committee will then determine if the athlete is eligible to compete.
 - b. If an athlete commences later in the season.
 - i. Commencement is defined as the date and time at which the athlete is registered with Belmont Little Athletics Centre.
 - ii. The athlete must compete in the nominated event each time it is held in the remaining weekly Inter Club competitions after commencing.
 - iii. The athlete must be registered no later than four weeks prior to the start of Centre Championships.
2. If an athlete transfers from another Little Athletics Centre they must produce evidence that they have competed in the nominated event such that the total number of times they have competed in that event at both centres totals three or more. The evidence must be such that it is able to be verified by the previous Little Athletics Centre and is subject to approval by the Executive Committee. If the athlete is transferring from another Perth metropolitan Centre the athlete must also be registered with Belmont Little Athletics Centre no later than four weeks prior to the start of Centre Championships. Metropolitan Centres are those centres defined by WALA as being in Zones 1, 2, 3 and 4.
3. All competitors must report to the marshalling area prior to the commencement of any event. If there is a genuine reason for an athlete being late, this must be reported to the Arena Manager by the Club Manager only.
4. Under 7 to Under 10 Athletes will have only three trials at all field events (except High Jump). Under 11 to Under 17 Athletes will have three trials at all field events (except High Jump) and the leading eight competitors in the event at the completion of the third round will then have a further three trials.
5. All protests must be reported through the Club Manager and are to be lodged with the Championships Officer within 20 minutes of the completion of the event with the appropriate fee.
6. The rules for competition at Centre Championships shall be those outlined in WALA's Rules for Competition of State Run Events. These rules may be amended or updated by WALA without notice or consultation.
7. An athlete's participation in the Centre Championships signifies that athlete's acceptance of the rules and conditions as set out by Belmont Little Athletics Centre and the Executive Committee.
8. Any circumstance not covered by the rules and conditions defined here-in shall be dealt with by the Executive Committee on a case-by-case basis.

RED CARDS

Red Cards are issued to athletes for breaches of Belmont Little Athletics Centre Rules, particularly General Rule 1; Behaviour of Children, and Rule for Competition 8 pertaining to misbehaviour and suspension. The Site Key Official will give an offending athlete one verbal warning only, a second offence shall result in the issue of a red card. The athlete will be asked to leave the site immediately and report to the Arena Manager. Any points from the site shall be forfeited for the day of the offence.

If an athlete receives a second Red Card on the same day then the athlete will not be permitted to compete in any further events for that day. Additionally all points for **all events** earned on the day of the offences shall be forfeited. Any offence may also be investigated and dealt with by the Centre Executive Committee and be subject to further disciplinary action.

BELMONT LITTLE ATHLETICS CENTRE SUPPORTERS

WA

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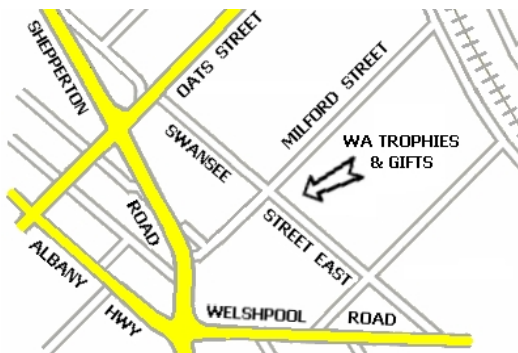
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EAST VICTORIA PARK 6101**

WA TROPHIES & GIFTS

Jenny and Chris are Belmont residents and have supported the Belmont Little Athletics Centre for over twelve years.

Please let them know you are from Belmont Little Athletics Centre when you visit.



GENERAL INFORMATION FOR ATHLETES AND PARENTS

SUNSMART POLICY

Participant's health is a primary concern of Belmont Little Athletic Centre. It is acknowledged that skin cancer is a major, yet preventable public health problem in Australia, with two out of every three people requiring treatment for some form of skin cancer in their lifetime. A preventative strategy including the following will be implemented in the Centre.

- Wherever possible, programmes will be scheduled to minimise ultraviolet radiation exposure of participants.
- The Centre will maximise use of natural shade from trees, buildings, and other structures including portable canopies or shade shelters.
- The Centre will promote personal protection including hats & long-sleeve shirts.
- Broad spectrum sunscreen will be made available at the sign-on desk.



GUIDELINES FOR STRETCHING

Start Relaxed: Don't begin stretching until you are relaxed & the muscles are fully warmed up.	Active Stretching Before Passive: Stretch to the full range before any additional force is used to get extra stretch.	Don't Hold Your Breath: Breathe naturally, calmly & relaxed.
Be Systematic: Start at the head & work down to the toes or start at the centre of the body & work out towards the hands & feet.	Use Variety: Different exercises for the various parts of the body can provide a break from the monotony of always doing the same exercises.	Allow for Individual Differences: Different bodies will need different emphasis in stretching. Different events also have different flexibility needs.
Progress From General To Specific: Do general stretching before moving onto event specific stretching.	Slow, Progressive Stretches: Ease into a stretch to the point where it is comfortable. It should never be painful. Don't bounce up & down at the limit of a stretch.	Stretch Regularly: Include stretching as a regular part of your warm up & cool down.

HEALTH & INJURY

During a Little Athletics competition athletes should always be in possession of a hat, wear a shirt to cover their shoulders when not competing, use an effective sun screen, and frequently drink plenty of fluids in small quantities, preferably water. Take special care of children in the hot summer sun.

If an athlete is sick or injured, experiencing pain or swelling, do not allow them to compete. If an athlete is unable to compete parents should give their Club Managers a letter or doctor's certificate, which will prevent the child being disadvantaged during Centre Championships.

The immediate treatment for a soft tissue injury is **R.I.C.E.**

R	est
I	ce
C	ompression
E	levation

If you have any doubts about the injury whatsoever, a doctor's advice should be sought immediately.

If an athlete falls during an event, do not pick them up until the cause of the injury has been determined. In particular, do not move any athlete who is experiencing back pain or numbness in the limbs. All injuries sustained at any Little Athletics Venue, either in training or competition must be reported to your Club Manager immediately.

FIRST AID POLICY

- The First Aid Officer must hold a current Senior First Aid Certificate, a copy of which must be must be held at the Centre.
- The First Aid Officer has the final decision on treatment of injured athletes.
- If a parent overrides the First Aid Officer, the parent is then responsible for removing the athlete to a doctor straight away.
- Serious injuries (eg: being impaled by a javelin, hit on the head by an implement, leg or back injury) are to be treated on site until the ambulance arrives. Athletes should not be moved.
- Parents are to be advised by the First Aid Officer that all injuries requiring more than a simple dressing are to be seen by their own doctor.
- All injuries must be reported to the Centre First Aid Officer so that they can be documented. Failure to report an injury may mean that an athlete, parent or Official is not covered by insurance.
- First Aid is for injuries sustained by athletes and parents during competition only. The First Aid Officer will not tape limbs or joints so that athletes can compete.

If you are injured – DO NOT COMPETE.

2010-2011 WALA STATE EVENTS

PMH RELAYATHON SATURDAY 6th NOVEMBER 2010

This event is organised by the West Australian Little Athletics Association to raise funds for Princess Margaret Hospital. Club Managers will pass on further information at the appropriate time. Clubs will be advised of the format for this event once it has been formalised. It is run in conjunction with the day's normal athletics competition.

PERSONAL BEST CHALLENGE DAY SUNDAY 14th NOVEMBER 2010

This event is held at the WA Athletics Stadium and is open to any athlete in the U7 to U17 age groups who did not win a medal at the previous year's State Track & Field Championships (not inclusive of Zones). A team of 2 to 8 athletes compete in a maximum of two events each and are required to wear their **Club uniform**, registration bib, age tag and IGA patch.

IGA STATE TRACK & FIELD RELAY CHAMPIONSHIPS SUNDAY 12th DECEMBER 2010

Each centre is eligible to nominate one team (min 4, max 5) for track relay and one team of 2, 3 or 4 athletes for the field relay per age group and gender. Track teams must be nominated before field. Athletes competing in the track relay may not compete in the field relay and vice versa. Athletes are required to wear their Centre uniform and IGA patches.

Events for track relay: 4 X 100m U/8-U/17
4 X 200m U/8-U/10
4 X 400m U/11-U/17

Events for field relay: Discus
Shot Put
Javelin
Long Jump

Volunteer coaches will select teams based on athlete performances at weekly competition.

STATE MULTI EVENT CHAMPIONSHIPS SUNDAY 6th FEBRUARY 2011

This event is held at WA Athletics Stadium for athletes U/11 and up. Athletes compete individually in five compulsory events. Points are awarded and accumulated according to performance, NOT placing, similar to the Heptathlon and Decathlon. Any number of athletes can represent a Centre and there is no selection criteria. Athletes are required to wear Centre uniform.

ZONE QUALIFYING HEATS & QUARTER FINALS SATURDAY 5th MARCH - SUNDAY 6th MARCH 2011

For athletes in the U10 to U15 age groups Zones are the heats and quarter finals of the State Track and Field Championships. Dependant upon the number of registered athletes in the Zone, the highest placed 4, 5 or 6 athletes in any event go on to the semi finals and finals of the State Track & Field Championships. Athletes in the U7 to U9 age groups only will compete for medals at this event and will not progress through to the State Track & Field Championships.

Belmont is in Zone 2 with the Gosnells, Melville and Southern Districts Centres. There are no selection criteria for Zones and BLAC encourages all athletes to compete. Many season personal bests are attained at Zones and it is a fantastic experience to compete against athletes from other centres at the culmination of the season. All clubs will be notified of the closing date for entries to Zones and States when they become available.

STATE TRACK & FIELD CHAMPIONSHIPS
SATURDAY 19th MARCH – SUNDAY 20th MARCH 2011

Semi-finals and finals are held at the WA Athletics Stadium for those athletes filling the first four or five places in the Zone Quarter-final of each event. Athletes from any or all of the Centres in the Zone may fill these places. The U16 & U17 age groups directly nominate for events.

U/13 LITTLE ATHLETICS NATIONAL CHAMPIONSHIPS
& U/15 MULTI EVENT NATIONAL CHAMPIONSHIPS

These Championships are held in a different state each year and are only open to U/13 and U/15 athletes. The WA Little Athletics Association selects the State Team of twenty-two U/13 athletes from the finalists of the State Track & Field Championships. Two U/15 Boys and two U/15 Girls are selected from the State Multi Event Championships and accompany the team to represent the state in the National Multi Event Championships.

U/14 & U/15 INTERNATIONAL CHAMPIONSHIPS

Team members must have won a gold, silver or bronze medal at the previous Track and Field, Multi Event, Cross Country or Road Walking Championships to be eligible for selection. Competition is held in either Singapore or Malaysia each year.

WINTER COMPETITION

The WA Little Athletics Association conducts a Cross Country Running and Road Walking Competition during the winter months at different locations throughout the metropolitan area. Held on alternating weekends, these events are open to all athletes U/7 and upwards, registered for the current season.

Competing athletes are required to wear Belmont Little Athletics Centre uniform. Athletes must compete in at least 5 events to be eligible for Winter Championships. Any further information can be obtained from the Winter Competition Officer. The winter season runs from April through to August. Please note that the U/7's do not compete in the State Winter Championships.

COACHING AND DEVELOPMENT CLINICS

Introduction to Coaching (ITC) Courses

Sunday 17th October 2010 – Eastern Hills LAC, Mundaring Weir Rec Centre, Mundaring	
Jumps and Throws	8.30am to 12.45pm
Sprints, Hurdles, Relays and Middle Distance	1:30pm to 4:15pm
Sunday 24th October 2010 - Dale LAC, Morgan Park, Armadale	
Sprints, Hurdles, Relays, Middle Distance	8.30am to 12.45pm
Jumps and Throws	1:30pm to 4:15pm

This is a free basic introductory course for parents with little or no knowledge of athletics.

Specialised Coaching Clinics

Walks Clinic:	Date: Sunday 10th October 2010 Venue: Santich Park - Asquith Rd, Munster Time: 9am to 11am
Relays Clinic:	Date: Sunday 31st October Venue: Morgan Park - Ironcap Place, Armadale Time: 9am to 11am

See your club manager for more details.







EVENT RULES AND SPECIFICATIONS

EVENT RULES

Although not always the case, event rules generally follow the IAAF rules, which are laid down in the IAAF Handbook. These rules may have been modified either for Little Athletics generally, or for local Centre competition. If in doubt you should consult your Club Manager, who can query the Arena Manager. The Arena Manager's decision in any dispute regarding the rules is final. The following notes give the major rules for each event - they may not cover all situations.

FIELD SITES

The **KEY SITE OFFICIAL** is responsible for ensuring that the correct equipment is on that site, and that shade tents, if required, are erected prior to the commencement of the program. The **Centre Record** is to be marked out prior to the commencement of each event. After completion of competition for that site officials are to assist by dismantling shade tents and ensuring that the equipment is ready to be returned to the equipment shed.

HIGH JUMP - (Note: This is intended as a guide only)

BOYS	U10	U11	U12	U13	U14	U15-17
Starting height	Lowest recorded personal best of all <i>competing</i> athletes					
Bar rises	6 x 5cm	6 x 5cm	6 x 5cm	6 x 5cm	6 x 5cm	6 x 5cm
Thereafter	2cm	2cm	2cm	2cm	2cm	2cm
GIRLS	U10	U11	U12	U13	U14	U15-17
Starting height	Lowest recorded personal best of all <i>competing</i> athletes					
Bar rises	6 x 5cm	6 x 5cm	6 x 5cm	6 x 5cm	6 x 5cm	6 x 5cm
Thereafter	2cm	2cm	2cm	2cm	2cm	2cm

APPARATUS:

Two Uprights - Cross bar - A Steel/Fibreglass measuring stick or tape - Landing Bags.

BEFORE COMPETITION:

- Chief Judge shall ensure that all aspects of landing area and run-up are safe for athletes.
- Bag should not be resting on base of uprights if possible. Ledges should be facing each other so that the bar may be dislodged either way.
- End of bar should be clear of upright to allow displacement. Mark top of bar so that it is replaced the same way up each time it has been dislodged.
- Ensure that both ends of the bar are the same height above the ground. Set the bar at the correct starting height. Measurement shall be checked with the measuring stick, perpendicular to the ground at the lowest point of the cross bar and to the top of the bar. (There may be a discrepancy of up to 5cm between measurement at the low point of the bar and the measurement on the upright).
- Check height after displacement and when bar is raised.
- Allow competitors a practise jump to check their run-up.

SCISSOR-KICK:

The U/10 & U/11 Age Groups must do the Scissors-Kick action, no other technique is allowed until older. The Scissor Kick style is defined as one where:

- The head of the competitor does not go over the bar before the feet:
- The head is not below the buttocks in clearing the bar:

- The hands do not touch the landing area before the feet touch down:

RECORDING:

For recording purposes, an **O** indicates the bar has been cleared, an **X** indicates a failure, and a – indicates the athlete did not jump.

INSTRUCTIONS TO COMPETITORS:

- Starting Height is given, plus increments to be used during competition.
- May commence jumping at any height.
- May pass on any height or any jump.
- Markers may be used as long as they are safe (i.e. flat) and they do not interfere with another athlete's run-up.
- An attempt must be completed within 60 seconds.
- Each competitor is allowed three attempts at each height, but is out of the competition after three consecutive failures are recorded regardless of height.

A FOUL WILL BE RECORDED:

- If the athlete touches the landing area beyond the plane of the uprights without jumping. Note: the plane extends two metres either side of the uprights.
- If the athlete dislodges the bar.
- If the athlete takes off from two feet.
- If a competitor, in jumping, touches but does not dislodge the cross bar, the judge should not pass the jump until he is satisfied that the bar will not fall from the supports. If the bar does fall and the judge is satisfied that an outside influence such as a gust of wind did not cause the displacement then it shall be recorded as a failure no matter what time has elapsed since the bar was touched. **Note:** On windy days the bar may be held in position by officials, but support must be removed when the athlete takes off to allow displacement. It is also helpful to set up the high jump side on to the oncoming wind.
- When one competitor is left, he/she may choose their own increments. He/she may be allowed to continue until he/she has recorded three failures and the last height cleared be recorded as the winning height.

TIE - BREAKING RULES:

- The competitor with the lowest number of jumps at which the tie occurs shall be awarded the higher place.
- If the tie still remains, the competitor with the lowest number of failures throughout the competition up to and including the height last cleared shall be awarded the higher place.
- If the tie still remains and concerns first place, the competitors tying should have one more jump at the height at which they failed, and if no decision is reached, the bar shall be lowered or raised to heights which shall be announced before the commencement of the competition. They shall have one jump at each height until the tie is decided. Competitors so tying must jump on each occasion.

LONG JUMP

TAKE-OFF:

- **METRE SQUARE, FLYING B - UNDER 9 AGE GROUPS:** The take-off in the Flying B's – Under 9 age groups is made from the area of a "Metre Square". The Metre Square should be placed so that the front end is 50cm from the Pit. The Square should be made as flush to the run-up as possible and fixed so that it does not shift when the competitors jump from it. The take-off in the under 10 - Under 12 age groups is made from the area of a "1/2 Metre Mat".
- **TAKE-OFF BOARD, UNDER 13 - 17 AGE GROUPS:** This group do not use the metre square but a 200mm wide and 1 metre long take-off board. The take-off board shall be not less than one metre from the edge of the landing area.

RUN-UP:

The run-up can be of unlimited length, but should be restricted to avoid wasting time. The run-up should be level and hard if possible to allow for fast running.

MARKERS:

Markers are not permitted on the runway, but can be used at the side.

RULES:

A foul may be recorded if;

- Any part of the competitor's take-off toe protrudes over the front line or side edge of the metre-square or board.
- After completing a jump the athlete walks back through the pit.
- In the course of landing the competitor touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump.
- The attempt is not completed within 60 seconds.
- Any type of somersaulting is used.
- A two-footed take off is legal if attempted.

MEASUREMENT:

- Measurements are made to the nearest cm below the metre square.
- The jump is measured from the break in the sand nearest to the take-off point (regardless of what part of the athlete's body made the mark) to the point of imprint of the athlete's take-off foot nearest to the landing point. A steel spike marks the landing point and the zero end of the tape is held at this break in the sand, the tape should be held horizontally from the level of the take-off point and pulled taut.
- If the athlete takes off before the metre square, then the jump shall be measured from the break in sand to the back edge of the metre square.

TAKE-OFF BOARD:

- All jumps shall be measured from the nearest break in the landing area made by any part of the body or limbs to the "take-off line" and at right angles to such line.
- If a competitor takes off before reaching the "take-off board" the jump is measured to the take-off line and at right angles to such line.
- The "take-off line" is the edge of the take-off board nearest the landing area.

TRIPLE JUMP - (Note: This is intended as a guide only)

TAKE-OFF:

- **½ METRE MAT, U10 – U12 AGE GROUPS:** The take-off in the U10 - U12 age groups is made from the area of a "1/2 Metre Mat".
- **TAKE-OFF BOARD, U13 – U17 AGE GROUPS:** These age groups use the 200mm wide and 1 metre long take-off board.

TAKE-OFF MAT / BOARD PLACEMENT:

The take off mat/board shall be placed at a distance from the landing pit whereby each athlete can land safely approximately 1 metre within the pit. Placement of the mat shall be in whole metres from the edge of the landing pit to the edge of the mat closest to the landing pit. The mat may be moved in 1m increments only – not half metres.

RUN-UP:

The run-up can be of unlimited length, but should be restricted to avoid wasting time. The run-up should be level and hard if possible to allow for fast running.

MARKERS:

Markers are not permitted on the runway, but can be used at the side.

RULES:

The Triple Jump must comply with the following definition:

HOP shall be made so that the competitor shall first land upon the same foot with which he shall have taken off, in the **STEP** he shall land on the other foot from which consequently the **JUMP** is performed'.

A foul Jump will be recorded if:

- Any part of the competitor's take-off toe protrudes over the front line or side edge of the metre-square or board.
- After completing a jump the athlete walks back through the pit.
- In the course of landing the competitor touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump.
- The attempt is not completed within 60 seconds.
- The competitor fails to land in the pit, (landing on the run-up constitutes a foul).

MEASUREMENT:

- Measurements are made to the nearest cm below.
- The jump is measured from the break in the sand nearest to the take-off point (regardless of what part of the athlete's body made the mark) to the point of imprint of the athlete's take-off foot nearest the landing point. A steel spike marks the landing point and the zero end of the tape is held at this break in the sand, the tape should be held horizontally from the level of the take-off point and pulled taut.
- If the athlete takes off before the metre square, then the jump shall be measured from the break in sand to the back edge of the metre square.
- All jumps shall be measured from the nearest break in the landing area made by any part of the body or limbs to the "take-off line- and at right angles to such line.
- If a competitor takes off before reaching the "take-off board" the jump is measured to the "take-off line" and at right angles to such line.
- The "take-off line" is the edge of the take-off board nearest the landing area.

TIES:

Ties are decided by referring to the next best jump of the competitors tying.

JAVELIN

Boys		Girls	
Flying B's, U7, 8, 9	Turbo Javelin	Flying B's, U7, 8 & 9	Turbo Javelin
U10, 11, 12	400gm	U10, 11, 12, 13	400gm
U13, 14, 15	600gm	U14, 15, 16, 17	600gm
U16, 17	700gm		

TO BE A VALID THROW & MEASURED:

- The Javelin must be held at the grip. It shall be thrown over the upper part of the throwing arm and must not be slung or hurled. Non-orthodox styles are not permitted.
- A fair throw is made when the tip of the metal head strikes the ground, within the sector, before any other part of the Javelin. **NB:** The javelin does not have to stick into the ground or leave a mark.
- A competitor may not cross either of the parallel lines of the runway, or the arc line, in throwing.
- After throwing, the competitor may leave the centre runway to either side provided that he/she does not cross the arc of the throwing sector. N.B. the athlete must not leave the runway until the javelin has touched the ground.
- If the javelin lands in the sector, then skids outside the sector, it is a good throw and is measured from the first point of contact.
- At no time after preparing to throw until the javelin has been discharged into the air, may the competitor turn completely round, so that his/her back is towards the throwing arc.

METHOD OF MEASUREMENT:

To be valid all throws must fall completely within the inner edge of lines marking the sector.

Measurements are made with the zero end of the tape at the nearest mark made (or point of contact) made by the head of the javelin.

- Measurements are made to the nearest centimetre below.
- Records will be ratified when existing records are bettered by 2cm or more.

TURBO JAVELIN

Boys & Girls; Flying Bees, Under 7, 8 & 9:

- The Turbo Javelin must be held at the grip. It should be held at head height and parallel to the ground. It should be directly beside your eye, just above your ear. Bring the javelin back while keeping the point facing forward as well as being level. Your opposite arm should be pointing in the direction that you intend to throw.
- Your next step is to throw the javelin. The javelin must be thrown from over the top of your shoulder, not from the side of your body.

SPECIAL TIPS:

Your best throws, technically will be when it is thrown easy and not hard.

You will obtain longer distances if you do not throw the javelin too high. Try and throw it at an angle which would parallel with 20 degrees, or just above the horizon.

- When throwing in a competition where you have a sector and a toe board, try to throw 2 metres before the line, so you have room to follow through.

TO BE A VALID THROW & MEASURED:

- A fair throw is made when the tip of the head strikes the ground, within the sector, before any other part of the turbo javelin. **NB:** The turbo javelin does not have to stick into the ground.
- A competitor may not cross either of the parallel lines of the runway or the arc line in throwing.
- After throwing, the competitor may leave the centre runway to either side provided that he/she does not cross the arc of the throwing sector.
- N.B. the athlete must not leave the runway until the turbo javelin has touched the ground.
- If the turbo javelin lands in the sector, then skids outside the sector, it is a good throw and is measured from the first point of contact.
- At no time after preparing to throw until the turbo javelin has been discharged into the air, may the competitor turn completely round, so that his/her back is towards the throwing arc.

METHOD OF MEASUREMENT:

- To be valid all throws must fall completely within the inner edge of lines marking the sector.
- Measurements are made with the zero end of the tape at the nearest mark made (or point of contact) made by the head of the turbo javelin.
- Measurements are made to the nearest centimetre below.
- Records will be ratified when existing records are bettered by 2cm or more.

DISCUS

Girls		Boys	
FB's & U7	350gm	FB's & U7	350gm
U8, 9, 10	500gm	U8, 9, 10	500gm
U11, 12, 13	750gm	U11, 12	750gm
U14, 15, 16, 17	1.0kg	U13, 14, 15 16	1.0kg
		U17	1.5kg

TO BE A VALID THROW & MEASURED:

- The throw must be commenced from a stationary position.
- The athlete may enter the circle from any direction, but must leave from the rear half.
- The athlete must not leave the circle until the implement has landed.
- The athlete must leave the circle from a standing stationary position.
- The athlete must not touch the circle or the ground outside the circle during the throw.
- The discus must fall so that the point of impact is within the inner edges of the lines marking the sector. It does not matter where the implements go after the first impact
- The implement must not be improperly released (e.g. dropped) during a trial.
- The attempt must be completed within one minute.

METHOD OF MEASUREMENT:

- The measurements are made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle along a line passing through the centre of the circle.
- The zero end of the tape is held where the implement lands.
- Measurements are made to the nearest centimetre below.
- Records will be ratified when existing records are bettered by 2cm or more.

SHOTPUT

Boys & Girls Flying B's, U7	1.0kg
Boys & Girls U8	1.5kg
Boys U9, 10, 11	2kg
Girls U9, 10, 11, 12	2kg
Boys U12, 13	3kg
Girls U13, 14, 15	3kg
Boys U14, 15, 16	4kg
Girls U16, 17	4kg
Boys U17	5kg

TO BE A VALID THROW & MEASURED:

- The throw must be commenced from a stationary position.
- The athlete may enter the circle from any direction, but must leave from the rear half.
- The athlete must not leave the circle before the implement has landed.
- The athlete must leave the circle from a standing stationary position.
- The athlete must not touch the circle or the ground outside the circle (or the top of the Stop board) during the throw.
- The Shot must fall so that the point of impact is within the inner edges of the lines marking the sector. It does not matter where the implements go after the first impact.
- The Shot must be held in one hand close to the chin when the athlete takes their stance to commence the trial and proximity maintained during the trial (approx 25mm - 1").
- The Shot must not be brought from behind the line of the shoulders.
- The implement must not be improperly released (e.g. dropped) during a trial.
- The attempt must be completed within one minute.

METHOD OF MEASUREMENT:

- The measurements are made from the nearest mark made by the fall of the implement to the inside of the circumference of the circle along a line passing through the centre of the circle.
- The zero end of the tape is held where the Implement lands.
- Measurements are made to the nearest cm below.

TRACK EVENTS

HURDLES

	B&G U6-U7	B&G U8-U9	B&G U10-U11	B&G U12
Total Distance	60m	60m	60m	60m
Hurdle Height	30cm*	45cm	60cm	68cm
Run In	12m	12m	12m	12m
Distance Between Hurdles	7m	7m	7m	7m
Run Out	13m	13m	13m	13m
Number of Flights	6	6	6	6

	B U13 G U13-14	B U14 G U15-16	B U15-U16 G U17	B U17
Total Distance	80m	90m	100m	110m
Hurdle Height	76cm	76cm	76cm	76cm
Run In	12m	13m	13m	13.72m
Distance Between Hurdles	7m	8m	8.5m	9.14m
Run Out	12m	13m	10.5m	14.02m
Number of Flights	9	9	10	10

	B&G U13	B&G U14-U17
Total Distance	200m	200m
Height	68cm	76cm
Run In	20m	20m
Distance Between Hurdles	35m	35m
Run Out	40m	40m
Number of Flights	5	5

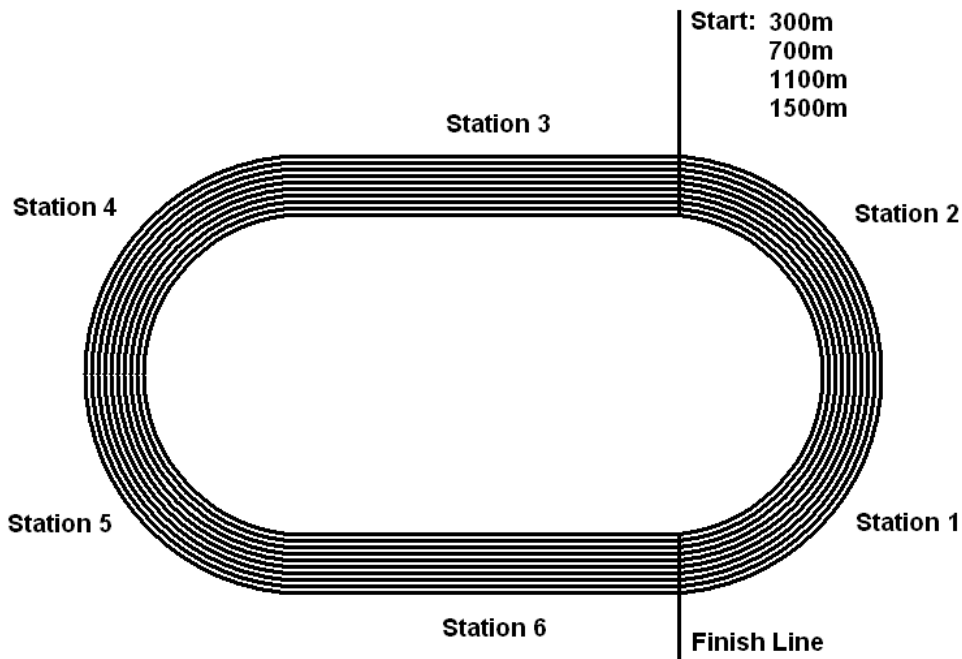
* **Note:** For safety reasons the U6 & U7 age groups use plastic training hurdles in their "Mini Hurdles" event which are a fixed 30cm high.

RACE WALKING

FB's, U7, U8 Boys & Girls	300m
U9 Boys & Girls	700m
U10, U11 Boys & Girls	1100m
U12 – U17 Boys & Girls	1500m

DEFINITION: Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

JUDGES: For track events a maximum of six (6) judges plus the Chief Judge are required. The placement of the judges is up to the Chief Judge. As a guide – one on each bend and one down each straight, all evenly spaced.



The Station 2 Judge assists the Chief Judge at the start and the Station 1 Judge assists the Chief Judge at the finish. The best position to take up is just on the outside of the track and follow the action of the legs, noting the foot's landing position, it's swing and the leg from the time the leg supports the body.

NB: Avoid extreme rear judging as it is misleading. As a general rule Judges (except the Chief Judge) should restrict their judging area to 45° before and 15° after directly in front of them.

Judges should look for two points:

1. Failure of the athlete to maintain contact with the ground.
2. Failure of the athlete to have a straight leg at first contact with the ground until in the vertical upright position.

Diagram 1 shows the leg to be extended straight in making contact with the ground. **This satisfies the rule.**

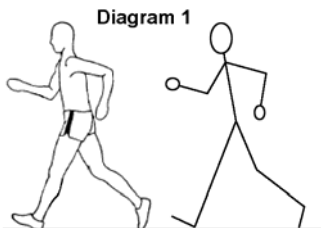


Diagram 2 shows the foot of the supporting leg flat out on the ground. The supporting leg is not vertically upright, being bent at the knee. **This does not satisfy the rule, & therefore it is not permitted.**

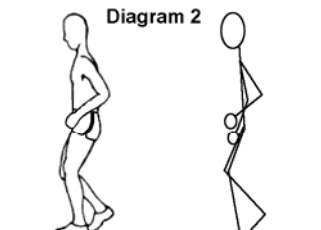
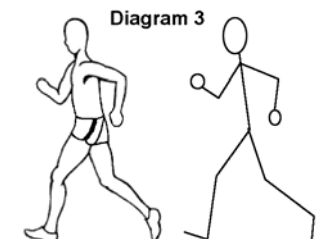


Diagram 3 shows both legs bent at the knee & they are never straight in any position, not even when the leg is supporting the whole weight of the body. **This does not satisfy the rule, & therefore it is not permitted.**



CAUTIONS:

A caution may be given to a competitor who by their actions is in danger of breaking the rules. A **Judge** can only caution a competitor **once** for being in danger of losing contact, and once being in danger of not having a straight leg at first contact with the ground until in a vertical upright position. A caution is given verbally, eg: "Caution No. 1, Knees".

REPORTS:

A report for disqualification is given by a **Judge** if the competitor is actually breaking the rules of Race Walking. A report is issued by the **Judge** calling out the competitor's number and telling the competitor they have been reported and what the infringement is. These reports are recorded on a pad and handed to the **Track Recorder** at the end of the race. The Track Recorder, upon receiving the Judge's reports, determines if there are any disqualifications and advises the **Chief Judge** of the race result. It is the **Chief Judge's** duty to inform an athlete of disqualification.

A judge can only report a competitor **once** for either contact or knees, eg: "Report No. 1, Contact". If a competitor does not hear the report this will not negate the report. Any competitor observed by a Judge running/jogging in a traditional manner shall be reported irrespective of where the judge is positioned relative to the competitor.

NB: Reports, not Cautions shall be given in the last 400m of a race.

DISQUALIFICATION:

A disqualification is brought about by the reporting of a competitor by;

- Any one Judge when three Judges (including the Chief Judge) are in use.
- Any two Judges when four Judges (including the Chief Judge) are in use.
- Any three Judges when five or more Judges (including the Chief Judge) are in use.

INFORMATION FOR PARENTS ASSISTING TIMEKEEPING

FUNCTION: To measure the elapsed time between the start of a race and the finish, whilst determining the order in which the competitors pass the finish line.

DEFINITIONS:

Start: At the first sign of smoke from the starter's gun, or sound if no smoke visible.

Finish: When any part of the runner's torso reaches the plane of the finish line.

Torso: That part of the body without head, neck, arms and legs.

Finish Line: A vertical plane running across all lanes, normally defined by a line marked on the ground and two vertical posts, one on each side of the track.

Dead Heat: When the appropriate judges agree that the torso of two or more runners cross the near edge of the finish line together.

NOTE: *Equal times do not necessarily indicate a dead heat.*

POINTS TO WATCH:

- Ensure you have a stop watch: -
 - (a) in good working order
 - (b) set at zero prior to start of race
- Hold the watch comfortably in the hand with the first joint of the forefinger on the start button.
- Take up the slack as the starter calls "Set".
- Do not develop an exaggerated pushing or shaking movement when starting or stopping the watch - a small movement of the forefinger will suffice.
- With about 30 metres of the race still to run, note the athlete or the lane you are timing and prepare to stop the watch (i.e. take up the slack).
- **Never reset your watch** prior to agreement being reached with either the Chief Timekeeper or other timekeepers.
- Always look at your watch prior to starting and remember to reset your watch to zero should a false start occur.

STARTING

EQUIPMENT: Earmuffs, Whistle, Starting Gun, Caps.

STARTER'S MARSHAL: The Starter's Marshal is in control of preparation of heats ready for Starter.

DUTIES: The Starter's Marshal's duties are as follows:

- (a) Receive athletes from the marshalling area.
- (b) Check athletes and age groups.
- (c) Count children and decide size of heats e.g. (14 children -1 x 6, & 2 x 4 or 2 x 5 & 1 x 4).
- (d) Use ranking sheets to allocate athletes to heats as above.
 - Children should not select their own lanes - place at random or use lane draw sheets.
 - Competitors waiting should be well back from starting line.
 - The Starter controls all aspects of starting. Decisions must be fair and correct at all times.

STARTING PROCEDURES FOR RACES UP TO AND INCLUDING 400M:

- Ensure that you have liaison with the Chief Timekeeper.
- Obtain the "all clear" from the Chief Timekeeper prior to each event. When all is ready use the whistle which will bring the competitors to the assembly line, they are then under the sole control of the Starter.
- In a clear voice, the athletes are given the command "**On your marks**". They will respond by moving up to the line and adopting their starting stance.

- When the Starter Is satisfied that each athlete has his/her fingers/toes behind, not on, the starting line and are steady, he will raise the gun to indicate to the Timekeepers that the start is imminent and in a softer tone issue the command “**Set**”.
- When the athletes are completely motionless, the gun is fired. Approximately, 2 seconds should elapse between the command “set” and the firing of the gun:-
 - a. to enable athletes to reach peak concentration, and
 - b. to enable the Starter to be sure all motion has ceased.

STARTING PROCEDURES FOR RACES 800M, 1500M:

- As above except the command is “on your mark” then the gun when the athletes are steady.

FALSE STARTS:

- If a competitor leaves his mark with hand or foot after the words “on your marks” in the case of massed starts, or “set” in the case of laned starts as the case may be, and before the gun is fired, it is a false start. If more than one athlete takes off, the first one to leave the mark is the one deemed to have “broken”. It is a natural instinct for others to follow. The athlete or athletes responsible must be cautioned.
- Two false starts (breaks) by the same athlete lead to disqualification from the event.
- If an athlete moves off or leaves his/her mark simultaneously with the firing of the gun they have gained an unfair advantage and thus have “broken”. This is the only situation where the recall gun (second shot) is used.

GENERAL NOTE

No athlete may commence any trial, in any event, until the official has given permission to do so. Safety rules must be observed at all times.

TIE-BREAKING RULES

In Field Events where the result is determined by distance, the second best performance of the competitors tying shall resolve the tie, then (if necessary) the third best and so on.

YEARLY AWARDS SELECTION CRITERIA

B.L.A.C. INTER-CLUB CERTIFICATES & PENNANTS

At the conclusion of each season certificates are awarded to each group (boys & girls) who achieve the highest number of overall points for their age and gender. Points awarded are those gained during normal Inter-Club competition. Points will be awarded to the first nine places in every event (i.e. 1st 10pts, 2nd 9pts, 3rd 8pts, 4th 7pts, 5th 6pts, 6th 5pts, 7th 4pts, 8th 3pts and 9th 2pts) and one point to each competing athlete thereafter. All points and rankings will be determined by computer.

The French Family Trophy will be awarded to the Club gaining the most points overall and the Joy Hardman Trophy will be awarded to the Club gaining the highest point score average per registered athlete. The club winning the Overall Points Trophy is **not eligible** to win the Handicap Trophy.

B.L.A.C. 100, 200, 300, 400, 500, 600 & 700 CLUB BADGE AWARDS

The "100" Club badge is awarded to an athlete after competing in 100 events. This is a continuous award and points carry forward from one season to the next. One point is awarded for each event completed. After completing 200, 300, 400, 500, 600 and 700 events respectively a Club Badge is awarded. These Club Badges are awarded once only to each athlete.

It is the responsibility of individual Clubs to keep a tally of their athlete's events. Clubs must nominate athletes on the appropriate signed form and submit it to the Centre Secretary. The Centre Secretary will give the badges and names to the Arena Manager for presentation during the normal weekly competition. Athletes must be in attendance to receive their badge. Events completed during Opening Day and Centre Championships do not count toward this award.

B.L.A.C. SPORTSPERSON OF THE YEAR AWARD

This award is selected by the Mayor of Belmont from nominations submitted by each of the Clubs based on the following criteria:

- The Athletes nominated for this award are to be those who put in a consistent effort and show dedication to all aspects of Little Athletics without being the Athletes who win events or excel regularly.
- It is expected that the nominees will be those children who don't win every week, but who still show a keen interest in attending both training and competition. They will exhibit a willingness to participate and be cheerful and dedicated to athletics, although they don't receive recognition in the form of trophies, medals, etc.

The Sportsperson of the Year Award aims to encourage these children to continue to enjoy participating for participation's sake and to recognise their commitments and dedication in continuing even if they don't achieve great results in competition. Only one nomination per Club may be submitted.

B.L.A.C. LIFE MEMBERSHIP

Nominations and full resume must be forwarded from the respective Club to the Centre Executive at least one month prior to the Centre AGM and must be endorsed at a meeting of that Club. The nominee must have served a minimum of ten (10) years service with at least four (4) years at Centre Executive level. Meritorious service will be a mandatory prerequisite.

B.L.A.C. ATHLETE AWARDS

In recognition of dedication and commitment to little athletics, the Belmont Centre presents all athletes with an award at the conclusion of their sixth and ninth continuous year. To be nominated, recipients must be in their seventh or tenth season respectively. Awards are presented at the end of the season following qualification.

W.A.L.A. PARENT AWARDS

The West Australian Little Athletics administers Three (3), Six (6), Ten (10) and Twenty (20) Year Parent Service Awards. These are issued at the end of three, six, ten or twenty full years of service respectively. B.L.A.C. receives nominations of eligible parents from affiliated Clubs. To be nominated, recipients must be in their fourth, seventh, eleventh or twenty-first season respectively. Awards are presented at the end of the season following qualification.

1500m INVITATIONAL

The 1500m Invitational event is held on the first competition day in January each year. The event is open to all registered WALA athletes who have obtained a personal best for the 1500m event in the current season and have registered that personal best with the BLAC Records & Ranking Officer at least one week prior to the event. Athletes are run off of a handicapped start based on these times.

CHRISTMAS GIFT

The Christmas Gift was inaugurated in the 1997/98 season. This is a handicap sprint race run over 100 metres for scratch markers with all other runners being handicapped forward by the handicapper according to times run during the current season. The fastest athletes from each sex and age group are invited to participate in a series of heats culminating in the finals consisting of the first four runners in each heat.

Previous Winners:

SENIORS (U10 – U17)

Year	Boys	Girls
1997	Ben Castle (Forrestfield)	Nicole Stone (Kewdale)
1998	Bryn Stewart (Kewdale)	Oliva Chester (High Wycombe)
1999	Scott Boyle (Belmay)	Jenelle Brand (Forrestfield)
2000	Craig Luckens (Belmay)	Lauren Taylor (Kewdale)
2001	Jake Broughton (Carlisle/Rivervale)	Emma Forward (Belmay)
2002	Brett Van Groningen (Kalamunda-Lesmurdie)	Casey Savill (Forrestfield)
2003	Daniel Webb (High Wycombe)	Stephanie Lam (Kewdale)
2004	Ryan Suckling (Forrestfield)	Emma Trail (Forrestfield)
2005		Tayla Van Zuilecom (Forrestfield)
2006	Patrick Hughes (Carlisle/Rivervale)	Emily Webb (High Wycombe)
2007	James Maxwell (Carlisle/Rivervale)	Ashley Parkinson (Kewdale)
2008	Peter Murphy (Kewdale)	Stephanie Lam (Kewdale)
2009	Tim Iffla (Forrestfield)	Stephanie Lam (Kewdale)

JUNIORS (U6 – U9)

Year	Boys	Girls
2002	Matthew Hoogenkamp (Kalamunda-Lesmurdie)	Siobhan Spargo (Forrestfield)
2003	Matthew Kang (High Wycombe)	Tayla Van Zuilecom (Forrestfield)
2004	Benjamin Farr (Kewdale)	Tahlia Cornelius (High Wycombe)
2005	Liam Johnston (Carlisle-Rivervale)	Rose-Marie Rechichi (Kewdale)
2006	Riley Partington (High Wycombe)	Sarah Fryer (Carlisle/Rivervale)
2007	Jake Moffitt (Kewdale)	Serena Elms (Kewdale)
2008	Connor Van der Merwe (Kalamunda/Lesmurdie)	Zarina Faridzal (Carlisle/Rivervale)
2009	Tyler Clatworthy (High Wycombe)	Hana Vanek (Kalamunda/Lesmurdie)

CENTRE RECORDS

PLEASE NOTE: Records are current at time of printing. Official records are kept by the Records and Rankings Officer. Any records broken are subject to official confirmation by the Chief Track and Field Umpires and/or Chief Timekeeper in consultation with the Records and Rankings Officer.

BOYS

60m Mini Hurdles

F/B's	L. Pavlinovich	14.14
U7	J. Elms	11.79

60m Hurdles

U8	R. Doyle	10.94
U9	R. Doyle	10.35
U10	R. Doyle	10.54
U11	D. Petts	9.91

U12	A. Korol	9.97
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80m Hurdles

U13	M. Webber	12.46
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90m Hurdles

U14	C. Luckens	12.94
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100m Hurdles

U15	A. Sampey	13.46
U16	C. Luckens	13.30
U17	L. Deuna	14.63

110m Hurdles

U17	C. Luckens	15.70
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200m Hurdles

U13	M. Webber	28.31
U14	B. McInerney	28.55
U15	C. Luckens	26.44
U16	C. Luckens	26.10
U17	J. Westwood	26.15

70m

F/B's	J. Elms	13.40
U7	M. Vlahov	11.20
U8	C. O'Hello	10.80
U9	J. Claite	10.10
U10	J. Claite	eq.10.00
	P. Hodgson	eq.10.00

100m

F/B's	J. Elms	19.73
U7	M. Vlahov	15.87
U8	J. Claite	14.80
U9	C. Vlahov	14.28
U10	C. Hawksworth	13.59
U11	M. Rowe	13.47
U12	T. Martin	12.90
U13	M. Webber	11.84
U14	T. Mitchell	11.86
U15	T. Hunter	11.32
U16	S. Boyle	11.31
U17	A. Sampey	10.91

200m

F/B's	J. Elms	42.15
U7	M. Vlahov	34.41
U8	J. Claite	31.00
U9	G. Dowding	eq. 30.30
	J. Claite	eq. 30.30
U10	J. Claite	29.10
U11	E. Smith	28.00

GIRLS

60m Mini Hurdles

F/B's	H. Vanek	13.94	2010
U7	A. Ravenscroft	12.81	2008

60m Hurdles

U8	I. Howes	11.78	2005
U9	V. Gregory	11.18	1998
U10	C. Simpkins	11.30	1998
U11	C. Boyanich	eq.11.12	1995
	I. Valuri	eq.11.12	2008
U12	J. Ward	10.03	2004

80m Hurdles

U13	J. Ward	13.24	2005
U14	A. Grayson	13.39	2008

90m Hurdles

U15	K. Dungle	14.24	1993
U16	F. Duncan	16.42	1998
U17	F. Duncan	16.85	1999

100m Hurdles

U17	K. Madden	18.65	2007
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200m Hurdles

U13	S. Webster	30.80	2009
U14	Z. Edwards	31.17	2002
U15	M. Korol	31.14	2000
U16	S. Lam	30.63	2009
U17	K. Madden	33.02	2006

70m

F/B's	B. Hodge	13.64	2001
U7	A. O'Flanagan	11.63	1988
U8	A. Fulton	10.90	1978
U9	A. O'Flanagan	10.62	1990
U10	A. O'Flanagan	10.18	1990

100m

F/B's	B. Hodge	19.57	2000
U7	A. O'Flanagan	17.15	1987
U8	T. Heys	15.40	1976
U9	K. Bryan	14.70	1974
U10	S. Wijesundera	14.30	1974
U11	D. Coplen	13.60	1991
U12	S. Wijesundera	13.30	1976
U13	N. Winning	12.40	1981
U14	L. Nix	13.00	1985
U15	L. Thornton	12.66	1987
U16	K. Madden	12.96	2005
U17	K. Madden	12.99	2006

200m

F/B's	B. Hodge	42.19	2000
U7	A. O'Flanagan	35.81	1988
U8	M. Brignoli	33.00	1971
U9	K. Bryan	31.10	1974
U10	S. Wijesundera.	29.50	1974
U11	S. Wijesundera.	29.00	1976

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2010-2011 SEASON

BOYS

U12	T. Martin	26.20
U13	T. Martin	25.20
U14	A. Sampey	24.72
U15	T. Hunter	22.79
U16	C. Luckens	23.58
U17	A. Sampey	22.70
400m		
F/B's	B. Roche	1:50.66
U7	J. Elms	1:30.00
U10	J. Claitte	1:06.20
U11	N. Harman	1:04.40
U12	T. Martin	1:00.70
U13	B. Renton	57.30
U14	A. Sampey	55.39
U15	S. Boyle	53.93
U16	S. Boyle	53.53
U17	A. Sampey	51.80
600m		
U8	A. Harold	2:06.80
U9	G. Okkers	1:59.18
800m		
U9	B. Jarvis	2:48.75
U10	A. Hall	2:33.66
U11	S. Buist	2:30.60
U12	B. Renton	2:19.20
U13	B. Renton	2:14.30
U14	M. McDowell	2:10.85
U15	T. Blake	2:04.95
U16	D. Steer	2:15.00
U17	C. Dale	2:03.94
1500m		
U11	J. Brnich	5:05.20
U12	B. Renton	4:49.00
U13	B. Renton	4:40.70
U14	B. Skinner	4:31.81
U15	J. Wiebrecht	4:24.20
U16	C. Wells	4:51.10
U17	C. Dale	4:17.61
300m Walk		
F/B's	M. Jones	2:23.69
U7	C. Osborne	2:02.50
U8	T. Clatworthy	2:00.62
500m Walk		
F/B's	C. Coates	3:41.25
U7	J. Rush	3:21.15
U8	L. Ferguson	2:58.80
700m Walk		
U9	S. Fraser	eq. 4:02.00
	L. Ferguson	eq. 4:02.00
1100m Walk		
U10	J. Westwood	6:21.40
U11	A. Korol	6:45.39
1500m Walk		
U12	L. Ferguson	7:26.93
U13	R. Crockett	7:20.00
U14	B. Hore	7:03.73
U15	B. Hore	6:24.65
U16	J. Pratten	7:43.77
U17	S. Green	8:58.88
Long Jump		
F/B's	Y. Kassem	2.91m
U7	V. Elliott	3.23m
U8	A. Harold	3.73m
U9	P. Lewkowski	4.40m

GIRLS

U12	T. Walsh	27.60	1986
U13	N. Winning	eq. 26.90	1981
	T. Heys	eq. 26.90	1981
U14	K. Smetherham	27.40	1986
U15	L. Thornton	26.85	1987
U16	K. Madden	27.57	2006
U17	F. Duncan	26.75	1998
400m			
F/B's	H. Vanek	1:53.31	2010
U7	E. McBroom	1:36.20	2010
U10	M. Brignoli	1:08.70	1973
U11	S. Wijesundera.	1:06.50	1975
U12	O. Allen	1:04.10	1973
U13	M. Brignoli	1:02.40	1976
U14	J. Opie	1:02.43	1991
U15	T. Walsh	1:00.95	1988
U16	K. Madden	1:06.74	2006
U17	F. Duncan	1:05.76	1999
600m			
U8	K. Pickett	2:13.07	2005
U9	J. Fife	2:12.70	1993
800m			
U9	K. Pickering	3:01.75	1994
U10	J. Sinclair	2:38.71	1990
U11	M. Brignoli	2:36.20	1974
U12	M. Brignoli	2:28.00	1974
U13	O. Allen	2:25.90	1974
U14	J. McSherry	2:29.63	1991
U15	J. McSherry	2:25.88	1992
U16	K. Wedge	2:43.00	2004
U17	K. Short	2:44.25	2010
1500m			
U11	C. Tunstall	5:16.20	1974
U12	C. Tunstall	5:15.20	1974
U13	O. Allen	5:05.80	1974
U14	T. Walsh	5:21.10	1987
U15	T. Walsh	5:15.71	1988
U16	K. Wedge	5:41.20	2005
U17	K. Wedge	6:03.41	2006
300m Walk			
F/B's	H. Vanek	2:16.42	2009
U7	Z. Faridzal	2:14.11	2008
U8	S. Vanek	1:54.13	2008
500m Walk			
F/B's	R. Boyanich	3:46.55	1999
U7	R. Boyanich	3:19.50	2001
U8	R. Doyle	3:00.98	2001
700m Walk			
U9	J. Marsh	4:04.61	1997
1100m Walk			
U10	C. Guest	7:10.67	2002
U11	M. Ransome	7:17.74	1996
1500m Walk			
U12	M. Maher	7:52.60	1976
U13	C. Tunstall	7:14.00	1975
U14	S. Romeo	7:15.00	1983
U15	L. Rorneo	7:16.88	1989
U16	B. Fare	9:35.38	2009
U17	B. Fare	10:03.46	2010
Long Jump			
F/B's	R. Boyanich	2.65m	1999
U7	A. O'Flanagan	2.99m	1988
U8	S. Wijesundera	3.56m	1972
U9	A. Fulton	3.85m	1978

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2010-2011 SEASON

BOYS

U10	A. McDowell	4.47m
U11	M. Allen	4.60m
U12	S. Dennon	5.20m
U13	A. Sampey	5.66m
U14	S. Boyle	6.09m
U15	A. Sampey	6.48m
U16	A. Sampey	6.19m
U17	A. Sampey	6.73m

Triple Jump

U10	P. Hickey	9.32m
U11	C. Vlahov	eq. 9.90m
	R. Prah	eq. 9.90m
U12	P. Hickey	10.78m
U13	S. Dennon	11.17m
U14	P. Beattie	11.93m
U15	A. Sampey	12.65m
U16	B. Castle	13.18m
U17	A. Sampey	12.53m

High Jump (Fosbury Flop)

U10	T. Mackie	1.34m
U11	S. Anderson	1.45m
U12	S. Anderson	1.58m
U13	S. Anderson	1.67m
U14	S. Anderson	1.77m
U15	B. Castle	1.79m
U16	B. Castle	1.85m
U17	J. Kirkup	1.87m

High Jump (Scissor Kick)

U10	C. Hall	1.23m
U11	A. Harold	1.35m

Shot Put

F/B's	C. Fare	4.42m
U7	T. Sugden	6.49m
U8	M. Vlahov	7.55m
U9	D. Taylor	eq. 9.14m
	J. Magdic	eq. 9.14m
U10	J. Magdic	10.50m
U11	J. Magdic	10.98m
U12	T. Abreu	10.67m
U13	S. Luckens	13.96m
U14	S. Luckens	14.74m
U15	S. Luckens	15.33m
U16	S. Luckens	14.24m

U17 S. Luckens 13.67m 2000

Bean Bag

U7	K. Gray	17.62m
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Discus

F/B's	R. Watson	12.18m
U7	M. Boyle	17.73m

U8	M O'Hello	23.14m
U9	E. Carroll	28.30m
U10	D. Ogg	33.67m
U11	D. Millar	31.46m
U12	D. Ogg	36.92m
U13	T. Abreu	36.30m
U14	T. Abreu	49.69m
U15	P. Sarich	51.90m
U16 (1.5Kg)	C. Luckens	44.51m
U16 (1.0Kg)	T. Iffla	30.33m
U17	S. Luckens	39.56m

GIRLS

U10	S. Wijesundera	4.21m
U11	S. Wijesundera	4.52m
U12	C. Boyanich	4.72m
U13	J. Taputoro	4.94m
U14	J. Casey	5.18m
U15	C. Palmer	5.04m
U16	J. Hogen-Esch	4.79m
U17	K. Fiorini	4.47m

Triple Jump

U10	S. Wijesundera	9.22m
U11	C. Boyanich	9.67m
U12	D. Coplen	9.87m
U13	J. Taputoro	10.49m
U14	J. Casey	10.72m
U15	C. Palmer	10.57m
U16	J. Hogen-Esch	9.94m
U17	F. Duncan	9.81m

High Jump (Fosbury Flop)

U10	T. Walsh	1.27m
U11	C. Boyanich	1.49m
U12	C. Boyanich	1.54m
U13	C. Boyanich	1.65m
U14	C. Boyanich	1.72m
U15	C. Boyanich	1.70m
U16	J. Hogen-Esch	1.40m
U17	H. Kentish	1.37m

High Jump (Scissor Kick)

U10	N. Hewett	1.17m
U11	N. Hewett	1.28m

Shot Put

F/B's	R. Boyanich	3.97m
U7	R. Rockliff	5.44m
U8	R. Boyanich	6.83m
U9	V. French	8.76m
U10	V. French	9.36m
U11	V. French	11.46m
U12	V. French	13.57m
U13	V. French	12.41m
U14	V. French	13.71m
U15	C. Palmer	13.92m
U16 (4Kg)	J. Hogen-Esch	10.22m
U16 (3Kg)	D. Short	7.25m
U17	M. Dwyer	8.97m

Bean Bag

U7	J. Salmon	12.52m
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Discus

F/B's	R. Boyanich	10.90m
U7	J. Avins	eq.13.74m
	R. Boyanich	eq.13.74m
	L. Castle	eq.13.74m
U8	V. French	21.95m
U9	V. French	28.91m
U10	V. French	30.12m
U11	V. French	31.18m
U12	V. French	38.78m
U13	V. French	41.30m
U14	V. French	45.54m
U15	C. Palmer	44.70m
U16 (1.5Kg)	J. Hogen-Esch	26.92m
U16 (1.0Kg)	M. Hoogenkamp	32.31m
U17 (1.0Kg)	B. Fare	16.80m

BOYS**Turbo Javelin**

F/B's	Y. Kassem	10.62m
U7	J. Elms	15.47m
U8	A. Harold	21.61m
U9	C. Vinci	28.05m

Javelin

U8	S. Cannon	20.72m
U9	I. Waters	26.00m
U10	J. Madgic	34.68m
U11	J. Magdic	37.32m
U12	T. Abreu	42.94m
U13	D. Ogg	44.86m
U14	S. Luckens	52.20m
U15	A. Hall	56.10m
U16	A. Hall	63.72m
U17	A. Hall	63.87m

GIRLS**Turbo Javelin**

2003 F/B's	R. Boyanich	8.00m	1999
2007 U7	R. Boyanich	11.92m	2000
1998 U8	R. Boyanich	15.59m	2001
2009 U9	R. Frame	16.24m	2007

Javelin

1974 U8	S. Wijesundera	17.55m	1973
1978 U9	A. Robinson	22.96m	1979
1996 U10	V. French	26.98m	1980
1997 U11	V. French	31.50m	1981
1997 U12	V. French	39.52m	1982
1981 U13	J. Davies	32.01m	2009
1997 U14	V. French	40.01m	1984
1997 U15	C. Palmer	41.36m	1986
1998 U16	J. Hogen-Esch	32.56m	1998
1998 U17	O. Chester	29.06m	1999

OPEN RECORDS

Visitors or Belmont athletes at Inter-Centre Meetings may set these records. An inaugural open record is created when an existing Belmont Centre record is broken.

BOYS

60m Hurdles

U10	M. Leask (Bay)	10.62	2000
U11			
U12			
U13	D. Gianottl (Ing)	9.50	1974

110m Hurdles

U15	D. Paranawitane (Bay)	13.75	1993
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200m Hurdles

U13	M. Webber (Bel)	28.38	2003
U14			
U15			
U16			
U17	J. Westwood (Bel)	26.26	2000

70m

U8	M. Howat (Bal)	10.40	1986
U9	P. Hickey (Bel)	10.10	1986

100m

U8	J. Claite (Bel)	14.60	1976
U9	D. Dewitt (Ham)	14.40	1979
U10	J. Claite (Bel)	13.80	1977
U11	D. Lines (Mel)	13.70	1973
U12	A. Watson (Bel)	12.80	1977
U13	A. Wong (Mel)	11.85	1988
U14	H. Nguyen (Bal)	11.55	1988
U15	S. Michael (Mel)	11.50	1988
U16			
U17			

200m

F/B's	T. Baker (Bel)	49.46	2000
U8	J. Claite (Bel)	31.10	1976
U10	S. Lennon (S.D)	27.90	1983
U15	C. Luckens (Bel)	28.66	2000

400m

U11			
U13	B. Renton (Bel)	57.50	1979
U14	J. York (Bal)	57.44	1991
U15	R. Johnson (S.D)	53.42	1988

800m

U12	C. Masten (S.D.)	2:12.29	2002
U14	B. Skinner (Bel)	2:13.66	1992
U16	D. Steer (Bel)	2:17.80	2001

1500m

U11	N. Harman (Bel)	5:11.10	1973
U12			
U13	B. Renton (Bel)	4:41.10	1979
U14	D. Spiers (Ham)	4:23.80	1985
U16	B. Chrystie (Gos)	4:48.41	2002

500m Walk

U8	J. Burton (Mel)	2:53.40	1981
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700m Walk

U9	S. Brennan (Ing)	3:47.60	1981
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1100m Walk

U10	M. Leask (Bays)	6:18.41	2000
U11	A. Korol (Bel)	7:00.03	1999

1500m Walk

U12	J. Leeflang (Ham)	7:33.70	1980
U13	R. Crockett (Bel)	7:16.30	1981
U14	B. Hore (Bel)	7:13.57	1989
U15	B. Hore (Bel)	6:50.59	1990

GIRLS

60m Hurdles

U10	P. Keeley (Gos)	11.54	2000
U11			
U12	J. Ward (Bel)	10.15	2003
U13			

200m Hurdles

U13	S. Migro (Bays)	32.57	2001
U14			
U15	M. Korol (Bel)	31.29	2000
U16	K. Morris (Gos)	36.89	2000
U17			

70m

F/B's	B. Hodge (Bel)	13.64	2001
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100m

U8	R. Starceвич (Ham)	15.50	1979
U10	K. Wheeler (K/way)	14.20	1990

U14	Y. Zaw (S.D.)	12.52	2002
U15	M. Tobin (K/way)	12.36	1990
U16	S. Milford (S.D.)	12.66	2002
U17	F. Duncan (Bel)	16.85	1999

200m

F/B's	F. Jose (Bel)	45.30	2000
U8	R. Starceвич (Ham)	32.10	1979
U10	S. Wijesundera (Bel)	30.00	1975
U15			

400m

U11	M. Fowler (Mel)	1:07.20	1973
U13	M. Brignoli (Bel)	1:02.00	1976
U14	R. Beckham (K/way)	1:01.80	1993
U15	T. Walsh (Bel)	59.95	1988

800m

U14	A. Milne (S.D)	2:25.50	1983
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1500m

U12	M. Prestidge (Bel)	5:31.40	1973
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500m Walk

U8	S. Seaman (SD)	3:05.90	1980
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700m Walk

U9	N. Edwards (Ham)	3:55.90	1981
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1100m Walk

U10	T. House (Bays)	6:59.90	2001
U11	A. Roddy (K/way)	6:07.49	2002

1500m Walk

U12	P. Kennedy (K/way)	7:22.20	1981
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BOYS

Long Jump

F/B's	B. Wedge (Bel)	2.15m	2001
U9	G. Hood (Bel)	4.08m	1973
U10			
U11	N. Harman (Bel)	4.60m	1973
U12			
U13	A. Wong (Mel)	5.79m	1978
U14	P. Nguyen (Bal)	5.79m	1989
U15	D. Paranawitane (Bay)	6.07m	1993
U16			
U17	A. Hall (Bel)	5.81m	1999

Triple Jump

U14	D. Gaby (E.G)	11.20m	1988
U15			

High Jump (Fosbury Flop)

U10			
U13			
U14	D. Gaby (E.G)	1.70m	1988
U16			

High Jump (Scissor Kick)

U11	A. Harold (Bel)	1.33m	2002
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Discus

U7			
U8	S. Cannon (Bel)	22.42m	1973
U9	B. Francis (Bel)	26.18m	1980
U12	D. Oakes (Mid)	36.22m	1990
U13	D. Ogg (Bel)	43.64m	1981
U14	G. Bird (Bel)	44.96m	1985
U15			
U16			

Shot Put

U7	M. Boyle (Bel)	6.43m	2000
U9	D. Taylor (Bel)	8.05m	1983
U11	J. Burns (K/way)	9.36m	1990
U12	P. Sarich (Mid)	11.21m	1991
U13	T. Keeley (Bal)	12.39m	1989
U14	D. Oakes (Bel)	12.64m	1991
U15	C. Marshall(S.D)	15.26m	1989

Turbo Javelin

F/B's	S. Brooker (E. Hills)	6.88m	2001
U7	R. Williams (E. Hills)	15.30m	2000
U8			
U9	D. Williamson (E. Hills)	26.29m	2001

Javelin

U10	J. Ninyett (Bel)	30.48m	1990
U11			
U12	S. Cummings(Bel)	38.41m	1979
U13	A. Frew (Bel)	42.60m	1986
U14	D. Milburn (Bel)	44.62m	1990

GIRLS

Long Jump

U9	P. Roper (E.H)	4.02m	1973
U10			
U11	K. Wheeler (K/way)	4.61m	1991
U12	N. Weber (Mid)	4.83m	1992
U13	M. Pedrotti (Bay)	4.97m	1992
U14	J. Richardson(Bay)	4.79m	1993
U15	L. Pooter (K/way)	5.06m	1991
U16	J. Hogen-Esch (Bel)	4.79m	1999
U17	F. Duncan (Bel)	4.40m	1999

Triple Jump

U10	D. Hicks (E.G)	8.31m	
U12	D. Coplen (Bel)	9.97m	1973
U14	J. Casey (Bel)	10.53m	1992
U15	C. Palmer (Bel)	10.31m	1986
U16	Z. Hall (Kwin)	10.34m	2002

High Jump (Fosbury Flop)

U10	T. Walsh (Bel)	1.25m	1983
U13	T. Horn (S.D)	1.49m	1983
U14	J. Casey (Bel)	1.53m	1992
U16	J. Hogen-Esch (Bel)	1.40m	1999

High Jump (Scissor Kick)

U11	P. Keeley (Gos)	eq.1.20m	2001
	T. Amokura Ngaia (Ing)	eq.1.20m	2001

Discus

U7	A. Hahn (K/way)	14.07m	2001
U8	V. French (Bel)	18.70m	1977
U9			
U12	V. French (Bel)	36.72m	1982
U13	R. Hume (SD)	40.21m	1989
U14			
U15	C. Palmer (Bel)	46.70m	1986
U16	J. Hogen-Esch (Bel)	26.92m	1999

Shot Put

U7			
U9	V. French (Bel)	8.07m	1979
U10	M. Ward (Cockburn)	9.54m	2008
U12	N. Keeley (Bal)	10.19m	1986
U13	R. Hume (S.D)	11.33m	1988
U14	A. Sutton (Bal)	10.31m	1988

Turbo Javelin

F/B's			
U7			
U8	L. Evans (Bel)	13.76m	1999
U9	N. Cusworth (K/way)	15.12m	2002

Javelin

U10			
U11	V. French (Bel)	30.72m	1981
U12	V. French (Bel)	36.70m	1982
U13	R. Hume (S.D)	33.40m	1989
U14	V. French (Bel)	36.68m	1983

CENTRE CHAMPIONSHIP RECORDS

These records can only be set by Belmont athletes competing at Belmont Centre Championship competition. If an athlete's result also better the Belmont Centre record, then the athlete sets both records.

BOYS

60m Mini Hurdles

F/B's	L. Pavlinovich	14.14	2009
U7	J. Elms	12.18	2008

60m Hurdles

U8	R. Doyle	10.94	2005
U9	L. Murtagh	10.74	2008
U10	R. Doyle	10.54	2007
U11	D. Petts	10.01	2007

U12	A. Korol	9.97	2000
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80m Hurdles

U13	B. Jarvis	13.44	2001
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90m Hurdles

U14	C. Luckens	12.94	1999
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100m Hurdles

U15	A. Sampey	13.46	1999
U16	C. Luckens	14.05	2001
U17	S. Trew	15.87	2000

110m Hurdles

U17	C. Luckens	15.70	2002
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200m Hurdles

U13	J. O'Dowd	29.66	2009
U14	B. McInerney	28.55	2010
U15	J. Westwood	27.29	2002
U16	C. Luckens	26.10	2001
U17	C. Luckens	26.78	2002

70m

F/B's	J. Elms	13.40	2007
U7	M. Vlahov	11.22	1989
U8	D. Devaurno	10.90	1977
U9	J. Claite	10.10	1977
U10	J. Claite	10.00	1978

100m

F/B's	D. Belstead	eq. 21.15	2005
	M. Jones	eq. 21.15	2009
U7	M. Vlahov	15.87	1989
U8	J. Claite	14.80	1976
U9	R. Doyle	14.32	2006
U10	M. Rowe	13.86	2006
U11	M. Rowe	13.47	2007
U12	A. Watson	13.10	1978
U13	M. Webber	12.14	2000
U14	S. Boyle	12.08	2000
U15	S. Turco	11.44	1994
U16	C. Luckens	11.43	2001
U17	A. Sampey	10.91	2001

200m

F/B's	J. Elms	42.15	2007
U7	M. Vlahov	35.37	1989
U8	J. Claite	31.00	1976
U9	J. Claite	30.30	1977
U10	T. McMillan	29.82	1986
U11	E. Smith	28.00	1977

GIRLS

60m Mini Hurdles

F/B's	H. Vanek	13.94	2010
U7	M. Emoko	12.47	2008

60m Hurdles

U8	I. Howes	11.78	2005
U9	S. Webster	11.50	2006
U10	C. Simpkins	11.30	1998
U11	C. Boyanich	eq. 11.12	1995
	I. Valuri	eq. 11.12	2008
U12	J. Ward	10.03	2004

80m Hurdles

U13	J. Ward	13.24	2005
U14	A. Grayson	13.39	2008

90m Hurdles

U15	K. Smetherham	14.45	1987
U16	K. Madden	16.88	2006

100m Hurdles

U17	B. Fare	20.74	2010
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200m Hurdles

U13	Z. Edwards	30.90	2001
U14	Z. Edwards	31.17	2002
U15	A. Mitchell	31.89	2000
U16	S. Lam	30.63	2009
U17	K. Short	36.64	2010

70m

F/B's	B. Hodge	13.85	2001
U7	A. O'Flanagan	11.63	1988
U8	A. Fulton	10.90	1978
U9	A. O'Flanagan	10.62	1990
U10	I. Thompson	eq.10.30	1981
	N. Ellison	eq.10.30	1995

100m

F/B's	R. Boyanich	20.14	2000
U7	A. O'Flanagan	17.21	1988
U8	T. Heys	15.40	1976
U9	T. Heys	15.10	1977
U10	S. Wijesundera	14.40	1975
U11	M. Hoogenkamp	13.70	2005
U12	S. Wijesundera	13.50	1977
U13	N. Winning	12.40	1981
U14	L. Nix	12.00	1985
U15	M. Korol	13.11	2000
U16	K. Madden	13.00	2006
U17	F. Duncan	13.18	2000

200m

F/B's	E. Armstrong	45.81	2007
U7	A. O'Flanagan	35.81	1988
U8	A. Fulton	33.40	1978
U9	T. Walsh	32.50	1983
U10	S. Wijesundera	30.20	1975
U11	S. Wijesundera	29.00	1976

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2010-2011 SEASON

BOYS

U12	A. Watson	27.40	1978
U13	B. Renton	25.70	1979
U14	A. Sampey	24.72	1998
U15	T Hunter	22.79	1997
U16	A. Sampey	23.59	2000
U17	A. Sampey	22.70	2001
400m			
F/B's	M. Jones	1:50.86	2009
U7	J. Elms	1:30.00	2008
U10	J. Claite	1:08.00	1978
U11	E. Smith	1:04.40	1977
U12	B. Renton	1:01.10	1978
U13	B. Renton	57.30	1979
U14	A. Sampey	55.39	1998
U15	A. Sampey	54.39	1999
U16	A. Sampey	53.66	2000
U17	A. Sampey	51.80	2001
600m			
U8	R. Simpson	2:07.66	1997
U9	R. Connolly	2:01.75	1992
800M			
U9	B. Jarvis	2:48.75	1997
U10	A. Hall	2:33.66	1992
U11	B. Renton	eq.2:31.40	1977
	J. Brnich	eq.2:31.40	1979
U12	B. Renton	2:19.20	1978
U13	B. Renton	2:14.30	1979
U14	M. McDowall	2:13.70	1996
U15	T. Blake	2:04.95	1986
U16	D. Steer	2:15.00	2001
U17	R. Lema	2:15.87	2006
1500m			
U11	N. Harman	eq.5:10.10	1973
	J. Brnich	eq.5:10.10	1979
U12	A. Houston	4:58.11	1988
U13	B. Renton	4:44.90	1979
U14	A. Houston	4:38.28	1990
U15	J. Wiebrecht	4:24.20	1986
U16	C. Wells	4:51.10	2005
U17	R. Lema	4:42.26	2006
300m Walk			
F/B's	B. Roche	2:30.67	2009
U7	C. Osborne	2:02.50	2009
U8	H. Edwards	2:04.37	2009
500m Walk			
F/B's	C. Evans	4:42.90	2001
U7	L. Enderberg	3:26.26	2002
U8	L. Ferguson	3:00.50	1983
700m Walk			
U9	L. Ferguson	4:02.00	1984
1100m Walk			
U10	J. Westwood	6:21.39	1997
U11	A. Korol	6:53.28	1999
1500m Walk			
U12	B. Hore	7:43.39	1988
U13	L. Ferguson	7:20.89	1988
U14	B. Hore	7:03.73	1990
U15	B. Hore	6:24.65	1991
U16	J. Pratten	8:06.09	2002
U17	S. Green	9:38.63	1999

GIRLS

U12	T. Heys	28.10	1980
U13	T. Heys	eq.26.90	1981
	N. Winning	eq.26.90	1981
U14	E. Beckford	27.41	1997
U15	K. Smetherham	27.10	1987
U16	K. Madden	28.15	2006
U17	K. Madden	27.47	2007
400m			
F/B's	H. Vanek	1:49.63	2010
U7	E. McBroom	1:36.20	2010
U10	M. Brignoli	1:09.70	1973
U11	J. Gaglia	1:07.20	1979
U12	M. Brignoli	1:04.60	1975
U13	N. Winning	1:02.60	1981
U14	J. Opie	1:02.43	1991
U15	T. Walsh	1:01.17	1989
U16	K. Madden	1:06.74	2006
U17	F.Duncan	1:05.76	1999
600m			
U8	K. Pickett	2:13.07	2005
U9	E. Orrell	2:13.81	1993
800m			
U9	K. Coppens	3:04.83	1998
U10	J. Sinclair	2:38.71	1990
U11	M. Brignoli	2:37.70	1974
U12	M. Brignoli	2:32.00	1975
U13	M. Brignoli	2:29.20	1976
U14	J. McSherry	2:31.18	1991
U15	J. McSherry	2:25.88	1992
U16	K. Wedge	2:43.18	2005
U17	K. Short	2:44.25	2010
1500m			
U11	M. Brignoli	5:25.90	1974
U12	M. Brignoil	5:16.50	1975
U13	M. Reddish	5:07.40	1976
U14	S. Romeo	5:27.10	1984
U15	J. McSherry	5:16.87	1992
U16	K. Wedge	5:43.63	2005
U17	K. Short	6:13.00	2010
300m Walk			
F/B's	H. Vanek	2:32.92	2010
U7	E. McBroom	2:17.57	2010
U8	S. Vanek	2:01.89	2009
500m Walk			
F/B's	S. Matthews	4:27.53	2002
U7	A. Suckling	3:41.94	2002
U8	R. Boyanich	3:05.73	2002
700m Walk			
U9	J. Marsh	4:04.61	1997
1100m Walk			
U10	C. Guest	7:10.67	2002
U11	J. Austin	7:18.59	1997
1500m Walk			
U12	M. Maher	8:12.10	1976
U13	L. Romeo	8:03.57	1987
U14	L. Romeo	7:20.23	1988
U15	L. Romeo	7:17.25	1989
U16	B. Fare	9:35.38	2009
U17	M. Dwyer	11:45.83	2000

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BOYS

Long Jump

F/B's	Y. Kassem	2.91m	2003
U7	V. Elliott	3.23m	1987
U8	A. Harold	3.73m	1999
U9	M. McDowall	eq. 3.98m	1991
	H. Edwards	eq. 3.98m	2010
U10	M. McDowall	4.47m	1992
U11	M. Allen	4.60m	1978
U12	C. Vlahov	5.03m	1992
U13	A. Sampey	5.66m	1997
U14	S. Boyle	6.09m	2000
U15	A. Sampey	6.23m	1999
U16	A. Sampey	6.19m	2000
U17	A. Sampey	6.73m	2001

Triple Jump

U10	J. Lovegrove	9.03m	1981
U11	R. Prah	9.90m	1977
U12	M. Lewenhoff	10.37m	1986
U13	B. McInerney	11.14m	2009
U14	P. Beattie	11.93m	1998
U15	A. Sampey	12.57m	1999
U16	B. Castle	12.64m	1998
U17	A. Sampey	12.53m	2001

High Jump (Fosbury Flop)

U10	S. Anderson	1.33m	1988
U11	J. Magdic	1.42m	1997
U12	S. Anderson	1.56m	1990
U13	M. Allen	eq. 1.57m	1980
	B. Netherway	eq. 1.57m	1986
U14	S. Anderson	1.77m	1992
U15	R. Campo	1.72m	1995
U16	B. Castle	1.85m	1997
U17	R. Kentish	1.77m	2007

High Jump (Scissor Kick)

U10	M. Buxton	1.21m	2002
U11	A. Harold	1.30m	2002

Bean Bag

U7	M. Houghton	19.80m	1992
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Discus

F/B's	R. Watson	12.18m	2002
U7	M. Boyle	17.73m	2000
U8	M. O'Hello	23.14m	1978
U9	D. Taylor	27.92m	1984
U10	D. Ogg	33.67m	1978
U11	J. Magdic	30.18m	1997

Discus

U12	D. Ogg	36.92m	1980
U13	T. Abreu	36.30m	1999
U14	A. Frew	45.00m	1987
U15	A. Frew	49.74m	1988
U16 (1.5Kg)	A. Roberts	39.36m	1998
U16 (1.0Kg)	T. Iffla	30.33m	2010
U17	C. Luckens	38.34m	2002

Shot Put

F/B's	J. Simpkins	4.02m	2002
U7	J. Elms	6.13m	2008
U8	G. Bell	7.40m	1987
U9	D. Taylor	eq.9.14m	1984
	J. Magdic	eq.9.14m	1995
U10	J. Magdic	10.50m	1996
U11	J. Magdic	10.74m	1997
U12	T. Abreu	10.67m	1998
U13	S. Luckens	13.96m	1997
U14	S. Luckens	13.90m	1998

GIRLS

Long Jump

F/B's	B. Hodge	2.20m	2001
U7	C. Simpkins	2.92m	1995
U8	S. Wijesundera	3.42m	1973
U9	A. Apenis	3.84m	1974
U10	M. Brignoli	4.17m	1973
U11	S. Wijesundera	4.52m	1976
U12	T. Armstrong	4.64m	1975
U13	T. Heys	4.89m	1981
U14	J. Casey	5.18m	1993
U15	C. Palmer	5.04m	1986
U16	O. Chester	4.68m	1998
U17	K. Fiorini	4.47m	1999

Triple Jump

U10	C. Boyanich	8.58m	1995
U11	S. Wijesundera	9.29m	1976
U12	S. Timmings	9.66m	1976
U13	S. Giffillan	10.20m	1974
U14	J. Opie	10.67m	1991
U15	C. Palmer	10.57m	1986
U16	F. Duncan	9.62m	1998
U17	F. Duncan	9.22m	1999

High Jump (Fosbury Flop)

U10	J. Roads	eq(1.22m	1979
	K. Edmunds	eq(1.22m	1990
U11	C. Boyanich	1.49m	1995
U12	C. Boyanich	1.46m	1996
U13	C. Boyanich	1.65m	1997
U14	C. Boyanich	1.72m	1998
U15	C. Boyanich	1.60m	1999
U16	J. Hogen-Esch	1.40m	1998
U17	N. Goddard	1.30m	2007

High Jump (Scissor Kick)

U10	N. Hewett	1.15m	2002
U11	N. Hewett	1.26m	2003

Bean Bag

U7	J. Salmon	13.99m	1992
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Discus

F/B's	S. Maher	9.54m	2002
U7	L. Castle	13.74m	1993
U8	A. Robinson	20.86m	1978
U9	V. French	25.77m	1979
U10	V. French	30.12m	1980
U11	V. French	31.18m	1981

Discus

U12	V. French	37.96m	1982
U13	V. French	41.30m	1983
U14	V. French	45.54m	1984
U15	C. Palmer	40.76m	1986
U16 (1.5Kg)	J. Hogen-Esch	26.05m	1999
U16 (1.0Kg)	M. Hoogenkamp	32.31m	2010
U17	B. Fare	16.80m	2010

Shot Put

F/B's	H. Burgess	3.84m	2010
U7	R. Rockliff	5.44m	2006
U8	T. Wolfs	5.90m	1982
U9	V. French	8.76m	1979
U10	V. French	9.04m	1980
U11	V. French	11.14m	1981
U12	V. French	13.27m	1982
U13	V. French	12.41m	1983
U14	V. French	13.71m	1984

BOYS

U15	S. Luckens	14.89m	1999
U16	K. Whitehall	13.98m	2006
U17	S. Luckens	13.30m	2001

Turbo Javelin

F/B's	Y. Kassem	10.62m	2003
U7	C. Evans	14.83m	2006
U8	L. Murtagh	20.05m	2007
U9	C. Vinci	22.68m	2009

Javelin

U8	R. Delpasso	20.56m	1978
U9	I. Waters	26.00m	1978
U10	J. Magdic	34.68m	1996
U11	N. Roach	37.10m	1989
U12	S. Luckens	40.17m	1996
U13	D. Ogg	44.86m	1981
U14	A. Frew	51.56m	1987
U15	A. Hall	56.10m	1997
U16	A. Hall	63.72m	1998
U17	A. Hall	60.99m	1999

GIRLS

U15	C. Palmer	13.56m	1986
U16	J. Hogen-Esch	9.93m	1999
U17	M. Dwyer	8.97m	2000

Turbo Javelin

F/B's	R. Boyanich	7.59m	2000
U7	K. Blair	10.29m	2006
U8	R. Rockliff	12.22m	2007
U9	R. Boyanich	15.78m	2003

Javelin

U8	K. Yeomans	15.05m	1973
U9	A. Robinson	22.96m	1979
U10	A. Robinson	25.66m	1980
U11	V. French	31.50m	1981
U12	V. French	39.52m	1982
U13	J. Davies	32.01m	2009
U14	V. French	38.42m	1984
U15	C. Palmer	38.42m	1986
U16	J. Hogen-Esch	30.80m	1999
U17	O. Chester	27.58m	2000

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