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**2013-2014
OFFICIAL YEAR BOOK**

44th 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 44th 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	Mike Munro	0408 092 232
Forrestfield	White/Red / Black	Vito Vargiolu	0424 804 449
High Wycombe	Blue/White / Black	Leanne Wallace-Gibb	0435 031 226
Kalamunda / Lesmurdie	Lime Green / Black	kllac@hotmail.com	-
Kewdale	Gold/White / Black	Catherine Naylies-Pereira	0408 959 799
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	Tracey Blair	admin@blac.asn.au
Treasurer	Anna Munro	treasurer@blac.asn.au
Registrar	Mike Munro	registrar@blac.asn.au
Arena Manager		
Championships Officer		
Publicity Officer		
Officer of Officials		
Records and Ranking Officer	Cheryl Short	cashort@aapt.net.au
Coaching Coordinator		
Chief Field Umpire	Nathan Cunningham	
Chief Track Umpire	Clint Wallace-Gibb	

BLAC INC. NON-EXECUTIVE OFFICE BEARERS

Administrator of Clubs	
Announcer	Valerie Goodreid
Assistant Records/Rankings Officers	
Canteen Manager	
Centre Delegate 1 (to WALA)	Glenn Bartlett
Centre Delegate 2 (to WALA)	Sara Lindquist
Chief Starter	Terry Veivers
Chief Timekeeper	Craig Middleton-White
Equipment Officer	
First Aid Officer	
Winter Officer (2011)	
Website Administrator	

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 2013-2014 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	2013 Catherine Geneste
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)
		2013	T. Petts (Coach)

2012 – 2013 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 2012 - 2013 captains were:

Ashlee Viewers (Forrestfield)

Steven Fare (Carlisle/Rivervale)

BELMONT SPORTSPERSON OF THE YEAR

PERPETUAL TROPHY WINNERS

For outstanding performances in the following event categories:

South Australian LA Team Trophy	Middle Distance	Taleisha Unger (Kalamunda/Lesmurdie)
Vanessa French Trophy	Throws	
Pat Lewis Trophy	Sprints & Hurdles	Jordan Roads (Forrestfield)
Kim Beazley Trophy	Jumps	Taneira Hansord (Carlisle/Rivervale)
Merle Carter Trophy	Walks	Zac Partington (Forrestfield)
Most Promising Flying Bee		Kade Rafferty (Kalamunda/Lesmurdie)
Most Outstanding Under 7		Evan Gentry (Kewdale)
Junior Athlete Of The Year		Jasmin Long (Kalamunda/Lesmurdie)

Doug Hansey Award

CHAMPION CLUBS

French Family Trophy Champion Club – Overall Winner

Kalamunda/Lesmurdie (23479 Points)

Joy Hardman Trophy Champion Club – Handicap Winner

Carlisle/Rivervale (198.81 Points)

March Past Award Winners

High Wycombe

CLUB AGE GROUP CHAMPIONS

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

CHRISTMAS GIFT 100m HANDICAP WINNERS

Juniors

Girls

- 1st** Rosie McGehan (Kalamunda/Lesmurdie)
Eq 2nd Charlie Kroon (High Wycombe)
Eq 2rd Kheirra Elliot (High Wycombe)

Seniors

Girls

- 1st** Naomi Hayes (High Wycombe)
2nd Samantha Twigger (Kalamunda/Lesmurdie)
3rd Eden McBroom (Kalamunda/Lesmurdie)

Boys

- 1st** James Pritchard (Carlisle/Rivervale)
2nd Jordan Roads (Forrestfield)
3rd Corey Woodward (Carlisle/Rivervale)
3rd Orlando Gately (Carlisle/Rivervale)

Boys

- 1st** Trent McDougall (Carlisle/Rivervale)
2nd Harrison Cairns (Kalamunda/Lesmurdie)
3rd Brayden Baker (Forrestfield)

1500m INVITATIONAL WINNERS

Belmont Athletes

Girls

- 1st** Tarsha Lee Hansord (Carlisle/Rivervale)
2nd Jasmin Long (Kalamunda/Lesmurdie)
3rd Sharise Coote (Vic Park)

Boys

- Conor Andrews (Kalamunda/Lesmurdie)
Andrew Hilditch (High Wycombe)
Michael Willcock (Kalamunda/Lesmurdie)

Visiting Athletes

Girls

- 1st** Brandi Burnett (Baldivis)
2nd Tia Chitty (Hamersley)
3rd Lauren Hyde-Colling (Melville)

Boys

- Daniel Sharp (Beechboro)
Henry Greenwood (Melville)
Michael Whent (Northam)

BLAC NINE-YEAR SERVICE ATHLETE AWARDS

Zac Partington

BLAC SIX-YEAR SERVICE ATHLETE AWARDS

Riley Partington, Brayden Rowe, Kira Osborne, Chloe Messere, Mikayla Pritchett,
Ayesha Wallace-Gibb, Ben Farr

WALA EIGHT-YEAR SERVICE ATHLETE AWARDS

WALA TEN-YEAR SERVICE PARENT AWARDS

WALA SIX-YEAR SERVICE PARENT AWARDS

WALA THREE-YEAR SERVICE PARENT AWARDS

WALA CENTRE AWARDS

Centre Administrator of the Year

Centre Official of the Year

Centre Coach of the Year

2012 – 2013 REPRESENTATIVE HONOURS

INTERNATIONAL STATE TEAM MEMBERS

Steven Fare

NATIONAL STATE TEAM MEMBERS

No representatives this year

STATE RELAY CHAMPIONSHIPS MEDAL WINNERS

WA Athletics Stadium, December 11, 2011

U8 Girls 4 x 100m

Silver Medal

Annaleigh Lewis, Taleisha Unger, Paige Bower, Laura Stump, Stephanie Della-Franca

Coach: Glenn Bartlett

STATE MULTI EVENT CHAMPIONSHIPS MEDAL WINNERS

WA Athletics Stadium, February 11th 2012

No medallists this year.

ZONE CHAMPIONSHIPS FINALISTS & MEDAL WINNERS (U7 to U9)

Langford Oval, March 9 & 10, 2013

UNDER 7 BOYS

70M

1. EVAN GENTRY BEL 11.89

4. KAMREN GATELY BEL 12.19

6. LEO VULINOVIC BEL 13.87

7. KHYRAN ELLIOTT BEL 14.17

100M

1. EVAN GENTRY BEL 16.58

6. KAMREN GATELY BEL 17.30

200M

1. EVAN GENTRY BEL 38.79

5. KHYRAN ELLIOTT BEL 43.46

DISCUS

4. TULLY SEARLE BEL 09.77m

SHOT

1. LEO VULINOVIC BEL 05.80m

6. DANIEL THORNE BEL 02.53m

JAVELIN

2. TULLY SEARLE BEL 15.59m

3. KAMREN GATELY BEL 11.00m

5. KHYRAN ELLIOTT BEL 07.06m

7. DANIEL THORNE BEL 05.70m

LONG JUMP

1. EVAN GENTRY BEL 03.09m

UNDER 8 BOYS

60M HURDLES

2. ORLANDO GATELY BEL 11.90

7. LUCAS NAYLIES-PEREIRA BEL 13.12

70M

3. JORDAN ROADS BEL 11.00

4. ORLANDO GATELY BEL 11.08

5. KADE JOHN MCKEOWN BEL 11.54

100M

3. JORDAN ROADS BEL 16.40

200M

8. LUCAS NAYLIES-PEREIRA BEL 38.73

DISCUS

1. ORLANDO GATELY BEL 14.81m

6. LUCAS NAYLIES-PEREIRA BEL 12.08m

8. KADE JOHN MCKEOWN BEL 11.62m

SHOT

1. JORDAN ROADS BEL 07.70m

JAVELIN

2. LUCAS NAYLIES-PEREIRA BEL 15.84m

LONG JUMP

2. JORDAN ROADS BEL 03.54m

3. KADE JOHN MCKEOWN BEL 03.40m

4. ORLANDO GATELY BEL 03.33m

UNDER 9 BOYS

60M HURDLES

3. COOPER EMSLIE BEL 10.93

4. KYAN D'CASTRO BEL 11.13

KYAN D'CASTRO BEL 10.87

100M

4. COOPER EMSLIE BEL 15.95

6. JOSHUA SAVAGE BEL 16.32

KYAN D'CASTRO BEL 16.32

200M

4. COOPER EMSLIE BEL 33.79

5. DAMON WINTERBURN BEL 36.39

7. TRISTAN NAYLIES-PEREIRA BEL 39.42

8. TYLER RIGOLL BEL 43.09

400M

5. DAMON WINTERBURN BEL 1m 25.31

7. KIERON BOWER BEL 1m 26.33

800M

6. KIERON BOWER BEL 3m 04.53

7. JOSHUA SAVAGE BEL 3m 13.01

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

700M WALKS

3. TYLER RIGOLL BEL 5m 04.14

DISCUS

2. CALLUM FARE BEL 19.09m

5. MITCHELL BOSTOCK BEL 17.20m

SHOT

2. CALLUM FARE BEL 05.46m

4. MITCHELL BOSTOCK BEL 04.37m

JAVELIN

4. DAMON WINTERBURN BEL 17.93m

5. MITCHELL BOSTOCK BEL 17.85m

HIGH JUMP

2. DAMON WINTERBURN BEL 01.06m

LONG JUMP

3. COOPER EMSLIE BEL 03.82m

5. JOSHUA SAVAGE BEL 03.54m

UNDER 7 GIRLS

70M

3. ROSIE MCGEHAN BEL 13.22

100M

2. ROSIE MCGEHAN BEL 19.34

4. EMILY HAYES BEL 19.52

5. ELYSSA LEWIS BEL 19.85

6. RHIANNA JORDAN BEL 20.16

8. CASSANDRA TWIGGER BEL 20.33

200M

2. ROSIE MCGEHAN BEL 40.56

3. EMILY HAYES BEL 40.98

4. RHIANNA JORDAN BEL 42.24

6. CASSANDRA TWIGGER BEL 42.69

SHOT

1. EMILY HAYES BEL 04.88m

2. ROSIE MCGEHAN BEL 04.37m

6. JACINTA FYFE BEL 02.64m

JAVELIN

2. RACHEL HILDITCH BEL 07.48m

3. JACINTA FYFE BEL 05.78m

6. ANGELA BLAKE-MONTANUS BEL 04.31m

LONG JUMP

2. EMILY HAYES BEL 02.89m

5. RHIANNA JORDAN BEL 02.47m

UNDER 8 GIRLS

60M HURDLES

2. PAIGE BOWER BEL 12.41

4. ASHLEY MUIR BEL 12.75

5. NIAMH HARDCASTLE-SHARP BEL 13.21

6. ANNALEIGH LEWIS BEL 13.29

7. ASHLEE CLUNE BEL 13.58

70M

2. TALEISHA UNGER BEL 11.67

6. PAIGE BOWER BEL 12.64

100M

2. TALEISHA UNGER BEL 17.12

4. STEPHANIE DELLA FRANCA BEL 17.41

6. PAIGE BOWER BEL 18.52

200M

3. TALEISHA UNGER BEL 35.96

4. STEPHANIE DELLA FRANCA BEL 36.69

DISCUS

1. LILLY CUNNINGHAM BEL 12.42m

3. ANNALEIGH LEWIS BEL 10.27m

6. BETHANY THORNE BEL 08.79m

8. ASHLEY MUIR BEL 08.20m

SHOT

2. STEPHANIE DELLA FRANCA BEL 05.21m

5. BETHANY THORNE BEL 04.52m

JAVELIN

6. ASHLEY MUIR BEL 07.89m

8. BETHANY THORNE BEL 07.51m

LONG JUMP

4. TALEISHA UNGER BEL 02.86m

5. STEPHANIE DELLA FRANCA BEL 02.82m

8. ANNALEIGH LEWIS BEL 02.57m

UNDER 9 GIRLS

60M HURDLES

4. KHEIRRA ELLIOTT BEL 11.87

6. TARA STRIBLEY BEL 11.99

70M

5. KHEIRRA ELLIOTT BEL 11.87

100M

3. KHEIRRA ELLIOTT BEL 16.94

400M

8. KHEIRRA ELLIOTT BEL 1m 36.50

800M

5. HANA VANEK BEL 3m 19.87

700M WALKS

DISCUS

3. TARA STRIBLEY BEL 14.51m

JAVELIN

2. TARA STRIBLEY BEL 14.19m

HIGH JUMP

3. HANA VANEK BEL 01.02m

LONG JUMP

6. TARA STRIBLEY BEL 03.07m

7. HANA VANEK BEL 02.77m

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

WA Athletics Stadium, March 23 & 24, 2013

UNDER 15 BOYS

200M HURDLES

Gold

STEVEN FARE BEL 25.70

UNDER 12 GIRLS

1500M WALK

Silver

SASA VANEK BEL 8m 36.48

UNDER 10 BOYS

1100M WALK

Silver

JOSEPH HALL BEL 5m 50.74

UNDER 17 BOYS

JAVELIN

Bronze

MICHAEL CARCIONE BEL 39.00m

UNDER 15 BOYS

100M HURDLES

Bronze

STEVEN FARE BEL 13.59

UNDER 13 BOYS

JAVELIN

Bronze

CARLO VINCI BEL 39.17m

UNDER 13 GIRLS

400M

Bronze

SHARISE COOTE BEL 1m 01.75

UNDER 10 GIRLS

60M HURDLES

Bronze

HANNAH ARCHER BEL 10.68

STATE TRACK AND FIELD CHAMPIONSHIPS FINALISTS (U10 to U17)

WA Athletics Stadium, March 23 & 24, 2013

UNDER 10 BOYS		UNDER 17 BOYS	
1100M WALK	JOSEPH HALL	JAVELIN	MICHAEL CARCIONE
1100M WALK	KIERAN PITTAWAY		
JAVELIN	PAUL STERVAGGI	UNDER 10 GIRLS	
UNDER 11 BOYS		60M HURDLES	HANNAH ARCHER
1100M WALK	EVAN JORDAN	UNDER 11 GIRLS	
SHOT	CAMERON WALTERS	100M	AYESHA JONES
UNDER 12 BOYS	1	UNDER 12 GIRLS	
500M WALK	ANDREW HILDITCH	1500M WALK	SASA VANEK
UNDER 13 BOYS		1500M WALK	ANGEL BORDAJE
100M	RILEY PARTINGTON	UNDER 13 GIRLS	
400M	RILEY PARTINGTON	400M	SHARISE COOTE
1500M WALK	LUCAS BLAIR	UNDER 14 GIRLS	
JAVELIN	CARLO VINCI	200M	TELEAH MCKEOWN
UNDER 14 BOYS		200M HURDLES	KALI BLAIR
1500M WALK	MATTHEW THORNE	JAVELIN	TAYLA MCAULIFFE
UNDER 15 BOYS		UNDER 15 GIRLS	
100M HURDLES	STEVEN FARE	SHOT	CHLOE MESSERE
200M HURDLES	STEVEN FARE	UNDER 16 GIRLS	
DISCUS	STEVEN FARE	90M HURDLES	EMILY MANSEY
JAVELIN	STEVEN FARE	400M	JASMIN LONG
UNDER 16 BOYS		800M	JASMIN LONG
1500M	CONOR ANDREWS		

2013 STATE ROADWALKING CHAMPIONSHIPS MEDAL WINNERS

August 3rd 2013

U10 Boys	Joseph Hall	Gold	U12 Girls	Angel Bordaje	Silver
U11 Boys	Cameron Walters	Gold	U12 Girls	Sinead Wallace-Gibb	Bronze
U11 Boys	Tom Hilditch	Bronze	U14 Girls	Ayesha Wallace-Gibb	Bronze

2013 STATE CROSS COUNTRY CHAMPIONSHIPS MEDAL WINNERS

August 10th 2013








U16 Boys	Conor Andrews	Bronze	U16 Girls	Jasmin Long	Silver
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STATE EVENT KEY OFFICIALS 2012/2013

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.

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

SEASON CALENDAR 2013-2014

OCTOBER 2013	
Sat 12/10/13	Interclub Competition: Program A, Ern Clark 3pm
Sat 19/10/13	Interclub Competition: Program B, Ern Clark 3pm
Sat 26/10/13	Interclub Competition: Program C, Ern Clark 3pm
NOVEMBER 2013	
Sat 02/11/13	Interclub Competition: Program A & PMH Kids Helping Kids, Ern Clark 3pm
Mon 4/11/13	BLAC Executive Meeting 7:00pm
Sat 9/11/13	Interclub Competition: Program B, Ern Clark 3pm
Sat 15/11/13	Interclub Competition: Program C, Ern Clark 3pm
Sun 17/11/13	 WALA Team Challenge (WA Athletics Stadium)
Sat 23/11/13	Interclub Competition: Program A, 8:00am TBC
Sat 30/11/13	Interclub Competition: Program B, 8:00am TBC
DECEMBER 2013	
Sat 07/12/13	Interclub Competition: Program C, 8:00am TBC
Mon 9/12/13	BLAC Executive & Delegates Meeting 7:00pm
Sat 14/12/13	 State Relay Championships (WA Athletics Stadium)
Fri 20/12/13	Interclub Competition: Christmas Gift Program, 6:00pm (Twilight) TBC
JANUARY 2014	
Sat 04/01/14	Interclub Competition: Program C, 4:00pm (Twilight) Mile Invitational
Sat 11/01/14	Interclub Competition: Program A, 4:00pm (Twilight)
Mon 13/01/14	BLAC Executive Meeting 7:00pm
Sat 18/01/14	Interclub Competition: Program B, 4:00pm (Twilight)
Fri 24/01/14	Interclub Competition: Program C, 6:00pm (Twilight)
FEBRUARY 2014	
Sat 01/02/14	Interclub Competition: Program A, 4:00pm (Twilight)
Sat 8/02/14	Interclub Competition: Program B, 4:00pm (Twilight)
Sat 8-9/02/14	 State Multi-event Championships (WA Athletics Stadium)
Sat 15/02/14	Centre Championships: Program A - Day 1, 8:00am
Mon 17/02/14	BLAC Executive & Delegates Meeting 7:00pm
Sat 22/02/14	Centre Championships: Program B - Day 1, 8:00am
MARCH 2014	
Sat 01/03/14	Centre Championships: Program C & Closing Ceremony - Day 3, 8:00am
Sat 08/03/14	 Zones Track & Field Champs - Day 1 (venue TBA)
Sun 09/03/14	 Zones Track & Field Champs - Day 2 (venue TBA)
Sat 15/03/14	Centre Championships: If Required
Mon 17/03/14	BLAC Executive Meeting 7:00pm
Sat 22/03/14	 State Track & Field Champs - Day 1 (WA Athletics Stadium)
Sun 23/03/14	 State Track & Field Champs - Day 2 (WA Athletics Stadium)
APRIL 2014	
Mon 12/04/14	Centre Stock-take & Clean-up day – Gerry Archer 10:00am
Mon 14/04/14	BLAC Executive & Delegates Meeting 7:00pm
MAY 2014	
Mon 05/05/14	BLAC Annual General Meeting - Gerry Archer Athletic Track 7:00pm

Note: Because of uncertainty with the Gateway Project, Season Calendar is subject to change. Changes will be advised on the BLAC website: www.blac.asn.au

EVENT PROGRAMS

Programs are run over three weekends (programs A, B & C). There is also a special program for the Christmas Gift. The number of three week programs allows athletes to compete in each event up to five times over the course of the summer season. **Athletes must compete in an event at least twice 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 A BOYS					
AGE	EVENTS				
FB	60 mini	200M		DISCUS	
7	60 mini	200M		DISCUS	
8	60MH	200M		LONG	
9	60MH	200M	700MW	SHOT	
10	200M		1100MW	DISCUS	HIGH
11	200M	400M	1100MW	JAVELIN	TRIPLE
12	200M	800M		SHOT	LONG
13	200M	800M	200MH	DISCUS	HIGH
14	200M	800M	200MH	JAVELIN	TRIPLE
15 - 17	200M	800M	200MH	SHOT	LONG

PROGRAM A GIRLS					
AGE	EVENTS				
FB	60 mini	200M		TURBO	
7	60 mini	200M		TURBO	
8	60MH	200M		SHOT	
9	60MH	200M	700MW		HIGH
10	200M		1100MW	JAVELIN	TRIPLE
11	200M	400M	1100MW	SHOT	LONG
12	200M	800M		DISCUS	HIGH
13	200M	800M	200MH	JAVELIN	TRIPLE
14	200M	800M	200MH	SHOT	LONG
15 - 17	200M	800M	200MH	DISCUS	HIGH

PROGRAM B BOYS					
AGE	EVENTS				
FB	70M	400M		TURBO	
7	70M	400M		TURBO	
8	70M	600M		SHOT	
9	70M	800M		TURBO	LONG
10	60MH	800M		SHOT	LONG
11	60MH	800M		DISCUS	HIGH
12	60MH	400M	1500MW	JAVELIN	TRIPLE
13	80MH	400M	1500MW	SHOT	LONG
14	90MH	400M	1500MW	DISCUS	HIGH
15 - 17	100-110MH	400M	1500MW	JAVELIN	TRIPLE

PROGRAM B GIRLS					
AGE	EVENTS				
FB	70M	400M		DISCUS	
7	70M	400M		DISCUS	
8	70M	600M		LONG	
9	70M	800M		SHOT	LONG
10	60MH	800M		DISCUS	HIGH
11	60MH	800M		JAVELIN	TRIPLE
12	60MH	400M	1500MW	SHOT	LONG
13	80MH	400M	1500MW	DISCUS	HIGH
14	90MH	400M	1500MW	JAVELIN	TRIPLE
15 - 17	90-100MH	400M	1500MW	SHOT	LONG

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

PROGRAM C BOYS				
AGE	EVENTS			
FB	100M		SHOT	LONG
7	100M		SHOT	LONG
8	100M		DISCUS	TURBO
9	100M	400M	DISCUS	HIGH
10	100M	400M	JAVELIN	TRIPLE
11	100M	1500M	SHOT	LONG
12	100M	1500M	DISCUS	HIGH
13	100M	1500M	JAVELIN	TRIPLE
14	100M	1500M	SHOT	LONG
15 - 17	100M	1500M	DISCUS	HIGH
PROGRAM C GIRLS				
AGE	EVENTS			
FB	100M		SHOT	LONG
7	100M		SHOT	LONG
8	100M		DISCUS	TURBO
9	100M	400M	DISCUS	TURBO
10	100M	400M	SHOT	LONG
11	100M	1500M	DISCUS	HIGH
12	100M	1500M	JAVELIN	TRIPLE
13	100M	1500M	SHOT	LONG
14	100M	1500M	DISCUS	HIGH
15 - 17	100M	1500M	JAVELIN	TRIPLE

CHRISTMAS GIFT PROGRAM BOYS			
AGE	EVENTS		
FB	DISCUS	60M	200M
7	DISCUS	60M	200M
8	LONG	60M	200M
9	SHOT	60M	200M
10	DISCUS	60M	200M
11	JAVELIN	60M	200M
12	SHOT	60M	200M
13	DISCUS	60M	200M
14-17	LONG	60M	200M
CHRISTMAS GIFT PROGRAM GIRLS			
AGE	EVENTS		
FB	TURBO	60M	200M
7	TURBO	60M	200M
8	SHOT	60M	200M
9	LONG	60M	200M
10	JAVELIN	60M	200M
11	SHOT	60M	200M
12	LONG	60M	200M
13	JAVELIN	60M	200M
14-17	DISCUS	60M	200M

FUNDRAISING/CANTEEN ROSTER

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

WEEK	DATE	FUNDRAISING ROSTER	CANTEEN (Gerry Archer)
1	Sat 12/10/13	Forrestfield	
2	Sat 19/10/13	High Wycombe	
3	Sat 26/10/13	Kewdale	
4	Sat 02/11/13	BLAC - PMH	
5	Sat 9/11/13	Vic Park	
6	Sat 16/11/13	Kalamunda/Lesmurdie	
7	Sat 23/11/13	Carlisle/Rivervale	High Wycombe
8	Sat 30/11/13	Forrestfield	Kewdale
9	Sat 07/12/13	High Wycombe	Vic Park
10	Fri 20/12/13	BLAC – Christmas Gift	Kalamunda/Lesmurdie
11	Sat 04/01/14	Kewdale	Carlisle/Rivervale
12	Sat 11/01/14	Vic Park	Forrestfield
13	Sat 18/01/14	Kalamunda/Lesmurdie	High Wycombe
14	Fri 25/01/14	Carlisle/Rivervale	Kewdale
15	Sat 01/02/14	Forrestfield	Vic Park
16	Sat 8/02/14	High Wycombe	Kalamunda/Lesmurdie
17	Sat 15/02/14	Kewdale	Carlisle/Rivervale
Ch1	Sat 22/02/14	Vic Park	Forrestfield
Ch2	Sat 1/03/14	Kalamunda/Lesmurdie	High Wycombe
Ch3	Sat 15/03/14	Carlisle/Rivervale	Kewdale

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	Shot Put	1
	Shot Put	2
Forrestfield	Javelin	11
	Turbo	12
High Wycombe	Discus	7
	Discus	8
Kalamunda-Lesmurdie	Long Jump	3
	Long Jump	4
Kewdale	Triple Jump	5
	Triple Jump	6
Victoria Park	High Jump	9
	High Jump	10

TRACK POSITIONS

Position	Officials	Oct-12	Nov-12	Dec-12	Jan-13	Feb-13
Start Marshall S/T	2					
Finish Marshall S/T	2					
Start Marshall C/T	2					
Finish Marshall C/T	1					
Timekeeper C/T	1					

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	Andrew Mansey	Walks Judges (x6)	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.

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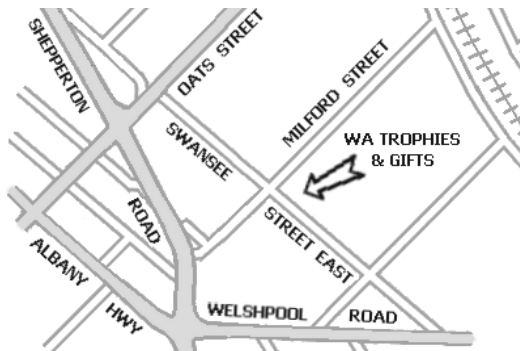
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BILL OF RIGHTS FOR YOUNG ATHLETES

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 two 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 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.



Hon Donna Faragher JP MLC

Parliamentary Secretary to the Premier

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2013-2014 WALA STATE EVENTS

PMH Kids Helping Kids Activity Day SATURDAY 2nd NOVEMBER 2013

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 Teams Challenge SUNDAY 17th NOVEMBER 2013

Teams of 4 athletes consist of four athletes from one age group from U6 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 14th DECEMBER 2013

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 8-9th FEBRUARY 2014 TBC

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 8th MARCH - SUNDAY 9th MARCH 2014

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 22nd MARCH – SUNDAY 23RD MARCH 2014

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.



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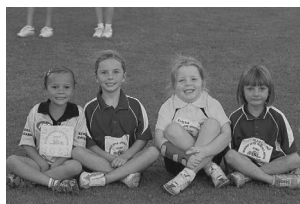
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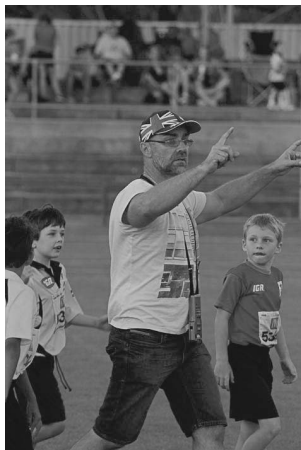
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BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON









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

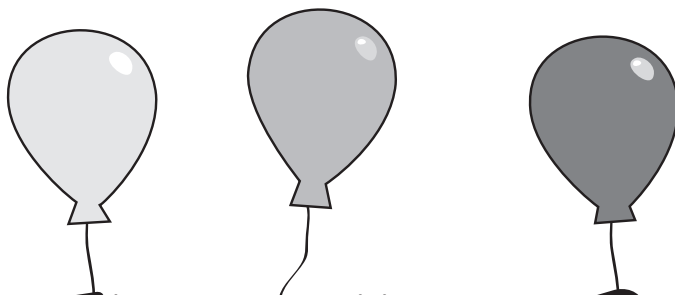
Boys & Girls Flying B's, U7	1.0kg
Boys & Girls U8	1.5kg
Boys U9, 10, 11	2kg
Girls U9, 10, 11, 12	2kg
Boys U12, 13, 14	3kg
Girls U13, 14, 15, 16, 17	3kg
Boys U15, 16	4kg
Boys U17	5kg

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.



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TRACK EVENTS

HURDLES

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

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

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

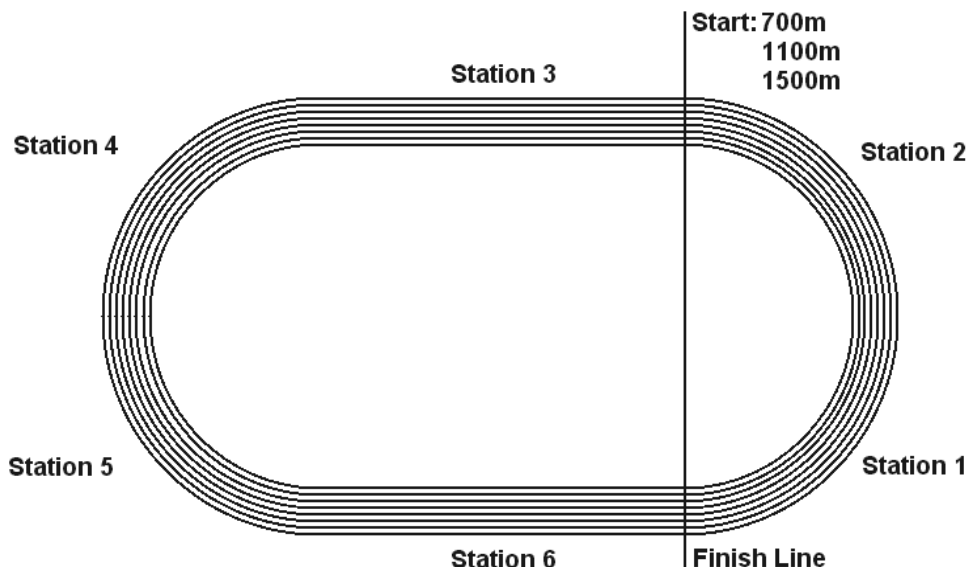
* **Note:** For safety reasons the U6 & U7 age groups use plastic training hurdles in their "Mini Hurdles" event, which are a fixed 30cm high.

RACE WALKING

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.**

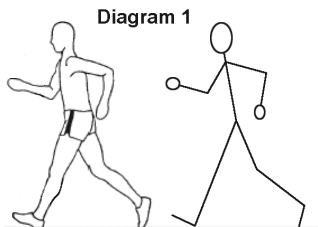


Diagram 2 shows the foot of the supporting leg flat out on the ground. The supporting leg is not vertically upright, being bent at the knee. **This does not satisfy the rule, & therefore it is not permitted.**

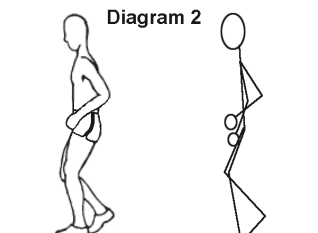
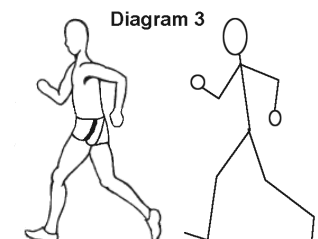


Diagram 3 shows both legs bent at the knee & they are never straight in any position, not even when the leg is supporting the whole weight of the body. **This does not satisfy the rule, & therefore it is not permitted.**



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**".

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- 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:

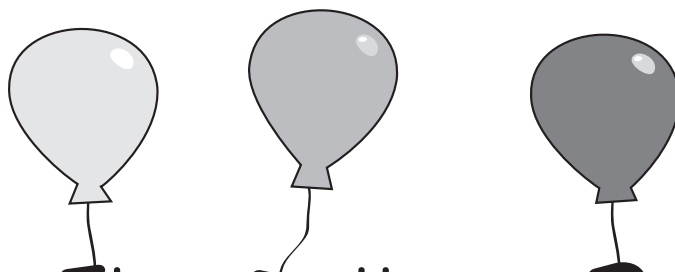
- If a competitor leaves his mark with hand or foot after the words "on your marks" in the case of massed starts, or "set" in the case of laned starts as the case may be, and before the gun is fired, it is a false start. If more than one athlete takes off, the first one to leave the mark is the one deemed 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.



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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 Records and Ranking Officer. The Records and Ranking Officer 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.

MILE INVITATIONAL

The Mile 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.

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)
2012	Trent McDougall (Carlisle/Rivervale)

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)
Naomi Hayes (High Wycombe)

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)
2012	James Pritchard (Carlisle/Rivervale)

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)
Rosie McGehan (Kalamunda/Lesmurdie)

CENTRE RECORDS

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

CENTRE CHAMPIONSHIP RECORDS

These records can only be set by Belmont athletes competing at Belmont Centre Championship competition. If an athlete's result also betters 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.

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

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 RECO RD YEAR
70M									
FLYING BS	J ELMS	13.40	2007	J. ELMS	13.40	2006			
U07	M VLAHOV	11.20	1989	M .VLAHOV	11.20	1988			
U08	C O"HELLO	10.80	1980	D. DEVAURNO	10.90	1976	M. HOWAT (KINGSWAY)		1986
U09	J CLAITÉ	10.10	1977	J. CLAITÉ	10.10	1976	P. HICKEY (BELMONT)	10.1	1986
U10	J.CLAITÉ P HODGSON	10	1977 1980						
100M									
FLYING BS	A WELSH	19.48	2011	A. WELSH	19.48	2011			
U07	M VLAHOV	15.87	1989	M. VLAHOV	15.87	1988			
U08	M VLAHOV	15.87	1989	J. CLAITÉ	14.80	1975			
U09	J CLAITÉ	14.80	1975	R. DOYLE	14.32	2005			
U10	C VLAHOV	14.18	1988	M. ROWE	13.86	2005	J. CLAITÉ (BELMONT)	13.8	1977
U11	C HAWKSWORTH	13.59	2001	M. ROWE	13.47	2006	D. LINES (MELVILLE)	13.7	1973
U12	M ROWE	13.47	2007	A. WATSON	13.10	1977			
U13	T MARTIN	12.90	1974	M. WEBBER	12.14	1999	A. WONG (MELVILLE)	11.85	1988
U14	M WEBBER	11.84	2000	S. BOYLE	12.08	1999	H. NGUGEN (KINGSWAY)	11.55	1988
U15	T MITCHELL	11.86	1988	S. TURCO	11.44	1993	S. MICHAEL (MELVILLE)	11.5	1988
U16	T HUNTER	11.32	1997	C. LUCKENS	11.43	2000			
U17	M CARCIONE	11.25	2011	A. SAMPEY	10.91	2000			
200M									
FLYING BS	KADE RAFFERTY	41.87	2013	J. ELMS	42.15	2007	T BAKER (BELMONT)	49.46	2000
U07	M VLAHOV	34.41	1988	M. VLAHOV	35.37	1988			
U08	J CLAITÉ	31.00	1976	J. CLAITÉ	31.00	1975	J.CLAITÉ (BELMONT)		1976
U09	G DOWDING	30.30	1973	J. CLAITÉ	30.30	1976	L. FOLEY (KINGSWAY)	34.08	2011
U10	J CLAITÉ	29.10	1977	T. MCMILLAN	29.10	1985	S. LENNON (SOUTHERN DISTRICTS)	27.9	1983
U11	E SMITH	28.00	1977	E. SMITH	28.00	1976			
U12	T MARTIN	26.20	1974	A. WATSON	27.40	1977	A. WATSON (BELMONT)	12.8	1977
U13	T MARTIN	25.20	1974	B. RENTON	25.70	1978			
U14	A SAMPEY	24.72	1998	A. SAMPEY	24.72	1997			
U15	T HUNTER	22.79	1997	T. HUNTER	22.79	1996	C. LUCKENS (BELMONT)	28.66	2000
U16	C LUCKENS	23.58	2001	A. SAMPEY	23.59	1999			
U17	A SAMPEY	22.70	2001	A. SAMPEY	22.70	2000			
400M									
FLYING BS	KADE RAFFERTY	01:35.0	2013	KADE RAFFERTY	1.35.34	2012	R. MCGLOIN (JOONDALUP)	1.42.61	2010
U07	KAMREN GATELY	01:29.0	2013	KAMREN GATELY	1.29.02	2012			
U08	COOPER EMSLIE	01:18.0	2013						

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

U09	A VARGIOLU	01:20.0	2012	COOPER EMSLIE	1.17.99	2012			
U10	J CLAITHE	01:06.2	1977	J. CLAITHE	1.08.00	1977			
U11	N HARMAN, E SMITH	01:04.4	1973. 77	E. SMITH	1.04.4	1976			
U12	T MARTIN	01:00.7	1974	B. RENTON	1.01.10	1977			
U13	B RENTON	57.30	1979	B. RENTON	57.30	1978	B. RENTON (BELMONT)	57.5	1979
U14	A.SAMPEY	55.39	1998	A. SAMPEY	55.39	1997	J. YORK (BELMONT)	57.44	1991
U15	S BOYLE	53.93	2000	A. SAMPEY	54.39	1998	R. JOHNSON (SOUTHERN DISTRICTS)	52.42	1988
U16	S BOYLE	53.53	2001	A. SAMPEY	53.66	1999			
U17	A SAMPEY	51.80	2001	A. SAMPEY	51.80	2000			
600M									
U08	A HAROLD	02:06.8	1998	R. SIMPSON	2.07.66	1996			
U09	G OKKERS	01:59.2	1993	R.CONOLLY	2.01.75	1992			
800M									
U09	B JARVIS	02:48.7	1977	B. JARVIS	2.48.75	1996			
U10	A HALL	02:33.7	1992	A. HALL	2.33.66	1991			
U11	S BUIST	02:30.6	1972	B. RENTON / J. BRNICH	2.31.40	1976 / 1978			
U12	B.RENTON	02:19.2	1978	B. RENTON	2.19.20	1977	C. MASTEN (SOUTHERN DISTRICTS)	2.12.29	2002
U13	B.RENTON	02:14.3	1979	B. RENTON	2.14.30	1978			
U14	M MCDOWELL	02:01.9	1995	M. MCDOWALL	2.13.70	1995	B. SKINNER (BELMONT)	2.13.66	1992
U15	T BLAKE	02:05.0	1986	T. BLAKE	2.04.95	1985			
U16	D STEER	02:15.0	2001	D. STEER	2.15.00	2000	D. STEER (BELMONT)	2.17.80	2001
U17	C DALE	02:03.9	2009	R. LEMA	2.15.87	2005			
1500M									
U11	J BRNICH	05:05.2	1978	N. HARMAN / J. BRNICH	5.10.10	1972 / 1978			
U12	B RENTON	04:49.0	1977	A. HOUSTON	4.58.11	1987	N. HARMAN (BELMONT)	5.11.10	1973
U13	B RENTON	04:04.7	1979	B. RENTON	4.44.90	1978	B. RENTON (BELMONT)	4.41.10	1979
U14	B SKINNER	04:31.8	1992	A. HOUSTON	4.38.28	1991	D. SPIERS (HAMERSLEY)	4.23.80	1985
U15	J WIEBRECHT	04:24.2	1986	J. WIEBRECHT	4.24.20	1985			
U16	C WELLS	04:51.1	2005	C. WELLS	4.51.10	2004	B. CHRYSTIE (GOSNELLS)	4.48.41	2002
U17	C DALE	04:17.6	2009	R. LEMA	4.42.26	2005			
300M WALKS									
FLYING BS	A WELSH	02:12.9	2011	A. WELSH	2.12.87	2011			
U07	J PRESTON- COATES	02:00.6	2011	C. O'BORNE	2.02.50	2008			
U08	A THOMAS	01:54.4	2011	H. EDWARDS	2.04.37	2008			
500M WALKS									
FLYING BS	C COATES	03:41.2	2007	C.EVANS	4.42.90	2001			
U07	J.RUSH	03:21.1	2001	L.EDENBERG	3.26.26	2002			
U08	L.FERGUSON	02:58.8	1982	L.FERGUSON	3.00.50	1983	J. BURTON (MELVILLE)	2.53.40	1981
700M WALKS									

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

U09	S.FRASER L FERGUSON	4.02.0	1977 1983	L. FERGUSON	4.02.00	1983	S. BRENNAN (INGLEWOOD)	3.47.60	1981
1100M WALKS									
U10	J WESTWOOD	06:21.4	1997	J. WESTWOOD	6.21.39	1996	M. LUSK (BAYSWATER)	6.18.41	2000
U11	A.KOROL	06:13.5	1999	A. KOROL	6.53.28	1978	A. KOROL (BELMONT)	7.00.03	1999
1500M WALKS									
U12	L FERGUSON	07:26.9	1986	B. HORE	7.43.39	1987	J. LEEFLANG (HAMERSLEY)	7.33.70	1980
U13	R.CROCKETT	07:02.0	1981	L. FERGUSON	7.20.89	1987	R. CROCKETT (BELMONT)	7.16.30	1981
U14	B HORE	07:03.7	1990	B. HORE	7.03.73	1989	B. HORE (BELMONT)	7.13.57	1989
U15	B.HORE	06:24.7	1991	B. HORE	6.24.65	1990	B. HORE (BELMONT)	6.50.59	1990
U16	Z PARTINGTON	06:33.4	2011	Z. PARTINGTON	7.13.13	2011			
U17	ZAC PARTINGTON	06:58.3	2012	S. GREEN	9.38.63	1997			
60M HURDLES									
FLYING BS	A WELSH	12.06	2011	A. WELSH	12.06	2010			
U07	J ROADS	11.47	2012	J. ROADS	11.47	2011			
U08	R DOYLE	10.94	2005	R. DOYLE	10.94	2004			
U09	R DOYLE	10.35	2005	L. MURTAGH	10.74	2007			
U10	R DOYLE	10.54	2006	R. DOYLE	10.54	2006	M. LUSK (BAYSWATER)	10.62	2000
U11	D PETTS	9.91	2007	D. PETTS	10.01	2006			
U12	A KOROL	9.97	2000	A. KOROL	9.97	1999			
80M HURDLES									
U13	M WEBBER	12.46	2000	B. JARVIS	13.44	2000			
90M HURDLES									
U14	C LUCKENS	12.94	1999	C. LUCKENS	12.94	1998			
100M HURDLES									
U15	A SAMPEY	13.46	1999	A. SAMPEY	13.46	1998	D. PARANAWITANE (BAYSWATER)	13.75	1993
U16	C LUCKENS	13.30	2000	C. LUCKENS	14.05	2000			
U17	L DEUNA	14.63	1998	S.TREW	15.87	2000			
110M HURDLES									
U17	C LUCKENS	15.7	2002	C. LUCKENS	15.70	2001			
200M HURDLES									
U13	M WEBBER	28.31	2000	J. O'DOWD	29.66	2008	M. WEBBER (BELMONT)	28.38	2000
U14	S FARE	28.18	2012	B MCINERNEY	28.55	2009			
U15	C LUCKENS	26.44	2000	J. WESTWOOD	27.29	2001			
U16	C LUCKENS	26.10	2001	C. LUCKENS	26.10	2000			
U17	J WESTWOOD	26.15	2003	C. LUCKENS	26.78	2001	J. WESTWOOD (BELMONT)	26.26	2003
DISCUS									
FLYING BS	R WATSON (350 GM)	12.18	2002	R. WATSON	12.18	2001		0	
U07	M BOYLE(350 GM)	17.73	2000	M. BOYLE	17.73	1999		0	
U08	M HELLO (500 GM)	23.14	1978	M. HELLO	23.14	1987	S. CANNON (BELMONT)	22.42	1973

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

U09	E CARROLL (500 GM)	28.30	1974	D. TAYLOR	27.92	1983	B. FRANCIS (BELMONT)	26.18	1980
U10	D OGG (500 GM)	33.67	1978	D. OGG	33.67	1977		0	
U11	D MILLAR (750 GM)	31.46	1971	J. MAGDIC	30.18	1996		0	
U12	D OGG (750 GM)	36.92	1980	D. OGG	36.92	1979	D. OAKES (MID)	36.22	1990
U13	T ABREU (1 KG)	36.3	1999	T. ABREU	36.30	1998	D. OGG (BELMONT)	43.64	1981
U14	T ABREU (1 KG)	49.69	2000	A. FREW	45.00	1986	G. BIRD (BELMONT)	44.96	1985
U15	P SARICH (1 KG)	51.90	1993	A. FREW	49.74	1987		0	
U16	M CARCIONE (1 KG)	41.05	2011	M. CARCIONE	37.72	2011		0	
U16	CRAIG LUCKENS (1.5 KG)	44.51	2000						
U17	S LUCKENS (1.5 KG)	39.56	2000	C. LUCKENS	38.34	2001		0	
HIGH JUMP									
U09	DAMON WINTERBURN	1.10	2013	DAMON WINTERBURN	1.10	2012		0	
U10	C.HALL	1.23	2003	M. BUXTON	1.21	2001		0	
U11	S. ANDERSON	1.45	1989	A. HAROLD	1.30	2001	A HAROLD (BELMONT)	1.33	2002
U12	S ANDERSON	1.58	1989	S. ANDERSON	1.56	1991		0	
U13	S ANDERSON	1.67	1990	M. ALLEN / B NETHERWAY	1.57	1979 / 1985		0	
U14	S ANDERSON	1.77	1992	S. ANDERSON	1.77	1991	D.GABY (E.G.)	1.7	1988
U15	B CASTLE	1.79	1979	R. CAMPO	1.72	1994		0	
U16	B CASTLE	1.85	1998	B. CASTLE	1.85	1997		0	
U17	J KIRKUP	1.87	2009	R. KENTISH	1.77	2006		0	
JAVELIN									
U08	S.CANNON	20.72	1974		0			0	
U09	T.ABREU	25.5	1974		0			0	
U10	J MAGDIC (400 GM)	34.68	1996	J. MAGDIC	34.68	1996	J. NINYETT (BELMONT)	30.48	1990
U11	J MAGDIC (400 GM)	37.32	1977	N. ROACH	37.10	1986		0	
U12	T ABREU (400 GM)	42.94	1997	S. LUCKENS	40.17	1995	S. CUMMINGS (BELMONT)	38.41	1979
U13	D OGG (600 GM)	44.86	1981	D. OGG	44.86	1980	A. FREW (BELMONT)	42.6	1986
U14	S LUCKENS (600 GM)	52.20	1997	A. FREW	51.56	1986	D. MILBURN (BELMONT)	44.62	1990
U15	A HALL (600G)	56.10	1997	A. HALL	56.10	1996		0	
U16	ANDREW HALL (600 GM)	63.72	1998	MICHAEL CARCIONE	42.42	2011		0	
U16	M CARCIONE (700 GM)	43.39	2011	MICHAEL CARCIONE	43.66	2012	R. BRNICH (BELMONT)	30.95	2011
U17	MICHAEL CARCIONE (700GM)	43.66	2013	MICHAEL CARCIONE	43.66	2012	R. BRNICH (BELMONT)	30.95	2011
U17	ANDREW HALL (600 GM)	63.87	1998						
LONG JUMP									
FLYING BS	Y KASSEM (METRE SQ MAT)	2.91	2003	Y. KASSEM	2.91	2002	B. WEDGE (BELMONT)	2.15	2001
U07	EVAN GENTRY (METRE SQ MAT)	3.29	2013	V. ELLIOTT	3.23	1999		0	
U08	A HAROLD (METRE SQ MAT)	3.73	1999	A. HAROLD	3.73	1999		0	

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

U09	P LEWKOWSKI (METRE SQ MAT)	4.40	1985	H. EDWARDS	3.99	2009	G. HOOD (BELMONT)	4.08	
U10	A MCDOWELL (1/2 METRE MAT)	4.47	1992	A. MCDOWALL	4.47	1991		0	
U11	M ALLEN (1/2 METRE MAT)	4.60	1978	M. ALLEN	4.60	1978	N. HARMAN (BELMONT)	4.6	1973
U12	S DENNON (1/2 METRE MAT)	5.20	1972	C. VLAHOV	5.03	1991		0	
U13	A SAMPEY (BOARD)	5.66	1997	A. SAMPEY	5.66	1996	A. WONG (MELVILLE)	5.79	1978
U14	S BOYLE (BOARD)	6.09	2000	S. BOYLE	6.09	1999	P. NGUYEN (KINGSWAY)	5.79	1989
U15	A SAMPEY (BOARD)	6.48	1999	A. SAMPEY	6.23	1998	D. PARANAWITANE (BAYSWATER)	6.07	1993
U16	A SAMPEY (BOARD)	6.19	2000	A. SAMPEY	6.19	1999		0	
U17	A SAMPEY (BOARD)	6.73	2001	A. SAMPEY	6.73	2000	A. HALL (BELMONT)	5.81	1999
SCISSORS									
U10	C.HALL	1.23	2003	M. BUXTON	1.21	2001		0	
U11	A HAROLD	1.35	2002	A. HAROLD	1.30	2001		0	
SHOT									
FLYING BS	KADE RAFFERTY (1KG)	5.30	2013	KADE RAFFERTY	5.30	2012		0	
U07	T SUGDEN (1 KG)	6.49	2008	J. ELMS	6.13	2007	M. BOYLE (BELMONT)	6.43	2000
U08	M VLAHOV (1.5 KG)	7.55	1990	JORDAN ROADS	7.47	2012		0	
U09	D. TAYLOR / J. MAGDIC	9.14	1984	D. TAYLOR / J. MAGDIC	9.14	1984/95	D. TAYLOR (BELMONT)	8.05	1983
U10	J MAGDIC (2 KG)	10.50	1996	J. MAGDIC	10.50	1996		0	
U11	J MAGDIC (2 KG)	10.98	1996	J. MAGDIC	10.98	1996	J. BURNS (KINGSWAY)	9.36	1990
U12	T ABREU (3 KG)	10.67	1998	T. ABREU	10.67	1997	P. SARICH (MID)	11.21	
U13	S LUCKENS (3 KG)	13.96	1997	S. LUCKENS	13.96	1996	T. KEELEY (KINGSWAY)	12.39	1989
U14	BRAYDEN BAKER (3KG)	11.69	2013	BRAYDEN BAKER	10.33	2012	D. OAKES (BELMONT)	12.64	1991
U15	S LUCKENS (4 KG)	15.33	1998	S. LUCKENS	14.89	1998	C. MARSHALL (SOUTHERN DISTRICTS)	15.26	1989
U16	S LUCKENS (4 KG)	14.24	1999	K. WHITEHALL	13.98	2005		0	
U17	S LUCKENS (5 KG)	13.67	2000	S. LUCKENS	13.30	2000		0	
TRIPLE JUMP									
U10	P HICKEY (MAT)	9.32	1987	J. LOVEGROVE	9.03	1980		0	
U11	C VLAHOV (MAT)	9.90	1990	R. PRAHL	9.90	1976		0	
U12	P HICKEY (MAT)	10.78	1988	M. LEWENHOFF	10.37	1985		0	
U13	S DENNON (BOARD)	11.17	1973	B. MCINERNEY	11.14	2008		0	
U14	P BEATTIE (BOARD)	11.93	1998	P. BEATTIE	11.93	1997	D. GABY (E.G.)	11.2	1988
U15	A SAMPEY (BOARD)	12.65	1998	A. SAMPEY	12.57	1998		0	
U16	B CASTLE (BOARD)	13.18	1997	B. CASTLE	12.64	1997		0	
U17	A SAMPEY (BOARD)	12.53	2001	A. SAMPEY	12.53	2000		0	
TURBO JAVELIN									
FLYING BS	Y KASSEM	10.62	2003	Y. KASSEM	10.62	2002	S. BOOKER (EASTERN HILLS)	6.88	2000

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

U07	J. ROADS	16.15	2012	J. ROADS	15.28	2011	R. WILLIAMS (BAYSWATER)	15.3	2000
U08	JORDAN ROADS	23.95	2013	L. MURTAGH	20.05	2006		0	
U09	C VINCI	28.05	2009	C. VINCI	22.46	2008	D. WILLIAMSON (EASTERN HILLS)	26.29	2001

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	2010	B HODGE (BELMONT)	13.64	2001
U07	A O'FLANAGAN	11.63	1988	A. O'FLANAGAN	11.63	1987			
U08	A.FULTON	10.90	1978	A. FULTON	10.90	1977			
U09	A O'FLANAGAN	10.62	1990	A. O'FLANAGAN	10.62	1989			
U10	A.O'FLANAGAN	10.18	1990	T. UNGER	13.67	2010			
100M									
FLYING BS	B HODGE	19.47	2000	R. BOYANICH	20.14	1999			
U07	A O'FLANAGAN	17.15	1987	A. O'FLANAGAN	17.21	1987			
U08	T HEYS	15.40	1976	T. HEYS	15.40	1975			
U09	K BRYAN	14.70	1974	T. HEYS	15.10	1976			
U10	S WIJESUNDERA	14.30	1974	S. WIJESUNDERA	14.40	1974	K. WHEELER (KINSWAY)	14.2	1990
U11	D COPLEN	13.60	1991	M. HOOGINKAMP	13.70	2004			
U12	S WIJESUNDERA	13.30	1976	S. WIJESUNDERA	13.50	1976			
U13	N WINNING	12.40	1981	N. WINNING	12.40	1980			
U14	L.NIX	13.00	1985	L. NIX	13.00	1984	Y. ZAW (SOUTHERN DISTRICTS)	12.52	2002
U15	L THORNTON	12.66	1987	M. KOROL	13.11	1999	M. TOBIN (KINGSWAY)	12.36	1990
U16	K MADDEN	12.96	2005	K. MADDEN	13.00	2005	S. MOLFORD (SOUTHERN DISTRICTS)	12.66	2002
U17	K MADDEN	12.99	2006	F. DUNCAN	13.18	1998	F. DUNCAN (BELMONT)	16.85	1999
200M									
FLYING BS	B HODGE	42.19	2000	E. ARMSTRONG	45.81	2006	F. JOSE (BELMONT)	45.30	2000
U07	A O'FLANAGAN	35.81	1988	A. O'FLANAGAN	35.81	1987			
U08	M BRIGNOLI	33.00	1971	A. FULTON	33.40	1977	R. STARCEVICH (HAMERSLEY)	32.10	1979
U09	K BRYAN	31.10	1974	T. WALSH	32.50	1982			
U10	S WIJESUNDERA	29.50	1974	S. WIJESUNDERA	30.20	1974	S WIJESUNDERA (BELMONT)	30.00	1975
U11	S WIJESUNDERA	29.00	1976	S. WIJESUNDERA	29.00	1975			
U12	T WALSH	27.60	1986	T. HEYS	28.10	1979			
U13	N WINNING	26.90	1981	N. WINNING / T. HEYS	26.90	1981			
U14	T HEYS	26.90	1981	E. BECKFORD	27.41	1996			
U15	K SMETHERHAM	27.40	1986	K. SMETHERHAM	27.10	1986			
U16	L THORNTON	26.85	1987	K. MADDEN	28.15	2005			
U17	K MADDEN	27.57	2006	K. MADDEN	27.47	2006			

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

400M									
FLYING BS	T UNGER	01:42.6	2010	T. UNGER	1.42.89	2010	T.L.ROBERTSON (NORTHAM)	1.51.40	2010
U07	T UNGER	01:34.1	2011	T. UNGER	1.35.42	2011			
U09	E MCBROOM	01:25.4	2011	KHEIRRA ELLIOTT	1.28.55	2012			
U10	M BRIGNOLI	01:08.7	1973	M. BRIGNOLI	1.09.70	1972			
U11	S WIJESUNDERA	01:06.5	1975	J. GAGLIA	1.07.20	1978	M. FOWLER (MELVILLE)	1.07.20	1973
U12	O. ALLEN	01:04.1	1973	M. BRIGNOLI	1.04.60	1974			
U13	M BRIGNOLI	01:02.4	1986	N. WINNING	1.02.60	1980	M BRIGNOLI (BELMONT)	1.02.00	1976
U14	J.OPIE	01:02.4	1991	J. OPIE	1.02.43	1991	R. BECKHAM	1.01.80	
U15	T WALSH	01:01.0	1988	T. WALSH	1.01.17	1988	T. WALSH (BELMONT)	59.95	1988
U16	JASMIN LONG	01:05.6	2012	K. MADDEN	1.06.74	2005			
U17	K MADDEN	01:06.7	2006	F. DUNCAN	1.05.76	1998			
600M									
U08	K PICKETT	02:13.1	2005	K. PICKETT	2.13.07	2004			
U09	J.FIFE	2.12.70	1993	E.ORRELL	2.13.81	1993			
800M									
U09	K PICKERING	03:01.7	1994	K. COPPENS	3.04.83	1997			
U10	J SINCLAIR	02:38.7	1990	J. SINCLAIR	2.38.71	1979			
U11	M BRIGNOLI	02:36.2	1974	M. BRIGNOLI	2.37.70	1973			
U12	M BRIGNOLI	02:28.0	1974	M. BRIGNOLI	2.32.00	1974			
U13	O ALLEN	02:25.9	1974	M. BRIGNOLI	2.29.20	1975			
U14	J MCSHERRY	02:29.6	1991	J. MCSHERRY	2.29.63	1991	A. MILNE (SOUTHERN DISTRICTS)	2.25.50	1983
U15	J MCSHERRY	02:25.9	1992	J. MCSHERRY	2.25.88	1991			
U16	JASMIN LONG	02:32.6	2012	JASMIN LONG	2.40.05	2012			
U17	K WEDGE	02:43.0	2004	K. SHORT	2.44.25	2009			
1500M									
U11	C TUNSTALL	05:16.2	1974	M. BRIGNOLI	5.25.90	1973			
U12	C TUNSTALL	05:15.2	1974	M. BRIGNOLI	5.16.50	1974			
U13	O ALLEN	05:05.8	1974	M. REDDISH	5.07.40	1975	M. PRESTIDGE (BELMONT)	5.31.40	1973
U14	T WALSH	05:21.1	1987	S. ROMEO	5.27.10	1983			
U15	T WALSH	05:15.7	1988	J. MCSHERRY	5.16.87	1991			
U16	JASMIN LONG	05:16.7	2012	JASMIN LONG	5.26.88	2012			
U17	K WEDGE	05:41.2	2005	K. SHORT	6.13.00	2009			
300M WALKS									
FLYING BS	H VANEK	02:16.0	2009	S. SCOTT	2.30.79	2010			
U07	Z FARIDZAL	02:14.4	2008	E. MCBROOM	2.17.57	2009			
U08	S VANEK	01:54.1	2008	E. MCBROOM	2.00.78	2010			
500M WALKS									
FLYING BS	R BOYANICH	03:46.5	1999	S.MATHEWS	4.27.53	2002			
U07	R.BOYANICH	03:19.5	2001	A.SUCKLING	3.41.94	2002			
U08	R.DOYLE	03:01.0	2001	R.BOYANICH	3.05.73	2002	A. HAHN (KINSWAY)	3.00.43	2001
700M WALKS									
U09	J.MARSH	04:04.6	1987	J. MARSH	04.04.61	1986	N. EDWARDS (HAMERSLEY)	3.55.90	1981
1100M WALKS									
U10	C GUEST	07:10.7	2002	C. GUEST	7.10.67	2001	T. HOUSE	6.59.90	2001

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

							(BAYSWATER)		
U11	S VANEK	07:00.6	2012	S. VANEK	7.00.60	2011	A. RODDY (KINGSWAY)	6.07.49	2002
1500M WALKS									
U12	M.MAHER	07:52.6	1976	M. MAHER	8.12.10	1975	P. KENNEDY (KINGSWAY)	7.22.20	1981
U13	C TUNSTALL	07:14.0	1975	L. ROMEO	8.03.57	1986			
U14	S ROMEO	07:15.0	1983	S. ROMEO	7.20.23	1987			
U15	L.ROMEO	07:16.9	1989	L. ROMEO	7.17.25	1988			
U16	B FARE	09:35.4	2009	B. FARE	9.35.38	2008			
U17	T BOWEN	10:22.8	1997	M. DWYER	11.45.83	1999			
60M HURDLES									
FLYING BS	T UNGER	13.32	2010	T. UNGER	13.32	2010			
U07	T UNGER	12.18	2011	T. UNGER	12.21	2011			
U08	I HOWES	11.78	2005	I. HOWES	11.78	2004			
U09	V GREGORY	11.80	1998	S. WEBSTER	11.50	2005			
U10	C SIMPKINS	11.30	2003	C. SIMPKINS	11.30	1997	P. KEELEY (GOSNELLS)	11.54	2000
U11	C.BOYANICH	11.12	1995	C. BOYANICH / I. VALURI	11.12	1978 / 2006			
U12	L VALURI	11.12	2008	J. WARD	10.03	2003	J.WARD (BELMONT)	10.15	2003
80M HURDLES									
U13	J. WARD	13.24	2005	J. WARD	13.24	2004			
U14	A GRAYSON	13.39	2008	A. GRAYSON	13.39	2007			
90M HURDLES									
U14	K DUNGATE	14.24	1993			0			
U15	F DUNCAN	16.42	1998	K. SMETHERHAM	14.45	1986			
U16	F DUNCAN	16.85	1999	K. MADDEN	16.88	2005			
U17	K DUNGATE	14.24	1993			0			
100M HURDLES									
U17	K MADDEN	18.65	2007	B. FARE	20.74	2009			
200M HURDLES									
U13	S WEBSTER	30.80	2009	Z. EDWARDS	30.90	2000	S. MIGRO (BAYSWATER)	32.57	2001
U14	Z EDWARDS	31.17	2002	Z. EDWARDS	31.17	2001	M. CROUCH (BAYSWATER)	34.46	2011
U15	M KOROL	31.14	2000	A. MITCHELL	31.89	1999	M. KOROL (BELMONT)	31.29	2000
U16	S LAM	30.63	2009	S. LAM	30.63	2008	K. MORRIS (GOSNELLS)	36.89	2000
U17	K MADDEN	33.20	2006	K. SHORT	36.64	2009			
DISCUS									
FLYING BS	R BOYANICH (350 GM)	10.90	1999	S. MAHER	9.54	2001		0	
U07	L CASTLE R BOYANICH- (350 GM)	13.74	1993	L. CASTLE	13.74	1992	A. HAHN (KINSWAY)	14.07	2001
U08	V FRENCH (500 GM)	21.95	1978	A. ROBINSON	20.86	1977	V. FRENCH (BELMONT)	18.7	1977
U09	V FRENCH (500 GM)	28.91	1978	V. FRENCH	25.77	1978		0	
U10	V FRENCH (500	30.12	1980	V. FRENCH	30.12	1979		0	

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

	GM)								
U11	V FRENCH (750 GM)	31.18	1981	V. FRENCH	37.96	1981		0	
U12	V FRENCH (750 GM)	38.78	1981	V. FRENCH	41.30	1982	V.FRENCH (BELMONT)	36.72	1982
U13	V FRENCH (750 GM)	41.3	1983	S. MAHER	9.54	2001	R. HUME (SOUTHERN DISTRICTS)	40.21	1989
U14	TAYLA MCAULIFFE (1KG)	24.87	2013	M. MAHONY	21.97	2010		0	
U14	VANESSA FRENCH (750GM)	45.54	1984					0	
U15	J DAVIES (1 KG)	25.61	2011	J. DAVIES	25.61	2010		0	
U15	C. PALMER (750GM)	44.70	1986					0	
U16	M HOOGENKAMP (1 KG)	32.31	2010	M. HOOGENKAMP	32.31	2009			
U16	JULIANA HOGEN-ESCH (1.5 KG)	26.92	1999						
U17	VINCION GENESTE (1 KG)	29.06	2011	V. GENESTE	29.06	2010			
U17	A. GREER (1.5 KG)	27.70	1998						
HIGH JUMP									
U09	HANA VANEK	1.05		HANA VANEK		1	2012	0	
U10	N HEWETT	1.17		N. HEWETT	1.15	2001		0	
U11	C BOYANICH	1.49	1995	N HEWETT	1.26	2003	P. KEELEY (GOSNELLS)	1.2	2001
U12	C BOYANICH	1.54	1995	C. BOYANICH	1.46	1995		0	
U13	C BOYANICH	1.65	1997	C. BOYANICH	1.65	1996	T. HORN (SOUTHERN DISTRICTS)	1.49	1983
U14	C BOYANICH	1.72	1998	C. BOYANICH	1.72	1997	J. CASEY (BELMONT)	1.53	1992
U15	C BOYANICH	1.70	1998	C. BOYANICH	1.60	1998		0	
U16	R COLLYER	1.43	2011	J. HOGEN-ESCH / R. COLLYER	1.40	1997 / 2010	R. COLLYER (BELMONT)	1.4	2011
U17	R COLLYER	1.39	2012	R. COLLYER	1.35	2011		0	
JAVELIN									
U08	S WJESUNDERA	17.55	1973		0			0	
U09	A ROBINSON	21.25	1979		0			0	
U10	V FRENCH (400 GM)	26.98	1980	A. ROBINSON	25.66	1979		0	
U11	V FRENCH (400 GM)	31.50	1981	V FRENCH	31.50	1980	V.FRENCH (BELMONT)	30.72	1981
U12	V FRENCH (400 GM)	39.52	1982	V. FRENCH	39.52	1981	V.FRENCH (BELMONT)	36.7	1982
U13	J DAVIES (400 GM)	32.01	2009	J. DAVIES	32.01	2008	R. HUME (SOUTHERN DISTRICTS)	33.4	1989
U14	TAYLA JANE MAREE MCAULIFFE (400GM)	32.03	2012	TAYLA MCAULIFFE	30.75	2012	V.FRENCH (BELMONT)	36.68	1983
U14	VANESSA FRENCH (600GM)	40.01	1905					0	
U15	ASHLEY VEIVERS (500GM)	24.29	2013	ASHLEY VEIVERS	24.29	2012		0	
U15	C. PALMER (600GM)	41.36	1986					0	

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

U16	IMOGEN HOWES (500 GM)	23.63	2012	EMILY MANSEY	12.24	2012			
U16	JESSICA DAVIES (600 GM)	33.58	2011						
U17	NEW RECORD (500 GM)	0	2012	NR					
LONG JUMP									
FLYING BS	R BOYANICH (METRE SQ MAT)	2.65	1999	B. HODGE	2.20	2000		0	
U07	A O'FLANAGAN (METRE SQ MAT)	2.99	1988	C. SIMPKINS	2.92	1995		0	
U08	S WJESUNDERA (METRE SQ MAT)	3.56	1972	S. WJESUNDERA	3.42	1972		0	
U09	A FULTON (METRE SQ MAT)	3.85	1978	A. APENIS	3.84	1973	P. ROPER (EASTERN HILLS)	4.02	1973
U10	S WJESUNDERA (1/2 METRE MAT)	4.21	1974	M. BRIGNOLI	4.17	1972		0	
U11	S WJESUNDERA (1/2 METRE MAT)	4.52	1976	S. WJESUNDERA	4.52	1975	K. WHEELER (KINGSWAY)	4.61	1991
U12	C BOYANICH (1/2 METRE MAT)	4.72	1996	T. ARMSTRONG	4.64	1974	N. WEBER (EASTERN HILLS)	4.83	1992
U13	J TAPUTORO (BOARD)	4.94	1991	T. HEYS	4.89	1980	M. PEDROTTI (BAYSWATER)	4.97	1992
U14	J CASEY (BOARD)	5.18	1998	J. CASEY	5.18	1992	J. RICHARDSON (BAYSWATER)	4.79	1993
U15	C PALMER (BOARD)	5.04	1986	C. PALMER	5.04	1985	L. POOTER (KINGSWAY)	5.06	1991
U16	J HOGEN-ESCH (BOARD)	4.79	1999	O. CHESTER	4.68	1997	J HOGEN-ESCH (BELMONT)	4.79	1999
U17	R COLLYER (BOARD)	4.62	2011	K. FIORINI	4.47	1998	F. DUNCAN (BELMONT)	4.4	1999
SCISSORS									
U09	HANA VANEK	1.05	2012	D. WILKINSON / SANA FEAST	1.00	2011 / 2012			
U10	N HEWETT	1.17	2001	N. HEWETT	1.15	2001		0	
U11	N HEWETT	1.28	2003	TANEIRA HANSORD	1.27	2012		0	
SHOT									
FLYING BS	GRACE CUNNINGHAM (1KG)	3.14	2013	H. BURGESS	3.84	2009		0	
FLYING BS	ELLA DENNY (1KG)	3.14	2013	EMILY HAYES	4.84	2012		0	
U07	REBECCA BOYANICH (1.5KG)	3.97	1905	T. WOLFS	5.90	1981		0	
U07	ROSIE MCGEHAN (1KG)	5.26	2012	V. FRENCH	8.76	1978	V. FRENCH (BELMONT)	8.07	1979
U08	RENEE ROCKLIFF (1.5KG)	5.44	2006	V. FRENCH	9.04	1979	M. WARD (COCKBURN)	9.54	2008
U09	R BOYANICH (1.5 KG)	6.83	2001	V. FRENCH	11.14	1980		0	
U10	V FRENCH (2 KG)	8.76	1979	V. FRENCH	13.27	1981	N. KEELEY (KINGSWAY)	10.19	1986
U11	V FRENCH (2 KG)	9.36	1979	V. FRENCH	12.41	1982	R. HUME (SOUTHERN DISTRICTS)	11.33	1988
U12	V FRENCH (2 KG)	11.46	1981	V. FRENCH	13.71	1983	A. SUTTON (KINGSWAY)	10.31	1988
U13	V FRENCH (2 KG)	13.57	1982	C. PALMER	13.56	1985		0	
U14	V FRENCH (3 KG)	12.41	1983	J. HOGEN-ESCH	9.93	1998		0	

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2013-2014 SEASON

U15	V FRENCH (3 KG)	13.71	1984	R. COLLYER	6.34	2011		0	
U16	C PALMER (3 KG)	13.92	1986						
U16	IMOGEN HOWES (3 KG)	11.28	2012	J. HOGEN-ESCH	9.93	1998		0	
U17	JESSICA DAVIES (4 KG)	8.43	2011						
U17	M DWYER (3 KG)	8.97	2000	R. COLLYER	6.34	2011		0	
TRIPLE JUMP									
U10	S WIJESUNDERA (MAT)	9.22	1975	C. BOYANICH	8.58	1994	D. HICKS (E.G.)	8.31	
U11	C BOYANICH (MAT)	9.97	1994	S. WIJESUNDERA	9.29	1975		0	
U12	D COPLEN (MAT)	9.87	1973	S. TRIMMINGS	9.66	1975	D. COPLEN (BELMONT)	9.97	1973
U13	J TAPUTORO (BOARD)	10.49	1991	S. GILFILLAN	10.20	1973		0	
U14	J CASEY (BOARD)	10.72	1992	J. CASEY	10.67	1990		0	
U15	C PALMER (BOARD)	10.57	1986	C. PALMER	10.57	1985	C. PALMER (BELMONT)	10.31	1986
U16	E TAPSCOTT (BOARD)	10.03	2011	F. DUNCAN	9.62	1997		0	
U17	F DUNN (BOARD)	9.81	1998	R. COLLYER	9.55	2011		0	
TURBO JAVELIN									
FLYING BS	R BOYANICH	8.00	1999	R. BOYANICH	7.59	1999		0	
U07	R BOYANICH	11.92	2000	K. BLAIR	10.29	2005		0	
U08	R BOYANICH	15.59	2001	T. STRIBLEY	12.80	2011	A. HAHN (KINSWAY)	15.74	2001
U09	R FRAME	16.24	2007	R. BOYANICH	15.78	2002	N. CUSWORTH (KINGSWAY)	15.12	2002

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