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**2016-2017
OFFICIAL YEAR BOOK**

47th 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 47th 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.



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.

Little Athletics Western Australia (LAWA) is the State Association and is managed by a Board of Management elected by the affiliated Little Athletics Centres. LAWA 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 LAWA website at www.walittleathletics.com.au

BELMONT LITTLE ATHLETICS CENTRE AFFILIATED CLUBS

CLUB	CLUB COLOURS		CLUB CONTACT
Carlisle/Rivervale	Red/Green / Black	Julia Harvey	gjharvey@iinet.net.au
Forrestfield	White/Red / Black	Marcia Pringle	forrestfieldlittleathletics@gmail.com.au
High Wycombe	Blue/White / Black	Natalie Nanut	nnanut76@gmail.com
Kalamunda/Lesmurdie	Lime Green / Black	Nicole O'Neill	klac@hotmail.com
Kewdale	Gold/White / Black	Daniel Richmond	president@klac.asn.au
Victoria Park	Orange/White / Black	Tanya Lloren	vpplacreg@gmail.com
Willandra	Sky blue/Navy / Black	Joanne Richardson	wlacinc@hotmail.com

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 2016-2017 SEASON

BLAC INC. EXECUTIVE COMMITTEE

Centre President	Nathan Cunningham	nathanblacpres@gmail.com
Executive Officer	Leanne Wallace-Gibb	blacexecutiveofficer@iinet.net.au
Treasurer	Joanne Richardson	blactreasurer@hotmail.com
Registrar	Natalie Nanut	blacregistrar1@gmail.com
Arena Manager	John Ferguson	kjferguson@optusnet.com.au
Championships Officer	Michelle Hansen	blacchamps@gmail.com
Publicity Officer	Valerie Goodreid	publicity@blac.asn.au
Officer of Officials	Bronwyn Ife	bronwyn.ife@iinet.net.au
Records and Ranking Officer	Janet Milne	records@blac.asn.au
Coaching and Development Officer	Sharon Stribley	stribleyblac@gmail.com
Chief Field Umpire	Kelly Taylor	field@blac.asn.au
Chief Track Umpire	Greg O'Meara	track@blac.asn.au

BLAC INC. NON-EXECUTIVE OFFICE BEARERS

Administrator of Clubs	Beth Kelly
Announcer	Allan Kelly
Assistant Records/Rankings Officers	Helen Quaresimin Kerry Henshall
Canteen Manager	Joanne Richardson
Centre Delegates to LAWA	Joanne Richardson POSITION VACANT
Chief Starter	Nicola Carvalho
Chief Timekeeper	Craig Middleton-White
Equipment Officer	POSITION VACANT
Winter Officer (2017)	John Ferguson
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.

All venues and events are also alcohol-free.

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2016-2017 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 Noeline 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	2016 Michael Munro
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	2016 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	
2016	Paul Stervaggi Antoine Vargioli	

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

1973	T. Miller (Manageress)	1982	M. Lee (Coach)
1973	R. Hardman (Manager)	1983	F. French (Manageress)
1975	J. Hardman (Manageress)	1986	F. French (Singapore Team Manageress)
1975	R. Smith (Manager)	2012	T. Petts (Coach)
1976	J. Hardman (Manageress)	2013	T. Petts (Coach)
1980	N. MacKenzie (Manageress)	2014	T. Petts (Coach)
1981	N. MacKenzie (Manageress)	2015	T. Petts (Coach)
1982	F. French (Manageress)	2016	T. Petts (Coach)

2015 – 2016 HONOURS & AWARDS

BELMONT LITTLE ATHLETICS CENTRE CAPTAINS

Each season, Clubs nominate athletes for selection as Centre Captains by the Executive Committee.
The 2015 - 2016 captains were:

Mitchell Pontague Kali Blair

BELMONT SPORTSPERSON OF THE YEAR

Brayden Baker (Forrestfield)

PERPETUAL TROPHY WINNERS

For outstanding performances in the following event categories:

South Australian LA Team Trophy (Middle Distance)	Lachlan Tyson (Kewdale)
Vanessa French Trophy (Throws)	Tayla McAuliffe (Carlisle/Rivervale)
Pat Lewis Trophy (Sprints & Hurdles)	Antoine Vargiolu (High Wycombe)
Kim Beazley Trophy (Jumps)	Tayla McAuliffe (Carlisle/Rivervale)
Merle Carter Trophy (Walks)	Brody Gray (Kewdale)
Most Promising Under 6	Cassidy Clarke (Victoria Park)
Most Outstanding Under 7	Tully McGrath (Kalamunda/Lesmurdie)
Young Athlete of the Year (8s and 9s)	Ruby Henshall (Forrestfield)
Junior Athlete Of The Year	Sharise Coote (Victoria Park)

LAWA DOUG HANCY AWARD: Justin Russell (Carlisle/Rivervale)



CHAMPION CLUBS

French Family Trophy Champion Club – Overall Winner	Forrestfield
Joy Hardman Trophy Champion Club – Handicap Winner	High Wycombe
March Past Award Winners	Forrestfield

CENTRE PERSON OF THE YEAR: Michael Munro

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2016-2017 SEASON

CLUB AGE GROUP CHAMPIONS

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

	Champion Boy	Runner up Boy
U6	Javayce Puertollano	Nathan Dix
U7	Roman-Carlo Roia	Tully McGrath
U8	Oscar McManus	Jake Mills
U9	Aston Archer	William Tilbee
U10	Kayel Ascoli	Declan Cowin
U11	Kade McKeown	Amro Atta
U12	Damon Winterburn	Jett Dix
U13	Antoine Vargiolu	Joel Lally-Wise
U14	Thomas Hilditch	Seth Norman
U15	Brody Gray	Andrew Hilditch
U16	Lachlan Tyson	Jake Ninyett
U17	Mitchell Pontague	Ben Hutchins

	Champion Girl	Runner up Girl
U6	Maddison Mills	Cassidy Clarke
U7	Summer Ajduk	Scarlet Van Beek
U8	Ruby Henshall	Heidi Thompson
U9	Alexa Brown	Lilly Ajduk
U10	Olivia Trueman	Olivia Dodds
U11	Annaleigh Lewis	Ashley Muir
U12	Emma Ferguson	Tara Stribley
U13	Emma Nanut	Ella Dodds
U14	Ashleigh Pringle	Naomi Hayes
U15	Reesha Quaresimin	Madeleine Fletcher
U16	Sage Lockyer	Hillary Goodreid
U17	Tayla McAuliffe	Madelynne Price

CHRISTMAS GIFT 100m HANDICAP WINNERS 2015

Juniors

Girls		Boys	
1 st	Scarlet Van Beek (Forrestfield)	Tully McGrath (Kalamunda/Lesmurdie)	
2 nd	Alexa Brown (Kewdale)	Ashley Clayton (Kewdale)	
3 rd	Sofia Ilijovski (Kalamunda/Lesmurdie)	Roman-Carlo Roia (Carlisle/Rivervale)	

Seniors

1 st	Drew Tolliday (Forrestfield)	Takudzwa Matikiti (Kalamunda/Lesmurdie)
2 nd	Naomi Hayes (High Wycombe)	Kane Irvine (Carlisle/Rivervale)
3 rd	Reesha Quaresimin (Forrestfield)	Declan Cowin (High Wycombe)



1500m INVITATIONAL HANDICAP WINNERS 2016

Belmont

Girls		Boys	
1 st	Madelynne Price (Kalamunda/Lesmurdie)	Nathan Morris (Forrestfield)	
2 nd	Danielle Rossi (Forrestfield)	Paul Stervaggi (Kalamunda/Lesmurdie)	
3 rd	Mackenzie Coupland (Kalamunda/Lesmurdie)	Ben Colebrook (Kewdale)	

Visiting Athletes

Girls		Boys	
1 st	Anabelle Stokes	John Chegvidden (Cockburn)	
2 nd	Genevieve Brink (Melville)	Cody Stanfield	
3 rd	Skye Bowron (Baldivis)	Christian Denholm (Settlers Hill)	



BLAC TWELVE-YEAR SERVICE ATHLETE AWARDS

BLAC NINE-YEAR SERVICE ATHLETE AWARDS

Brayden Rowe, Ayesha Wallace-Gibb

BLAC SIX-YEAR SERVICE ATHLETE AWARDS

Kali Blair, Braedan McKeown, Callum Fare, Taleah McKeown, Madelynne Price, Jake Melia, Naomi Hayes, Kiara Hayes, Holly Burgess

LAWA ELEVEN-YEAR SERVICE ATHLETE AWARDS

Riley Partington, Liam Richardson

LAWA EIGHT-YEAR SERVICE ATHLETE AWARDS

Sinead Wallace-Gibb, Melissa Short, Justin Russell, Andrew Hilditch, Thomas Hilditch, Alyssa Rowe, Carlo Vinci, Ashley Veivers

LAWA TEN-YEAR SERVICE PARENT AWARDS

Joanne Richardson

LAWA SIX-YEAR SERVICE PARENT AWARDS

Jen Burgess, Vicki Hayes, Leanne Wallace-Gibb, Irene Melia, Shea Price, Mich McKeown, Tracey Blair

LAWA THREE-YEAR SERVICE PARENT AWARDS

Sam Hardcastle, Natalie Hutchins, Sal Coote, Kelly Bristol, Sharon Ford, Bronwyn Ife, Jason Ford, Amanda Riley, Natalie Nanut, Kim Elliot, Royce Gelmi, Shanti Gelmi, Dorothy Archer, Ian Archer, Kylie Morris, Bec Pileggi, Bruno Pileggi, Neal Fletcher, Gisella Masella, Fredy Matikiti, Mark Ninyett, Kerrin Wise, Bianca Lally, Kelly Ninyett, Nicole Colebrook, Samantha Craven, Jeff Vitler, Nicola Carvalho, Jade Lewis, Adrian Doulis, Victoria Cayley

LAWA CENTRE AWARDS

Centre Administrator of the Year: Michael Munro

Centre Official of the Year: Bronwyn Ife

Centre Coach of the Year: Paul Partington



2015 – 2016 REPRESENTATIVE HONOURS

U14/15 International Team

International Little Athletics Championships

Singapore, 14 & 15 July 2016

Seth Norman

2016 ASICS Australian Little Athletics Championships

SA Athletics Stadium 24 April 2016

Paul Stervaggi

Antoine Vargiolu

STATE RELAY CHAMPIONSHIPS MEDAL WINNERS

WA Athletics Stadium, December 13 2015

U16/17G Field Team (Tayla McAuliffe and Madelynne Price) – Silver medal

U10G 4x100m (Olivia Dodds, Olivia Trueman, Olivia Vogel, Isabelle Rosalia, Laura Clarke) – Silver medal

STATE MULTI EVENT CHAMPIONSHIPS MEDAL WINNERS

WA Athletics Stadium, February 6 & 7 2016

Tayla McAuliffe	U17G	Gold
Madelynne Price	U17G	Silver
Seth Norman	U14B	Silver
Antoine Vargiolu	U13B	Silver

ZONE CHAMPIONSHIPS FINALISTS & MEDAL WINNERS (U7 to U9)

Langford Oval, March 5 & 16, 2016

Boys				Girls			
U7				U7			
100m	4	Tristian Wilson	19.58	100m	2	Scarlet Van Beek	17.71
200m	1	Tristian Wilson	38.72	200m	2	Summer Ajduk	38.51
70m	3	Tristian Wilson	12.36	70m	3	Scarlet Van Beek	12.35
	4	Louis Trueman	12.93		8	Paige Myles	13.46
Discus	3	Jordan Glover	14.78	Discus	3	Paige Myles	7.27
	5	Sebastian McManus	10.17		4	Tia Keighley	3.55
Shot Put	3	Jordan Glover	4.83	Long Jump	2	Scarlet Van Beek	2.71
	6	Louis Trueman	3.26		4	Summer Ajduk	2.66
Vortex	2	Jordan Glover	23.1	Shot Put	5	Paige Myles	2.63
	4	Tristian Wilson	17.21		1	Summer Ajduk	5.44
U8				Vortex	4	Scarlet Van Beek	3.52
60m Hurdles	6	Harley Muir	12.13		5	Tia Keighley	2.75
70m	6	Oscar McManus	11.51		1	Summer Ajduk	16.99
	7	Hunter Tolliday	11.58		6	Paige Myles	9.79
Discus	2	Hunter Tolliday	14.9		8	Tia Keighley	6.36
	8	Oscar McManus	12.39	U8			
Shot Put	2	Hunter Tolliday	6.36	100m	6	Charlotte Trueman	17.15
Turbo	1	Oscar McManus	15.94		8	Portia Vogel	17.51
	3	Harley Muir	14.99	200m	6	Charlotte Trueman	37.52

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2016-2017 SEASON

U9							
100m	3	Noah Statham	16.76	60m Hurdles	8	Heidi Thompson	40.02
200m	4	Noah Statham	32.78		4	Ruby Henshall	11.26
	5	Aston Archer	33.67	70m	6	Heidi Thompson	12.13
400m	2	Aston Archer	01:17.5		5	Ruby Henshall	11.9
60m Hurdles	5	James Pritchard	12.06	Discus	3	Heidi Thompson	12.85
700m Walk	4	James Pritchard	05:30.4		5	Asha Ascoli	10.76
70m	3	Noah Statham	11.33	Long Jump	8	Charlotte Trueman	2.79
Discus	1	Aston Archer	23.43	Shot Put	1	Ruby Henshall	6.31
	4	James Pritchard	17.36	Turbo	2	Ruby Henshall	14.5
Long Jump	3	Noah Statham	3.61		3	Heidi Thompson	12.81
	7	Hamish Monk	2.3	U9			
Shot Put	4	James Pritchard	5.12	100m	8	Fearne Van Beek	20.56
	7	Hamish Monk	3.99	200m	8	Grace Cunningham	47.02
Turbo	3	Aston Archer	18.47	70m	8	Mikyla Taylor	12.74
				Shot Put	5	Fearne Van Beek	3.58
					7	Mikyla Taylor	2.74
				Turbo	5	Lilly Ajduk	13.13

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

WA Athletics Stadium, March 19th & 20th 2016

U10G	Olivia Dodds	100m	14.48	Gold
		200m	29.98	Gold
		Long Jump	4.01	Silver
U10B	Kane Irvine	100m	14.41	Bronze
U13B	Antoine Vargiolu	100m	12.26	Silver
		200m	24.36	Silver
		200m Hurdles	27.05	Gold
		80m Hurdles	11.71	Gold
		Long Jump	5.36	Gold
		Triple Jump	11.90	Gold
	Paul Stervaggi	1500m	4:40.71	Silver
		800m	2:12.19	Silver
U14B	Seth Norman	200m Hurdles	26.16	Bronze
		90m Hurdles	12.80	Bronze
U16G	Sharise Coote	Long Jump	5.52	Gold
		Triple Jump	11.73	Gold
U16B	Lachlan Tyson	1500m	4:29.11	Silver
		800m	2:03.41	Bronze
U17G	Madelynne Price	100m Hurdles	16.48	Bronze
	Kali Blair	200m Hurdles	29.78	Silver
	Tayla McAuliffe	Javelin	44.79	Gold
U17B	Mitchell Pontague	200m	23.53	Bronze



BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2016-2017 SEASON

STATE TRACK AND FIELD CHAMPIONSHIPS FINALISTS (U10 to U17)

WA Athletics Stadium, March 19th & 20th 2016

U10G	Abbey Henshall	1100m Walk	6:50.23	U14B	Kye Scott	1500m	5:28.80	
		60m Hurdles	11.96		Seth Norman	100m	12.26	
	Isabelle Rosalia	100m	14.93		Nathan Morris	400m	55.21	
	Olivia Trueman	100m	15.06			800m	2:11.99	
		Long Jump	3.95		Thomas Hilditch	Javelin	35.76	
	Tiahna McIntyre	1100m Walk	7:28.73	U15G	Lillie Richards	100m	13.32	
Kaylee Myles	800m	3:05.28	Reesha Quaresimin		200m Hurdles	30.06		
U10B	Kayel Ascoli	High Jump	1.1	U15B	Brodie Gray	1500m Walk	7:59.02	
	Liam Cooley	1100m Walk	7:20.47			1500m	5:21.27	
		Javelin	24.83		Andrew Hilditch	1500m Walk	8:35.37	
U11G	Annaleigh Lewis	Javelin	20.3	U16B	Lachlan Tyson	400m	54.46	
	Ashley Muir	1500m	6:51.97		Jadon Punshon	Discus	40.79	
U12G	Emma Ferguson	1500m	5:34.42	U17G	Kali Blair	100m Hurdles	17.47	
	Tara Stribley	Javelin	26.88		Madelynne Price	200m Hurdles	30.19	
U12B	Callum Fare	Shot Put	8.88				High Jump	1.4
	Jett Dix	High Jump	1.35				Long Jump	4.89
		1500m	5:24.09				Triple Jump	10.33
		Mitchell Bostock	1500m Walk		9:53.56	Tayla McAuliffe	Discus	29.68
Javelin			30.36		Long Jump		4.99	
U13G	Emma Nanut	1500m Walk	8:51.06		U17B		Benjamin Hutchins	Shot Put
	Ella Dodds	200m Hurdles	31.54			100m		11.84
	Jaymee Taylor	Long Jump	4.6			1500m Walk		10:36.63
U13B	Paul Stervaggi	400m	59.03			200m		24.3
		Javelin	32.53			Long Jump	5.61	
U14G	Shannon Statham	200m Hurdles	30.56	Brayden Rowe		High Jump	1.75	
	Amberlee Statham	200m Hurdles	31.37				Javelin	37.19
				Brayden Baker		Shot Put	10.91	
						Mitchell Pontague	Long Jump	5.6
							Triple Jump	11.7



2016 STATE ROADWALKING CHAMPIONSHIPS MEDAL WINNERS

August 6 2016

Ruby Henshall	U8G	Gold
Andrew Hilditch	U15B	Silver

2016 STATE CROSS COUNTRY CHAMPIONSHIPS MEDAL WINNERS

August 13 2016

Asha Ascoli	U8G	Bronze
Jake Mills	U8B	Silver
Sage Lockyer	U16G	Bronze

STATE EVENT KEY OFFICIALS 2015 – 2016

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).

SPONSORS AND SUPPORTERS

We wish to extend our sincere thanks and appreciation to individuals and organisations who have aided us with donations, sponsorship, and other support. Including, but not limited to:



Glenys Godfrey MLA

Your State Member for Belmont


Office: Unit 1 / 275 Belmont Ave, Cloverdale
Post: PO Box 484 Belmont WA 6984

Phone: 9277 6898
glenys.godfrey@mp.wa.gov.au
glenysgodfrey.com.au






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Fax: (08) 9353 6470
Email: dennis@poweris.com.au



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BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2016-2017 SEASON

SEASON CALENDAR 2016-2017

OCTOBER 2016	
Mon 3/10/16	BLAC Executive and Delegates Meeting 7pm
Sat 8/10/16	Interclub Competition: Program A, 8:00 am Opening Ceremony
Sat 15/10/16	Interclub Competition: Program B 8:00 am
Sat 22/10/16	Interclub Competition: Program C 8:00 am
Sat 29/10/16	Interclub Competition: Program A 8:00 am
NOVEMBER 2016	
Sat 5/11/16	Interclub Competition: Program B 8:00 am PMH Day
Mon 7/11/16	BLAC Executive Meeting 7pm
Sat 12/11/16	Interclub Competition: Program C 8:00 am
Sun 13/11/16	☞ <i>LAWA Bravehearts Challenge (WA Athletics Stadium)</i>
Sat 19/11/16	Interclub Competition: Program A 8:00 am
Sat 26/11/16	Interclub Competition: Program B 8:00 am
DECEMBER 2016	
Sat 3/12/16	Interclub Competition: Program C 8:00 am
Mon 5/12/16	BLAC Executive and Delegates Meeting 7pm
Sat 10/12/16	Interclub Competition: Program A 8:00 am
Sun 11/12/16	☞ <i>State Relay Championships (WA Athletics Stadium)</i>
Fri 16/12/16	Interclub Competition: Christmas Gift Program, 6:00pm (Twilight)
JANUARY 2017	
Sat 7/1/17	Interclub Competition: Program B 4:00pm (Twilight)
Mon 9/1/17	BLAC Executive Meeting 7pm
Sat 14/1/17	Interclub Competition: Program C, 4:00pm (Twilight)
Sat 21/1/17	Interclub Competition: Program A, 4:00pm (Twilight) 1500m Invitational
Sat 28/1/17	Interclub Competition: Program B 4:00pm (Twilight)
FEBRUARY 2017	
Sat 4/2/17	Interclub Competition: Program C, 4:00pm (Twilight)
Sat & Sun 4 & 5/2/17	☞ <i>State Multi-event Championships (WA Athletics Stadium)</i>
Mon 6/2/17	BLAC Executive and Delegates Meeting 7pm
Sat 11/2/17	Centre Championships: Program A - Day 1, 8:00am
Sat 18/2/17	Centre Championships: Program B - Day 2, 8:00am
Sat 25/2/17	Centre Championships: Program C - Day 3, 8:00am
Sun 26/2/17	Centre Wind Up
MARCH 2017	
Sat 4/3/17	<i>Zones Track & Field Champs - Day 1 (venue TBA)</i>
Sun 5/3/17	<i>Zones Track & Field Champs - Day 2 (venue TBA)</i>
Mon 13/3/17	BLAC Executive Meeting 7pm
Sat 18/3/17	☞ <i>State Track & Field Champs - Day 1 (WA Athletics Stadium)</i>
Sun 19/3/17	☞ <i>State Track & Field Champs - Day 2 (WA Athletics Stadium)</i>
APRIL 2017	
Sun 2/4/17	Saturday 2nd: Centre Stocktake Day 10 am
Mon 3/4/17	BLAC Executive Meeting 7pm
MAY 2016	
Mon 1/5/17	BLAC Annual General Meeting - Gerry Archer Athletic Track 7:00pm

EVENT PROGRAMS

Programs are run over three weekends (programs A, B & C). There is a special program for the Christmas Gift. This allows athletes to compete in each event up to five times over the season.

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

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

PROGRAM A BOYS				
AGE	EVENTS			
U6	200m		Vortex	70m
U7	200m		Vortex	70m
U8	200m		Shot	70m
U9	200m	400m	Shot	Long
U10	200m	800m	Javelin	Long
U11	200m	1500m	Javelin	Long
U12	200m	1500m	Shot	High
U13	200m	1500m	Shot	High
U14	200m	1500m	Shot	High
U15	200m	1500m	Shot	Long
U16-17	200m	1500m	Discus	Long

PROGRAM A GIRLS				
AGE	EVENTS			
U6	200m		Discus	70m
U7	200m		Discus	70m
U8	200m		Shot	70m
U9	200m	400m	Shot	High
U10	200m	800m	Discus	Long
U11	200m	1500m	Discus	Long
U12	200m	1500m	Discus	Triple
U13	200m	1500m	Discus	High
U14	200m	1500m	Javelin	Triple
U15	200m	1500m	Javelin	Triple
U16-17	200m	1500m	Javelin	Triple



BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2016-2017 SEASON

PROGRAM B BOYS					
U6	70m	300m			Discus
U7	70m	300m		Long	Discus
U8	70m	500m		Long	Discus
U9	70m	800m		High	Turbo
U10	70m		60mH	High	Shot
U11		800m	60mH	High	Shot
U12	1500mW	400m	60mH	Triple	Discus
U13	1500mW	400m	80mH	Triple	Discus
U14	1500mW	400m	90mH	Triple	Discus
U15	1500mW	400m	100mH	High	Discus
U16-17	1500mW	400m	100 - 110mH	High	Javelin

PROGRAM B GIRLS					
U6	70m	300m		Long	Shot
U7	70m	300m			Shot
U8	70m	500m			Turbo
U9	70m	800m		Long	Discus
U10	70m		60mH	Triple	Javelin
U11		800m	60mH	Triple	Javelin
U12	1500mW	400m	60mH	High	Javelin
U13	1500mW	400m	80mH	Long	Javelin
U14	1500mW	400m	80mH	Long	Shot
U15	1500mW	400m	90mH	Long	Shot
U16-17	1500mW	400m	90-100mH	Long	Shot

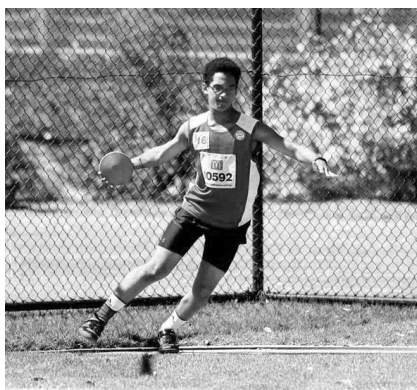
PROGRAM C BOYS					
U6	100m	60m miniH	Shot	Long	
U7	100m	60m miniH	Shot		
U8	100m	60mH	Turbo		
U9	100m	60mH	Discus		700mW
U10	100m	400m	Discus	Triple	1100mW
U11	100m	400m	Discus	Triple	1100mW
U12	100m	800m	Javelin	Long	
U13	100m	800m	Javelin	Long	200mH
U14	100m	800m	Javelin	Long	200mH
U15	100m	800m	Javelin	Triple	300mH
U16-17	100m	800m	Shot	Triple	300mH

PROGRAM C GIRLS					
U6	100m	60m miniH	Vortex		
U7	100m	60m miniH	Vortex	Long	
U8	100m	60mH	Discus	Long	
U9	100m	60mH	Turbo		700mW
U10	100m	400m	Shot	High	1100mW
U11	100m	400m	Shot	High	1100mW
U12	100m	800m	Shot	Long	
U13	100m	800m	Shot	Triple	200mH
U14	100m	800m	Discus	High	200mH
U15	100m	800m	Discus	High	300mH
U16-17	100m	800m	Discus	High	300mH

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2016-2017 SEASON

CHRISTMAS GIFT BOYS			
AGE	EVENTS		
U6	Vortex	70m	200m
U7	Shot	70m	200m
U8	Long	70m	200m
U9	Discus	70m	200m
U10	Long	800m	200m
U11	Javelin	800m	200m
U12	Shot	800m	200m
U13	Long	800m	200m
U14	Discus	800m	200m
U15	Long	800m	200m
U16-17	Long	800m	200m

CHRISTMAS GIFT GIRLS			
AGE	EVENTS		
U6	Vortex	70m	200m
U7	Shot	70m	200m
U8	Long	70m	200m
U9	Discus	70m	200m
U10	Long	800m	200m
U11	Javelin	800m	200m
U12	Shot	800m	200m
U13	Long	800m	200m
U14	Discus	800m	200m
U15	Long	800m	200m
U16-17	Shot	800m	200m



COMPETITION DAYS

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.

SETUP & PACK AWAY

The club rostered to set up will be required to arrive one hour before the start of the program to put out equipment (including shade tents, timing gates and all site equipment etc). Please 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.
- Collect handwash from the canteen and place in toilets. (Set Up)
- Return handwash to canteen. (Pack Away)
- Take rubbish from outside canteen and place in bins

Take empty crates from outside canteen and place outside gates opposite bike racks.

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.

CANTEEN

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

The canteen is not a thoroughfare. Only rostered canteen helpers are to enter the canteen.

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.



BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2016-2017 SEASON

ROSTERS

Date	Fundraising	Canteen Helpers (2)	First Aid	Set up	Pack Away
08-10-16	WLAC	FLAC	KLAC	VPLAC	WLAC
15-10-16	VPLAC	HWLAC	KLLAC	CRLAC	VPLAC
22-10-16	KLLAC	CRLAC	VPLAC	WLAC	HWLAC
29-10-16	KLAC	VPLAC	WLAC	FLAC	KLAC
05-11-16	PMH	KLAC	FLAC	HWLAC	KLLAC
12-11-16	FLAC	KLLAC	HWLAC	KLAC	FLAC
19-11-16	HWLAC	FLAC	KLAC	KLLAC	CRLAC
26-11-16	CRLAC	HWLAC	KLLAC	VPLAC	WLAC
03-12-16	WLAC	CRLAC	VPLAC	CRLAC	VPLAC
10-12-16	KLLAC	VPLAC	WLAC	WLAC	HWLAC
16-12-16	BLAC	KLAC	FLAC	FLAC	KLAC
7-01-17	KLAC	KLLAC	HWLAC	HWLAC	KLLAC
14-01-17	VPLAC	FLAC	KLAC	KLAC	FLAC
21-01-17	BLAC	HWLAC	KLLAC	KLLAC	CRLAC
28-01-17	FLAC	CRLAC	VPLAC	VPLAC	WLAC
4-02-17	HWLAC	VPLAC	WLAC	CRLAC	VPLAC
11-02-17	CRLAC	KLAC	FLAC	WLAC	HWLAC
18-02-17	BLAC	KLLAC	HWLAC	FLAC	KLAC
25-02-17	BLAC	FLAC	KLAC	HWLAC	KLLAC

CLUB SITE ROSTER

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

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

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

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

POSITION	CLUB/OFFICIAL	POSITION	CLUB/OFFICIAL
Chief Timekeeper S/T	Craig Middleton-White	Starter C/T	Kalamunda Lesmurdie
Timekeeper S/T	Bradley Edwards (Kewdale)	Start Marshall C/T	
Chief Starter S/T	Nik Carvalho (CR)	Finish Marshall C/T	
Start Marshall S/T		Timekeeper C/T	Sue Neal
Start Marshall S/T		Timekeeper C/T	Kalamunda Lesmurdie
Finish Marshall S/T		Chief Walks Judge	
Finish Marshall S/T		Walks Judges	One Per Club

BILL OF RIGHTS FOR YOUNG ATHLETES

Young athletes have the right to:

- Participate in sport regardless of ability level.
- Proper preparation for participation in the sport.
- Have qualified leadership.
- An equal opportunity to strive for success.
- Participate in a safe and healthy environment.
- Be treated with dignity by all involved.
- Participate as a child and not as an adult.
- 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 with 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 LAWA 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:
 - Competitors in the U6-U10 age group may not wear spike shoes.
 - 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.
 - Competitors in the U13-U17 age group may wear spike shoes in long jump, triple jump, high jump and javelin, and all track events 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 (via your Club Manager through the Arena Manager) to the following:
 - Track events - CHIEF TRACK UMPIRE
 - 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.

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.

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

1. To be eligible for Centre Championships, athletes must have competed in an event at least twice 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 two 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 LAWA 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 6 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 LAWA's Rules for Competition of State Run Events. These rules may be amended or updated by LAWA 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 herein shall be dealt with by the Executive Committee on a case-by-case basis.



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.



Unfavourable Weather Conditions

In the week prior to the scheduled competition, the Arena Manager will monitor the forecast weather conditions, to determine the effect it may have on the proposed program. If extreme weather conditions are forecast, the following strategies will be followed:

Hot weather:

For morning competition: if the temperature reaches 38°C then the Arena Manager, Chief Track Umpire, Chief Field Umpire and Chairperson of Belmont Little Athletics Centre, in consultation with the First Aid personnel of the day, 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. For twilight competition: if the temperature is in excess of 38°C prior to the start of competition then the Arena Manager, Chief Track Umpire, Chief Field Umpire 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°C, or if the program should be cancelled or conducted in a modified format.

Inclement weather:

Where rain, wind, or lightning may affect the safety of athletes competing, the Arena Manager, Chief Track Umpire, Chief Field Umpire and Chairperson will decide if the program should be cancelled or conducted in a modified format.

Notification

The Chairperson will call a Club Managers meeting when a decision has been reached, and all Clubs will be notified on whether the meeting will be cancelled or a modified program will run.

Recovery Strategy

The following initiatives shall be implemented when severe weather affects competitions:

- Only conduct events that ensure the safety of athletes and officials is protected at all times.
- Where appropriate reschedule cancelled events to a later date.
- Make available on the day of a modified program an attendance sheet, which will indicate athletes' participation on the day so athletes are not disadvantaged in qualifying for Centre Championships.



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.



2016-2017 LAWA STATE EVENTS

PMH Kids Helping Kids Activity Day SATURDAY 5th NOVEMBER 2016

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.

LAWA Bravehearts Challenge SUNDAY 13th NOVEMBER 2016

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 11th DECEMBER 2016

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 4th - SUNDAY 5th FEBRUARY 2017

This event is held at WA Athletics Stadium for athletes U/11 and up. Athletes compete individually in 5-8 compulsory events, depending on age group. 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 4th - SUNDAY 5th MARCH 2017

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 18th - SUNDAY 19th MARCH 2017

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.

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.

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.

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	U9	U10	U11	U12	U13	U14	U15	U16-17
Starting height	5cm below the 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

* LAWA recommend the bar be raised by 5cm increments until there are 6 or fewer competitors remaining.

RECORDING:

For recording purposes, an **O** indicates the bar has been cleared, an **X** indicates a failure, and a **- (dash)** 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 closest to 20cm below their registered Personal Best height.
- May pass on any height or any jump. If a competitor forgoes a trial at a certain height, they may not make any subsequent attempts at that height.
- 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.

VALID JUMPS:

- Competitors shall take off on one foot

BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2016-2017 SEASON

- The **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

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.

MEASUREMENTS:

- All measurements shall be made in whole centimetres perpendicularly from the ground to the lowest point of the upper side of the bar.
- Precise measurement shall be made when the bar is raised to a new height and before the first competitor attempts such a height. In all cases of records a Field Referee shall check the measurement when the bar is placed at the record height and they shall re-check the measurement before subsequent record attempt if the bar has been touched since measured.
- When the measurement is rechecked after a successful jump and the bar is not at the record height, the record will not be allowed.

Note: Measure ends of bar first then the middle. Adjust ends so that the lowest part is in middle.

Note: Judges should ensure, before starting the competition, the underside and front of the crossbar are distinguishable, as the bar is always replaced with the same surface Upper and the same surface to the front.

SET UP:

- Supports for the crossbar each face the opposite upright so that if a competitor touches the crossbar it will easily fall to the ground, either forwards or backwards
- There shall be a space of at least 1cm between the ends of the crossbar and the uprights.
- The crossbar must be replaced with the same surface up and the same surface to the front.
- The uprights and landing area should be setup so that there is at least 10cm between them when in use to avoid the displacement of the crossbar through the movement of the landing area causing contact with the uprights.

TIE - BREAKING RULES:

- The competitor with the lowest number of jumps at the height where 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 the result will be an equal placing. No jump off takes place.

**LONG JUMP AND TRIPLE JUMP
COMMON RULES**

SITE OFFICIALS

- Key Official
- Recorder
- Spiker
- Raker

TAKE OFF AREA:

- **METRE SQUARE MAT, U6 – U8 AGE GROUPS: (LONG JUMP ONLY)** The take off in the U6 to U8 age groups is made from 1 metre x 1 metre take-off mat. The mat should be placed so that the front edge 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, U9 – U10 AGE GROUPS:** The take off in the U9 to U10 age groups is made from the area of a 1 metre wide x ½ metre deep take-off mat. The mat should be placed so the front edge is 50cm from the landing area and fixed so it does not shift.
- **TAKE OFF BOARD, U11 – U17 AGE GROUPS:** This group use a take-off board. The take-off board should measure 1.21m to 1.22m long, 20cm wide, shall not be less than one metre from the edge of the landing area and fixed so it does not shift.

RUN-UP:

The run-up can be of any length (to a maximum of 40m), 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 mat 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.
- The competitor fails to make the pit.
- The competitor takes off from outside either end of the board or mat, whether beyond or before the extension of the take-off line. It shall not be an invalid jump if the athlete runs outside the white lines marking the runway at any point.

MEASUREMENT FOR METRE SQUARE OR ½ METRE MAT:

- Measurements are made to the nearest whole cm below.
- The jump is measured from the break in the sand nearest to the take-off point (regardless of what part of the athlete's body made the mark) to the point of imprint of the athlete's take-off foot nearest 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. (measurements are point to point, not perpendicular)
- If the athlete takes off before the mat, then the jump shall be measured from the break in sand to the back edge of the mat.

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.
- Measurements are made to the nearest whole cm below.

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.

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 they have taken off, in the **STEP** they 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 follow the actions of the triple jump as defined above.
- The competitor fails to land in the pit. (Landing on the run-up constitutes a foul)



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		

SITE OFFICIALS

- Key Official
- Recorder
- Sector Judge (watches for valid landing)
- Spiker
- Returner

TO BE A VALID THROW & MEASURED:

- The Javelin/Turbo/Vortex 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, head for vortex) strikes the ground, within the sector, before any other part of the implement. **NB:** The javelin, turbo or vortex does not have to stick into the ground or leave a mark.
- The implement must fall completely within the inner edge of lines marking the sector.
- 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 around, so that his/her back is towards the throwing arc.
- The attempt must be completed within one minute.

RECORDING

For recording purposes, an **O** indicates a successful attempt, an **X** indicates a failure, and a **– (dash)** indicates the athlete did not throw.

METHOD OF MEASUREMENT:

- 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, turbo or vortex) to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is a part.
- Measurements are made to the nearest centimetre below.

IMPLEMENTS MUST BE CARRIED BACK TO THE STARTING LINE AND NEVER THROWN BACK.

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

SITE OFFICIALS

- Key Official
- Recorder
- Spiker
- Returner

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 top edge of the circle or the ground outside the circle during the throw.
- The discus must fall so that the point of impact is within the inner edges of the lines marking the sector. It does not matter where the implement goes after the first impact.
- The implement must not be improperly released (e.g. dropped) during a trial.
- The attempt must be completed within one minute.

METHOD OF MEASUREMENT:

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

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

SITE OFFICIALS

- Key Official
- Recorder (also to check for foot faults)
- Spiker
- Returner

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, the ground outside the circle or the top of the stop board during the throw.
- The implement must not be improperly released (e.g. dropped) during a trial.
- The attempt must be completed within one minute.
- The Shot must fall so that the point of impact is within the inner edges of the lines marking the sector. It does not matter where the implement goes after the first impact.
- The Shot must be held in one hand close to the chin when the athlete takes their stance to commence the trial and proximity maintained during the trial (approx 25mm / 1"). The hand shall not be dropped below this position.
- The Shot must not be brought from behind the line of the shoulders.

RECORDING

- For recording purposes, an **O** indicates a successful attempt, an **X** indicates a failure, and a **- (dash)** indicates the athlete did not throw.

METHOD OF MEASUREMENT:

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





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TRACK EVENTS

Hurdles

	B&G U6	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	B&G U15-17
Total Distance	200m	200m	300m
Height	68cm	76cm	76cm
Run In	20m	20m	50m
Distance Between Hurdles	35m	35m	35m
Run Out	40m	40m	40m
Number of Flights	5	5	7

*** 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

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. The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.

Judging

All judges shall act in an individual capacity and their judgements shall only be based on observations by the human eye.

The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 4 and maximum of 6

Caution (Yellow Paddle)

Any judge can give a "Yellow Paddle" to a competitor when a competitor appears to be in danger of failing to comply with the rules (definition of race walking). Cautions are issued verbally and briefly taking care that remarks do not constitute coaching.

All remarks should be loud and clear and always in the form: e.g. "CAUTION No..... contact or knees"

For loss of contact ~ a wavy line in black on a yellow background

For knees a 45° angle < also in black on a yellow background shall be used

A judge can only caution a competitor once for each offence during the event

A caution has no bearing on disqualification. It is possible to be cautioned by every judge in the race yet not receive a single warning. This advice is only to indicate to a competitor that their action is deteriorating to a dangerous state

Red Card

A judge gives a "Red Card" for disqualification if a competitor is actually breaking the rules of race walking

For the U12 and above age groups, no verbal Red Card will be given. For other age groups, the Red Card will be given verbally at the time of detection of the actual infringement

All remarks should be loud and clear and always in the form: e.g. "Red Card No..... contact or knees"

Red Card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable

A judge may only give a competitor one Red Card during the event irrespective of the infringement

If a judge in an event requiring verbal Red Cards to be given, is not sure a competitor has heard the "Red Card" the Judge should repeat it at the next suitable opportunity

A Red Card should never be given unless there is absolute certainty the rules have been infringed.

Any doubt existing must be given to the competitor and the Red Card not issued

Disqualification

A Red Card by 3 or more walk judges that in their opinion a competitor's mode of progression failed to comply with the definition of race walking brings about a disqualification

Only the Chief Judge may advise a competitor of their disqualification

Where a competitor is disqualified the Chief Judge shall indicate to such competitor verbally that they are disqualified and give the reasons for the disqualification

The result of an event shall not become final until the Chief Walk Judge and Track Referee has given the all clear.

Methods of Judging

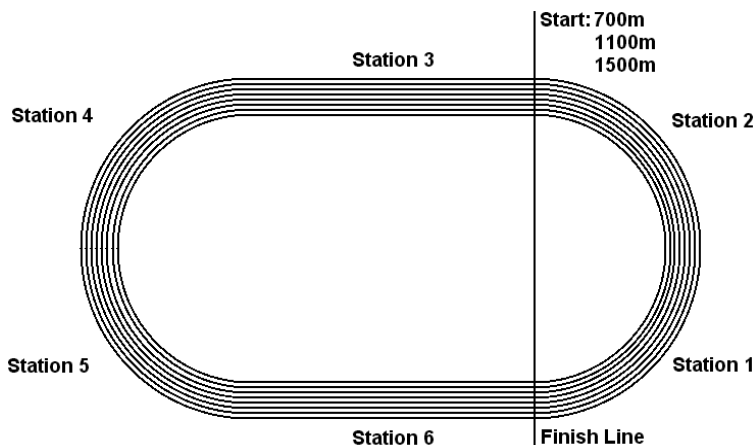
Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the competitors with the judging procedures for the event.

It is imperative that during an event all judges act in an individual capacity and their judging is not influenced by the judging of another judge, per medium of conversation or messages.

The Chief Judge shall allocate judges their judging position

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Walk judges, recorders or messengers shall not use transceivers during the conduct of the event. The judges must adequately cover the whole of the track/course, this can be done by having approximately equal distance between judges. There should be no blind spots, judges should judge from the outside of the track/course and not encroach on an area allocated to another judge, but judge from their allotted position as walkers are passing or approaching their section



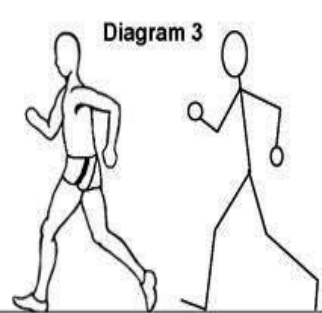
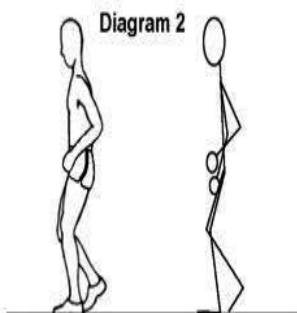
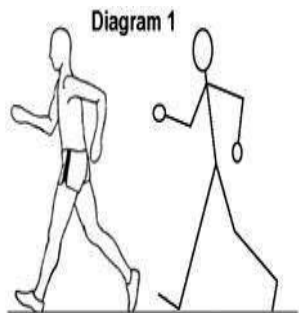
The Station 2 Judge assists the Chief Judge at the start and the Station 1 Judge assists the Chief Judge at the finish. The best position to take up is just on the outside of the track and follow the action of the legs, noting the foot's landing position, its swing and the leg from the time the leg supports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

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.**



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. U6 - 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 based on performance and proximity to records. 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 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.

BLAC 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.

LAWA 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 LAWA athletes who have obtained a personal best for the 1500m event in the current season and have registered that personal best with the BLAC Records & Ranking Officer at least one week prior to the event. Athletes are 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 Matikiti (Kalamunda-Lesmurdie)
2015	Takudzwa Matikiti (Kal/Les)

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)
Drew Tolliday (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)
2015	Tully McGrath (Kalamunda/Lesmurdie)

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)
Scarlet Van Beek (Forrestfield)



BELMONT LITTLE ATHLETICS CENTRE INCORPORATED 2016-2017 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
U10	J. CLAITÉ P. HODGSON	10.00	1977 1980	J. CLAITÉ	10.00	1977			
100M									
U06	C. HODGKINSON	19.31	2015	C. HODGKINSON	19.37	2015	C. HODGKINSON (BEL)	19.31	2015
U07	M. VLAHOV	15.87	1988	M. VLAHOV	15.87	1988			
U08	J. CLAITÉ	14.80	1975	J. CLAITÉ	14.80	1975	J. CLAITÉ (BEL)	14.60	1975
U09	C. VLAHOV	14.28	1988	R. DOYLE	14.32	2005	D. DEWITT (HAM)	14.40	1978
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. NGUYEN (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	C. HODGKINSON	40.70	2015	C. HODGKINSON	40.70	2015	J. SANJURJO (GOS)	45.13	2015
U07	M. VLAHOV	34.41	1988	T. MCGRATH	35.17	2015			
U08	J. CLAITÉ	31.00	1975	J. CLAITÉ	31.00	1975	J. CLAITÉ (BEL)	31.10	1975
U09	G. DOWDING J. CLAITÉ	30.30	1972 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	27.28	2014			
U13	A. VARGIOLU	25.07	2015	A. VARGIOLU	25.07	2015			
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			
300M									
U06	C. HODGKINSON	1:06.56	2015	C. INGLETON	1:07.84	2015	C. HODGKINSON (BEL)	1:06.56	2015

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U07	T. MCGRATH	57.99	2015	T. MCGRATH	57.99	2015	J. ARTEMIS (BALDIVIS)	59.13	2015
400M									
U09	A. ARCHER	1:17.17	2015	C. EMSLIE	1:17.99	2012			
U10	J. CLAITHE	1:06.20	1977	J. CLAITHE	1:08.00	1977			
U11	N. HARMAN E. SMITH	1:04.40	1972 1976	E. SMITH	1:04.40	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			
500M									
U08	J. MILLS	1:49.20	2015	J. MILLS	1:49.42	2015			
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	B. RENTON J. BRNICH	2:31.40	1976 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. MCDOWALL	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	L. TYSON	2:13.06	2015	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	N. HARMAN J. BRNICH	5:10.10	1972 1978	N. HARMAN (BEL)	5:11.10	1972
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	1978
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	L. TYSON	4:40.75	2015	L. TYSON	4:40.75	2015	B. CHRYSTIE (GOS)	4:48.41	2001
U17	C. DALE	4:17.61	2008	R. LEMA	4:42.26	2005			
700M WALKS									
U09	S. FRASER L. FERGUSON	4:02.00	1977 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	A. VARGIOLU	12.26	2015	A. VARGIOLU	12.26	2015			

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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
200M HURDLES									
U13	A. VARGIOLU	26.38	2015	A. VARGIOLU	26.38	2015	M. WEBBER (BEL)	28.38	1999
U14	S. NORMAN	27.35	2015	S. NORMAN	27.35	2015			
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)									
U08	S. TSHIDIBU	1.04	2015	H. MUIR K. GOUGH	1.00	2015			
U09	A. ARCHER	1.11	2015	D. WINTERBURN D. NINYETT	1.10	2012 2014			
U10	C. HALL	1.23	2003	M. BUXTON	1.21	2001			
HIGH JUMP (FOSBURY FLOP)									
U11	S. ANDERSON	1.45	1988	J. MAGDIC	1.42	1996			
U12	S. ANDERSON	1.58	1989	S. ANDERSON	1.56	1989			
U13	S. ANDERSON	1.67	1990	M. ALLEN B. NETHERWAY	1.57	1979 1985			
U14	S. ANDERSON	1.77	1991	S. ANDERSON	1.77	1991	D. GABY (E.G)	1.70	1987
U15	B. CASTLE	1.79	1996	R. CAMPO	1.72	1994			
U16	B. CASTLE	1.85	1997	B. CASTLE	1.85	1997			
U17	J. KIRKUP	1.87	2009	R. KENTISH	1.77	2006	D. O'BRIEN (GOS)	1.90	2013
LONG JUMP (1m ² 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			
LONG JUMP (½ m MAT)									
U09	P. LEWKOWSKI	4.40	1985	H. EDWARDS	3.99	2009	G. HOOD (BEL)	4.08	1972
U10	M. MCDOWALL	4.47	1991	M. MCDOWALL	4.47	1991			
LONG JUMP (BOARD)									
U11	K. MCKEOWN	4.15	2015	K. MCKEOWN	4.15	2015	K. MCKEOWN	3.91	2015
U12	D. JONES	4.07	2015	D. JONES	4.07	2015			
U13	A. VARGIOLU	5.69	2015	A. VARGIOLU	5.69	2015	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			
TRIPLE JUMP (BOARD)									
U11	K. MCKEOWN	8.30	2015	K. MCKEOWN	8.30	2015			
U12	J. DIX	8.62	2015	D. JONES	8.60	2015			
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.)	11.20	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)	C. HODGKINSON	12.42	2015	C. HODGKINSON	12.42	2015			
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

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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)	J. PUNSHON	41.98	2015	J. PUNSHON	40.61	2015			
U17 (1.5kg)	S. LUCKENS	39.56	2000	C. LUCKENS	38.34	2001			
JAVELIN (VORTEX)									
U06	C. INGLETON	21.90	2015	C. INGLETON	21.90	2015			
U07	T. MCGRATH	26.33	2015	T. MCGRATH	26.33	2015			
JAVELIN (TURBO)									
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 (700g)	A. HILDITCH	29.54	2015	A. HILDITCH	29.54	2015	A. HILDITCH (BEL)	29.51	2015
U16 (700g)	M. CARCIONE	43.39	2011	M. CARCIONE	42.42	2011			
U17 (700g)	M. CARCIONE	43.66	2012	M. CARCIONE	43.66	2012	D. O'BRIEN (GOS)	43.31	2013
SHOT PUT									
U06 (1kg)	K. RAFFERTY	5.30	2012	K. RAFFERTY	5.30	2012	J. SANJURJO (GOS)	5.46	2015
U07 (1kg)	T. SUGDEN	6.49	2008	H. TOLLIDAY	6.44	2014			
U08 (1.5kg)	M. VLAHOV	7.55	1989	J. ROADS	7.47	2012			
U09 (2kg)	D. TAYLOR	9.14	1983	D. TAYLOR	9.14	1983	D. TAYLOR (BEL)	8.05	1983
	J. MAGDIC		1994	J. MAGDIC		1994			
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	B. MCKEOWN	11.21	2015	H. GREENWOOD (BAY)	10.82	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	2000	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	R. STARCEVICH (HAM)	15.50	1978
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. COPLEN	13.60	1991	M. HOOGENKAMP	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	T. MCKEOWN (BEL)	13.96	2015
200M									
U06	B. HODGE	42.19	2000	C. CLARKE	44.77	2015	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	S. COOTE	27.03	2015	S. COOTE	27.27	2015			
U17	F. DUNCAN	26.75	1998	K. MADDEN	27.47	2006			
300M									
U06	C. CLARKE	1:13.75	2015	C. CLARKE	1:14.38	2015	C. CLARKE (BEL)	1:13.75	2015
U07	S. AJDUK	1:02.32	2015	S. AJDUK	1:02.32	2015	S. AJDUK (BEL)	1:04.31	2015
400M									
U09	O. TRUEMAN	1:17.92	2014	A. BROWN	1:18.26	2015			
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	S. COOTE	1:01.23	2015	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
500M									
U08	A. ASCOLI	1:54.85	2015	A. ASCOLI	1:54.85	2015			
800M									
U09	K. PICKERING	3:01.75	1994	A. BROWN	3:04.64	2015			
U10	J. SINCLAIR	2:38.71	1989	J. SINCLAIR	2:38.71	1989			

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U11	M. BRIGNOLI	2:36.20	1973	M. BRIGNOLI	2:37.70	1973			
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	S. COOTE	2:35.34	2015			
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	5:15.71	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	T. MCAULIFFE	9:29.76	2015	T. MCAULIFFE	9:29.76	2015			
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	11.67	2013			
U09	V. GREGORY	11.18	1997	O. TRUEMAN	11.34	2014			
U10	O. TRUEMAN	11.26	2015	O. TRUEMAN	11.26	2015	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. BLAIR	17.32	2015	K. BLAIR	17.32	2015	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	R. QUARESIMIN	30.50	2015	R. QUARESIMIN	30.50	2015	M. KOROL (BEL)	31.29	1999
U16	K. BREEN	30.46	2014	K. BREEN	30.46	2014	K. MORRIS (GOS)	36.89	1999
U17	M. PRICE	30.19	2015	M. PRICE	30.19	2015			
HIGH JUMP (SCISSOR)									
U08	R. HENSHALL	1.09	2015	R. HENSHALL	0.98	2015	R. HENSHALL (BEL)	1.09	2015
U09	M. AUSTEN	1.09	2013	M. AUSTEN	1.09	2013			
U10	N. HEWETT	1.17	2001	N. HEWETT	1.15	2001			
HIGH JUMP (FOSBURY FLOP)									
U11	C. BOYANICH	1.49	1994	C. BOYANICH	1.49	1994			
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

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U14	C. BOYANICH	1.72	1997	C. BOYANICH	1.72	1997			
U15	C. BOYANICH	1.70	1998	C. BOYANICH	1.60	1998			
U16	C. ELDER	1.51	2015	C. ELDER	1.46	2015	J. HOGEN-ESCH (BEL) R. COLLYER (BEL)	1.40	1998 2010
U17	T. MCAULIFFE	1.52	2015	M. PRICE	1.40	2015	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			
LONG JUMP ½ m MAT									
U09	A. FULTON	3.85	1978	A. APENIS	3.84	1973	P. ROPER (E.HS)	4.02	1972
U10	S. WIJESUNDERA	4.21	1974	M. BRIGNOLI	4.17	1972			
LONG JUMP BOARD									
U11	D. TOLLIDAY	3.65	2015	D. TOLLIDAY	3.65	2015	D. TOLLIDAY (BEL) S. BOWRON (BALDIVIS)	3.62	2015
U12	K. ELLIOTT	3.99	2015	K. ELLIOTT	3.99	2015			
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	S. COOTE	5.12	2015	S. COOTE	4.88	2015	J. HOGEN-ESCH (BEL)	4.79	1998
U17	M. PRICE	4.87	2015	K. FIORINI T. MCAULIFFE	4.47	1998 2015	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	
TRIPLE JUMP (BOARD)									
U11	A. MUIR	7.29	2015	A. MUIR	7.29	2015			
U12	T. STRIBLEY	8.87	2015	T. STRIBLEY	8.87	2015	G. BRINK (MEL)	9.06	2015
U13	J. TAPUTORO	10.49	1991	S. GILFILLAN	10.20	1973			
U14	S. COOTE	10.90	2013	N. PARKER	10.78	2014	J. CASEY (BEL)	10.53	1992
U15	S. COOTE	10.84	2014	C. PALMER	10.57	1985	C. PALMER (BEL)	10.31	1985
U16	S. COOTE	10.80	2015	S. COOTE	10.64	2015	A. SHARP (BAY)	10.51	2012
U17	M. PRICE	9.96	2015	M. PRICE	9.95	2015	M. PRICE (BEL)	9.96	2015
DISCUS									
U06 (350g)	R. BOYANICH	10.90	1999	S. MAHER	9.54	2001			
U07 (350g)	J. AVINS L. CASTLE R. BOYANICH	13.74	1991 1992 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. SIVIOUR (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)	T. MCAULIFFE	33.23	2015	T. MCAULIFFE	30.81	2015	J. NASH (GOS)	29.35	2013
JAVELIN (VORTEX)									
U06	M. MILLS	10.30	2015	M. MILLS	9.54	2015			
U07	S. AJDUK	15.68	2015	S. AJDUK	14.20	2015			
JAVELIN (TURBO)									
U08 (300g)	R. BOYANICH	15.59	2001	R. HENSHALL	15.37	2015	R. WIHONE-MACKEY (GOS)	16.04	2014
U09 (300g)	O. TRUEMAN	16.37	2014	R. BOYANICH	15.78	2002	M. SANJURJO (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

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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)	T. MCAULIFFE	40.47	2015	T. MCAULIFFE	39.12	2015	T. ORRELL (GOS)	27.95	2014
SHOT PUT									
U06 (1kg)	M. MILLS	3.53	2015	H. BURGESS	3.84	2009			
U07 (1kg)	R. MCGEHAN	5.26	2012	E. HAYES S. JAUNCEY	4.79	2012			
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)	T. MCAULIFFE	12.50	2015	T. MCAULIFFE	12.50	2015	J. NASH (GOS)	12.50	2013



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