



EST. 1970

2012-2013 OFFICIAL YEAR BOOK

Belmont Little Athletics Centre Inc.

43rd SEASON

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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 43rd 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	Mel Fare	0415 289 218
Forrestfield	White/Red / Black	Joanne Firms	0437 512 978
High Wycombe	Blue/White / Black	Leanne Wallace-Gibb	9454 5478
Kalamunda / Lesmurdie	Lime Green / Black	Dave Edwards	6293 1475
Kewdale	Gold/White / Black	Bradley Edwards	0419 880 649
Victoria Park	Orange/White / Black	Andrew Mansey	0411 161 028

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: admin@walittleathletics.com.au

BLAC INC. EXECUTIVE COMMITTEE

Centre President	Glenn Bartlett	president@blac.asn.au	
Executive Officer	Bradley Edwards	admin@blac.asn.au	
Treasurer	Janet Rowe	treasurer@blac.asn.au	
Registrar	Mike Munro	registrar@blac.asn.au	
Arena Manager	Catherine Geneste		0438 447 332
Championships Officer			
Publicity Officer	Andrew Mansey	publicity@blac.asn.au	0411 161 028
Officer of Officials			
Records and Ranking Officer	Cheryl Short		
Coaching Coordinator	Tim Blake		
Chief Field Umpire			
Chief Track Umpire	Clint Wallace-Gibb		

BLAC INC. NON-EXECUTIVE OFFICE BEARERS

Administrator of Clubs	
Announcer	
Assistant Records/Rankings Officers	Fran Partington, Noreen Boyd
Canteen Manager	
Centre Delegate 1 (to WALA)	Glenn Bartlett
Centre Delegate 2 (to WALA)	Leanne Wallace-Gibb
Chief Starter	Terry Veivers
Chief Timekeeper	Craig Middleton-White
Equipment Officer	
First Aid Officer	
Winter Officer (2011)	
Website Administrator	Max Rockliff

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 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 anywhere 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 INCORPORATED 2012-2013 SEASON

BELMONT LITTLE ATHLETICS CENTRE LIFE MEMBERS

1977 Joy Hardman	1984 Tony Salmon	1996 Anne Redmond	2004 Craig Middleton-White
1980 Roy Cannon	1985 Jean Crockett	1996 Peter Redmond (Dec.)	2007 Georgie Boyle
1980 Margaret Harman	1985 Frances French	1996 Krys Roberts	2007 David Jarvis
1980 Noelene MacKenzie	1987 Lesley Romeo	1996 Neil Roberts	2009 Toni Clarke
1980 Vema Mason	1992 John Milburn	1997 Rob Bowen	2010 Kevin Kentish
1980 Wendy Murray	1993 Bev Frost	1997 Jill McIntosh	2012 Bradley Edwards
1983 Merle Carter (Dec.)	1993 John Marsh	1998 John Fouweather	
1983 Mavis Lee	1994 Ron Hardman (Dec.)	2001 Trish Gunn	

BELMONT LITTLE ATHLETICS CENTRE PATRONS

2009 Mr. Fred Rae	2010 Mr. Eric Ripper	2011 Mr. Eric Ripper	2012 Mr. Eric Ripper
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**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)	2012	T. Petts (Coach)

2011 – 2012 HONOURS & AWARDS

BELMONT LITTLE ATHLETICS CENTRE CAPTAINS

Each season, Clubs nominate and the Executive Committee select two athletes to represent our Centre as Centre Captains. The 2011 - 2012 captains were:

Amanda Short (High Wycombe)

Zac Partington (Forrestfield)

BELMONT SPORTSPERSON OF THE YEAR

Cale Osborne (Carlisle/Rivervale)

PERPETUAL TROPHY WINNERS

For outstanding performances in the following event categories:

South Australian LA Team Trophy	Middle Distance	Zac Partington (Forrestfield)
Vanessa French Trophy	Throws	Steven Fare (Carlisle/Rivervale)
Pat Lewis Trophy	Sprints & Hurdles	Michael Carcione (Forrestfield)
Kim Beazley Trophy	Jumps	Harry Edwards (Kalamunda/Lesmurdie)
Merle Carter Trophy	Walks	Zac Partington (Forrestfield)
Most Promising Flying Bee		Ishaan Tiwari (Carlisle/Rivervale)
Most Outstanding Under 7		Jordan Roads (Forrestfield)
Junior Athlete Of The Year Boy		Michael Carcione (Forrestfield)
Junior Athlete Of The Year Girl		Emily Tapscott (Kalamunda/Lesmurdie)

Doug Hansey Award

Amanda Short

CHAMPION CLUBS

French Family Trophy Champion Club – Overall Winner

Kalamunda/Lesmurdie 20442 pts

Joy Hardman Trophy Champion Club – Handicap Winner

Carlisle/Rivervale 255 pts

March Past Award Winners

Kalamunda/Lesmurdie

CLUB AGE GROUP CHAMPIONS

Girls		Boys	
Flying B's	Kewdale	Flying B's	High Wycombe
U/7	High Wycombe	U/7	Kewdale
U/8	Carlisle/Rivervale	U/8	Kewdale
U/9	Kalamunda/Lesmurdie	U/9	Kalamunda/Lesmurdie
U/10	Forrestfield	U/10	High Wycombe
U/11	Kalamunda/Lesmurdie	U/11	Kewdale
U/12	Kalamunda/Lesmurdie	U/12	Forrestfield
U/13	Carlisle/Rivervale	U/13	Forrestfield
U/14	Forrestfield	U/14	Carlisle/Rivervale
U/15	Kalamunda/Lesmurdie	U/15	Kalamunda/Lesmurdie
U/16	Kalamunda/Lesmurdie	U/16	Forrestfield
U/17	Kalamunda/Lesmurdie	U/17	Forrestfield

CHRISTMAS GIFT 100m HANDICAP WINNERS**Juniors****Girls**

- 1st Mikaela Hindmarsh (Carlisle/Rivervale)
2nd Taylah Woodward (Carlisle/Rivervale)
3rd Ashley Muir (Carlisle/Rivervale)

Boys

- Antoine Vargiolu (Forrestfield)
Evan Gentry (Kewdale)
Kyan D'Castro (Kewdale)

Seniors**Girls**

- 1st Jasmin Long (Kalamunda/Lesmurdie)
2nd Madelynne Price (Kalamunda/Lesmurdie)
3rd Kayla Moffitt (Carlisle/Rivervale)

Boys

- Harry Edwards (Kalamunda/Lesmurdie)
Liam Welsh (Kalamunda/Lesmurdie)
David Gare (Carlisle/Rivervale)

1500m INVITATIONAL WINNERS**Belmont Athletes****Girls**

- 1st Peta Lewis (High Wycombe)
2nd Kathryn Thorne (High Wycombe)
3rd Ashley Veivers (Forrestfield)

Boys

- Nathanael Pickett (High Wycombe)
Riley Varnavides (Kalamunda/Lesmurdie)
Sebastian Boccardo (Carlisle/Rivervale)

Visiting Athletes**Girls**

- 1st Jade Creusot (Eastern Hills)
2nd Rachel Hambrook (Bayswater)
3rd Lauren Hyde-Cooling (Melville)

Boys

- Alexander Maude (Rockingham)
Matthew Ramsden (Rockingham)
Josh Mott (Melville)

BLAC NINE-YEAR SERVICE ATHLETE AWARDS

Amanda Short (KL)

Steven Fare (CR)

BLAC SIX-YEAR SERVICE ATHLETE AWARDS

Renee Rockliff (CR)

Michaela Carcione (FF)

Jessica Lewis (HW)

Michael Carcione (FF)

Hayden Carter (FF)

Peta Lewis (HW)

WALA EIGHT-YEAR SERVICE ATHLETE AWARDS

Amanda Short (KL)

Conor Mackay (FF)

Zac Partington (FF)

WALA TEN-YEAR SERVICE PARENT AWARDS

Bradley Edwards

WALA SIX-YEAR SERVICE PARENT AWARDS

Noreen Boyd

Fran Partington

Caroline Rockcliff

Pam Brown

Paul Partington

Max Rockcliff

Pam Carcione

WALA THREE-YEAR SERVICE PARENT AWARDS

Elizabeth Allison

Valerie Goodreid

David Stephens

Adam Clatworthy

Jeff Hortin

Ganesan Thillainath

Bree Clatworthy

Anna Munro

Sandra Vargiolu

Clayton Collyer

Mike Munro

Vito Vargiolu

Cath Edwards

Angela Pickett

Terry Veivers

Dave Edwards

Janet Rowe

Marette Vinci

WALA CENTRE AWARDS

Centre Administrator of the Year

Catherine Naylies-Pereira (Kew)

Centre Official of the Year

Catherine Geneste (Kew)

Centre Coach of the Year

Amanda Fouweather (Kew)

2011 – 2012 REPRESENTATIVE HONOURS

INTERNATIONAL STATE TEAM MEMBERS

Steven Fare (Carlisle/Rivervale)

NATIONAL STATE TEAM MEMBERS

No representatives this year

STATE RELAY CHAMPIONSHIPS MEDAL WINNERS

WA Athletics Stadium, December 11, 2011

U16/17 Boys 4x100m

Bronze Medal

Conor MacKay
Michael Carcione
Alex Botterill
Brody MacInerney
Res: Noah Jackson
Coach: Toni Petts

U17 Girls Field Relay

Silver Medal

Emily Tapscott
Jessica Davies
Coach: Dena Davies

STATE MULTI EVENT CHAMPIONSHIPS MEDAL WINNERS

WA Athletics Stadium, February 11th 2012

No medallists this year.

ZONE CHAMPIONSHIPS MEDAL WINNERS (U7 to U9)

Langford Oval, March 3 & 4, 2012

UNDER 7 BOYS

70M	Gold	JORDAN ROADS
	Bronze	LUCAS NAYLIES-PEREIRA
100M	Gold	JORDAN ROADS
	Silver	AARON WELSH
200M	Silver	AARON WELSH
DISCUS	Gold	LUCAS NAYLIES-PEREIRA
	Silver	KADE MCKEOWN
SHOT	Gold	JORDAN ROADS
	Silver	LUCAS NAYLIES-PEREIRA
JAVELIN	Gold	JORDAN ROADS
	Silver	LUCAS NAYLIES-PEREIRA
	Bronze	AARON WELSH

UNDER 8 BOYS

DISCUS	Silver	TRISTAN NAYLIES-PEREIRA
SHOT	Bronze	JAMIE PRESTON-COATES
JAVELIN	Silver	JAMIE PRESTON-COATES
LONG JUMP	Silver	COEN FOWLER

UNDER 9 BOYS

70M	Gold	ANTOINE VARGIOLU
100M	Silver	ANTOINE VARGIOLU
400M	Silver	ANTOINE VARGIOLU
SHOT	Silver	NIGEL TSHUMA
JAVELIN	Silver	STEPHANE SAUZIER
LONG JUMP	Silver	ANTOINE VARGIOLU

UNDER 7 GIRLS

70M	Gold	TALEISHA UNGER
100M	Gold	TALEISHA UNGER
200M	Gold	TALEISHA UNGER
JAVELIN	Gold	LILLY CUNNINGHAM
	Silver	ASHLEY MUIR

UNDER 8 GIRLS

DISCUS	Gold	JAMAICA JAUNCEY
	Bronze	TARA STRIBLEY
SHOT	Silver	JAMAICA JAUNCEY
JAVELIN	Silver	TARA STRIBLEY

UNDER 9 GIRLS

200M	Bronze	DANIELLE WILKINSON
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ZONE CHAMPIONSHIPS FINALISTS (U7 to U9)

Langford Oval, March 3 & 4, 2012

UNDER 7 BOYS

70M	JORDAN ROADS LUCAS NAYLIES-PEREIRA KADE MCKEOWN
100M	JORDAN ROADS AARON WELSH AARON WELSH
200M	LUCAS NAYLIES-PEREIRA KADE MCKEOWN
DISCUS	DEKLAN BYNG
SHOT	JORDAN ROADS LUCAS NAYLIES-PEREIRA DEKLAN BYNG
JAVELIN	JORDAN ROADS LUCAS NAYLIES-PEREIRA AARON WELSH KADE MCKEOWN
LONG JUMP	AARON WELSH CALLUM FINNERTY

UNDER 8 BOYS

60M HURDLES	DAMON WINTERBURN
70M	KYAN DCASTRO LUCAS EVANS KYAN DCASTRO
100M	LUCAS EVANS
200M	DAMON WINTERBURN
DISCUS	TRISTAN NAYLIES-PEREIRA DAMON WINTERBURN
SHOT	JAMIE PRESTON-COATES CALLUM FARE TRISTAN NAYLIES-PEREIRA
JAVELIN	JAMIE PRESTON-COATES
LONG JUMP	COEN FOWLER TRISTAN NAYLIES-PEREIRA LUCAS EVANS

UNDER 9 BOYS

60M HURDLES	PAUL STERVAGGI
70M	ANTOINE VARGIOLU PAUL STERVAGGI
100M	ANTOINE VARGIOLU
400M	ANTOINE VARGIOLU
800M	KIERAN PITTAWAY JOSEPH HALL
DISCUS	STEPHANE SAUZIER MYLES BYNG NIGEL TSHUMA STEPHANE SAUZIER MYLES BYNG
JAVELIN	STEPHANE SAUZIER PAUL STERVAGGI
HIGH JUMP	NIGEL TSHUMA
LONG JUMP	ANTOINE VARGIOLU PAUL STERVAGGI

UNDER 7 GIRLS

70M	TALEISHA UNGER
100M	TALEISHA UNGER
200M	TALEISHA UNGER
DISCUS	SCARLET JAUNCEY LILLY CUNNINGHAM ASHLEY MUIR
SHOT	SCARLET JAUNCEY ASHLEY MUIR
JAVELIN	LILLY CUNNINGHAM ASHLEY MUIR
LONG JUMP	SCARLET JAUNCEY ASHLEY MUIR

UNDER 8 GIRLS

60M HURDLES	HANA VANEK
70M	TAYLAH WOODWARD
100M	TAYLAH WOODWARD
200M	TAYLAH WOODWARD
DISCUS	JAMAICA JAUNCEY TARA STRIBLEY
SHOT	JAMAICA JAUNCEY
JAVELIN	TARA STRIBLEY
LONG JUMP	TARA STRIBLEY

UNDER 9 GIRLS

70M	ELLA CAYLEY
100M	DANIELLE WILKINSON KHADEJAH JONES
200M	MONIQUE MELLOWSHIP DANIELLE WILKINSON KHADEJAH JONES
400M	KHADEJAH JONES
700M WALKS	MONIQUE MELLOWSHIP
DISCUS	ELLA CAYLEY
HIGH JUMP	DANIELLE WILKINSON
LONG JUMP	ELLA CAYLEY

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

STATE TRACK & FIELD CHAMPIONSHIPS MEDAL WINNERS (U10 to U17)**WA Athletics Stadium, March 17 & 18, 2012****U12 Boys**

Carlo Vinci Javelin Silver

U14 Boys

Steven Fare 90m Hurdles Gold

Steven Fare 200m Hurdles Gold

U16 Boys

Connor Mackay 800m Bronze

Zac Partington 1500m Walk Gold

Michael Carcione Javelin Bronze

U11 Girls

Kara Spradbury 1500m Bronze

Sasa Vanek 1100m Walk Bronze

U16 Girls

Jessica Davies Javelin Silver

STATE TRACK AND FIELD CHAMPIONSHIPS FINALISTS (U10 to U17)**WA Athletics Stadium, March 17 & 18, 2012**

U 10 Boys	Discus	Thomas Hilditch	U 10 Girls	100m	Ayesha Jones
U 12 Boys	Javelin	Carlo Vinci	U 11 Girls	800m	Kara Spradbury
U 13 Boys	1500m Walks	Matthew Thorne		1500m	Kara Spradbury
U 14 Boys	90m Hurdles	Steven Fare		1100m Walks	Sasa Vanek
	200m Hurdles	Steven Fare	U 13 Girls	1500m	Sophie Tapscott
	Shot	Steven Fare		Javelin	Renee Rockliff
	Javelin	Steven Fare	U 15 Girls	800m	Jasmin Long
U 16 Boys	400m	Conor Mackay		1500m	Jasmin Long
	800m	Conor Mackay	U 16 Girls	Javelin	Jessica Davies
	1500m Walks	Zac Partington			
	Javelin	Michael Carcione			
	High Jump	Joshua Price			
	Long Jump	Alexander Botterill			

2011 STATE ROADWALKING CHAMPIONSHIPS MEDAL WINNERS**Whiteman Park, August 13th 2011****U9 Boys**

Joseph Hall – Bronze Medal

2011 STATE CROSS COUNTRY CHAMPIONSHIPS MEDAL WINNERS**Murdoch, August 20th 2011****U15 Girls**

Jasmin Long – Silver Medal

STATE EVENT KEY OFFICIALS 2011/2012

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 – State Relays, Multis, Zones and State Championships. We have endeavoured to include everyone and extend our appreciation and apologies to anyone omitted.

Bradley Edwards

Catherine Geneste

Andrew Mansey

Toni Petts

Paul Partington

Mel Fare

Nathan Cunningham

Glenn Bartlett

Cheryl Bradley

Pam Brown

Joanne Gray

Catherine Naylies-Pereira

Max Rockliff

Valerie Goodreid

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

SEASON CALENDAR 2012-2013

OCTOBER 2012	
Sat 06/10/12	Opening Day: Program C, 8:00am
Sat 13/10/12	Interclub Competition: Program 1, 8:00am
Sat 20/10/12	Interclub Competition: Program 2, 8:00am
Sat 20/10/12	<i>Hurdles Clinic (Parents & Coaches only) - Belmont</i>
Mon 22/10/12	BLAC Executive Meeting 7:00pm
Fri 26/10/12	Officials Sundowner – Gerry Archer Athletics Track, 6:30pm
Sat 27/10/12	Interclub Competition: Program 1, 8:00am
Sat 27/10/12	<i>Sprints & Starting Clinic (Parents & Coaches only) - Sth Districts</i>
NOVEMBER 2012	
Sat 03/11/12	Interclub Competition: Program 2 & PMH Kids Helping Kids, 8:00am
Sat 10/11/12	Interclub Competition: Program 1, 8:00am
Sat 17/11/12	Interclub Competition: Program 2, 8:00am
Sun 18/11/12	WALA Team Event
Mon 19/11/12	BLAC Executive/Delegates Meeting 7:00pm
Sat 24/11/12	Interclub Competition: Program 1, 8:00am
DECEMBER 2012	
Sat 01/12/12	Interclub Competition: Program 2 & Parent Relay, 8:00am
Fri 07/12/12	Interclub Competition: Christmas Gift Program, 6:00pm (Twilight)
Sun 9/12/12	State Relay Championships (WA Athletics Stadium)
JANUARY 2013	
Sat 05/01/13	Interclub Competition: Program C, 4:00pm (Twilight) 1500 Invitational
Sat 12/01/13	Interclub Competition: Program A, 4:00pm (Twilight)
Sat 19/01/13	Interclub Competition: Program B, 4:00pm (Twilight)
Mon 21/01/13	BLAC Executive Meeting 7:00pm
Fri 25/01/13	Interclub Competition: Program C, 4:00pm (Twilight)
FEBRUARY 2013	
Sat 02/02/13	Interclub Competition: Program A, 4:00pm (Twilight)
Fri 8/02/13	Interclub Competition: Program B, 4:00pm (Twilight)
Sun 10/02/13	State Multi-event Championships (WA Athletics Stadium)
Mon 11/02/13	BLAC Executive & Delegates Meeting 7:00pm
Sat 16/02/13	Centre Championships: Program A - Day 1, 8:00am
Sat 23/02/13	Centre Championships: Program B - Day 2, 8:00am
MARCH 2013	
Sat 02/03/13	Centre Championships: Program C & Closing Ceremony - Day 3, 8:00am
Sat 09/03/13	Zones Track & Field Champs - Day 1 (venue TBA)
Sun 10/03/13	Zones Track & Field Champs - Day 2 (venue TBA)
Mon 18/03/13	BLAC Executive Meeting 7:00pm
Sat 23/03/13	State Track & Field Champs - Day 1 (WA Athletics Stadium)
Sun 24/03/13	State Track & Field Champs - Day 2 (WA Athletics Stadium)
Sat 13/04/13	Centre Stock-take & Clean-up day – Gerry Archer 10:00am
APRIL 2013	
Mon 15/04/12	BLAC Executive & Delegates Meeting 7:00pm
MAY 2013	
Mon 06/05/12	BLAC Annual General Meeting - Gerry Archer Athletic Track 7:00pm

EVENT PROGRAMS

Programs are run over two weekends (programs 1 & 2) or three weekends (programs A, B & C). There is also a special program for the Christmas Gift. The number of two and three week programs allows athletes to compete in each event up to six times over the course of the summer season. **Athletes must compete in an event at least three times to qualify for that event in Centre Championships.**

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

PROGRAM 1 BOYS							
AGE	EVENTS						
FB	100m	70m	400m		Turbo	Shot	
7	100m	70m	400m		Turbo	Shot	
8	100m	70m	600m		Turbo	Shot	
9	100m	70m	400m	700mw	Turbo	Shot	
10	100m		400m	1100mw	Javelin	Shot	Triple
11	100m		800m	1100mw	Javelin	Shot	Triple
12	100m		800m	1500mw	Javelin	Shot	Triple
13-17	100m	200mh	800m	1500mw	Javelin	Shot	Triple

PROGRAM 1 GIRLS							
AGE	EVENTS						
FB	100m	70m	400m		Discus	Long	
7	100m	70m	400m		Discus	Long	
8	100m	70m	600m		Discus	Long	
9	100m	70m	400m	700mw	Discus	Long	High
10	100m		400m	1100mw	Discus	Long	High
11	100m		800m	1100mw	Discus	Long	High
12	100m		800m	1500mw	Discus	Long	High
13-17	100m	200mh	800m	1500mw	Discus	Long	High

PROGRAM 2 BOYS							
AGE	EVENTS						
FB	60mh mini	200m	100m		Discus	Long	
7	60mh mini	200m	100m		Discus	Long	
8	60mh	200m	100m		Discus	Long	
9	60mh	200m		800m	Discus	Long	High
10	60mh	200m		800m	Discus	Long	High
11	60mh	200m	400m	1500m	Discus	Long	High
12	60mh	200m	400m	1500m	Discus	Long	High
13	80mh	200m	400m	1500m	Discus	Long	High
14	90mh	200m	400m	1500m	Discus	Long	High
15-17	90-110mh	200m	400m	1500m	Discus	Long	High

PROGRAM 2 GIRLS							
AGE	EVENTS						
FB	60mh mini	200m	100m		Turbo	Shot	
7	60mh mini	200m	100m		Turbo	Shot	
8	60mh	200m	100m		Turbo	Shot	
9	60mh	200m		800m	Turbo	Shot	
10	60mh	200m		800m	Javelin	Shot	Triple
11	60mh	200m	400m	1500m	Javelin	Shot	Triple
12	60mh	200m	400m	1500m	Javelin	Shot	Triple
13-14	80mh	200m	400m	1500m	Javelin	Shot	Triple
15-17	90-100mh	200m	400m	1500m	Javelin	Shot	Triple

PROGRAM A BOYS					
AGE	EVENTS				
FB		Shot	60mH Mini	200m	
7	Long	Turbo	60mH Mini	200m	
8		Discus	60mH	200m	
9	High	Shot	60mH	200m	700MW
10	Long	Javelin	400m	200m	
11	Triple	Discus	400m	200m	
12	High	Shot	400m	200m	1500mW
13 - 17	Long	Javelin	400m	200m	1500mW
PROGRAM A GIRLS					
AGE	EVENTS				
FB		Discus	60mH Mini	200m	
7		Shot	60mH Mini	200m	
8	Long	Turbo	60mH	200m	
9	Long	Discus	60mH	200m	700MW
10	High	Shot	400m	200m	
11	Long	Javelin	400m	200m	
12	Triple	Discus	400m	200m	1500mW
13 - 17	High	Shot	400m	200m	1500mW

PROGRAM B BOYS					
AGE	EVENTS				
FB	Long	Turbo	70m	100m	
7		Discus	70m	100m	
8		Shot	70m	100m	
9	Long	Turbo	70m	400m	
10	Triple	Discus	60mH		1100mW
11	High	Shot	60mH	800m	1100mW
12	Long	Javelin	60mH	800m	
13 - 17	Triple	Discus	80-110mH	800m	200mH
PROGRAM B GIRLS					
AGE	EVENTS				
FB		Shot	70m	100m	
7	Long	Turbo	70m	100m	
8		Discus	70m	100m	
9	High	Shot	70m	400m	
10	Long	Javelin	60mH		1100mW
11	Triple	Discus	60mH	800m	1100mW
12	High	Shot	60mH	800m	
13 - 17	Long	Javelin	80-110mH	800m	200mH



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

CHRISTMAS GIFT PROGRAM BOYS			
AGE	EVENTS		
FB	Shot	70m	200m
7	Discus	70m	200m
8	Shot	70m	200m
9	Turbo	70m	200m
10	Discus	Long	200m
11	Javelin	Long	200m
12	Shot	Long	200m
13	Discus	Long	200m
14-17	Shot	Long	200m
CHRISTMAS GIFT PROGRAM GIRLS			
AGE	EVENTS		
FB	Turbo	70m	200m
7	Discus	70m	200m
8	Discus	70m	200m
9	Shot	70m	200m
10	Javelin	Long	200m
11	Shot	Long	200m
12	Javelin	Long	200m
13	Javelin	Long	200m
14-17	Discus	Long	200m



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FUNDRAISING/CANTEEN ROSTER

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

WEEK	DATE	FUNDRAISING ROSTER	CANTEEN
1	Sat 06/10/12	Forrestfield	High Wycombe
2	Sat 13/10/12	High Wycombe	Kalamunda/Lesmurdie
3	Sat 20/10/12	Vic Park	Kewdale
4	Sat 27/10/12	Kalamunda/Lesmurdie	Carlisle/Rivervale
5	Sat 03/11/12	- Centre Fundraising -	Forrestfield
6	Sat 10/11/12	Kewdale	Vic Park
7	Sat 17/11/12	Carlisle/Rivervale	High Wycombe
8	Sat 24/11/12	Forrestfield	Kalamunda/Lesmurdie
9	Sat 01/12/12	Vic Park	Kewdale
10	Fri 07/12/12	- Centre Fundraising -	Carlisle/Rivervale
11	Sat 05/01/13	- Centre Fundraising -	Forrestfield
12	Sat 12/01/13	High Wycombe	Vic Park
13	Sat 19/01/13	Kalamunda/Lesmurdie	High Wycombe
14	Sat 25/01/13	Kewdale	Kalamunda/Lesmurdie
15	Sat 02/02/13	Carlisle/Rivervale	Kewdale
16	Sat 8/02/13	Forrestfield	Carlisle/Rivervale
Ch1	Sat 16/02/13	Vic Park	Forrestfield
Ch2	Sat 23/02/13	High Wycombe	Vic Park
Ch3	Sat 2/03/13	- Centre Fundraising -	High Wycombe

SETUP & PACK UP

Each affiliated Club must supply at least two officials one hour before the programmed start of the first event on the day of competition 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 Equipment Officer on arrival.

ALL CLUBS are responsible for cleaning up **THEIR OWN** club area each week. Setup and pack up refers to 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.



CLUB SITE ROSTER

CLUB	EVENT	SITE
Carlisle-Rivervale	Discus (Sen)	6
	High Jump (Scissor)	7
Forrestfield	Shot Put (Sen)	9
	Long Jump (Jun)	4
High Wycombe	Javelin (Sen)	2
	Triple Jump	8
Kalamunda-Lesmurdie	Shot Putt (Jun)	1
	Long Jump (Sen)	5
Kewdale	Discus (Jun)	10
	High Jump (Fosbury)	11
Rotating Site (refer roster below)	Turbo Javelin	3

TURBO JAV SITE ROSTER

Position	Officials	Oct-12	Nov-12	Dec-12	Jan-13	Feb-13
Key Official	1	HW	KEW	K/L	C/R	FF
Helpers	3	VP	VP	VP	VP	VP

TRACK POSITIONS

Position	Officials	All months	Oct-12	Nov-12	Dec-12	Jan-13	Feb-13
Start Marshall S/T	2	VP	C/R	FF	H/W	K/L	KEW
Finish Marshall S/T	2	VP	KEW	C/R	FF	H/W	K/L
Start Marshall C/T	2	VP	FF	H/W	K/L	KEW	C/R
Finish Marshall C/T	1		H/W	K/L	KEW	C/R	FF
Timekeeper C/T	1		K/L	KEW	C/R	FF	H/W

NON-ROTATING POSITIONS

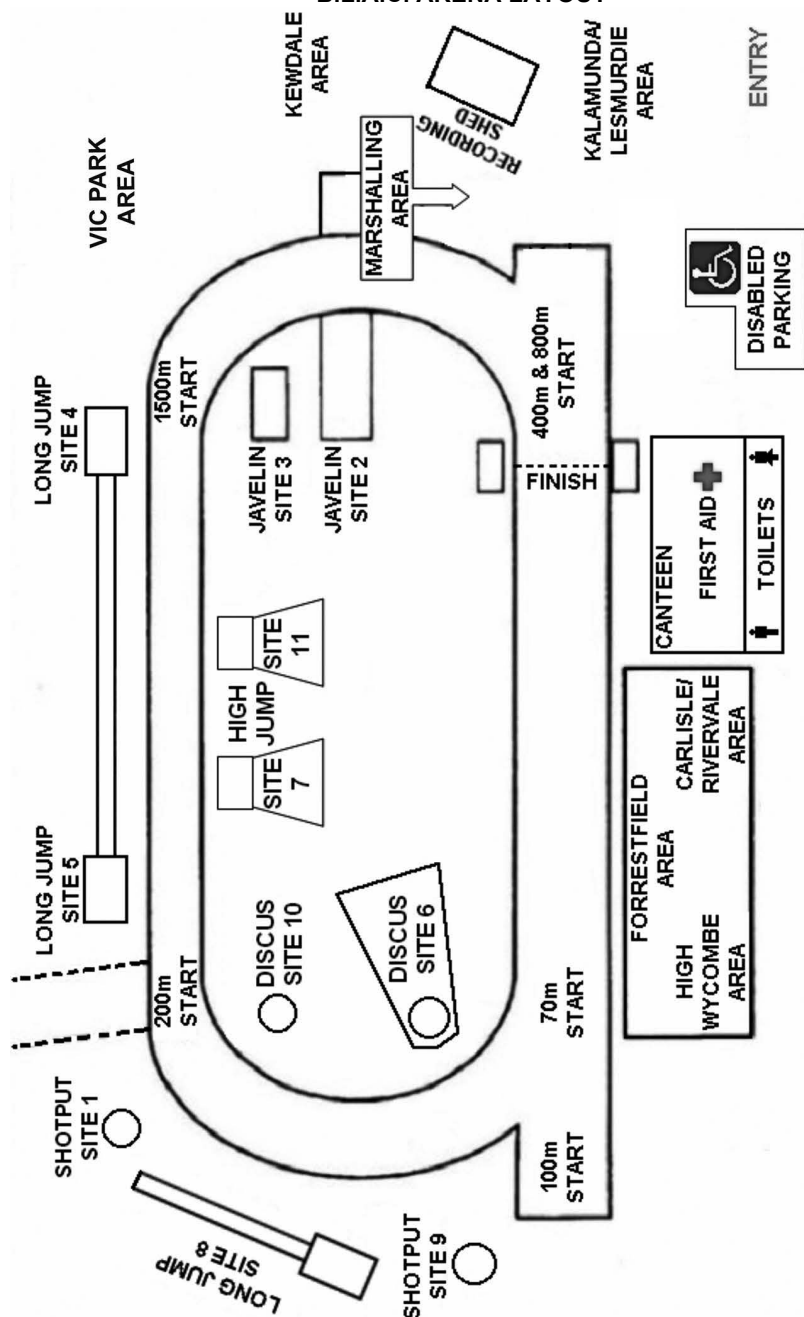
POSITION	CLUB	POSITION	CLUB
Chief Timekeeper	Craig Middleton-White	Chief Starter (S/T)	Terry Veivers
Timekeeper S/T		Starter (C/T)	Greg O.Meara
Timekeeper C/T	Mike Munro		
Assistant Recorder 1	Fran Partington	Assistant Recorder 2	Noreen Boyd
Chief Walks Judges 2	Max Rockliff/Andrew Mansey	Walks Judges (x5)	One per Club

S/T=Straight Track (Short Track), **C/T**=Circular Track (Long Track).

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 15 minutes before the official start time.

B.L.A.C. ARENA LAYOUT



GERRY ARCHER
ATHLETIC TRACK

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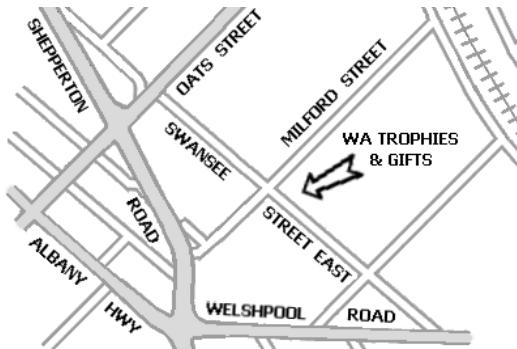
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WA TROPHIES & GIFTS

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.



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Email: peel.print@bigpond.com

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 day of competition 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 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.

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 provide their Club Manager with a medical certificate, which will prevent the child being disadvantaged during qualification for 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 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 – PLEASE DO NOT COMPETE.



2012-2013 WALA STATE EVENTS

PMH Kids Helping Kids Activity Day SATURDAY 3rd NOVEMBER 2012

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.

WALA State Teams Event SATURDAY 18th NOVEMBER 2012

Teams of 4 athletes consisting of one athlete from each age group from U7 through to U10 will compete in a series of different events. Teams will be of all boys or all girls with no limit on the number of teams per Centre. More details available from your Club Manager.

IGA STATE TRACK & FIELD RELAY CHAMPIONSHIPS SUNDAY 9th DECEMBER 2012

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.

Track relay events:	4 x 100m U8-U17	Field relay event:	Discus	U10, U12, U14 & U15
	4 x 200m U8-U10		Shot Put	U10-U15
	4 x 400m U11-U17		Javelin	U10, U11 & U13
			Long Jump	U10-U15
			Triple Jump	U11-U15

STATE MULTI EVENT CHAMPIONSHIPS SATURDAY 10th FEBRUARY 2013

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 are no selection criteria. Athletes are required to wear Centre uniform.

ZONE QUALIFYING HEATS & QUARTER FINALS SATURDAY 9th MARCH - SUNDAY 10th MARCH 2013

For athletes in the U10 to U15 age groups Zones are the heats and quarter finals of the State Track and Field Championships. Dependent 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 23rd MARCH – SUNDAY 24th MARCH 2013

Semi-finals and finals are held at the WA Athletics Stadium for those U10-U15 athletes filling the first four, five or six places (dependant on registrations in a Zone) 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 can 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.

**INTRODUCTION TO COACHING COURSE
METRO**

SUNDAY 21st OCTOBER 2012 - DALE LAC,
MORGAN PARK, IRONCAP PLACE, ARMADALE
8:30AM TO 2PM

SUNDAY 28th OCTOBER 2012 - UWA LAC,
MCGILLIVRAY OVAL, MCGILLIVRAY ROAD, MT CLAREMONT
8:30AM TO 2PM

SUNDAY 4TH NOVEMBER 2012 - INGLEWOOD LAC,
DIANELLA RESERVE NO 3, MORLEY DRIVE, DIANELLA
8:30AM TO 2PM

WA LITTLE ATHLETICS ASSISTED TRIPLE C

22nd & 23rd September 2012 - Narrogin LAC, Thomas Hogg Oval, Bannister St, Narrogin
10th & 11th November 2012 - Cockburn LAC, Santich Park, Asquith Road, Munster
17th & 18th November 2012 - Kingsway LAC, Kingsway Sporting Complex, Hartman Road,
Kingsway

Nominations for the Level 1 courses MUST come through your Centre so please contact them for further information and to register.



BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON





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	U9	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	6 x 5cm
Thereafter	2cm	2cm	2cm	2cm	2cm	2cm	2cm
GIRLS	U9	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	6 x 5cm
Thereafter	2cm	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/9, 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 leading foot (the foot closest to the bar at take-off):
- The head is not below the buttocks in clearing the bar:
- The athletes lead foot touches the mat before any other part of the body:

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 a height three (3) increments below their registered Personal Best 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, 14	400gm
U13, 14, 15	600gm	U15, 16, 17	500gm
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, 14	3kg
Girls U13, 14, 15, 16, 17	3kg
Boys U15, 16	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.

SPECIAL CLINICS

HURDLES CLINIC

Designed to assist parents on how to teach athletes hurdles

Date: Saturday 20th October 2012

Venue: Belmont LAC, Gerry Archer Athletics Track, Abernathy Rd, Cloverdale

Time: 1pm to 2pm

Date: Saturday 17th November 2012

Venue: Rockingham LAC, Hourglass Reserve, Murchison Drive, Cooloongup

Time: 1pm to 2pm

SPRINTS & STARTING CLINICS

Designed to assist parents on how to teach athletes

Date: Saturday 27th October 2012

Venue: Sth Districts LAC, Ern Clark Athletics Track, Wharf Street, Cannington

Time: 12:30pm to 2:30pm

Date: Saturday 3rd November 2012

Venue: Joondalup LAC, Arena Joondalup, Kennedy Drive, Joondalup

Time: 12:30pm to 2:30pm

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.



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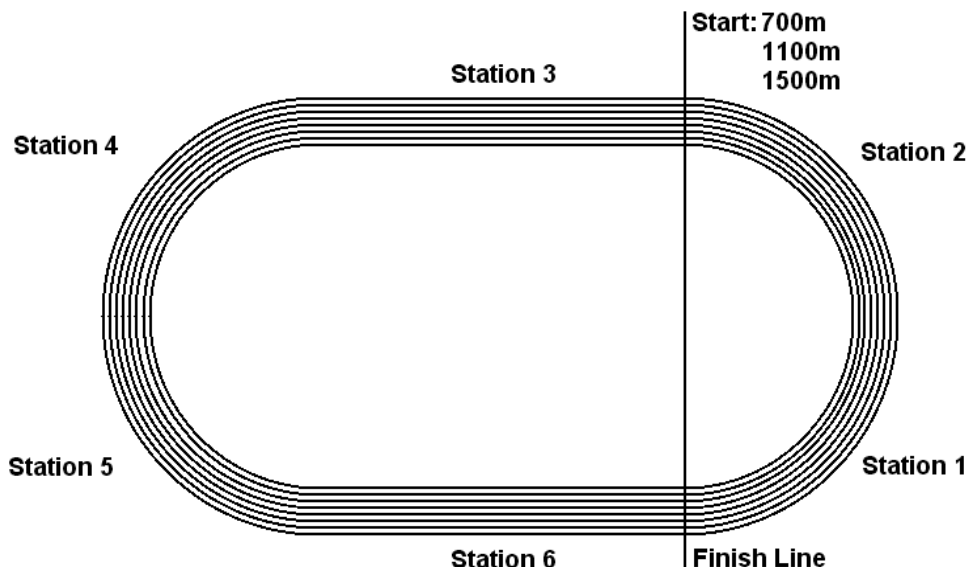
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RACE WALKING

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 rough 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. This is referred to as "Contact".
2. Failure of the athlete to have a straight leg at first contact with the ground until in the vertical upright position. This is referred to as "Knees".

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

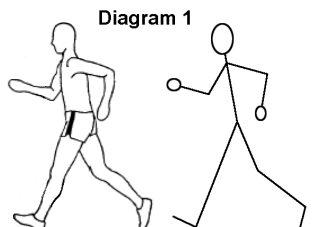


Diagram 2 shows the foot of the supporting leg flat out on the ground. The supporting leg is not vertically upright, being bent at the knee. **This does not satisfy the rule, & therefore it is not permitted.**

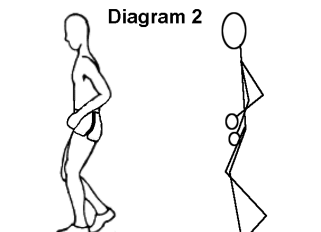
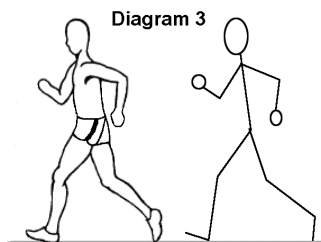


Diagram 3 shows both legs bent at the knee & they are never straight in any position, not even when the leg is supporting the whole weight of the body. **This does not satisfy the rule, & therefore it is not permitted.**



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 23, 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 15, 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 that 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 the start of the 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.
- Ensure the watch is running and advise the Chief Timekeeper immediately if it has failed to start.
- 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:

- Receive athletes from the marshalling area.
- Check athletes and age groups.
- Count children and decide size of heats e.g. (14 children - 1x6 & 2x4 or 2x5 & 1x4).
- Use ranking sheets to allocate athletes to heats as above.
 - a. Children should not select their own lanes - place at random or use lane draw sheets.
 - b. Competitors waiting should be well back from starting line.
 - c. 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**".

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

- 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.
- Any competitor responsible for a false start shall be warned.
 - a. U7 - U10 age groups any competitor responsible for three false starts shall be disqualified.
 - b. U11 - U15 age groups any competitor responsible for two false starts shall be disqualified.
 - c. U16 & U17 age groups any competitor making a false start shall be warned. Only one false start per race shall be allowed without disqualification.

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 100, 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 Announcer 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 of 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

Little Athletics Western Australian 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 LAWA 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 gender 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 for senior runners.

Previous Winners:

SENIORS (U10 – U17)

Year Boys

1997	Ben Castle (Forrestfield)
1998	Bryn Stewart (Kewdale)
1999	Scott Boyle (Belmay)
2000	Craig Luckens (Belmay)
2001	Jake Broughton (Carlisle/Rivervale)
2002	Brett Van Groningen (Kalamunda-Lesmurdie)
2003	Daniel Webb (High Wycombe)
2004	Ryan Suckling (Forrestfield)
2005	?
2006	Patrick Hughes (Carlisle/Rivervale)
2007	James Maxwell (Carlisle/Rivervale)
2008	Peter Murphy (Kewdale)
2009	Tim Iffla (Forrestfield)
2010	Steven Fare (Carlisle/Rivervale)
2011	Harry Edwards (Kalamunda-Lesmurdie)

Girls

Nicole Stone (Kewdale)
Oliva Chester (High Wycombe)
Jenelle Brand (Forrestfield)
Lauren Taylor (Kewdale)
Emma Forward (Belmay)
Casey Savill (Forrestfield)
Stephanie Lam (Kewdale)
Emma Trail (Forrestfield)
Tayla Van Zuilecom (Forrestfield)
Emily Webb (High Wycombe)
Ashley Parkinson (Kewdale)
Stephanie Lam (Kewdale)
Stephanie Lam (Kewdale)
Rosie Collyer (Kalamunda/Lesmurdie)
Jasmin Long (Kalamunda-Lesmurdie)

JUNIORS (U6 – U9)

Year Boys

2002	Matthew Hoogenkamp (Kalamunda-Lesmurdie)
2003	Matthew Kang (High Wycombe)
2004	Benjamin Farr (Kewdale)
2005	Liam Johnston (Carlisle/Rivervale)
2006	Riley Partington (High Wycombe)
2007	Jake Moffitt (Kewdale)
2008	Connor Van der Merwe (Kalamunda/Lesmurdie)
2009	Tyler Clatworthy (High Wycombe)
2010	Tiare Sugden (Kewdale)
2011	Antoine Vargiolu (Forrestfield)

Girls

Siobhan Spargo (Forrestfield)
Tayla Van Zuilecom (Forrestfield)
Tahlia Cornelius (High Wycombe)
Rose-Marie Rechichi (Kewdale)
Sarah Fryer (Carlisle/Rivervale)
Serena Elms (Kewdale)
Zarina Faridzal (Carlisle/Rivervale)
Hana Vanek (Kalamunda/Lesmurdie)
Alyssia Gaucci (Kalamunda/Lesmurdie)
Mikaela Hindmarsh (Carlisle/Rivervale)



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BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

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.

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.

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.

Records (Boys)

EVENT AGE GROUP	CENTRE RECORD HOLDER	CENTRE RECORD	CENTRE RECORD YEAR	CENTRE CHAMP HOLDER	CENTRE CHAMP RECORD	CENTRE CHAMP YEAR	OPEN RECORD HOLDER	OPEN RECORD	OPEN RECORD YEAR
70M									
Flying Bs	J. ELMS	13.4	2006	J.ELMS	13.4	2007			
U07	M VLAHOV	11.2	1989	M.VLAHOV	11.22	1989			
U08	C O'HELLO	10.8	1980	D.DEVAURNO	10.9	1977	M. HOWAT (KINGSWAY)		1986
U09	J.CLAITE	10.1	1977	J.CLAITE	10.1	1977	P. HICKEY (BELMONT)	10.1	1986
U10	J.CLAITE	10	1977	J.CLAITE	10	1978			
100M									
Flying Bs	A. WELSH	19.48	2011	A. WELSH	19.48	2011			
U07	M VLAHOV	15.87	1989	M.VLAHOV	15.87	1989			
U08	J CLAITE	14.8	1975	J.CLAITE	14.8	0			
U09	C VLAHOV	14.28	1988	R.DOYLE	14.32	2006			
U10	C HAWKSWORTH	13.59	2001	M.ROWE	13.86	2006	J. CLAITE (BELMONT)	13.8	1977
U11	M. ROWE	13.47	2007	M. ROWE	13.47	2007	D. LINES (MELVILLE)	13.7	1973
U12	T MARTIN	12.9	1974	A.WATSON	13.1	1978			
U13	M WEBBER	11.84	2000	M.WEBBER	12.14	2000	A. WONG (MELVILLE)	11.85	1988
U14	T MITCHELL	11.86	1988	S.BOYLE	12.08	2000	H. NGUGEN (KINGSWAY)	11.55	1988
U15	T HUNTER	11.32	1997	S.TURCO	11.44	1994	S. MICHAEL (MELVILLE)	11.5	1988
U16	M. CARCIONE	11.25	2011	C.LUCKENS	11.43	2001			
U17	A SAMPEY	10.91	2001	A.SAMPEY	10.91	2001			
200M									
Flying Bs	J. ELMS	42.15	2006	J.ELMS	42.15	2007	T BAKER (BELMONT)	49.46	2000
U07	M VLAHOV	34.41	1988	M.VLAHOV	35.37	1989			
U08	J CLAITE	31	1976	J.CLAITE	31	1976	J.CLAITE (BELMONT)		1976
U09	G DOWDING	30.3	1973	J.CLAITE	30.3	1977	L. FOLEY (KINGSWAY)	34.08	2011
U10	J CLAITE	29.1	1977	T.MCMILLAN	29.82	1986	S. LENNON (SOUTHERN DISTRICTS)	27.9	1983

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

U11	E.SMITH	28	1977	E.SMITH	28	1977			
U12	T MARTIN	26.2	1974	A.WATSON	27.4	1978	A. WATSON (BELMONT)	12.8	1977
U13	T MARTIN	25.2	1974	B.RENTON	25.7	1979			
U14	A.SAMPEY	24.72	1998	A.SAMPEY	24.72	1998			
U15	T HUNTER	22.79	1997	T.HUNTER	22.79	1997	C. LUCKENS (BELMONT)	28.66	2000
U16	C LUCKENS	23.58	2001	A.SAMPEY	23.59	2000			
U17	A SAMPEY	22.7	2001	A.SAMPEY	22.7	2001			
400M									
Flying Bs	A. WELSH	1.36.03	2011	A. WELSH	1.36.03	2011	R. MCGLOIN (JOONDALUP)	1.42.61	2010
U07	J. ROADS	1.29.63	2011	J.ELMS	1.30.0	2008			
U09	A. VARGIOLU	1.20.05	2011	A. VARGIOLU	1.20.05	2012			
U10	J CLAITHE	1.06.2	1977	J.CLAITE	1.08.00	1978			
U11	N HARMAN	1.04.4	1973	E.SMITH	1.04.40	1977			
U12	T MARTIN	1.00.70	1974	B.RENTON	1.01.10	1978			
U13	B RENTON	57.3	1979	B.RENTON	57.3	1979	B. RENTON (BELMONT)	57.5	1979
U14	A.SAMPEY	55.39	1998	A.SAMPEY	55.39	1998	J. YORK (BELMONT)	57.44	1991
U15	S BOYLE	53.93	2000	A.SAMPEY	54.39	1986	R. JOHNSON (SOUTHERN DISTRICTS)	52.42	1988
U16	S BOYLE	53.53	2001	A.SAMPEY	53.66	2000			
U17	A SAMPEY	51.8	2001	A.SAMPEY	51.8	2001			
600M									
U08	A HAROLD	2.06.80	1998	R.SIMPSON	2.07.66	1997			
U09	G.OKKERS	1.59.18	1992	R.CONOLLY	2.01.75	1992			
800M									
U09	B.JARVIS	2.48.75	1997	B.JARVIS	2.48.75	1997			
U10	A. HALL	2.33.66	1991	A.HALL	2.33.66	1992			
U11	S BUIST	2.30.60	1972	J.BRNICH	2.31.40	1979.7			
U12	B.RENTON	2.19.20	1978	B.RENTON	2.19.20	1978	C. MASTEN (SOUTHERN DISTRICTS)	2.12.29	2002
U13	B.RENTON	2.14.30	1979	B.RENTON	2.14.30	1979			
U14	M MCDOWELL	2.10.85	1995	M.MCDOWELL	2.13.70	1996	B. SKINNER (BELMONT)	2.13.66	1992
U15	T.BLAKE	2.04.95	1996	T.BLAKE	2.04.95	1986			
U16	D STEER	2.15.00	2001	D.STEER	2.15.00	2001	D. STEER (BELMONT)	2.17.80	2001
U17	C. DALE	2.03.94	2008	R.LEMA	2.15.87	2006			
1500M									
U11	J BRNICH	5.05.2	1978	N.HARMAN	5.10.10	1973.9			
U12	B RENTON	4.49.00	1977	A.HOUSTON	4.58.11	1988	N. HARMAN (BELMONT)	5.11.10	1973
U13	B RENTON	4.40.70	1979	B.RENTON	4.44.90	1979	B. RENTON (BELMONT)	4.41.10	1979
U14	B SKINNER	4.31.81	1992	A.HOUSTON	4.38.28	1990	D. SPIERS (HAMERSLEY)	4.23.80	1985
U15	J.WIEBRECHT	4.24.20	1986	J.WIEBRECHT	4.24.20	1986			
U16	C.WELLS	4.51.10	2005	C.WELLS	4.51.10	2005	B. CHRYSTIE (GOSNELLS)	4.48.41	2002
U17	C. DALE	4.17.61	2008	R.LEMA	4.42.26	2006			
300M WALKS									
Flying Bs	A. WELSH	2.12.87	2010	A. WELSH	2.12.87	2011			

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U07	J. PRESTON-COATES	2.00.59	2010	C. O'BORNE	2.02.50	2009			
U08	A. THOMAS	1.54.37	2010	H. EDWARDS	2.04.37	2009			
500M WALKS									
Flying Bs	C. COATES	3.41.25	2007	C. EVANS	4.42.90	2001			
U07	J. RUSH	3.21.15	2001	L. EDENBERG	3.26.26	2002			
U08	L. FERGUSON	2.58.8	1982	L. FERGUSON	3.00.50	1983	J. BURTON (MELVILLE)	2.53.40	1981
700M WALKS									
U09	S. FRASER	4.02.0	1977	L. FERGUSON	4.02.00	1984	S. BRENNAN (INGLEWOOD)	3.47.60	1981
1100M WALKS									
U10	J. WESTWOOD	6.21.39	1996	J. WESTWOOD	6.21.39	1997	M. LUSK (BAYSWATER)	6.18.41	2000
U11	A. KOROL	6.45.39	1999	A. KOROL	6.53.28	1999	A. KOROL (BELMONT)	7.00.03	1999
1500M WALKS									
U12	L. FERGUSON	7.26.93	1986	B. HORE	7.43.39	1988	J. LEEFLANG (HAMERSLEY)	7.33.70	1980
U13	R. CROCKETT	7.20.00	1981	L. FERGUSON	7.20.89	1988	R. CROCKETT (BELMONT)	7.16.30	1981
U14	B. HORE	7.03.73	1989	B. HORE	7.03.73	1990	B. HORE (BELMONT)	7.13.57	1989
U15	B. HORE	6.24.65	1990	B. HORE	6.24.65	1991	B. HORE (BELMONT)	6.50.59	1990
U16	Z. PARTINGTON	6.33.44	2011	Z. PARTINGTON	7.31.13	2012			
U17	S. GREEN	8.58.88	1997	S. GREEN	9.38.63	1998			
60M HURDLES									
U08	R. DOYLE	10.94	2005	R. DOYLE	10.94	2005			
U09	R. DOYLE	10.35	2005	L. MURTAGH	10.74	2008			
U10	R. DOYLE	10.54	2006	R. DOYLE	10.54	2007	M. LUSK (BAYSWATER)	10.62	2000
U11	D. PETTS	9.91	2006	D. PETTS	10.01	2007			
U12	A. KOROL	9.97	2000	A. KOROL	9.97	2000			
80M HURDLES									
U13	M. WEBBER	12.46	2000	B. JARVIS	13.44	2001			
90M HURDLES									
U14	C. LUCKENS	12.94	1999	C. LUCKENS	12.94	1999			
100M HURDLES									
U15	A. SAMPEY	13.46	1999	A. SAMPEY	13.46	1999	D. PARANAWITANE (BAYSWATER)	13.75	1993
U16	C. LUCKENS	13.3	2000	C. LUCKENS	14.05	2001			
U17	L. DEUNA	14.63	1998	S. TREW	15.87	2000			
110M HURDLES									
U17	C. LUCKENS	15.7	2002	C. LUCKENS	15.7	2002			
200M HURDLES									
U13	M. WEBBER	28.31	2000	B. JARVIS	30.3	2001	M. WEBBER (BELMONT)	28.38	2000
U14	S. FARE	28.18	2011	B. MCINERNEY	28.55	2010			

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

U15	C LUCKENS	26.44	2000	J.WESTWOOD	27.29	2002			
U16	C LUCKENS	26.1	2001	C.LUCKENS	26.1	2001			
U17	J. WESTWOOD	26.15	2003	C.LUCKENS	26.78	2002	J. WESTWOOD (BELMONT)	26.26	2003
DISCUS									
Flying Bs	R.WATSON	12.18	2002	R.WATSON	12.18	2002		0	
U07	M BOYLE	17.73	2000	M.BOYLE	17.73	2000		0	
U08	M.HELLO	23.14	1978	M.HELLO	23.14	1978	S. CANNON (BELMONT)	22.42	1973
U09	E CARROLL	28.3	1974	D.TAYLOR	27.92	1984	B. FRANCIS (BELMONT)	26.18	1980
U10	D OGG	33.67	1977	D.OGG	33.67	1977		0	
U11	D MILLAR	31.46	1971	J.MAGDIC	30.18	1997		0	
U12	D OGG	36.92	1980	D.OGG	36.92	1980	D. OAKES (MID)	36.22	1990
U13	T ABREU	36.3	1999	T.ABREU	36.3	1999	D. OGG (BELMONT)	43.64	1981
U14	T ABREU	49.69	2000	A.FREW	45	1987	G. BIRD (BELMONT)	44.96	1985
U15	P SARICH	51.9	1993	A.FREW	49.74	1988		0	
U16	M. CARCIONE	41.05	2011	M. CARCIONE	37.72	2012		0	
U17	S LUCKENS	39.56	2000	C.LUCKENS	38.34	2002		0	
HIGH JUMP									
U09	N. TSHUMA	1.02	2011	A. VARGIOLU	1	2012		0	
U10	C. HALL	1.23	2003	M.BUXTON	1.21	2002		0	
U11	A HAROLD	1.35	2002	A HAROLD	1.3	2002	A HAROLD (BELMONT)	1.33	2002
U12	S ANDERSON	1.58	1989	S.ANDERSON	1.56	1990		0	
U13	S ANDERSON	1.67	1990	M.ALLEN	1.57	1980/86		0	
U14	S ANDERSON	1.77	1991	S.ANDERSON	1.77	1992	D.GABY (E.G.)	1.7	1988
U15	B CASTLE	1.79	1997	R.CAMPO	1.72	1995		0	
U16	B CASTLE	1.85	1997	B.CASTLE	1.85	1997		0	
U17	J. KIRKUP	1.87	2009	R. KENTISH	1.77	2007		0	
JAVELIN									
U08	S.CANNON	20.72	1974		0			0	
U09	T.ABREU	25.5	1974		0			0	
U10	J MAGDIC	34.68	1996	J.MAGDIC	34.68	1996	J. NINYETT (BELMONT)	30.48	1990
U11	J MAGDIC	37.32	1997	N.ROACH	37.1	1989		0	
U12	T ABREU	42.94	1997	S.LUCKENS	40.17	1996	S. CUMMINGS (BELMONT)	38.41	1979
U13	D.OGG	44.86	1997	D.OGG	44.86	1981	A. FREW (BELMONT)	42.6	1986
U14	S LUCKENS	52.2	1997	A.FREW	51.56	1987	D. MILBURN (BELMONT)	44.62	1990
U15	A.HALL	56.1	1997	A.HALL	56.1	1997		0	
U16	M. CARCIONE	43.39	2011	M. CARCIONE	42.42	2012		0	
U17	R. BRNICH	30.95	2010		0		R. BRNICH (BELMONT)	30.95	2011
LONG JUMP									
Flying Bs	Y. KASSEM	2.91	2003	Y.KASSEM	2.91	2003	B. WEDGE (BELMONT)	2.15	2001
U07	V.ELLIOTT	3.23	1987	V.ELLIOTT	3.23	1987		0	
U08	A HAROLD	3.73	1999	A.HAROLD	3.73	1999		0	
U09	P LEWKOWSKI	4.4	1985	H. EDWARDS	3.99	2010	G. HOOD (BELMONT)	4.08	
U10	A MCDOWELL	4.47	1992	M.MCDOWELL	4.47	1992		0	
U11	M ALLEN	4.6	1978	M.ALLEN	4.6	1978	N. HARMAN (BELMONT)	4.6	1973

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

U12	S DENNON	5.2	1972	C.VLAHOV	5.03	1992		0	
U13	A SAMPEY	5.66	1997	A.SAMPEY	5.66	1997	A. WONG (MELVILLE)	5.79	1978
U14	S BOYLE	6.09	2000	S.BOYLE	6.09	2000	P. NGUYEN (KINGSWAY)	5.79	1989
U15	A SAMPEY	6.48	1999	A.SAMPEY	6.23	1999	D. PARANAWITANE (BAYSWATER)	6.07	1993
U16	A SAMPEY	6.19	2000	A.SAMPEY	6.19	2000		0	
U17	A SAMPEY	6.73	2001	A.SAMPEY	6.73	2001	A. HALL (BELMONT)	5.81	1999
SCISSORS									
U10	C.HALL	1.23	2003	M.BUXTON	1.21	2002		0	
U11	A HAROLD	1.35	2002	A.HAROLD	1.3	2002		0	
SHOT									
Flying Bs	L. NAYLIES- PEREIRA	4.85	2010	L. NAYLIES- PEREIRA	4.85	2011		0	
U07	T. SUGDEN	6.49	2008	J.ELMS	6.13	2008	M. BOYLE (BELMONT)	6.43	2000
U08	M VLAHOV	7.55	1990	G.BELL	7.4	1987		0	
U09	J MAGDIC	9.14	1995	J.MAGDIC	9.14	1984/95	D. TAYLOR (BELMONT)	8.05	1983
U10	J MAGDIC	10.5	1996	J.MAGDIC	10.5	1996		0	
U11	J MAGDIC	10.98	1996	J.MAGDIC	10.74	1997	J. BURNS (KINGSWAY)	9.36	1990
U12	T ABREU	10.67	1998	T.ABREU	10.67	1998	P. SARICH (MID)	11.21	
U13	S LUCKENS	13.96	1997	S.LUCKENS	13.96	1997	T. KEELEY (KINGSWAY)	12.39	1989
U14	S LUCKENS	14.74	1998	S.LUCKENS	13.9	1998	D. OAKES (BELMONT)	12.64	1991
U15	S LUCKENS	15.33	1998	S.LUCKENS	14.89	1999	C. MARSHALL (SOUTHERN DISTRICTS)	15.26	1989
U16	S LUCKENS	14.24	1999	K.WHITEHALL	13.98	2006		0	
U17	S LUCKENS	13.67	2000	S.LUCKENS	13.3	2001		0	
TRIPLE JUMP									
U10	P HICKEY	9.32	1987	J.LOVEGROVE	9.03	1980		0	
U11	C VLAHOV	9.9	1990	R.PRAHL	9.9	1977		0	
U12	P HICKEY	10.78	1988	M.LEWENHOFF	10.37	1986		0	
U13	S DENNON	11.17	1973	D.DEMPSEY	11.13	1981		0	
U14	P.BEATTIE	11.93	1999	P.BEATTIE	11.93	1998	D. GABY (E.G.)	11.2	1988
U15	A SAMPEY	12.65	1998	A.SAMPEY	12.57	1999		0	
U16	B CASTLE	13.18	1997	B.CASTLE	12.64	1997		0	
U17	A SAMPEY	12.53	2001	A.SAMPEY	12.53	2001		0	
TURBO JAVELIN									
Flying Bs	Y. KASSEM	10.62	2003	Y.KASSEM	10.62	2003	S. BOOKER (EASTERN HILLS)	6.88	2000
U07	J. ROADS	16.15	2011	J. ROADS	15.28	2012	R. WILLIAMS (BAYSWATER)	15.3	2000
U08	A HAROLD	21.61	1998	L.MURTAGH	20.05	2007		0	
U09	C. VINCI	28.05	2008	C. VINCI	22.46	2009	D. WILLIAMSON (EASTERN HILLS)	26.29	2001

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

Records (Girls)

EVENT AGE GROUP	CENTRE RECORD HOLDER	CENTRE RECORD	CENTRE RECORD YEAR	CENTRE CHAMP HOLDER	CENTRE CHAMP RECORD	CENTRE CHAMP YEAR	OPEN RECORD HOLDER	OPEN RECORD	OPEN RECORD YEAR
70M									
Flying Bs	B HODGE	13.64	2001	T UNGER	13.67	2011	B HODGE (BELMONT)	13.64	2001
U07	A O'FLANAGAN	11.63	1988	A.O'FLANAGAN	11.63	1988			
U08	A.FULTON	10.90	1978	A.FULTON	10.90	1978			
U09	A O'FLANAGAN	10.62	1990	A.O'FLANAGAN	10.62	1990			
U10	A.O'FLANAGAN	10.18	1990	I.THOMPSON	10.30	1995			
100M									
Flying Bs	B HODGE	19.57	2000	R.BOYANICH	20.14	2000			
U07	A O'FLANAGAN	17.15	1987	A.O'FLANAGAN	17.21	1988			
U08	T.HEYS	15.40	1976	T.HEYS	15.40	1976			
U09	K BRYAN	14.70	1974	T.HEYS	15.10	1977			
U10	S WIJESUNDERA	14.30	1974	S.WIJESUNDER A	14.40	1975	K. WHEELER (KINSWAY)	14.2	1990
U11	D COPLEN	13.60	1991	S.WIJESUNDER A	13.90	1976			
U12	S WIJESUNDERA	13.3	1976	S.WIJESUNDER A	13.50	1977			
U13	N.WINNING	12.40	1981	N.WINNING	12.40	1981			
U14	L.NIX	13.00	1985	L.NIX	13.00	1985	Y. ZAW (SOUTHERN DISTRICTS)	12.52	2002
U15	L THORNTON	12.66	1987	M.KOROL	13.11	2000	M. TOBIN (KINGSWAY)	12.36	1990
U16	K. MADDEN	12.96	2005	K.MADDEN	13.00	2006	S. MOLFORD (SOUTHERN DISTRICTS)	12.66	2002
U17	K. MADDEN	12.99	2006	F.DUNCAN	13.18	1999	F. DUNCAN (BELMONT)	16.85	1999
200M									
Flying Bs	B HODGE	42.19	2000	E.ARMSTRONG	45.81	2007	F. JOSE (BELMONT)	45.30	2000
U07	A O'FLANAGAN	35.81	1988	A O'FLANAGAN	35.81	0			
U08	M BRIGNOLI	33.00	1971	A.FULTON	33.40	1978	R. STARCEVICH (HAMERSLEY)	32.10	1979
U09	K BRYAN	31.10	1974	T.WALSH	32.50	1983			
U10	S WIJESUNDERA	29.50	1974	S.WIJESUNDER A	30.20	1975	S WIJESUNDERA (BELMONT)	30.00	1975
U11	S WIJESUNDERA	29.00	1976	S.WIJESUNDER A	29.00	1976			
U12	T WALSH	27.60	1986	T.HEYS	28.10	1980			
U13	N WINNING	26.9	1981	N.WINNING	26.90	1981			
U14	K SMETHERHAM	27.40	1986	E.BECKFORD	27.41	1997			
U15	L THORNTON	26.85	1987	K.SMETHERHAM	27.10	1987			
U16	K. MADDEN	27.57	2005	K.MADDEN	28.15	2006			
U17	F DUNCAN	26.75	1998	K.MADDEN	27.47	2007			
400M									
Flying Bs	T. UNGER	1.42.57	2010	T. UNGER	1.42.89	2011	T.L.ROBERTSON (NORTHAM)	1.51.40	2010
U07	T. UNGER	1.34.1	2011	T. UNGER	1.35.42	2012			
U09	E. MCBROOM	1.25.04	2011			0			
U10	M BRIGNOLI	1.08.7	1973	M.BRIGNOLI	1.09.70	1973			
U11	S WIJESUNDERA	1.06.5	1975	J.GAGLIA	1.07.20	1979	M. FOWLER	1.07.20	1973

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

						(MELVILLE)		
U12	O. ALLEN	1.04.10	1973	M.BRIGNOLI	1.04.60	1975		
U13	M BRIGNOLI	1.02.4	1976	N.WINNING	1.02.60	1981	M BRIGNOLI (BELMONT)	1.02.00 1976
U14	J.OPIE	1.02.43	1991	J.OPIE	1.02.43	1991	R. BECKHAM	1.01.80
U15	T WALSH	1.00.95	1988	T.WALSH	1.01.17	1989	T. WALSH (BELMONT)	59.95 1988
U16	K.MADDEN	1.06.74	2006	K.MADDEN	1.06.74	2006		
U17	F.DUNCAN	1.05.76	1999	F.DUNCAN	1.05.76	1999		
600M								
U08	K. PICKETT	2.13.07	2005	K.PICKETT	2.13.07	2005		
U09	J.FIFE	2.12.70	1993	E.ORRELL	2.13.81	1993		
800M								
U09	K PICKERING	3.01.75	1994	K.COPPENS	3.04.83	1998		
U10	J SINCLAIR	2.38.71	1990	J.SINCLAIR	2.38.71	1990		
U11	M BRIGNOLI	2.36.2	1974	M.BRIGNOLI	2.37.70	1974		
U12	M BRIGNOLI	2.28.00	1974	M.BRIGNOLI	2.32.00	1975		
U13	O ALLEN	2.25.90	1974	M.BRIGNOLI	2.29.20	1976		
U14	J MCSHERRY	2.29.63	1991	J.MCSHERRY	2.31.18	1991	A. MILNE (SOUTHERN DISTRICTS)	2.25.50 1983
U15	J MCSHERRY	2.25.88	1991	J.MCSHERRY	2.25.88	1992		
U16	K. WEDGE	2.43.0	2004	K.WEDGE	2.43.18	2005		
U17	K. SHORT	2.44.67	2009	M.PHILLIPS	4.23.36	1998		
1500M								
U11	C TUNSTALL	5.16.2	1974	M.BRIGNOLI	5.25.90	1974		
U12	C TUNSTALL	5.15.20	1974	M.BRIGNOLI	5.16.50	1975		
U13	O ALLEN	5.05.80	1974	M.REDDISH	5.07.40	1976	M. PRESTIDGE (BELMONT)	5.31.40 1973
U14	T WALSH	5.21.10	1987	S.ROMEO	5.27.10	1984		
U15	T WALSH	5.15.71	1988	J.MCSHERRY	5.16.87	1992		
U16	K. WEDGE	5.41.20	2004	K.WEDGE	5.43.63	2005		
U17	K. WEDGE	6.03.41	2005	K. SHORT	6.13.00	2010		
300M WALKS								
Flying Bs	H. VANEK	2.16.42	2009	S SCOTT	2.30.79	2011		
U07	Z. FARIDZAL	2.14.43	2008	E. MCBROOM	2.17.57	2010		
U08	S. VANEK	1.54.13	2008	E. MCBROOM	1.59.14	2011		
500M WALKS								
Flying Bs	R.BOYANICH	3.46.55	1999	S.MATHEWS	4.27.53	2002		
U07	R.BOYANICH	3.19.50	2001	A.SUCKLING	3.41.94	2002		
U08	R.DOYLE	3.00.98	2001	R.BOYANICH	3.05.73	2002	A. HAHN (KINSWAY)	3.00.43 2001
700M WALKS								
U09	J.MARSH	04.04.61	1987	J.MARSH	04.04.61	1987	N. EDWARDS (HAMERSLEY)	3.55.90 1981
1100M WALKS								
U10	C.GUEST	7.10.67	2001	C.GUEST	7.10.67	2002	T. HOUSE (BAYSWATER)	6.59.90 2001
U11	S. VANEK	7.00.6	2011	S. VANEK	7.00.6	2012	A. RODDY (KNGSWAY)	6.07.49 2002
1500M WALKS								
U12	M.MAHER	7.52.60	1976	M.MAHER	8.12.10	1976	P. KENNEDY (KINGSWAY)	7.22.20 1981
U13	C.TUNSTALL	7.14.00	1975	L.ROMEO	8.03.57	1987		

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

U14	S.ROMEO	7.15.00	1983	L.ROMEO	7.20.23	1988			
U15	L.ROMEO	7.16.88	1989	L.ROMEO	7.17.25	1989			
U16	B. FARE	9.35.38	2008	M.DWYER	11.13.24	1999			
U17	T.BOWEN	10.22.77	1997	M.DWYER	11.45.83	2000			
60M HURDLES									
U08	I. HOWES	11.78	2005	I.HOWES	11.78	2005			
U09	V GREGORY	11.18	1998	S.WEBSTER	11.50	2006			
U10	C.SIMPKINS	11.30	2003	C.SIMPKINS	11.30	1998	P. KEELEY (GOSNELLS)	11.54	2000
U11	C.BOYANICH	11.12	1995	C.BOYANICH	11.12	2008			
U12	J. WARD	10.03	2004	J.WARD	10.03	2004	J.WARD (BELMONT)	10.15	2003
80M HURDLES									
U13	J. WARD	13.24	2004	J.WARD	13.24	2005			
U14	A. GRAYSON	13.39	2007	A.GRAYSON	13.39	2008			
90M HURDLES									
U14	A HOTINSKI	13.79	1996			0			
U15	K DUNGATE	14.24	1993	K.SMETHERHAM	14.45	1987			
U16	F DUNCAN	16.42	1998	K.MADDEN	16.88	2006			
U17	F DUNCAN	16.85	1999			0			
100M HURDLES									
U17	K. MADDEN	18.65	2006	B. FARE	20.74	2010			
200M HURDLES									
U13	S. WEBSTER	30.8	2009	Z.EDWARDS	30.90	2001	S. MIGRO (BAYSWATER)	32.57	2001
U14	Z EDWARDS	31.17	2002	Z.EDWARDS	31.17	2002	M. CROUCH (BAYSWATER)	34.46	2011
U15	M KOROL	31.14	2000	A.MITCHELL	31.89	2000	M. KOROL (BELMONT)	31.29	2000
U16	S. LAM	30.63	2008	K.MADDEN	32.34	2006	K. MORRIS (GOSNELLS)	36.89	2000
U17	K. MADDEN	33.02	2006	K. SHORT	36.34	2010			
DISCUS									
Flying Bs	R BOYANICH	10.9	1999	S.MAHER	9.54	2002		0	
U07	R BOYANICH 350G	13.74	2001	L.CASTLE	13.94	1993	A. HAHN (KINSWAY)	14.07	2001
U08	V FRENCH	21.95	1978	A.ROBINSON	20.86	1978	V. FRENCH (BELMONT)	18.7	1977
U09	V FRENCH	28.91	1978	V.FRENCH	25.77	1979		0	
U10	V FRENCH	30.12	1979	V.FRENCH	30.12	1979		0	
U11	V FRENCH	31.18	1980	V.FRENCH	31.18	1981		0	
	V.FRENCH	31.18	1981	V.FRENCH	31.18	1981		0	
U12	V FRENCH	38.78	1981	V.FRENCH	37.96	1982	V.FRENCH (BELMONT)	36.72	1982
U13	V.FRENCH	41.3	1981	V.FRENCH	41.3	1983	R. HUME (SOUTHERN DISTRICTS)	40.21	1989
U14	M. MAHONY	21.97	2011	M. MAHONY	21.97	2011		0	
U15	J. DAVIES	25.61	2010	J. DAVIES	25.61	2011		0	
U16	M.HOOGENKAMP	32.31	2010	M.HOOGENKAMP	32.31	2010		0	
U17	V. GENESTE	29.06	2010	V. GENESTE	29.06	2011		0	
HIGH JUMP									
U09	D. WILKINSON	1	2011	D. WILKINSON	1	2012		0	

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

U10	N HEWETT	1.17	2001	N.HEWETT	1.15	2001		0	
U11	N HEWETT	1.28	2003	N HEWETT	1.26	2003	P. KEELEY (GOSNELLS)	1.2	2001
U12	C BOYANICH	1.54	1995	C.BOYANICH	1.46	1996		0	
U13	C BOYANICH	1.65	1997	C.BOYANICH	1.65	1997	T. HORN (SOUTHERN DISTRICTS)	1.49	1983
U14	C BOYANICH	1.72	1997	C.BOYANICH	1.72	1998	J. CASEY (BELMONT)	1.53	1992
U15	C BOYANICH	1.7	1998	C.BOYANICH	1.6	1999		0	
U16	R. COLLYER	1.43	2010	R. COLLYER	1.4	2011/99	R. COLLYER (BELMONT)	1.4	2011
U17		1.39	2011	R. COLLYER	1.35	2012		0	
JAVELIN									
U08	S.WJESUNDERA	17.55	1973		0			0	
U09	A ROBINSON	21.25	1979		0			0	
U10	V FRENCH	26.98	1980	A.ROBINSON	25.66	1979		0	
U11	V FRENCH	31.5	1981	V.FRENCH	31.5	1981	V.FRENCH (BELMONT)	30.72	1981
U12	V FRENCH	39.52	1982	V.FRENCH	39.52	1982	V.FRENCH (BELMONT)	36.7	1982
U13	J. DAVIES	32.01	2008	M.MAGDIC	31.64	1999	R. HUME (SOUTHERN DISTRICTS)	33.4	1989
U14	V FRENCH	40.01	1984	V.FRENCH	38.42	1984	V.FRENCH (BELMONT)	36.68	1983
U15	C PALMER	41.36	1986	C.PALMER	38.42	1986		0	
U16	J. DAVIES	33.58	2011	J. DAVIES	31.49	2012		0	
U17	O CHESTER	29.06	1999	O.CHESTER	27.58	2000		0	
LONG JUMP									
Flying Bs	R.BOYANICH	2.65	1999	B.HODGE	2.2	2001		0	
U07	A.O'FLANAGAN	2.99	1988	C.SIMPKINS	2.92	1995		0	
U08	S. WIJESUNDERA	3.56	1972	S.WIJESUNDER A	3.42	1973		0	
U09	A FULTON	3.85	1978	A.APENIS	3.84	1973	P. ROPER (EASTERN HILLS)	4.02	1973
U10	S WIJESUNDERA	4.21	1974	M.BRIGNOLI	4.17	1973		0	
U11	S WIJESUNDERA	4.52	1976	S.WIJESUNDER A	4.52	1976	K. WHEELER (KINGSWAY)	4.61	1991
U12	C BOYANICH	4.72	1996	T.ARMSTRONG	4.64	1975	N. WEBER (EASTERN HILLS)	4.83	1992
U13	J TAPUTORO	4.94	1991	T.HEYS	4.89	1981	M. PEDROTTI (BAYSWATER)	4.97	1992
U14	J CASEY	5.18	1993	J.CASEY	5.18	1993	J. RICHARDSON (BAYSWATER)	4.79	1993
U15	C.PALMER	5.04	1993	C.PALMER	5.04	1986	L. POOTER (KINGSWAY)	5.06	1991
U16	J HOGEN-ESCH	4.79	1999	O.CHESTER	4.68	1998	J HOGEN-ESCH (BELMONT)	4.79	1999
U17	R. COLLYER	4.62	2011	K.FIORINI	4.47	1999	F. DUNCAN (BELMONT)	4.4	1999
SCISSORS									
U10	N HEWETT	1.17	2001	N.HEWETT	1.15	2001		0	
U11	N. HEWETT	1.28	2002	N.HEWETT	1.26	2003		0	
SHOT									
Flying Bs	H. KING	2.97	2010	H. BURGESS	3.84	2010		0	
U07	H. BURGESS	4.52	2010	H. CORNELIUS	4.28	2012		0	

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2012-2013 SEASON

U08	R BOYANICH	6.83	2001	T.WOLFS	5.9	1982		0	
U09	V.FRENCH	8.76	1978	V.FRENCH	8.76	1978	V. FRENCH (BELMONT)	8.07	1979
U10	V FRENCH	9.36	1979	V.FRENCH	9.04	1979	M. WARD (COCKBURN)	9.54	2008
U11	V FRENCH	11.46	1981	V.FRENCH	11.14	1981		0	
U12	V FRENCH	13.57	1982	V.FRENCH	13.27	1982	N. KEELEY (KINGSWAY)	10.19	1986
U13	V FRENCH	12.41	1982	V.FRENCH	12.41	1983	R. HUME (SOUTHERN DISTRICTS)	11.33	1988
U14	V FRENCH	13.71	1983	V.FRENCH	13.71	1984	A. SUTTON (KINGSWAY)	10.31	1988
U15	C PALMER	13.92	1986	C PALMER	13.92	1986		0	
U16	J. DAVIES	8.43	2011	D. SHORT	6.49	2011		0	
U17	V. GENESTE	7.93	2010	R. COLLYER	6.34			0	
TRIPLE JUMP									
U10	S WIJESUNDERA	9.22	1975	C.BOYANICH	8.58	1994	D. HICKS (E.G.)	8.31	
U11	C BOYANICH	9.67	1994	S.WIJESUNDER A	9.29	1976		0	
U12	D COPLEN	9.87	1973	S.TRIMMINGS	9.66	1976	D. COPLEN (BELMONT)	9.97	1973
U13	J TAPUTORO	10.49	1991	S.GILFILLAN	10.2	1974		0	
U14	J CASEY	10.72	1992	J.OPIE	10.67	1991		0	
U15	C.PALMER	10.57	1987	C.PALMER	10.57	1986	C.PALMER (BELMONT)	10.31	1986
U16	E. TAPSCOTT	10.03	2011	F.DUNCAN	9.62	1998		0	
U17	F DUNN	9.81	1998	R.COLLYER	9.55	2012		0	
TURBO JAVELIN									
Flying Bs	R BOYANICH	8	1999	R.BOYANICH	7.59	2000		0	
U07	R BOYANICH	11.92	2000	K.BLAIR	10.29	2006		0	
U08	R BOYANICH	15.59	2001	T. STRIBLEY	12.8	2012	A. HAHN (KINSWAY)	15.74	2001
U09	R. FRAME	16.24	2006	R.BOYANICH	15.78	2003	N. CUSWORTH (KINGSWAY)	15.12	2002



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