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**2015-2016
OFFICIAL YEAR BOOK**

46th 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 46th 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 as they 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. All the little things add up to make Belmont Little Athletics 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.

Ben Wyatt MLA Member for Victoria Park



*"Working for the
Electorate of Victoria Park
and proud to support
little athletics".*

Shop 2, 896 Albany Highway East Victoria Park WA 6101
P: 9361 1777 F: 9470 2875 E: victoriapark@mp.wa.gov.au
Mail to: PO Box 4373 Victoria Park WA 6979

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
Carlisle/Rivervale	Red/Green / Black	Mich – 0417 042 454 clacsecretary@hotmail.com
Forrestfield	White/Red / Black	John – 0401 520 645 forrestfieldlittleathletics@gmail.com
High Wycombe	Blue/White / Black	Natalie – 0439 525 730 hwlac@inet.com.au
Kalamunda/Lesmurdie	Lime Green / Black	Nicole – 0417 591 777 klac@hotmail.com
Kewdale	Gold/White / Black	Mark – 0412 852 737 admin@klac.asn.au
Victoria Park	Orange/White / Black	Natalie – 0407 082 794 info@vicparklac.org.au
Willandra	Sky blue/Navy / Black	Joanne – 0406 738 754 wlac@blac.asn.au

**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

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2015-2016 SEASON

BLAC INC. EXECUTIVE COMMITTEE

Centre President	Nathan Cunningham	nathanblacpres@gmail.com
Executive Officer	Leanne Wallace-Gibb	blacexecutiveofficer@inet.net.au
Treasurer	Mike Munro	blactreasurer@hotmail.com
Registrar	Natalie Nanut	registrar@blac.asn.au
Arena Manager	John Ferguson	kjferguson@optusnet.com.au
Championships Officer	Kelly Taylor	champs@blac.asn.au
Publicity Officer	Valerie Goodreid	publicity@blac.asn.au
Officer of Officials	Bronwyn Ife	bronwyn.ife@inet.net.au
Records and Ranking Officer	Sue Neal	kats128@hotmail.com
Coaching Coordinator	Ian Pringle	ianpringle@westnet.com.au
Chief Field Umpire	Alan Kelly	alkdelta7@live.com.au
Chief Track Umpire	Greg O'Meara	blac.ctu@omearas.com.au
Senior First Aid Officer (SFAO)	Marcia Pringle	marciapringle@westnet.com.au

BLAC INC. NON-EXECUTIVE OFFICE BEARERS

Administrator of Clubs	
Announcer	Valerie Goodreid
Assistant Records/Rankings Officers	Irene Melia, Fran Partington
Canteen Manager	Joanne Richardson
Centre Delegate 1 (to WALA)	Toni Petts
Centre Delegate 2 (to WALA)	Sara Lindquist
Chief Starter	Ian Dagliesh
Chief Timekeeper	Craig Middleton-White
Equipment Officer	
Winter Officer (2016)	
Website Administrator	Bradley Edwards

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 2015-2016 SEASON

BELMONT LITTLE ATHLETICS CENTRE LIFE MEMBERS

1977 Joy Hardman	1985 Jean Crockett	1996 Krys Roberts	2009 Toni Clarke
1980 Roy Cannon	1985 Frances French	1996 Neil Roberts	2010 Kevin Kentish
1980 Margaret Harman	1987 Lesley Romeo	1997 Rob Bowen	2012 Bradley Edwards
1980 Noelene MacKenzie	1992 John Milburn	1997 Jill McIntosh	2013 Catherine Geneste
1980 Verna Mason	1993 Bev Frost	1998 John Fouweather	2014 Cheryl Short
1980 Wendy Murray	1993 John Marsh	2001 Trish Gunn	2014 Glenn Bartlett
1983 Merle Carter (dec.)	1994 Ron Hardman (dec.)	2004 Craig Middleton-White	
1983 Mavis Lee	1996 Anne Redmond	2007 Georgie Boyle	
1984 Tony Salmon	1996 Peter Redmond (dec.)	2007 David Jarvis	

BELMONT LITTLE ATHLETICS CENTRE PATRONS

2009 Mr. Fred Rae	2010 Mr. Eric Ripper	2011 Mr. Eric Ripper
2012 Mr. Eric Ripper	2014 Mrs Glenys Godfrey	2015 Mrs Glenys Godfrey

**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)	1982	F. French (Manageress)
1973	R. Hardman (Manager)	1982	M. Lee (Coach)
1975	J. Hardman (Manageress)	1983	F. French (Manageress)
1975	R. Smith (Manager)	1986	F. French (Singapore Team Manageress)
1976	J. Hardman (Manageress)	2012	T. Petts (Coach)
1980	N. MacKenzie (Manageress)	2013	T. Petts (Coach)
1981	N. MacKenzie (Manageress)	2014	T. Petts (Coach)
		2015	T. Petts (Coach)

2014 – 2015 HONOURS & AWARDS

BELMONT LITTLE ATHLETICS CENTRE CAPTAINS

Each season, Clubs nominate athletes for selection as Centre Captains by the Executive Committee.
The 2014 - 2015 captains were:

Jadon Punshon (High Wycombe)

Chloe Messere (Carlisle/Rivervale)

BELMONT SPORTSPERSON OF THE YEAR

Justin Russell (Carlisle/Rivervale)

PERPETUAL TROPHY WINNERS

For outstanding performances in the following event categories:

South Australian LA Team Trophy (Middle Distance)

Emma Ferguson (Forrestfield)

Vanessa French Trophy (Throws)

Paul Stervaggi (Kalamunda/Lesmurdie)

Pat Lewis Trophy (Sprints & Hurdles)

Antoine Vargiolu (High Wycombe)

Kim Beazley Trophy (Jumps)

Sharise Coote (Victoria Park)

Merle Carter Trophy (Walks)

Sasa Vanek (Kalamunda/Lesmurdie)

Most Promising Under 6

Roman-Carlo Roia (Carlisle/Rivervale)

Most Outstanding Under 7

Ruby Henshall (Forrestfield)

Junior Athlete Of The Year

Mitchell Pontague (Kewdale)

Doug Hancy Award

BLAC Nominee: Hillary Goodreid (High Wycombe)

CHAMPION CLUBS

French Family Trophy Champion Club – Overall Winner

Carlisle/Rivervale (17,032 Points)

Joy Hardman Trophy Champion Club – Handicap Winner

Forrestfield (288.28 points per athlete)

March Past Award Winners

Carlisle/Rivervale



BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2015-2016 SEASON

CLUB AGE GROUP CHAMPIONS

	Girls	Boys
U6	Carlisle/Rivervale	Carlisle/Rivervale
U7	Forrestfield	Victoria Park
U8	Kewdale	Victoria Park
U9	Carlisle/Rivervale	Carlisle/Rivervale
U10	Carlisle/Rivervale	Carlisle/Rivervale
U11	Forrestfield	Kewdale
U12	Kewdale	Kalamunda/Lesmurdie
U13	Forrestfield	Kalamunda/Lesmurdie
U14	Kalamunda/Lesmurdie	Kewdale
U15	Kalamunda/Lesmurdie	Forrestfield
U16	Kalamunda/Lesmurdie	Forrestfield
U17	Forrestfield	Carlisle/Rivervale

Age group	Champion Boy	Runner up Boy
U6	Roman-Carlo Roia (CRLAC)	Hayden Ottaway (CRLAC)
U7	Jake Mills (HWLAC)	Kaden Gough (VPLAC)
U8	Aston Archer (FLAC)	William Tilbee (KLAC)
U9	Kayel Ascoli (FLAC)	Mazen Salama (VPLAC)
U10	Kade McKeown (CRLAC)	Nicholas Potter (FLAC)
U11	Damon Winterburn (KLAC)	Jett Dix (KLLAC)
U12	Antoine Vargiolu (HWLAC)	Joel Lally-Wise (HWLAC)
U13	Braeden McKeown (CRLAC)	Kye Scott (KLAC)
U14	Brodie Gray (KLAC)	Andrew Hilditch (HWLAC)
U15	Jake Melia (FLAC)	Riley Partington (FLAC)
U16	Mitchell Pontague (KLAC)	Benjamin Hutchins (VPLAC)
U17	Steven Fare (CRLAC)	Brandon Spurway (CRLAC)

Age group	Champion Girl	Runner up Girl
U6	Isobel Harvey (CRLAC)	Paige Myles (FLAC)
U7	Asha Ascoli (FLAC)	Heidi Thompson (CRLAC)
U8	Hayley Clarke (VPLAC)	Alexa Brown (KLAC)
U9	Olivia Trueman (WLAC)	Isabelle Rosalia (CRLAC)
U10	Paige Bower (KLAC)	Annaleigh Lewis (CRLAC)
U11	Emma Ferguson (FLAC)	Tara Stribley (CRLAC)
U12	Emma Nanut (HWLAC)	Eden McBroom (KLLAC)
U13	Ashleigh Pringle (FLAC)	Taneira Hansord (CRLAC)
U14	Reesha Quaresimin (FLAC)	Sasa Vanek (KLLAC)
U15	Sage Lockyer (KLLAC)	Hillary Goodried (HWLAC)
U16	Madelynne Price (KLLAC)	Ayesha Wallace-Gibb (HWLAC)
U17	Thitiporn Buathum (FLAC)	Chloe Messere (CRLAC)

CHRISTMAS GIFT 100m HANDICAP WINNERS 2014

Juniors

Girls

- 1st Hayley Clarke (VPLAC)
2nd Elouise Crum (HWLAC)
3rd Ruby Henshell (FLAC)

Boys

- Roman-Carlo Roia (CRLAC)
Luke Ninnett (KLAC)
Jake Mills (HWLAC)

Seniors

Girls

- 1st Reesha Quaresimin (FLAC)
2nd Chloe Messere (CR)
3rd Kheirra Elliott (HW)

Boys

- Takudzwa Matikiti (KLLAC)
Antoine Vargiolu (HW)
Jackson Hewitt (FF)



1500m INVITATIONAL HANDICAP WINNERS 2015

Girls

- 1st Annelise Stirling (KL)
2nd Melissa Short (HW)
3rd Chelsea Willock (KL)

Boys

- Mitchell Pontague (Kew)
Jake Melia (FF)
Ben Colebrook (KL)



BLAC TWELVE-YEAR SERVICE ATHLETE AWARDS

BLAC NINE-YEAR SERVICE ATHLETE AWARDS

BLAC SIX-YEAR SERVICE ATHLETE AWARDS

Sasa Vanek (Kalamunda/Lesmurdie), Antoine Vargiolu (High Wycombe), Shontel Vargiolu (High Wycombe)

WALA EIGHT-YEAR SERVICE ATHLETE AWARDS

Cloe Messere (Carlisle/Rivervale), Braydon Rowe (Forrestfield), Ayesha Wallace-Gibb (High Wycombe)

WALA TWENTY-YEAR SERVICE PARENT AWARDS

Alan Kelly

Craig Middleton-White. Apologies to Craig, who should have been acknowledged in the 2014/15 Purple book for his 20 year achievement.

WALA SIX-YEAR SERVICE PARENT AWARDS

Elizabeth Allison, Diane Breen, Mark Breen, Valerie Goodreid, Sandra Vargiolu, Vito Vargiolu, Terry Veivers

WALA THREE-YEAR SERVICE PARENT AWARDS

Mary Applebee, Nathan Cunningham, Mike Fernando, Sue Fernando, Michelle Hansen, Clare Heffernan, Tammy Hibbert, Emma McGehan, Louise Matthews, Barbie Miller, Ian Pringle, Marcia Pringle, Helen Quaresimin, Joe Stervaggi, Terelle Stervaggi, Sharon Wake, Neil Wilkinson, Sharlene Willock, Glen Woodward, Tanya Woodward

WALA CENTRE AWARDS

Centre Administrator of the Year: Leanne Wallace-Gibb (High Wycombe)

Centre Official of the Year: Nathan Cunningham (High Wycombe)

Centre Coach of the Year: Valerie Goodreid (High Wycombe)



2014 – 2015 REPRESENTATIVE HONOURS

INTERNATIONAL STATE TEAM MEMBERS

Sasa Vanek
Reesha Quaresimin
Riley Partington

NATIONAL STATE TEAM MEMBERS

No representatives this year

STATE RELAY CHAMPIONSHIPS MEDAL WINNERS

WA Athletics Stadium, December 14 2014

U9 Girls 4 x 200m

Bronze Medal

Isabelle Rosalia, Olivia Trueman, Laura Clarke, Rosie McGehan, Olivia Vogel

Coach: Victoria Cayley

U16/17 Girls Field Team

Bronze Medal

Tayla McCauliffe and Madeline Price

STATE MULTI EVENT CHAMPIONSHIPS MEDAL WINNERS

WA Athletics Stadium, February 1 2015

Katrina Breen	U16G	Silver
Riley Partington	U15B	Bronze

ZONE CHAMPIONSHIPS FINALISTS & MEDAL WINNERS (U7 to U9)

Langford Oval, March 9 & 10, 2014

Boys				Girls			
U7				U7			
70m	6	Hunter Tolliday	12.39	70m	5	Ruby Henshall	12.70
100m	4	Jake Mills	18.19		7	Charlotte Trueman	13.11
	6	Hunter Tolliday	18.6	100m	6	Portia Vogel	19.78
Discus	7	Harley Muir	12		6	Ruby Henshall	19.78
Shot	1	Hunter Tolliday	6.51	200m	7	Heidi Thompson	43.09
	4	Harley Muir	4.91		8	Charlotte Trueman	45.18
	8	Jake Mills	4.43	Discus	5	Asha Ascoli	10.14
Javelin	2	Harley Muir	12.75		6	Ruby Henshall	9.44
U8				Javelin	6	Ruby Henshall	9.10
60m hurdles	3	James Pritchard	11.99		8	Heidi Thompson	8.06
70m	3	Aston Archer	11.53	U8			
100m	5	William Tilbee	17.24	60m hurdles	4	Alexa Brown	11.89
200m	6	William Tilbee	37.03		6	Hayley Clarke	12.39
Discus	1	Aston Archer	17.39	70m	8	Alexa Brown	12.31
	6	James Pritchard	12.69	200m	4	Alexa Brown	36.73
Shot	2	Aston Archer	7.02	Long Jump	8	Alexa Brown	2.87
	4	James Pritchard	5.29	U9			
Javelin	2	William Tilbee	17.2	60m hurdles	3	Isabelle Rosalia	10.98
	5	Aston Archer	13.96		4	Laura Clarke	11.48
Long Jump	5	William Tilbee	3.15	70m	1	Isabelle Rosalia	11.17
	6	James Pritchard	3.10		3	Olivia Vogel	11.45

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2015-2016 SEASON

U9			100m	2 Isabelle Rosalia	15.97
60m hurdles	2 Kayel Ascoli	11.44		4 Olivia Vogel	16.57
	5 Jai Rosalia	12.30	200m	2 Olivia Trueman	31.96
	6 Mazen Salama	12.46		6 Laura Clarke	36.26
	8 Jarad Miller	13.42		7 Rosie McGehan	39.63
70m	2 Dylan Ninyett	11.03	400m	2 Olivia Trueman	1:17.85
	6 Khyran Elliott	12.04	800m	2 Isabelle Rosalia	3:00.19
100m	4 Dylan Ninyett	15.96		6 Kaylee Myles	3:12.74
200m	3 Dylan Ninyett	34.24		7 Elyssa Lewis	3:13.93
	5 Ishaan Tiwari	37.89	700m Walk	3 Abbey Henshall	4:37.50
	6 Jarad Miller	38.20		4 Tiahna McIntyre	4:44.77
400m	2 Kayel Ascoli	1:17.19		6 Kaylee Myles	5:11.89
	7 Tristan Keighley	1:39.51	Discus	4 Abbey Henshall	13.74
800m	3 Kayel Ascoli	3:01.37		6 Chloe Mills	11.57
	5 Mazen Salama	3:09.47	Shot	7 Tiahna McIntyre	3.67
	6 Jai Rosalia	3:24.17	Javelin	5 Olivia Trueman	13.87
	8 Paul Heffernan	3:42.91		6 Abbey Henshall	13.09
Discus	7 Kayel Ascoli	14.15	High Jump	2 Rosie McGehan	0.95
	8 Khyran Elliott	12.31		3 Tiahna McIntyre	0.95
Javelin	4 Khyran Elliott	15.53		7 Rachel Hilditch	0.85
	8 Ishaan Tiwari	11.47	Long Jump	1 Olivia Trueman	3.75
High Jump	1 Dylan Ninyett	1.08		6 Rosie McGehan	2.99
	2 Jayce Heal	1.06			
	6 Jarad Miller	1.00			
Long Jump	7 Jayce Heal	3.41			

STATE TRACK & FIELD CHAMPIONSHIPS MEDAL WINNERS (U10 to U17) WA Athletics Stadium, March 21 & 22 2015

U12B	Antoine Vargiolu	60m Hurdles	9.10	Gold
U12B	Antoine Vargiolu	100m	12.30	Gold
U12B	Antoine Vargiolu	200m	25.96	Silver
U10G	Annaleigh Lewis	Javelin	18.71	Bronze
U14G	Sasa Vanek	1500m Walk	7:39.02	Silver
U14G	Reesha Quaresimin	200m Hurdles	29.66	Bronze
U16G	Kali Blair	200m Hurdles	30.00	Bronze
U16G	Tayla McAuliffe	Shot	11.07	Bronze
U16G	Tayla McAuliffe	Javelin	38.39	Gold
U17G	Chloe Messere	Shot	10.04	Bronze



STATE TRACK AND FIELD CHAMPIONSHIPS FINALISTS (U10 to U17)

WA Athletics Stadium, March 21 & 22 2015

U11B	Callum Fare	Shot	9.39
U12B	Paul Stervaggi	400m	1:03.48
U12B	Paul Stervaggi	800m	2:24.06
U12B	Paul Stervaggi	1500m	4:53.36
U12B	Paul Stervaggi	Javelin	34.47
U12B	Antoine Vargiolu	Triple jump	10.38
U13B	Seth Norman	80m Hurdles	12.88
U13B	Nathan Morris	800m	2:20.22
U13B	Seth Norman	200m Hurdles	28.56
U14B	Andrew Hilditch	1500m Walk	9:31.71
U14B	Takudzwa Matikiti	200m Hurdles	29.21
U15B	Jadon Punshon	Discus	38.96
U15B	Carlo Vinci	Javelin	42.89
U17B	Brandon Lee Spurway	100m	11.50
U17B	Brandon Lee Spurway	200m	24.68
U17B	Steven Fare	200m Hurdles	26.59
U17B	Brandon Lee Spurway	200m Hurdles	27.02
U17B	Steven Fare	110m Hurdles	16.31
U17B	Steven Fare	Javelin	46.14
U10G	Annaleigh Lewis	60m Hurdles	11.52
U10G	Drew Tolliday	400m	1:16.62
U10G	Ashley Muir	1100m Walk	7:00.64
U11G	Kheirra Elliott	100m	14.49
U11G	Hana Vanek	1100m Walk	6:24.14
U11G	Tara Stribley	Javelin	22.32
U12G	Hannah Archer	200m	28.15
U12G	Emma Nanut	1500m Walk	10:07.56
U16G	Kali Blair	90m Hurdles	14.24
U16G	Katrina Breen	90m Hurdles	14.8
U16G	Teleah McKeown	100m	12.99
U16G	Teleah McKeown	200m	26.55
U16G	Ayesha Wallace-Gibb	1500m Walk	9:34.23
U16G	Katrina Breen	200m Hurdles	30.31
U16G	Madelynn Price	200m Hurdles	33.19
U16G	Tayla McAuliffe	Discus	24.83
U16G	Katrina Breen	Long Jump	4.79
U17G	Chloe Messere	Discus	23.79

2015 STATE ROADWALKING CHAMPIONSHIPS MEDAL WINNERS

August 1 2015

U14B	Andrew Hilditch	Bronze
U7G	Ruby Henshall	Gold
U7G	Heidi Thompson	Bronze
U8G	Bonnie Greenway	Bronze

2015 STATE CROSS COUNTRY CHAMPIONSHIPS MEDAL WINNERS

August 8 2015

No medals this season

STATE EVENT KEY OFFICIALS 2014 – 2015

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): Toni Petts, Paul Partington, Sharon Stribley, Rod Stribley, Victoria Cayley, Sandra Vargiolu, Vito Vargiolu, Bronwyn Ife, Sue Neal, Karen Winterburn, Pam Brown, John Ferguson, Neil McGuinness, Liz Hilditch, Marcia Pringle, Beth Kelly, Allan Kelly, Dennis Fare, Clint Wallace-Gibb, Valerie Goodreid and Nathan Cunningham. We have endeavoured to include everyone and extend our appreciation and apologies to anyone omitted.



SEASON CALENDAR 2015-2016

OCTOBER 2015	
Mon 5/10/15	BLAC Executive Meeting 7pm
Sat 10/10/15	Interclub Competition: Program C, 8:00 am Opening Ceremony
Sat 17/10/15	Interclub Competition: Program 1 8:00 am
Sat 24/10/15	Interclub Competition: Program 2 8:00 am
Sat 31/10/15	Interclub Competition: Program 1 8:00 am
NOVEMBER 2015	
Mon 2/11/15	BLAC Executive and Delegates Meeting 7pm
Sat 7/11/15	Interclub Competition: Program 2 8:00 am and PMH Kids Helping Kids
Sat 14/11/15	Interclub Competition: Program 1 8:00 am
Sun 15/11/15	🏹 <i>WALA Bravehearts Challenge (WA Athletics Stadium)</i>
Sat 21/11/15	Interclub Competition: Program 2 8:00 am
Sat 28/11/15	Interclub Competition: Program 1 8:00 am
DECEMBER 2015	
Sat 5/12/15	Interclub Competition: Program 2 8:00 am
Mon 7/12/15	BLAC Executive Meeting 7pm
Fri 11/12/15	Interclub Competition: Christmas Gift Program, 6:00pm (Twilight)
Sun 13/12/15	🏹 <i>State Relay Championships (WA Athletics Stadium)</i>
JANUARY 2016	
Sat 9/1/16	Interclub Competition: Program A, 4:00pm (Twilight)
Mon 11/1/16	BLAC Executive Meeting 7pm
Sat 16/1/16	Interclub Competition: Program B, 4:00pm (Twilight)
Sat 23/1/16	Interclub Competition: Program C, 4:00pm 1500m Invitational (Twilight)
Sat 30/1/16	Interclub Competition: Program A, 4:00pm (Twilight)
FEBRUARY 2016	
Mon 2/2/16	BLAC Executive and Delegates Meeting 7pm
Sat 6/2/16	Interclub Competition: Program B, 4:00pm (Twilight)
Sun 7/2/16	🏹 <i>State Multi-event Championships (WA Athletics Stadium)</i>
Sat 13/2/16	Centre Championships: Program A - Day 1, 8:00am
Sat 20/2/16	Centre Championships: Program B - Day 2, 8:00am
Sat 27/2/16	Centre Championships: Program C - Day 3, 8:00am
Sun 28/2/16	Centre Wind Up
MARCH 2016	
Sat 5/3/16	<i>Zones Track & Field Champs - Day 1 (venue TBA)</i>
Sun 6/3/16	<i>Zones Track & Field Champs - Day 2 (venue TBA)</i>
Mon 14/3/16	BLAC Executive Meeting 7pm
Sat 19/3/16	🏹 <i>State Track & Field Champs - Day 1 (WA Athletics Stadium)</i>
Sun 20/3/16	🏹 <i>State Track & Field Champs - Day 2 (WA Athletics Stadium)</i>
APRIL 2016	
Sat 2/4/16	Saturday 2nd: Centre Stocktake Day 10 am
4/04/2016	BLAC Executive and Delegates Meeting 7pm
MAY 2016	
Mon 2/5/16	BLAC Annual General Meeting - Gerry Archer Athletic Track 7:00pm

EVENT PROGRAMS

Programs are run over two weekends (programs 1 & 2) for the first part of the season. After the Christmas break we move to a three week format (programs A, B, and C). There is a special program for the Christmas Gift. This allows athletes to compete in each event up to six times over the season.

Athletes must compete in an event at least three times to qualify for that event in Centre Championships.

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

PROGRAM 1 BOYS							
AGE	EVENTS						
U6	Vortex	Discus		70m	100m	300m	
U7	Vortex	Discus		70m	100m	300m	
U8	Turbo	Discus		70m	100m	500m	
U9	Turbo	Discus		70m	100m	400m	
U10	Javelin	Discus	Triple	100m		400m	
U11	Javelin	Discus	Triple	100m	1500m	400m	
U12	Javelin	Discus	Triple	100m	1500m	400m	
U13	Javelin	Discus	Triple	100m	1500m	400m	200mH
U14	Javelin	Discus	Triple	100m	1500m	400m	200mH
U15-17	Javelin	Discus	Triple	100m	1500m	400m	200mH
PROGRAM 1 GIRLS							
AGE	EVENTS						
U6	Shot	Long		70m	100m	300m	
U7	Shot	Long		70m	100m	300m	
U8	Shot	Long	High	70m	100m	500m	
U9	Shot	Long	High	70m	100m	400m	
U10	Shot	Long	High	100m		400m	
U11	Shot	Long	High	100m	1500m	400m	
U12	Shot	Long	High	100m	1500m	400m	
U13	Shot	Long	High	100m	1500m	400m	200mH
U14	Shot	Long	High	100m	1500m	400m	200mH
U15-17	Shot	Long	High	100m	1500m	400m	200mH
PROGRAM 2 BOYS							
AGE	EVENTS						
U6	Shot	Long		60mH mini	200m	100m	
U7	Shot	Long		60mH mini	200m	100m	
U8	Shot	Long	High	60mH	200m	100m	
U9	Shot	Long	High	60mH	200m	800m	700mW
U10	Shot	Long	High	60mH	200m	800m	1100mW
U11	Shot	Long	High	60mH	200m	800m	1100mW
U12	Shot	Long	High	60mH	200m	800m	1500mW
U13	Shot	Long	High	80mH	200m	800m	1500mW
U14	Shot	Long	High	90mH	200m	800m	1500mW
U15-17	Shot	Long	High	110mH	200m	800m	1500mW
PROGRAM 2 GIRLS							
AGE	EVENTS						
U6	Vortex	Discus		60mH mini	200m	100m	
U7	Vortex	Discus		60mH mini	200m	100m	
U8	Turbo	Discus		60mH	200m	100m	
U9	Turbo	Discus		60mH	200m	800m	700mW
U10	Javelin	Discus	Triple	60mH	200m	800m	1100mW
U11	Javelin	Discus	Triple	60mH	200m	800m	1100mW
U12	Javelin	Discus	Triple	60mH	200m	800m	1500mW
U13	Javelin	Discus	Triple	80mH	200m	800m	1500mW
U14	Javelin	Discus	Triple	80mH	200m	800m	1500mW
U15-17	Javelin	Discus	Triple	100mH	200m	800m	1500mW

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2015-2016 SEASON

PROGRAM A BOYS						
AGE	EVENTS					
U6	60m miniH	Shot				200m
U7	60m miniH	Shot				200m
U8	60mH	Turbo	High			200m
U9	60mH	Discus			700mW	200m
U10		Discus	Triple	400m	1100mW	200m
U11		Discus	Triple	400m	1100mW	200m
U12		Javelin	Long	400m		200m
U13	200mH	Javelin	Long	800m		200m
U14	200mH	Javelin	Long	800m		200m
U15-17	200mH	Shot	Triple	800m		200m
PROGRAM A GIRLS						
AGE	EVENTS					
U6	60m miniH		Long			200m
U7	60m miniH		Long			200m
U8	60mH	Discus	Long			200m
U9	60mH	Turbo			700mW	200m
U10		Shot	High	400m	1100mW	200m
U11		Shot	High	400m	1100mW	200m
U12		Shot	Long	400m		200m
U13	200mH	Shot	High	800m		200m
U14	200mH	Discus	High	800m		200m
U15-17	200mH	Discus	High	800m		200m

PROGRAM B BOYS					
AGE	EVENTS				
U6	70m			Long	Discus
U7	70m			Long	Discus
U8	70m	500m			Discus
U9	70m	800m	Long	High	Turbo
U10	60mH	800m		High	Javelin
U11	60mH	800m		High	Shot
U12	60mH	800m	1500mW	High	Discus
U13	80mH	400m	1500mW	Triple	Discus
U14	90mH	400m	1500mW	Triple	Discus
U15-17	110mH	400m	1500mW	High	Discus

PROGRAM B GIRLS					
AGE	EVENTS				
U6	70m			Vortex	Shot
U7	70m			Vortex	Shot
U8	70m	500m			Shot
U9	70m	800m		Long	Discus
U10	60mH	800m		Triple	Javelin
U11	60mH	800m		Triple	Javelin
U12	60mH	800m	1500mW	High	Javelin
U13	80mH	400m	1500mW	Long	Javelin
U14	80mH	400m	1500mW	Long	Shot
U15-17	100mH	400m	1500mW	Long	Shot

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2015-2016 SEASON

PROGRAM C BOYS				
AGE	EVENTS			
U6	100m	300m	Vortex	
U7	100m	300m	Vortex	
U8	100m		Shot	Long
U9	100m	400m	Shot	
U10	100m		Shot	Long
U11	100m	1500m	Javelin	Long
U12	100m	1500m	Shot	Triple
U13	100m	1500m	Shot	High
U14	100m	1500m	Shot	High
U15-17	100m	1500m	Javelin	Long

PROGRAM C GIRLS				
AGE	EVENTS			
U6	100m	300m	Discus	
U7	100m	300m	Discus	
U8	100m		Turbo	High
U9	100m	400m	Shot	High
U10	100m		Discus	Long
U11	100m	1500m	Discus	Long
U12	100m	1500m	Discus	Triple
U13	100m	1500m	Discus	Triple
U14	100m	1500m	Javelin	Triple
U15-17	100m	1500m	Javelin	Triple

CHRISTMAS GIFT BOYS			
AGE	EVENTS		
U6	Turbo	Long	200m
U7	Turbo	Long	200m
U8	Turbo	Long	200m
U9	Discus	Long	200m
U10	Discus	800m	200m
U11	Discus	800m	200m
U12	Shot	800m	200m
U13	Shot	800m	200m
U14	Shot	800m	200m
U15-17	Javelin	800m	200m

CHRISTMAS GIFT GIRLS			
AGE	EVENTS		
U6	Shot	Long	200m
U7	Shot	Long	200m
U8	Shot	Long	200m
U9	Discus	Long	200m
U10	Triple	800m	200m
U11	Triple	800m	200m
U12	Triple	800m	200m
U13	Triple	800m	200m
U14	Javelin	800m	200m
U15-17	Discus	800m	200m

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2015-2016 SEASON

Roster

Date	Fundraising	Canteen Helpers (2)	First Aid	Set up	Pack Away
10/10/2015	KLLAC	KLAC	VPLAC	FLAC	HWLAC
17/10/2015	FLAC	VPLAC	CRLAC	HWLAC	KLLAC
24/10/2015	HWLAC	CRLAC	WLAC	KLLAC	WLAC
31/10/2015	KLAC	FLAC	HWLAC	KLAC	CRLAC
7/11/2015	PMH	HWLAC	KLLAC	VPLAC	KLAC
14/11/2015	VPLAC	KLLAC	KLAC	CRLAC	VPLAC
21/11/2015	CRLAC	KLAC	VPLAC	WLAC	FLAC
28/11/2015	WLAC	VPLAC	CRLAC	FLAC	HWLAC
5/12/2015	KLLAC	CRLAC	WLAC	HWLAC	KLLAC
11/12/2015	BLAC	FLAC	HWLAC	KLLAC	WLAC
9/01/2016	BLAC	HWLAC	KLLAC	KLAC	CRLAC
16/01/2016	HWLAC	KLLAC	KLAC	VPLAC	KLAC
23/01/2016	CRLAC	KLAC	VPLAC	CRLAC	VPLAC
30/01/2016	BLAC	VPLAC	CRLAC	WLAC	FLAC
6/02/2016	VPLAC	CRLAC	WLAC	FLAC	HWLAC
13/02/2016	KLAC	FLAC	HWLAC	VPLAC	KLLAC
20/02/2016	WLAC	HWLAC	KLLAC	KLAC	WLAC
27/02/2016	FLAC	KLLAC	KLAC	HWLAC	CRLAC

Carlisle-Rivervale = CRLAC	Kewdale = KLAC
Forrestfield = FLAC	Victoria Park = VPLAC
High Wycombe = HWLAC	Willandra = WLAC
Kalamunda-Lesmurdie = KLLAC	

FUNDRAISING

Clubs can conduct fundraising activities during competition meets on their rostered days, in accordance with BLAC's fundraising policy. Clubs are expected to inform the canteen one week prior to their fundraising day if their fundraising will involve selling food. A copy of the policy can be obtained from the Executive Committee.

CANTEEN HELPER

Clubs will be required to supply 2 canteen helpers on their rostered days. Canteen helpers will be required to assist the canteen manger with serving customers, making food, etc. Canteen helpers must be over 16 years of age for insurance reasons.

FIRST AID

Clubs will be required to supply a first aid officer on their rostered days. This person will administer first aid as required under the direction of the Senior First Aid Officer. Rostered first aid officers should report to the Senior First Aid Officer when signing on.



SETUP & PACK AWAY

The club rostered to set up will be required one hour before the start of the program to help put out equipment (including shade tents, timing gates and all sites' equipment etc). Officials must report to the Equipment Officer on arrival at the equipment shed.

Pack away club will be required to remain after competition is finished to assist in putting away equipment and generally clean up the grounds.

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

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

CLUB SITE ROSTER

CLUB	EVENT	SITE
Carlisle-Rivervale	High Jump Junior (Scissor)	9
	Long Jump Senior	4
Forrestfield	Discus Junior	7
	Long Jump Junior	3
High Wycombe	Javelin Senior	11
	Triple Jump Junior	5
Kalamunda-Lesmurdie	Discus Senior	8
	Triple Jump Senior	6
Kewdale	Javelin Junior	12
	Shot Put Senior	2
Victoria Park	High Jump Senior (Fosbury)	10
Willandra	Shot Put Junior	1

Clubs will be required to supply the Key Official for their site

NON-ROTATING POSITIONS

POSITION	CLUB/OFFICIAL	POSITION	CLUB/OFFICIAL
Chief Timekeeper S/T		Timekeeper C/T	Barbie Miller
Timekeeper S/T		Timekeeper C/T	Kalamunda/Lesmurdie
Chief Starter S/T	Ian Dagliesh	Starter Circular Track	Kalamunda/Lesmurdie
Start Marshall S/T	Kewdale	Assist Timekeeper C/T	Kalamunda/Lesmurdie
Start Marshall S/T	Kewdale	Start Marshall C/T	Kalamunda/Lesmurdie
Finish Marshall S/T		Finish Marshall C/T	Kalamunda/Lesmurdie
Finish Marshall S/T		Chief Walks Judge	
Assistant Recorder 1		Walks Judges (x6)	One per Club

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

All other positions on the arena will be filled on the day, on a first come first served basis.

SIGNING ON: The site roster is located near the Arena Manager's table. To reduce starting delays and to increase your chances of signing onto your site of choice, Officials and Assistants are required to sign on at least 15 minutes before the official start time.

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. Give 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 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 Smoking is prohibited 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 will be required to supply officials for each competition day. The number of officials required from each club is calculated on a pro-rata basis, comparing number of athletes within the Club to number of athletes in the Centre as a whole. Officials are to report to the Officer of Officials where they will sign on.
12. Spikes:
 - 1.1. Competitors in the U6-U10 age group may not wear spike shoes.
 - 1.2. Competitors in the U11-U12 age group may wear spike shoes in events run entirely in lanes, long jump and triple jump, high jump and javelin.
 - 1.3. Competitors in the U13-U15 age group may wear spike shoes in all of the events listed in #2, as well as in events NOT run entirely within lanes, except walks. Spikes must be carried to the start and removed at the end of all events.
13. Programmed events can be amended or cancelled at the discretion of the Arena Manager.
14. Complaints on the day will be referred to the following:
 - a) Track events - CHIEF TRACK UMPIRE
 - b) Field events - CHIEF FIELD UMPIRE
15. Rules of competition are normally as per I.A.A.F. Rule Book, but modifications may be made for Centre competition.
16. All athletes must at all times have a parent or guardian present. Athletes will be excluded from competition if they do not have a parent or guardian present.

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

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

RED CARDS

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

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

GENERAL INFORMATION FOR ATHLETES AND PARENTS

SUNSMART POLICY

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

- Wherever possible, programs 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 for any that need it.



HOT WEATHER POLICY

Purpose

For the Belmont Little Athletics Centre to implement strategies and procedures that will be followed in the event of hot weather having an impact on the scheduled competition programs.

Identification

1. In the week prior to the scheduled competition, the Arena Manager is to monitor the forecast weather conditions, so as to ascertain the effect it may have on the proposed program.
2. The Arena Manager will use equipment to continually monitor the conditions on the day of competition.
3. For morning competition if the temperature reaches 38 degrees Celsius then the Arena Manager, Executive and Chairperson of Belmont Little Athletics Centre will take into account where the program is currently up to and what events remain before deciding if the program should be cancelled or conducted in a modified format.
4. For twilight competition if the temperature is in excess of 38 degrees Celsius prior to the start of competition then the Arena Manager, Executive and Chairperson of Belmont Little Athletics Centre will make a decision as to whether to delay the start of competition until the temperature falls to 38 degrees Celsius or if the program should be cancelled or conducted in a modified format.

Notification

The Belmont Centre Chairperson will call a Club Managers meeting immediately after a decision is made in relation to the hot weather having an effect on the competition program, at which time all Clubs will be notified as to whether the meeting will be cancelled or a modified program will run.

HOT WEATHER POLICY (cont.)

Recovery Strategy

The following initiatives shall be implemented in the event of hot weather having a bearing on competitions;

- Only conduct events that ensure the safety of athletes and officials is protected at all times.
- Where possible reschedule cancelled events to a later date.
- To make available on the day of a modified program an attendance sheet, that will indicate athletes participation on the day whilst not disadvantaging them in their qualification for Centre Championships, State Championships and the allocation of Club Championship Awards (1 point for all attending athletes) etc. in cancelled events.

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. If your child has been issued a medical certificate that covers the date of any competition, they should not compete as they may not be covered by insurance.

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 or Apply 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. The Senior First Aid Officer should be consulted if the injury is deemed serious or as needed.
- Where possible, a parent or guardian must be present when a child requires first aid treatment.
- If a parent overrides the First Aid Officer or Senior 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 Senior 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.

2015-2016 WALA STATE EVENTS

PMH Kids Helping Kids Activity Day SATURDAY 7th NOVEMBER 2015

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 Bravehearts Challenge SUNDAY 15th NOVEMBER 2015

This fun new event was added to the calendar in 2012. It is open to athletes in the U6 to U10 age groups. The aim of the day is to introduce our younger athletes to competition at the WA Athletics Stadium through a fun mixed age team event. Proceeds raised go to Bravehearts and the purple theme further assists in raising awareness for their work. More details available from your Club Manager.

STATE TRACK & FIELD RELAY CHAMPIONSHIPS SUNDAY 13th DECEMBER 2015

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.

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 6th - SUNDAY 7th FEBRUARY 2016

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 5th - SUNDAY 6th MARCH 2016

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 19th - SUNDAY 20th MARCH 2016

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.

U13 LITTLE ATHLETICS NATIONAL CHAMPIONSHIPS & U15 MULTI EVENT NATIONAL CHAMPIONSHIPS

These Championships are held in a different state each year and are only open to U13 and U15 athletes. The WA Little Athletics Association selects the State Team of twenty-two U13 athletes from the finalists of the State Track & Field Championships. Two U15 Boys and two U15 Girls are selected from the State Multi Event Championships and accompany the team to represent the state in the National Multi Event Championships.

U14 & U15 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 U7 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 U6's do not compete in the State Winter Championships.



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 & GIRLS	U8	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	6 x 5cm
Thereafter	2cm	2cm	2cm	2cm	2cm	2cm	2cm	2cm

SCISSOR-KICK:

The U8, U9, & U10 Age Groups must do the Scissor 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 athlete's 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 AND TRIPLE JUMP
COMMON RULES**

TAKE OFF:

- **METRE SQUARE, U6 - U9 AGE GROUPS: (LONG JUMP ONLY)** The take off in the U6 to U9 age groups is made from 1metre x 1metre take-off mat. The mat should be placed so that the front end is 20cm from the Pit, as flush to the run up as possible and fixed so that it does not shift when the competitors jump from it.
- **½ METRE MAT:** The take off in the U10 - U12 age groups is made from the area of a 1metre wide x ½ metre deep take-off mat.
- **TAKE OFF BOARD, U13 – U17 AGE GROUPS:** This group use a take-off board. The take-off board should measure 1.21m to 1.22m long, 20cm wide, and 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.

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.

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.

TIES:

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

TRIPLE JUMP - (ONLY)

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.

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 Triple Jump will be recorded if:

- Any of the infringements listed for Long Jump occur
- The competitor fails to land in the pit. (Landing on the run-up constitutes a foul)



THROWING EVENTS COMMON RULES

METHOD OF MEASUREMENT:

- To be valid a throw or put, the implement 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 implement (javelin, discus or shot put)
- Measurements are made to the nearest centimetre below.
- Records will be ratified when existing records are bettered by 2cm or more

JAVELIN

Boys		Girls	
U6 & U7	Vortex	U6 & U7	Vortex
U8 & U9	Turbo Javelin	U8 & U9	Turbo Javelin
U10, U11, U12	400g	U10, 11, 12, 13, 14	400g
U13 & U14	600g	U15, 16, 17	500g
U15, U16, U17	700g		

Common Javelin, Turbo and Vortex Rules

TO BE A VALID THROW & MEASURED:

- 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/turbo/vortex 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.
- The Javelin/Turbo 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 (rubber point for turbo) strikes the ground, within the sector, before any other part of the Javelin. **NB:** The javelin or turbo does not have to stick into the ground or leave a mark.

TURBO JAVELIN

Boys & Girls U8 & U9

SPECIAL TIPS:

- The Turbo Javelin 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.
- 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 to 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, try to throw 2 metres before the line, so you have room to follow through.

DISCUS AND SHOT PUT
Common Rules

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 (or the top of the stop board for shot put)
- The implement must not be improperly released (e.g. dropped) during a trial.
- The attempt must be completed within one minute.

DISCUS

Girls		Boys	
U6 & U7	350g	U6 & U7	350g
U8, 9, 10	500g	U8, 9, 10	500g
U11, 12, 13	750g	U11, 12	750g
U14, 15, 16, 17	1kg	U13, 14, 15 16	1kg
		U17	1.5kg





SHOTPUT

Girls		Boys	
U6 & U7	1kg	U6 & U7	1kg
U8	1.5kg	U8	1.5kg
U9, 10, 11, 12	2kg	U9, 10, 11	2kg
U13, 14, 15, 16, 17	3kg	U12, 13, 14,	3kg
		U15, 16	4kg
		U17	5kg

SHOT PUT ONLY**TO BE A VALID SHOT PUT THROW & MEASURED:**

In addition to the common rules

- 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.

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.



TRACK EVENTS

HURDLES

	B&G U6	B&G U7	B&G U8-U9	B&G U10-U11	B&G U12
Total Distance	60m	60m	60m	60m	60m
Hurdle Height	20cm*	30cm*	45cm	60cm	68cm
Run In	12m	12m	12m	12m	12m
Distance Between Hurdles	7m	7m	7m	7m	7m
Run Out	13m	13m	13m	13m	13m
Number of Flights	6	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 height of 20cm for U6 and 30cm for U7.

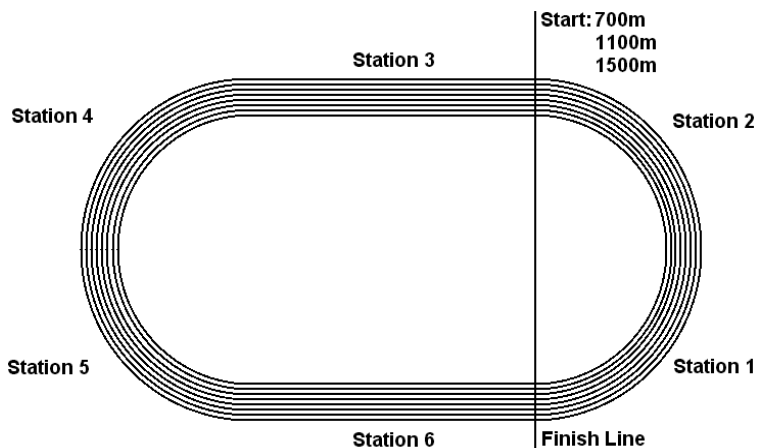


RACE WALKING

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, its 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.**

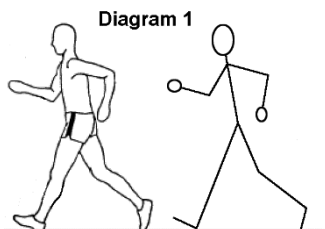


Diagram 2 shows the foot of the supporting leg flat out on the ground. The supporting leg is not vertically upright, being bent at the knee. **This does not satisfy the rule, & therefore it is not permitted.**

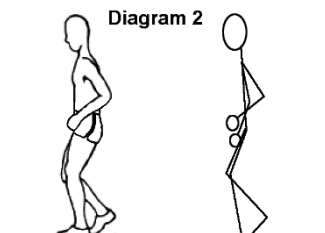
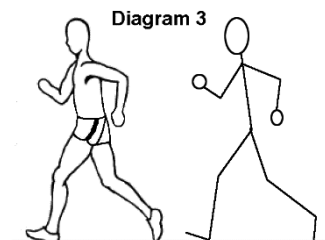


Diagram 3 shows both legs bent at the knee & they are never straight in any position, not even when the leg is supporting the whole weight of the body. **This does not satisfy the rule, & therefore it is not permitted.**



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

STARTING

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**".
- 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.
- 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.

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. Each age group will also have an individual Champion and Runner Up awarded for each 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.

1500m INVITATIONAL

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

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	Max Bradley (Forrestfield)
2011	Harry Edwards (Kalamunda-Lesmurdie)
2012	Trent McDougall (Carlisle/Rivervale)
2013	Antoine Vargiolu (Forrestfield)
2014	Takudzwa Matiki (Kalamunda-Lesmurdie)

Girls

Nicole Stone (Kewdale)
Oliva Chester (High Wycombe)
Jenelle Brand (Forrestfield)
Lauren Taylor (Kewdale)
Emma Forward (Belmay)
Casey Savill (Forrestfield)
Stephanie Lam (Kewdale)
Emma Trail (Forrestfield)
Tayla Van Zuilecom (Forrestfield)
Emily Webb (High Wycombe)
Ashley Parkinson (Kewdale)
Stephanie Lam (Kewdale)
Stephanie Lam (Kewdale)
Sasa Vanek (Kalamunda/Lesmurdie)
Jasmin Long (Kalamunda-Lesmurdie)
Naomi Hayes (High Wycombe)
Tayla McAuliffe (Carlisle/Rivervale)
Reesha Quaresimin (Forrestfield)

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	Antoine Vargiolu (Forrestfield)
2011	Antoine Vargiolu (Forrestfield)
2012	James Pritchard (Carlisle/Rivervale)
2013	Kade McKeown (Carlisle/Rivervale)
2014	Roman-Carlo Roia (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)
Madison Sauzier (Kalamunda/Lesmurdie)
Mikaela Hindmarsh (Carlisle/Rivervale)
Rosie McGehan (Kalamunda/Lesmurdie)
Rosie McGehan (Kalamunda/Lesmurdie)
Hayley Clarke (Victoria Park)



BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2015-2016 SEASON

CENTRE RECORDS

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

CENTRE CHAMPIONSHIP RECORDS

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

OPEN RECORDS

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

RECORDS (BOYS)

EVENT AGE GROUP	CENTRE RECORD HOLDER	CENTRE RECORD	CENTRE RECORD YEAR	CENTRE CHAMP HOLDER	CENTRE CHAMP RECORD	CENTRE CHAMP YEAR	OPEN RECORD HOLDER	OPEN RECORD	OPEN RECORD YEAR
70M									
U06	J. ELMS	13.40	2006	J. ELMS	13.40	2006			
U07	M. VLAHOV	11.20	1988	M. VLAHOV	11.20	1988			
U08	C. O'HELLO	10.80	1979	D. DEVAURNO	10.90	1976	M. HOWAT (KSY)	10.40	1985
U09	J. CLAITÉ	10.10	1976	J. CLAITÉ	10.10	1976	P. HICKEY (BEL)	10.10	1985
100M									
U06	A. WELSH	19.48	2010	A. WELSH	19.48	2010			
U07	M. VLAHOV	15.87	1988	M. VLAHOV	15.87	1988			
U08	J. CLAITÉ	14.80	1989	J. CLAITÉ	14.80	1975			
U09	C. VLAHOV	14.28	1988	R. DOYLE	14.32	2005			
U10	C. HAWKSWORTH	13.59	2001	M. ROWE	13.86	2005	J. CLAITÉ (BEL)	13.80	1977
U11	M. ROWE	13.47	2006	M. ROWE	13.47	2006	D. LINES (MEL)	13.70	1973
U12	A. VARGIOLU	12.81	2014	A. VARGIOLU	12.92	2014	A. WATSON (BEL)	12.80	1977
U13	M. WEBBER	11.84	1999	M. WEBBER	12.14	1999	A. WONG (MEL)	11.85	1988
U14	T. MITCHELL	11.86	1987	S. BOYLE	12.08	1999	H. NGUGEN (KSY)	11.55	1988
U15	T. HUNTER	11.32	1996	S. TURCO	11.44	1993	S. MICHAEL (MEL)	11.50	1988
U16	M. CARCIONE	11.25	2011	C. LUCKENS	11.43	2000			
U17	A. SAMPEY	10.91	2000	A. SAMPEY	10.91	2000			
200M									
U06	K. RAFFERTY	41.87	2012	J. ELMS	42.15	2006	T. BAKER (BEL)	49.46	1999
U07	M. VLAHOV	34.41	1988	M. VLAHOV	35.37	1988			
U08	J. CLAITÉ	31.00	1975	J. CLAITÉ	31.00	1975	J. CLAITÉ (BEL)	31.10	1975
U09	J. CLAITÉ	30.30	1976	J. CLAITÉ	30.30	1976	L. FOLEY (KSY)	34.08	2011
U10	J. CLAITÉ	29.10	1977	T. MCMILLAN	29.82	1985	S. LENNON (S.D)	27.90	1983
U11	E. SMITH	28.00	1976	E. SMITH	28.00	1976			
U12	T. MARTIN	26.20	1973	A. VARGIOLU	27.30	2014			
U13	T. MARTIN	25.20	1974	B. RENTON	25.70	1978			
U14	A. SAMPEY	24.72	1997	A. SAMPEY	24.72	1997			
U15	T. HUNTER	22.79	1996	T. HUNTER	22.79	1996	N. CAYLEY (EH)	27.30	2014
U16	C. LUCKENS	23.58	2000	A. SAMPEY	23.59	1999			
U17	A. SAMPEY	22.70	2000	A. SAMPEY	22.70	2000			
400M									
U06	K. RAFFERTY	1:35.34	2012	K. RAFFERTY	1:35.34	2012	K. RAFFERTY (BEL)	1:39.71	2012
U07	K. GOUGH	1:25.20	2014	J. MILLS	1:27.07	2014			
U09	C. EMSLIE	1:17.99	2012	C. EMSLIE	1:17.99	2012			

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U10	J. CLAITHE	1:06.20	1977	J. CLAITHE	1.08.00	1977			
U11	E. SMITH	1:04.40	1976	E. SMITH	1.04.4	1976			
U12	T. MARTIN	1:00.70	1973	B. RENTON	1.01.10	1977			
U13	B. RENTON	57.30	1978	B. RENTON	57.30	1978	B. RENTON (BEL)	57.50	1978
U14	A.SAMPEY	55.39	1997	A. SAMPEY	55.39	1997	J. YORK (BEL)	57.44	1991
U15	S. BOYLE	53.93	2000	A. SAMPEY	54.39	1998	R. JOHNSON (S.D)	53.42	1988
U16	S. BOYLE	53.53	2001	A. SAMPEY	53.66	1999			
U17	A. SAMPEY	51.80	2000	A. SAMPEY	51.80	2000			
600M									
U08	A. HAROLD	2:06.80	1998	R. SIMPSON	2:07.66	1996			
800M									
U09	B. JARVIS	2:48.75	1996	B. JARVIS	2:48.75	1996			
U10	A. HALL	2:33.66	1991	A. HALL	2:33.66	1991			
U11	S. BUIST	2:30.60	1971	J. BRNICH	2:31.40	1978			
U12	B.RENTON	2:19.20	1977	B. RENTON	2:19.20	1977	C. MASTEN (S.D)	2:12.29	2001
U13	B.RENTON	2:14.30	1978	B. RENTON	2:14.30	1978			
U14	M. MCDOWELL	2:10.85	1995	M. MCDOWALL	2:13.70	1995	B. SKINNER (BEL)	2:13.66	1991
U15	T. BLAKE	2:04.95	1985	T. BLAKE	2:04.95	1985			
U16	D. STEER	2:15.00	2000	D. STEER	2:15.00	2000	D. STEER (BEL)	2:17.80	2000
U17	C. DALE	2:03.94	2008	R. LEMA	2:15.87	2005			
1500M									
U11	J. BRNICH	5:05.20	1978	J. BRNICH	5:10.10	1978	N.HARMAN (BEL)	5:11.10	1973
U12	B. RENTON	4:49.00	1977	A. HOUSTON	4:58.11	1987			
U13	B. RENTON	4:40.70	1978	B. RENTON	4:44.90	1978	B. RENTON (BEL)	4:41.10	1979
U14	B. SKINNER	4:31.81	1991	A. HOUSTON	4:38.28	1989	D. SPIERS (HAM)	4:23.80	1984
U15	J. WIEBRECHT	4:24.20	1985	J. WIEBRECHT	4:24.20	1985			
U16	C. WELLS	4:51.10	2004	C. WELLS	4:51.10	2004	B. CHRYSTIE (GOS)	4:48.41	2001
U17	C. DALE	4:17.61	2008	R. LEMA	4:42.26	2005			
700M WALKS									
U09	L. FERGUSON	4:02.00	1983	L. FERGUSON	4:02.00	1983	S. BRENNAN (ING)	3:47.60	1980
1100M WALKS									
U10	J. WESTWOOD	6:21.39	1996	J. WESTWOOD	6:21.39	1996	M. LEASK (BAY)	6:18.41	1999
U11	J. HALL	6:04.41	2013	J. HALL	6:04.41	2013	A. KOROL (BEL)	7:00.03	1998
1500M WALKS									
U12	L. FERGUSON	7:26.93	1986	B. HORE	7:43.39	1987	J LEEFLANG (HAM)	7:33.70	1979
U13	R.CROCKETT	7:20.00	1980	L. FERGUSON	7:20.89	1987	R. CROCKETT (BEL)	7:16.30	1980
U14	B. HORE	7:03.73	1989	B. HORE	7:03.73	1989	B. HORE (BEL)	7:13.57	1989
U15	B.HORE	6:24.65	1990	B. HORE	6:24.65	1990	B. HORE (BEL)	6:50.59	1990
U16	Z. PARTINGTON	6:33.44	2011	Z. PARTINGTON	7:31.13	2011			
U17	Z. PARTINGTON	6:58.25	2012	S. GREEN	9:38.63	1997			
60M HURDLES									
U06 (MINI)	A. WELSH	12.06	2010	A. WELSH	12.06	2010			
U07 (MINI)	J. ROADS	11.47	2011	J. ROADS	11.47	2011			
U08	R. DOYLE	10.94	2004	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. LEASK (BAY)	10.62	1999
U11	D. PETTS	9.91	2006	D. PETTS	10.01	2006			
U12	A. VARGIOLU	9.34	2014	A. VARGIOLU	9.55	2014			
80M HURDLES									
U13	M. WEBBER	12.46	1999	B. JARVIS	13.44	2000			
90M HURDLES									
U14	C LUCKENS	12.94	1998	C. LUCKENS	12.94	1998			
100M HURDLES									
U15	A. SAMPEY	13.46	1998	A. SAMPEY	13.46	1998	D. PARANAWITANE (BAY)	13.75	1992
U16	S. FARE	13.26	2013	C. LUCKENS	14.05	2000			
110M HURDLES									
U17	S. FARE	14.80	2014	C. LUCKENS	15.70	2001	D. O'BRIEN (GOS)	15.25	2013

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200M HURDLES								
U13	M. WEBBER	28.31	1999	J. O'DOWD	29.66	2008	M. WEBBER (BEL)	28.38 1999
U14	S. FARE	28.18	2011	B. MCINERNEY	28.55	2009		
U15	C. LUCKENS	26.44	1999	J. WESTWOOD	27.29	2001		
U16	S. FARE	26.06	2013	C. LUCKENS	26.10	2000		
U17	J. WESTWOOD	26.15	2003	C. LUCKENS	26.78	2001	J. WESTWOOD (BEL)	26.26 2003
HIGH JUMP SCISSORS								
U09	D. NINYETTE	1.10	2014	D. NINYETTE	1.10	2014		
U10	C. HALL	1.23	2003	M. BUXTON	1.21	2001		
U11	A. HAROLD	1.35	2001	A. HAROLD	1.30	2001	A. HAROLD (BEL)	1.33 2001
HIGH JUMP FOSBURY FLOP								
U12	S. ANDERSON	1.58	1989	S. ANDERSON	1.56	1989		
U13	S. ANDERSON	1.67	1990	B. NETHERWAY	1.57	1985		
U14	S. ANDERSON	1.77	1991	S. ANDERSON	1.77	1991	D. GABY (E.G.)	1.70 1987
U15	B. CASTLE	1.79	1995	R. CAMPO	1.72	1994		
U16	B. CASTLE	1.85	1996	B. CASTLE	1.85	1996		
U17	J. KIRKUP	1.87	2009	R. KENTISH	1.77	2006	D. O'BRIEN (GOS)	1.90 2013
LONG JUMP (1m² MAT)								
U06	Y. KASSEM	2.91	2002	Y. KASSEM	2.91	2002	B. WEDGE (BEL)	2.15 2000
U07	E. GENTRY	3.29	2012	V. ELLIOTT	3.23	1986		
U08	A. HAROLD	3.73	1998	A. HAROLD	3.73	1998		
U09	P. LEWKOWSKI	4.40	1985	H. EDWARDS	3.99	2009	G. HOOD (BEL)	4.08 1972
LONG JUMP (½ m MAT)								
U10	A. MCDOWELL	4.47	1991	A. MCDOWELL	4.47	1991		
U11	M. ALLEN	4.60	1977	M. ALLEN	4.60	1977	N. HARMAN (BEL)	4.60 1972
U12	S. DENNON	5.20	1971	C. VLAHOV	5.03	1991		
LONG JUMP (BOARD)								
U13	A. SAMPEY	5.66	1996	A. SAMPEY	5.66	1996	A. WONG (MEL)	5.79 1978
U14	S. BOYLE	6.09	1999	S. BOYLE	6.09	1999	P. NGUYEN (KSY)	5.79 1989
U15	A. SAMPEY	6.48	1998	A. SAMPEY	6.23	1998	D. PARANAWITANE (BAY)	6.07 1992
U16	A. SAMPEY	6.19	1999	A. SAMPEY	6.19	1999		
U17	A. SAMPEY	6.73	2000	A. SAMPEY	6.73	2000	D. O'BRIEN (GOS)	5.92 2013
TRIPLE JUMP (½ m MAT)								
U10	P. HICKEY	9.32	1986	J. LOVEGROVE	9.03	1980		
U11	C. VLAHOV	9.90	1990	R. PRAHL	9.90	1976		
U12	P. HICKEY	10.78	1988	M. LEWENHOFF	10.37	1985		
TRIPLE JUMP (BOARD)								
U13	S. DENNON	11.17	1972	B. MCINERNEY	11.14	2008		
U14	P. BEATTIE	11.93	1997	P. BEATTIE	11.93	1997	D. GABY (E.G.)	11.2 1987
U15	A. SAMPEY	12.65	1998	A. SAMPEY	12.57	1998		
U16	B. CASTLE	13.18	1997	B. CASTLE	12.64	1997		
U17	A. SAMPEY	12.53	2000	A. SAMPEY	12.53	2000	D. O'BRIEN (GOS)	12.83 2013
DISCUS								
U06 (350g)	R. WATSON	12.18	2001	R. WATSON	12.18	2001		
U07 (350g)	A. ARCHER	19.08	2013	M. BOYLE	17.73	1999		
U08 (500g)	M. O' HELLO	23.14	1977	M. O' HELLO	23.14	1977	S. CANNON (BEL)	22.42 1973
U09 (500g)	E. CARROLL	28.30	1973	D. TAYLOR	27.92	1983	B. FRANCIS (BEL)	26.18 1979
U10 (500g)	D. OGG	33.67	1977	D. OGG	33.67	1977		
U11 (750g)	D. MILLAR	31.46	1970	J. MAGDIC	30.18	1996		
U12 (750g)	D. OGG	36.92	1979	D. OGG	36.92	1979	D. OAKES (MID)	36.22 1989
U13 (1kg)	T. ABREU	36.30	1998	T. ABREU	36.30	1998	D. OGG (BEL)	43.64 1980
U14 (1kg)	T. ABREU	49.69	1999	A. FREW	45.00	1986	G. BIRD (BEL)	44.96 1985
U15 (1kg)	P. SARICH	51.90	1993	A. FREW	49.74	1987		
U16 (1kg)	M. CARCIONE	41.05	2011	M. CARCIONE	37.72	2011		
U17 (1.5kg)	S. LUCKENS	39.56	2000	C. LUCKENS	38.34	2001		

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JAVELIN (TURBO)									
U6 (300g)	R. ROIA	11.09	2014	Y. KASSEM	10.62	2002	S BROOKER(E.H)	6.88	1999
U7 (300g)	J. ROADS	16.15	2011	J. ROADS	15.28	2011	R.WILLIAMS(E.H)	15.30	1999
U8 (300g)	J. ROADS	23.95	2012	J. ROADS	23.95	2012			
U9 (300g)	C. VINCI	28.05	2008	C. VINCI	22.68	2008	D.WILLIAMSON (E.H)	26.29	2000
JAVELIN									
U10 (400g)	J. MAGDIC	34.68	1995	J. MAGDIC	34.68	1995	J.NINYETT (BEL)	30.48	1989
U11 (400g)	J. MAGDIC	37.32	1996	N. ROACH	37.10	1988			
U12 (400g)	T. ABREU	42.94	1997	S. LUCKENS	40.17	1995	S.CUMMINGS (BEL)	38.41	1978
U13 (600g)	D. OGG	44.86	1980	D. OGG	44.86	1980	A. FREW (BEL)	42.60	1985
U14 (600g)	S. LUCKENS	52.20	1997	A. FREW	51.56	1986	D. MILBURN (BEL)	44.62	1989
U15 (600g)	A. HALL	56.10	1996	A. HALL	56.10	1996			
U16 (700g)	M. CARCIONE	43.39	2011	M. CARCIONE	42.42	2011			
U17 (700g)	M. CARCIONE	43.66	2012	M. CARCIONE	43.66	2012	R. BRNICH (BEL)	30.95	2011
SHOT PUT									
U06 (1kg)	K. RAFFERTY	5.30	2012	K. RAFFERTY	5.30	2012			
U07 (1kg)	T. SUGDEN	6.49	2008	H. TOLIDAY	6.44	2014	M. BOYLE (BEL)	6.43	1999
U08 (1.5kg)	M. VLAHOV	7.55	1989	J. ROADS	7.47	2012			
U09 (2kg)	J. MAGDIC	9.14	1994	J. MAGDIC	9.14	1994	D. TAYLOR (BEL)	8.05	1983
U10 (2kg)	J. MAGDIC	10.50	1995	J. MAGDIC	10.50	1995			
U11 (2kg)	J. MAGDIC	10.98	1996	J. MAGDIC	10.74	1996	J. BURNS (KSY)	9.36	1989
U12 (3kg)	T. ABREU	10.67	1997	T. ABREU	10.67	1997	P. SARICH (MID)	11.21	1990
U13 (3kg)	S. LUCKENS	13.96	1996	S. LUCKENS	13.96	1996	T. KEELEY (KSY)	12.39	1989
U14 (3kg)	B. BAKER	11.69	2012	CARLO VINCI	10.51	2013	B. BAKER (BEL)	11.69	2012
U15 (4kg)	S. LUCKENS	15.33	1998	S. LUCKENS	14.89	1998	C. MARSHALL (S.D)	15.26	1988
U16 (4kg)	S. LUCKENS	14.24	1999	K. WHITEHALL	13.98	2005			
U17 (5kg)	S. LUCKENS	13.67	2000	S. LUCKENS	13.30	2000			



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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									
U06	B.HODGE	13.64	2000	T. UNGER	13.67	2010	B. HODGE (BEL)	13.64	2000
U07	A. O'FLANAGAN	11.63	1987	A. O'FLANAGAN	11.63	1987			
U08	A.FULTON	10.90	1977	A. FULTON	10.90	1977			
U09	A. O'FLANAGAN	10.62	1989	A. O'FLANAGAN	10.62	1989			
100M									
U06	B. HODGE	19.57	1999	R. BOYANICH	20.14	1999			
U07	A. O'FLANAGAN	17.15	1987	A. O'FLANAGAN	17.21	1987			
U08	T. HEYS	15.40	1975	T. HEYS	15.40	1975			
U09	K. BRYAN	14.70	1973	T. HEYS	15.10	1976			
U10	S. WIJESUNDERA	14.30	1974	S.WIJESUNDERA	14.40	1974	K. WHEELER (KSY)	14.20	1989
U11	D.COPLIN	13.60	1991	M.HOOGINKAMP	13.70	2004			
U12	S. WIJESUNDERA	13.30	1976	S. WIJESUNDERA	13.50	1976			
U13	N. WINNING	12.40	1980	N. WINNING	12.40	1980			
U14	L.NIX	13.00	1984	L. NIX	13.00	1984	Y. ZAW (S.D)	12.52	2001
U15	L.THORNTON	12.66	1987	M. KOROL	13.11	1999	M. TOBIN (KSY)	12.36	1990
U16	K. MADDEN	12.96	2005	K. MADDEN	13.00	2005	S. MILFORD(S.D)	12.66	2001
U17	K. MADDEN	12.99	2006	F. DUNCAN	13.18	1998	S. TIPU (GOS)	13.96	2014
200M									
U06	B. HODGE	42.19	2000	E. ARMSTRONG	45.81	2006	F. JOSE (BEL)	45.30	1999
U07	A. O'FLANAGAN	35.81	1987	A. O'FLANAGAN	35.81	1987			
U08	M.BRIGNOLI	33.00	1970	A. FULTON	33.40	1977	R. STARCEVICH (HAM)	32.10	1978
U09	K. BRYAN	31.10	1973	T. WALSH	32.50	1982			
U10	S.WIJESUNDERA	29.50	1974	S.WIJESUNDERA	30.20	1974	S.WIJESUNDERA (BEL)	30.00	1974
U11	S. WIJESUNDERA	29.00	1975	S. WIJESUNDERA	29.00	1975			
U12	T.WALSH	27.60	1985	T. HEYS	28.10	1979			
U13	N.WINNING/T.HEYS	26.90	1980	N. WINNING / T. HEYS	26.90	1980			
U14	S. COOTE	27.29	2013	E. BECKFORD	27.41	1996			
U15	L.THORNTON	26.85	1987	K.SMETHERHAM	27.10	1986			
U16	K. MADDEN	27.57	2005	K. MADDEN	28.15	2005			
U17	F. DUNCAN	26.75	1998	K. MADDEN	27.47	2006			
400M									
U06	T. UNGER	1:42.57	2010	T. UNGER	1:42.89	2010	T.L.ROBERTSON (N.D)	1:51.40	2009
U07	T. UNGER	1:34.10	2011	T. UNGER	1:35.42	2011			
U09	O. TRUEMAN	1:17.90	2014	O. TRUEMAN	1:19.91	2014			
U10	M. BRIGNOLI	1:08.70	1972	M. BRIGNOLI	1:09.70	1972			
U11	S. WIJESUNDERA	1:06.50	1975	J. GAGLIA	1:07.20	1978	M. FOWLER (MEL)	1:07.20	1973
U12	O. ALLEN	1:04.10	1973	M. BRIGNOLI	1:04.60	1974			
U13	M. BRIGNOLI	1:02.40	1975	N. WINNING	1:02.60	1980	M. BRIGNOLI (BEL)	1:02.00	1975
U14	R. QUARESIMIN	58.86	2014	R. QUARESIMIN	58.86	2014	R. BECKHAM (KSY)	1:01.80	1993
U15	T. WALSH	1:00.95	1988	T. WALSH	1:01.17	1988	T. WALSH (BEL)	59.95	1988
U16	J. LONG	1:05.56	2012	K. MADDEN	1:06.74	2005			
U17	F. DUNCAN	1:05.76	1998	F. DUNCAN	1:05.76	1998	S. TIPU (GOS)	1:05.26	2014
600M									
U08	K. PICKETT	2:13.07	2004	K. PICKETT	2:13.07	2004			
800M									
U09	K. PICKERING	3:01.75	1994	K. COPPENS	3:04.83	1997			
U10	J. SINCLAIR	2:38.71	1989	J. SINCLAIR	2:38.71	1989			
U11	M. BRIGNOLI	2:36.20	1973	M. BRIGNOLI	2:37.70	1973			

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U12	M. BRIGNOLI	2:28.00	1974	M. BRIGNOLI	2:32.00	1974			
U13	O. ALLEN	2:25.90	1973	M. BRIGNOLI	2:29.20	1975			
U14	S. COOTE	2:28.25	2013	J. MCSHERRY	2:31.18	1990	A. MILNE (S.D)	2.25.50	1983
U15	J. MCSHERRY	2:25.88	1991	J. MCSHERRY	2:25.88	1991			
U16	J. LONG	2:32.58	2012	J.LONG	2:40.05	2012			
U17	K. SHORT	2:44.25	2009	K. SHORT	2:44.25	2009			
1500M									
U11	C.TUNSTALL	5:16.20	1973	M. BRIGNOLI	5:25.90	1973			
U12	C.TUNSTALL	5:15.20	1974	M. BRIGNOLI	5:16.50	1974	M.PRESTIDGE (BEL)	5:31.40	1972
U13	O. ALLEN	5:05.80	1973	M. REDDISH	5:07.40	1975			
U14	T. WALSH	5:21.10	1987	S. ROMEO	5:27.10	1983			
U15	T. WALSH	05:15.7	1988	J. MCSHERRY	5:16.87	1991			
U16	J. LONG	5:16.74	2012	J. LONG	5:26.88	2012			
U17	K. WEDGE	6:03.41	2005	K. SHORT	6:13.00	2009			
700M WALKS									
U09	J.MARSH	4:04.61	1986	J. MARSH	4:04.61	1986	N. EDWARDS (HAM)	3.55.90	1980
1100M WALKS									
U10	H. VANEK	6:43.97	2013	H. VANEK	6:43.97	2013	T. HOUSE (BAY)	6.59.90	2000
U11	H. VANEK	6:32.60	2014	H. VANEK	6:32.60	2014	A. RODDY (KSY)	6.07.49	2001
1500M WALKS									
U12	M. MAHER	7:52.60	1975	M. MAHER	8:12.10	1975	P. KENNEDY (KSY)	7.22.20	1980
U13	C.TUNSTALL	7:14.00	1975	L. ROMEO	8:03.57	1986			
U14	S. ROMEO	7:15.00	1983	L. ROMEO	7:20.23	1987			
U15	L. ROMEO	7:16.88	1988	L. ROMEO	7:17.25	1988			
U16	A. WALLACE-GIBB	9:18.69	2014	A. WALLACE-GIBB	9:29.40	2014			
U17	B. FARE	10:03.46	2009	M. DWYER	11:45.83	1999			
60M HURDLES									
U06 (Mini)	T. UNGER	13.32	2010	T. UNGER	13.32	2010			
U07 (Mini)	H. CLARKE	12.15	2013	T. UNGER	12.21	2011			
U08	I. ROSALIA	11.67	2013	I. ROSALIA	11.68	2013			
U09	V. GREGORY	11.18	1997	O. TRUEMAN	11.34	2014			
U10	C. SIMPKINS	11.30	1997	C. SIMPKINS	11.30	1997	P. KEELEY (GOS)	11.54	1999
U11	H. ARCHER	10.74	2013	H. ARCHER	10.74	2013			
U12	J. WARD	10.03	2003	J. WARD	10.03	2003	J.WARD (BEL)	10.15	2003
80M HURDLES									
U13	J. WARD	13.24	2004	J. WARD	13.24	2004			
U14	A. GRAYSON	13.39	2007	A. GRAYSON	13.39	2007			
90M HURDLES									
U15	K. DUNGATE	14.24	1993	K.SMETHERHAM	14.45	1986			
U16	K. BREEN	15.35	2014	K. BREEN	15.61	2014			
100M HURDLES									
U17	K. MADDEN	18.65	2006	E. MANSEY	19.57	2013	S. TIPU (GOS)	17.56	2014
200M HURDLES									
U13	S. WEBSTER	30.80	2009	Z. EDWARDS	30.90	2000	S. MIGRO (BAY)	32.57	2000
U14	R. QUARESIMIN	30.58	2014	Z. EDWARDS	31.17	2001	M. CROUCH (BAY)	34.46	2010
U15	M. KOROL	31.14	1999	A. MITCHELL	31.89	1999	M. KOROL (BEL)	31.29	1999
U16	K. BREEN	30.46	2014	K. BREEN	30.46	2014	K. MORRIS (GOS)	36.89	1999
U17	K. MADDEN	33.20	2006	T. BUATHAM	35.89	2014			
HIGH JUMP (SCISSOR)									
U09	M. AUSTEN	1.09	2013	M. AUSTEN	1.09	2013			
U10	N. HEWETT	1.17	2001	N.HEWETT	1.15	2001			
U11	N.HEWETT	1.28	2002	T. HANSORD	1.27	2012	T. HANSORD (BEL)	1.24	2012
HIGH JUMP (FOSBURY FLOP)									
U12	C. BOYANICH	1.54	1995	C. BOYANICH	1.46	1995			
U13	C. BOYANICH	1.65	1996	C. BOYANICH	1.65	1996	T. HORN (S. D)	1.49	1983
U14	C. BOYANICH	1.72	1997	C. BOYANICH	1.72	1997	J. CASEY (BEL)	1.53	1992
U15	C. BOYANICH	1.70	1998	C. BOYANICH	1.60	1998			

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U16	R. COLLYER	1.43	2010	R. COLLYER	1.40	2010	R. COLLYER (BEL)	1.40	2010
U17	R. COLLYER	1.39	2011	R. COLLYER	1.35	2011	A. SHARP (BAY)	1.40	2013
LONG JUMP 1m² MAT									
U06	R. BOYANICH	2.65	1999	B. HODGE	2.20	2000			
U07	A. O'FLANAGAN	2.99	1987	C. SIMPKINS	2.92	1994			
U08	S. WIJESUNDERA	3.56	1972	S.WIJESUNDERA	3.42	1972			
U09	A. FULTON	3.85	1978	A. APENIS	3.84	1973	P. ROPER (E.HS)	4.02	1972
LONG JUMP ½ m MAT									
U10	S. WIJESUNDERA	4.21	1974	M. BRIGNOLI	4.17	1972			
U11	S. WIJESUNDERA	4.52	1975	S.WIJESUNDERA	4.52	1975	K.WHEELER (KSY)	4.61	1990
U12	C. BOYANICH	4.72	1995	T. ARMSTRONG	4.64	1974	N. WEBER (E. HS)	4.83	1991
LONG JUMP BOARD									
U13	J. TAPUTORO	4.94	1991	T. HEYS	4.89	1980	M.PEDROTTI (BAY)	4.97	1991
U14	J. CASEY	5.18	1992	J. CASEY	5.18	1992	J. RICHARDSON (BAY)	4.79	1993
U15	C. PALMER	5.04	1985	C. PALMER	5.04	1985	L. POOTER (KSY)	5.06	1990
U16	K. BREEN	4.80	2014	K. BREEN	4.72	2014	J. HOGEN-ESCH (BEL)	4.79	1998
U17	R. COLLYER	4.62	2011	K. FIORINI	4.47	1998	F. DUNCAN (BEL)	4.40	1998
TRIPLE JUMP (½ m MAT)									
U10	S. WIJESUNDERA	9.22	1974	C. BOYANICH	8.58	1994	D. HICKS (E.G.)	8.31	
U11	C. BOYANICH	9.97	1994	S.WIJESUNDERA	9.29	1975			
U12	D. COPLEN	9.87	1972	S. TRIMMINGS	9.66	1975	D. COPLEN (BEL)	9.97	1972
TRIPLE JUMP (BOARD)									
U13	J. TAPUTORO	10.49	1991	S. GILFILLAN	10.20	1973			
U14	S. COOTE	10.90	2013	N. PARKER	10.72	2014			
U15	S. COOTE	10.84	2014	C. PALMER	10.57	1985	C.PALMER (BEL)	10.31	1985
U16	E. TAPSCOTT	10.03	2011	F. DUNCAN	9.62	1997	A.SHARP (BAY)	10.51	2012
U17	F. DUNCAN	9.81	1998	R. COLLYER	9.55	2011			
DISCUS									
U06 (350g)	R. BOYANICH	10.90	1999	S. MAHER	9.54	2001			
U07 (350g)	R. BOYANICH	13.74	2000	L. CASTLE	13.74	1992	A. HAHN (KSY)	14.07	2000
U08 (500g)	V. FRENCH	21.95	1977	A. ROBINSON	20.86	1977	V. FRENCH (BEL)	18.70	1977
U09 (500g)	V. FRENCH	28.91	1978	V. FRENCH	25.77	1978			
U10 (500g)	V. FRENCH	30.12	1979	V. FRENCH	30.12	1979			
U11 (750g)	V. FRENCH	31.18	1980	V. FRENCH	31.18	1980			
U12 (750g)	V. FRENCH	38.78	1981	V. FRENCH	37.96	1981	V. FRENCH (BEL)	36.72	1981
U13 (750g)	V. FRENCH	41.30	1982	V. FRENCH	41.30	1982	R. HUME (S.D)	40.21	1988
U14 (1kg)	T. MCAULIFFE	24.87	2012	T. MCAULIFFE	24.87	2012	J. SIVIAR (S.D)	30.25	2012
U15 (1kg)	T. MCAULIFFE	26.36	2013	T. MCAULIFFE	26.36	2013			
U16 (1kg)	T. MCAULIFFE	32.66	2014	T. MCAULIFFE	32.66	2014			
U17 (1kg)	V. GENESTE	29.06	2010	V. GENESTE	29.06	2010	J. NASH (GOS)	29.35	2013
JAVELIN (TURBO)									
U06	R. BOYANICH	8.00	1999	R. BOYANICH	7.59	1999			
U07	R. BOYANICH	11.92	2000	K. BLAIR	10.29	2005			
U08	R. BOYANICH	15.59	2001	T. STRIBLEY	12.80	2011	R. WIHONE-MACKEY (GOS)	16.04	2014
U09	O. TRUEMAN	16.37	2014	R. BOYANICH	15.78	2002	M. SANJARJO (GOS)	17.75	2014
JAVELIN									
U10 (400g)	V. FRENCH	26.98	1979	A. ROBINSON	25.66	1979			
U11 (400g)	V. FRENCH	31.50	1980	V. FRENCH	31.50	1980	V. FRENCH(BEL)	30.72	1980
U12 (400g)	V. FRENCH	39.52	1981	V. FRENCH	39.52	1981	V. FRENCH(BEL)	36.70	1981
U13 (400g)	J.DAVIES	32.01	2008	J. DAVIES	32.01	2008	R. HUME(S. D)	33.40	1988
U14 (400g)	T. MCAULIFFE	32.03	2012	T. MCAULIFFE	30.75	2012			
U15 (500g)	T. MCAULIFFE	32.20	2013	T. MCAULIFFE	31.61	2013			
U16 (500g)	T. MCAULIFFE	40.25	2014	T. MCAULIFFE	40.25	2014			
U17 (500g)	A. VEIVERS	23.95	2014	A. VEIVERS	23.42	2014	T. ORRELL (GOS)	27.95	2014
SHOT PUT									
U06 (1kg)	G. CUNNINGHAM E. DENNY	3.14	2012	H. BURGESS	3.84	2009			
U07 (1kg)	R. MCGEHAN	5.26	2012	E.HAYES/S.JAUNCEY	4.79	2012			

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U08 (1.5kg)	R. BOYANICH	6.83	2001	T. WOLFS	5.90	1981			
U09 (2kg)	V. FRENCH	8.76	1978	V. FRENCH	8.76	1978	V. FRENCH (BEL)	8.07	1978
U10 (2kg)	V. FRENCH	9.36	1979	V. FRENCH	9.04	1979	M. WARD (CBN)	9.54	2007
U11 (2kg)	V. FRENCH	11.46	1980	V. FRENCH	11.14	1980			
U12 (2kg)	V. FRENCH	13.57	1981	V. FRENCH	13.27	1981	N. KEELEY (KSY)	10.19	1985
U13 (3kg)	V. FRENCH	12.41	1982	V. FRENCH	12.41	1982	R. HUME (S.D)	11.33	1988
U14 (3kg)	V. FRENCH	13.71	1983	V. FRENCH	13.71	1983	A. SUTTON (KSY)	10.31	1988
U15 (3kg)	C. PALMER	13.92	1985	C. PALMER	13.56	1985			
U16 (3kg)	T. MCAULIFFE	11.75	2014	T. MCAULIFFE	11.15	2014			
U17 (3kg)	C. MESSERE	10.08	2014	C. MESSERE	10.08	2014	J. NASH (GOS)	12.50	2013



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