

# Strathpine Spitfires Little Athletics

## Parent Handbook

2020/2021 Season



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# Welcome to Our Club

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## Welcome:

The Strathpine Spitfires Little Athletics Centre welcomes you and your family to the 2020/2021 Season – Our 43<sup>rd</sup> Season.

We would love to welcome back our returning families and give a warm welcome to all of our new athletes and families. Since our beginning in 1977, our centre has continued to be one of the most successful in Queensland. We are currently the eighth oldest surviving Centre in the State. Little Athletics is a sport for children aged 5-16 years that offers a wide range of track and field events.

At Strathpine Little Athletics, we run a 22 week season from August 2020 to March 2021. At each competition evening we offer a range of track and field events specifically modified to suit the age and abilities of children. The philosophy of Little Athletics is 'Family, Fun and Fitness' and the focus is on participation and improvement. Our Club is run by solely by volunteers. Therefore, in order for each competition evening to run efficiently, we require the help of ALL parents/carers. Please get involved wherever you can, and feel free to ask any of our wonderful committee and volunteers questions if you are unsure of how you can get involved.

**Please read through this handbook before the beginning of the season.** The majority of your questions will be answered in this handbook. If you do have any further questions, please feel free to message us on our Facebook page or email [secretary@sla.org.au](mailto:secretary@sla.org.au). We will often post important information on our Facebook page (<https://www.facebook.com/strathpinespitfires/>) or our Website (<https://www.sla.org.au>), so please regularly check these for updates.

We hope you enjoy the season!

The 2020/21 Strathpine Spitfires Committee

## Contact Information:

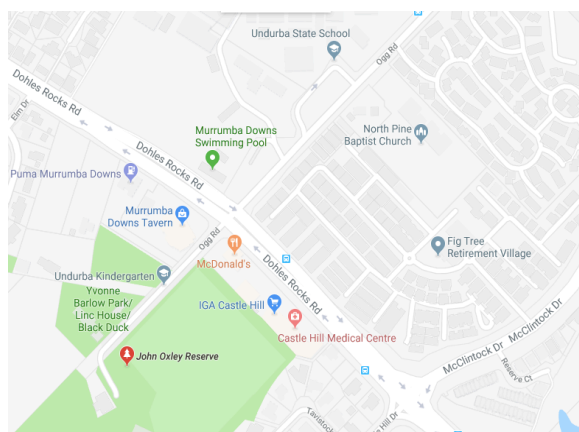
**Address:** John Oxley Reserve, Ogg Road, Murrumba Downs, 4503, QLD

**Email:** [secretary@sla.org.au](mailto:secretary@sla.org.au)

**Facebook:** <https://www.facebook.com/strathpinespitfires/>

### Phone Numbers:

- Centre Manager: Andrew Emmerig – 0423 526 414
- Registrar: Bel Boschma – 0426 270 323



## Committee:

Centre Manager	Andrew Emmerig	0423 526 414
Secretary	Kelly Emmerig	0413 271 637 <a href="mailto:secretary@sla.org.au">secretary@sla.org.au</a>
Treasurer	David Frazer	0413 160 569
Registrar	Bel Boschma	0426 270 323 <a href="mailto:nbboschma@gmail.com">nbboschma@gmail.com</a>
Program Officer	Christine Amorsen	0405 306 546
Parent Liason Officer	Kelly Lloyd	0478 710 167
General Committee	Sahtina Miller	0403 005 793
	Nadine Ruthenberg	
	Sonny Roberts	0430 203 508

## About Our Club:

### Centre History:

A Steering Committee was formed during 1977 to look at establishing a Little Athletics Centre in the Strathpine area. In September 1977, the Strathpine Little Athletics Centre was established at the Pine Rivers High School oval. The Centre was the twelfth Centre to be established in Queensland and is presently the eighth oldest surviving Centre in the State. From those humble beginnings, the Centre flourished and recorded 293 registered athletes in the 1990/91 season. This led to the eventual transfer of the Centre to John Oxley Reserve at the start of the 1992/93 season.

### Strathpine Spitfires:

#### *Why have we chosen the "Spitfire" as our Mascot?*

During World War II, one of the most important events that occurred in the Pine Rivers region was the formation in 1943 of the 548th and 549th Spitfire Squadrons that were based at Strathpine and Petrie. The squadrons were made up of a mix of Australian and British personnel and the Lawnton showgrounds became a camp for the RAAF pilots.

While camped at Strathpine, the 548th Squadron lost two men, Squadron Leader Henry Wright and Sergeant Alan Chandler, when their planes were involved in a mid-air collision on the 19th April 1944 near Youngs Crossing. Two months later, the squadrons were posted to Darwin to take a more active role in the aerial defence of Australia. Spitfire Avenue, the site of the A2 airstrip, along with several other streets were named to commemorate the Spitfire Squadrons. Some thirty-three years later, the Strathpine Little Athletics Centre was established and operated from the playing fields of Pine Rivers State High School. These fields were bordered by Spitfire Avenue, the site of the A2 airstrip.

As a means of preserving both our Centre and local history and to honour those who fought and died while protecting our country, it was decided to form a link with the RAAFA by naming our Centre after the Spitfire Squadrons that were once located in this area.





## Centre Information – Handbook, Facebook & Website:

### *How do I find out what is happening at our Centre?*

This centre handbook contains a wealth of information about our centre. **The majority of questions we are asked, are answered in this handbook – so if you do have any questions, please used this handbook as your first port of call.** Throughout the season, we will regularly update you with important information on our Facebook page (<https://www.facebook.com/strathpinespitfires/>) or our Website (<https://www.sla.org.au>), so please regularly check these for updates. If you still can't find out what you need, please privately message us on our Facebook page, email us at [secretary@sla.org.au](mailto:secretary@sla.org.au), or use the contact details on page 4 in this handbook.

## Cancellations Due to Weather:

The Centre Management Committee will make every endeavour to conduct the competition for each scheduled meeting, however bad weather can intrude. As a general rule, competition can be held in light intermittent showers with the exception of high jump, hurdles and javelin. If rain is continuous, there is lightning or if the fields have had a large amount of water in the proceeding days, it is likely that competition will be cancelled.

In the case of wet weather please do the following to check if our events are proceeding:

- **Check our Facebook page from 5:30pm on the day of competition for updates.**

### Our Sponsors:



Major Sponsor



## Little Athletics Queensland (LAQ):

Little Athletics Queensland (LAQ) is the governing body for Little Athletics in Queensland. Their website (<http://laq.org.au>) contains a wealth of information about Little Athletics and contains a variety of resources that you can access to further your child(s) athletic development.



**Philosophy:** The philosophy of the Little Athletics movement is summed up in the slogan:

**"FAMILY...FUN...and...FITNESS"**

## Centre Manager's Report 2019/2020 Season:



We had 297 registered athletes for season 2019/2020 this was due mainly to a large increase in new families joining our centre, we were the only centre in our zone that had increased its membership this season.

To Councillor Denise Sims, thank you for your continuing support, time and generosity in further assisting the growth of our centre through donations in filling the sample bags handed out at sign on, replenishing the sand for our long jump pit and also for your quick actions in organising council work issues that affected the centre. We look forward to your continuing support in further growing our sport and centre. To Norths Lakes Sports Club, thank you for your ongoing support and the use of your meeting room for our monthly committee meeting.

Congratulations to our Centre Captains, Pyper Fraser and Ebony Boschma, you two along with the rest of the Senior athletes have shown great enthusiasm and leadership, supporting and encouraging the younger athletes of the centre. I personally would like to thank Fraser and Boschma kids for helping me throughout the season in setting up prior to the start of each competition and also for staying back at the end of the night's competition and putting all the equipment away. Thank you also for your assistance in coaching and doing warm up sessions for athletes on Friday nights and at Regional events. A big thank you also to Nathan Boschma and Andrew Emmerig for helping pack up at the end of each Friday night.

To all the committee members, without you there would be no Centre. Thank you all for your support, expertise and commitment throughout the season. To Tahlia Perry and Bel Boschma, thank you for taking on a number of positional roles this season.

I would like to thank Sahtina Miller our coaching co-ordinator for providing a coaching program for the centre. Thank you to all the coaches. Thank you for all your time, energy and commitment in furthering the growth of our athletes. To Andrew Emmerig and Lauren Brown, thank you for running the FAST Program for the U6 boys and girls. I am sure you had as much fun as they did. A huge thanks to our Canteen Convenor's Chelsea and Kylie for a fantastic job in keeping us all fed during the season and for the introduction of the PayPass system this season.

This year Regional Relays and Regional Championship were held at Aspley Little Athletics Centre. It was well attended by our centre and a big congratulations to all our athletes who competed at both carnivals for not only your achievement, but also in the way you represented yourself and your club in attitude, spirit and sportsmanship. Well done to all athletes who went on to State Relays and to those who received medals or achieved a personal best. You all did our centre proudly. To all the officials and parents who helped out at these carnivals a big thank you for your time, expertise and patience in helping keep these carnivals running on time. Unfortunately due to the Covid-19 pandemic, this season's State Championships which were to be held at the State Athletics Centre were cancelled.

Sadly this season we say goodbye to Tahlia Perry who has been at the centre as an athlete, centre captain, coach, official, registrar, web page co-ordinator and nomination officer. The committee would like to thank you for all the endless hours, passion, devotion and commitment that you have put into the centre. You will be missed. All the best in whatever goals you want to achieve in life. I myself also will be leaving this season. I have been with the centre for 21yrs of which 13 of those were as Centre Manager of this wonderful club. There are a lot of people (too many to mention) that I have to thank over all those years. I have totally enjoyed the ride and there are a lot of people that I will miss but the most important one's that I will miss most are the kids. They are the reason I have been doing this for so long. I will miss the laughter, smiles and joy. To all those parents that have served on the committee during my tenure, I thank you all for helping me grow, develop and be a better person. I love the club and will miss it, but I think I have left it in a strong and viable position. To the new Centre Manager and Committee, I wish you all the best for the upcoming season and for the future.

Sonny Roberts  
Centre Manager

## Information about Sign On:

### How do I register my child for Little Athletics?

1. In Mid-Late July, a link to our Online Registration site will be posted on our Facebook page and website.
2. Complete the online registration.
3. You can either pay online or at one of our Sign On Days.
4. Attend one of our Sign On Days to collect your registration pack and uniforms.

### Online Registration Steps:

**All registrations must be completed online. A step-by-step guide on how to register online will be posted onto our website/Facebook page once the online registration link opens. This link will not open until Mid-Late July.**

*To access this information, go to [sla.org.au](http://sla.org.au) → 'How to Register' tab.*

Our centre uses RegistrationsHQ for online registrations. At the beginning of each season, we open a link that will take families to our Centre's RegistrationsHQ area. This link will not open until Mid-Late July. Please refrain from asking when this will open – we are all volunteers trying to get this open as soon as possible. We will notify everyone when the link opens on our Facebook page. Once you click on this link, **new families** will need to create a family profile and add members to their profile. **Returning families** can login using their ResultsHQ username and password from last season.

### New Families: Click 'I Don't Have an Account'

You will need to create a family profile. The username and password you create will be the username and password you will use to access your child's results each week. We suggest making your username your email address.

### Returning Families: Login using your ResultsHQ username and password for last season

If you have forgotten your login or password, click either 'Retrieve Details' or 'I've forgotten my password'.

If you have any difficulties with registering online, please email our Registrar Bel Boschma ([nbboschma@gmail.com](mailto:nbboschma@gmail.com)).

### Registration Fees 2019/20 Season:

- U7 – U17 Athlete: \$150
- U6 Athlete: \$110
- 3<sup>rd</sup> and Subsequent Children: \$110
- Parent Help Levy: \$50
- Fundraising Levy: \$20

This fee covers National and State registration, insurance while competing, State Relay and State Championship nominations, and our end of season function and awards. Fees also contribute towards payment for ground lease fees, equipment purchases, ground lighting, electricity and general running costs.

### What do you need to bring to Sign On Days?

After you have completed your online registration, please bring the following to one of the sign on days:

- Full Payment (if not completed online).
- Email Confirmation of your Online Registration.
- Copy of Proof of Age (i.e. Birth Certificate, Passport, etc.).
- Any questions that you may have

### Parent Help Levy:

The Strathpine Little Athletics Centre is run **SOLELY BY VOLUNTEERS**. Committee members and officials are not paid for the work they do running the Centre. Much of this work goes on 'behind the scenes' throughout the whole year, with the day-to-day administration of running such a large sports club taking up many hours.

Each Friday night competition, it takes up to **100 PEOPLE** to run the program properly and efficiently. The Centre is heavily dependent on parent help to operate smoothly and quickly. Lack of parent help can result in lengthy delays at events, so it is in all our best interests to lend a hand.

As a parent of a Strathpine Little Athletics Centre athlete, **it is a requirement that you commit to helping out at least 10 times throughout the season**. At least two of these nights **MUST** be after the 2020 Christmas Break. At the beginning of each season, **each family is charged a Parent Help Levy of \$50. If you complete the required 10 nights of parent help, your Parent Help Levy of \$50 will be refunded** at the conclusion of the season. There are 22 nights of competition throughout the season, so this is very reasonable and attainable number.

**This season we are using an 'Online Parent Help Roster System' using the 'Sign Up by SignUp.com' application.** When you sign on, each family will need to create a free account on SignUp.com (<https://signup.com>). This application can be downloaded from the AppStore on your mobile phones or other devices (i.e. iPads, etc.). On the Wednesday night to each Friday Night Competition, we will open up a range of Volunteer Positions that must be filled before we commence competition. A link to sign up for these positions will be posted on our Facebook page at 6pm on the Wednesday night to each Friday Night Competition. **WE WILL NOT COMMENCE COMPETITION UNTIL ALL OF THESE POSITIONS ARE FILLED.**

These volunteer positions will include tasks such as:

- Timekeeping
- Age Marshall
- Assisting in the Canteen
- Setting up equipment between 5pm and 6pm

If you have any questions about the Parent Help System or how you can get involved, please contact us on our Facebook Page, or email us at [secretary@sla.org.au](mailto:secretary@sla.org.au).

### Sign On Days:

**Once you have registered your child/children online, you are required to attend one of our Sign On Days to collect your registration pack.** Your registration pack contains the following items:

- **Registration Number:** A unique number for each athlete, which must be attached to the front of your child's competition shirt.
- **Age Label:** To be attached to the left-hand sleeve of the competition shirt.
- **Coles Patch:** Coles is a major sponsor for Little Athletics Australia. For this reason, the Coles patch must be attached to the right breast of the competition shirt.
- **Other Important Information for the Season.**

### Sign On Dates:





- **Sunday 16<sup>th</sup> August 9am – 12pm @ John Oxley Reserve, Ogg Road, Murrumba Downs, 4509**
- **Friday 21<sup>st</sup> August 6pm – 8pm @ John Oxley Reserve, Ogg Road, Murrumba Downs, 4509**



## Uniform Prices:

Our centre uniform is compulsory for all athletes and consists of 'Spitfires' black shorts (unisex) or bike pants (girls), and an aqua and black unisex t-shirt with black sleeves. Plain black shorts/bike pants are NOT acceptable. **Older athletes in the U13+ age groups are also able to compete in our senior competition singlets and crop tops.** Uniform items are available for purchase at any of our 'Sign On' Days.

### 2020/2021 Season Uniform Prices:

<b>Shirt (Compulsory)</b>  Unisex  <b>\$45.00</b>		<b>Junior Shorts</b>  Unisex  <u>OR</u>  <b>Bike Pants</b>  Girls  <b>\$20.00</b>	
<b>Senior Crop Top (U13+)</b>  Girls  <b>\$35.00</b>		<b>Senior Bike Pants (U13+)</b>  Girls  <b>\$35.00</b>	
<b>Senior Singlet (U13+)</b>  Unisex  <b>\$35.00</b>		<b>Senior Shorts (U13+)</b>  Unisex  <b>\$35.00</b>	



## Frequently Asked Questions (FAQs):

### 1. *“How old does my child need to be to start little athletics?”*

Little Athletics is for children aged 5 to 17. Please refer to the Age Table below to determine what age group your child will be in, based on their date of birth.



#### REGISTRATION AGES TABLE 2020/2021 SEASON

The ages listed below refer to the athlete's age group (eg. 13 means U13)

	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015
JAN	17	16	15	14	13	12	11	10	9	8	7	6
FEB	17	16	15	14	13	12	11	10	9	8	7	6
MAR	17	16	15	14	13	12	11	10	9	8	7	6
APR	17	16	15	14	13	12	11	10	9	8	7	6
MAY	17	16	15	14	13	12	11	10	9	8	7	6
JUN	17	16	15	14	13	12	11	10	9	8	7	6
JUL	17	16	15	14	13	12	11	10	9	8	7	6
AUG	17	16	15	14	13	12	11	10	9	8	7	6
SEP	17	16	15	14	13	12	11	10	9	8	7	6
OCT	17	16	15	14	13	12	11	10	9	8	7	6
NOV	17	16	15	14	13	12	11	10	9	8	7	6
DEC	17	16	15	14	13	12	11	10	9	8	7	6

### 2. *“I’m not sure if my child wants to sign up for the whole season, but they would love to give it a go. What can we do?”*

If you aren't sure whether your child will enjoy little athletics, you can do a 2-week trial. You can register for a 2-week trial online. This allows your child to participate in the events designated to their age group, so that they can get a feel for what little athletics is all about. The 2-week trial costs \$20 per athlete. If you choose to sign up after the 2-week trial, we will deduct the \$20 trialist fee from your registration fee.

### 3. *“What events will my child be competing in?”*

The events offered to each age group are varied, as they are modified to match the growth of the athletes and encourage skill development. To view what events your child will compete in, see pages 32 & 33 of this handbook.

### 4. *“Is there coaching available for my child?”*

Yes! Training is held on Tuesday afternoons at John Oxley Reserve from 5pm – 6:30pm. Training for the 2020/2021 season will commence on Tuesday 6<sup>th</sup> October 2020.

### 5. *“Will competition be on if it's raining?”*

The events on offer at little athletics can be conducted in rain. However, if lightning is present some events will be cancelled (such as high jump and javelin). We will cancel competition only in very strong weather conditions or if the grounds are closed. **A CALL WILL NOT BE MADE UNTIL 5:30pm**, so please refrain from contacting us until then. **WE WILL NOTIFY EVERYONE ON OUR FACEBOOK PAGE AT 5:30PM.**

# Friday Night Competitions

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## Information about Weekly Friday Night Competitions:

**TIME:** Friday Nights – Arrive at 5:45pm for a 6:00pm start.

**LOCATION:** John Oxley Reserve, Ogg Road, Murrumba Downs, 4503.

**WHAT TO BRING:** Jumper, Water Bottle, Mosquito Repellent (\*\*Please label all items\*\*)

### COMPETITION NIGHT SCHEDULE:

- 5:45pm: Arrive and meet in front of the canteen, behind your age basket.
- 6:00pm: Important Announcements.
- 6:10pm: Athletes break into groups for Warm Ups.
- 6:20pm: Athletes go to their first events.
- 6:20pm – Approx. 8:30pm: Athletes rotate between five events.

### Where can you find the program?

A Calendar of our weekly competitions is available in the handbook, on our website and on the Facebook page. **Each week's program will be posted on our Facebook page and our Website on the Thursday prior to competition.**

### What to do prior to each Friday Night Competition?

- Ensure that your child is wearing the FULL CORRECT Uniform.
- **Sign up to help out using the link posted on the Facebook page.**
- Sign your child in in their age group folder, which is in their age group basket (age groups baskets are situated in front of the canteen).

### Parent Help Roster:

At the beginning of each season, **each family is charged a Parent Help Levy of \$50. If you complete the required 10 nights of parent help, your Parent Help Levy of \$50 will be refunded** at the conclusion of the season. There are 22 nights of competition throughout the season, so this is very reasonable and attainable number.

**This season we are using an 'Online Parent Help Roster System' using the 'Sign Up by SignUp.com' application.**

When you sign on, each family will need to create a free account on SignUp.com (<https://signup.com>). This application can be downloaded from the AppStore on your mobile phones or other devices (i.e. iPads, etc.). On the Wednesday night to each Friday Night Competition, we will open up a range of Volunteer Positions that must be filled before we commence competition. A link to sign up for these positions will be posted on our Facebook page at 6pm on the Wednesday night to each Friday Night Competition. **WE WILL NOT COMMENCE COMPETITION UNTIL ALL OF THESE POSITIONS ARE FILLED.**

### Prior to Friday Night Competitions:

- Ensure that you have created a free account on SignUp.com.
- **Check our Facebook page at 6pm on the Wednesday prior to each Friday night competition, as this is where/when we will post a link to sign up for a volunteer position.**
- **Click on the link and sign up for a volunteer position/job.**

### **NO PARENT/GUARDIAN → NO COMPETITION**

**Please note that we have a strict policy that states: "If children do not have a parent or designated carer on the ground at competition evenings, they will not be allowed to compete until a parent or guardian arrives."**



## Uniforms:

**\*\*\*PLEASE ENSURE THAT YOUR CHILD IS WEARING THE FULL AND CORRECT UNIFORM AT EVERY COMPETITION NIGHT AND CARNIVAL\*\*\***

The centre uniform must be worn at all centre, regional and association competition meetings. Athletes who do not wear the correct uniform at regional and association events will not be permitted to compete by event officials. **Athletes who choose to wear the singlet or crop top MUST wear their club shirt when they are not competing.** This is a sun safety and modesty issue, so these athletes are expected to have their competition number displayed on both their singlet/crop top and their club shirt.

Registration numbers are to be attached to the shirt/singlet/crop top front with the athlete's name written clearly in the space above the number, along with 20/21 for the current season. **The 'Coles' patch must be attached on the right breast area of the shirt/singlet/crop top.** Age labels are to be sewn onto the left sleeve of the t-shirt. **For athletes wearing a singlet or a crop top, their age label must be attached on the left outer thigh of the athlete's shorts/bike pants.**

### Correct Badge Placement:



## Footwear:

Footwear is compulsory at ALL competitions in ALL EVENTS for both track and field. Shoes specifically designed for other sports (e.g. football boots) may not be worn. Spike shoes are only permitted for athletes in U11 to U17 age groups. The maximum length of spikes is 9mm on Grass and 7mm on Tartan surfaces. Athletes in U6 to U10 age groups are not permitted to wear spike shoes (this includes spike shoes without spikes or blanks).

### Spike Rules for U11 – U17 Athletes:

Event	U11	U12	U13 – U17
Laned Track Events	SvS	SvS	SvS
Un-Laned Track Events (i.e. 800m and 1500m)	SB	SB	SvS
Relays	SB	SB	SvS
Walks	SB	SB	SB
HJ/LJ/TJ/Jav	SvS	SvS	SvS



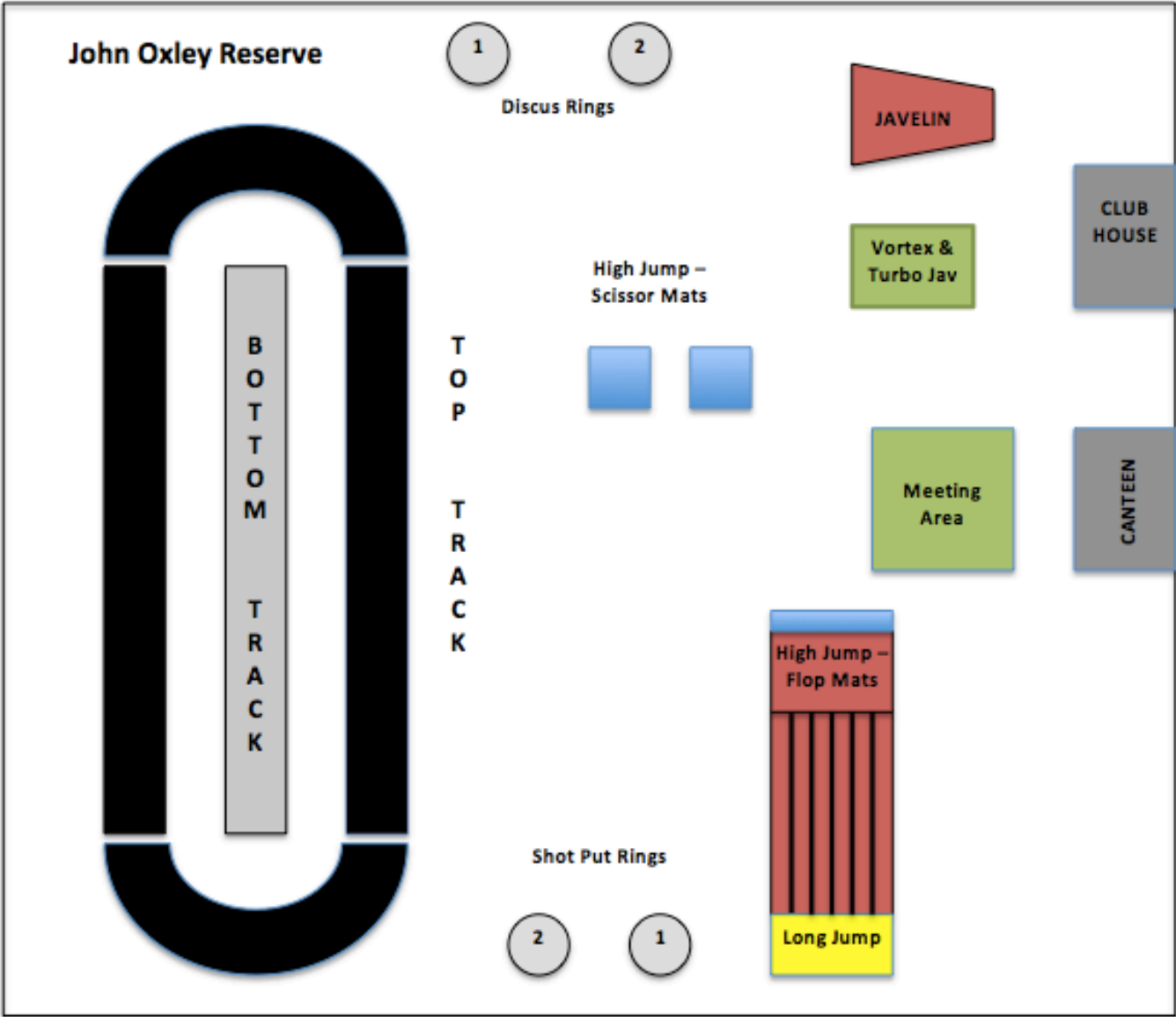
SvS = Spike Shoes with or without spikes.

SB = Spike Shoes without spikes or with blanks

**\*\*\*IMPORTANT – Spikes Shoes must be removed after each event and CARRIED safely between each events.**



Map of the Grounds:



# Strathpine LAC 2020/2021 Competition Calendar

	DAY	DATE	TIME	VENUE
<b>Sign On</b>	SUN	16 AUG	9:00am – 12:00pm	John Oxley Reserve
<b>Sign On</b>	FRI	21 AUG	6:00pm – 8:00pm	John Oxley Reserve
Comp Wk 1	FRI	28 AUG	6:00pm	John Oxley Reserve
Comp Wk 2	FRI	4 SEP	6:00pm	John Oxley Reserve
Comp Wk 3	FRI	11 SEP	6:00pm	John Oxley Reserve
Comp Wk 4	FRI	18 SEP	6:00pm	John Oxley Reserve
<b>No Competition – School Holidays 25 September 2020</b>				
Comp Wk 5	FRI	2 OCT	6:00pm	John Oxley Reserve
Comp Wk 6	FRI	9 OCT	6:00pm	John Oxley Reserve
Comp Wk 7	FRI	16 OCT	6:00pm	John Oxley Reserve
<b>Centre Pentathlon</b>				
Comp Wk 8	FRI	23 OCT	6:00pm	John Oxley Reserve
				<b>Nominations for Regional Relays Close 23/10</b>
Comp Wk 9	FRI	30 OCT	6:00pm	John Oxley Reserve
<b>*** Regional Relays (Venue: City North Little Athletics) Saturday 7<sup>th</sup> Nov 2020***</b>				
Comp Wk 10	FRI	13 NOV	6:00pm	John Oxley Reserve
Comp Wk 11	FRI	20 NOV	6:00pm	John Oxley Reserve
Comp Wk 12	FRI	27 NOV	6:00pm	John Oxley Reserve
Comp Wk 13	FRI	4 DEC	6:00pm	John Oxley Reserve
Comp Wk 14	FRI	11 DEC	6:00pm	John Oxley Reserve
				<b>NB: Shortened event program due to State Relays</b>
<b>State Relays</b>	SAT	12 DEC	Check Program	State Athletics Facility, Nathan
				<b>NB: Nominated by centre results from Regional Relays</b>
<b>MID SEASON BREAK</b>				
Comp Wk 15	FRI	8 JAN	6:00pm	John Oxley Reserve
Comp Wk 16	FRI	15 JAN	6:00pm	John Oxley Reserve
				<b>Nominations for Regional Champs Close 15/1</b>
Comp Wk 17	FRI	22 JAN	6:00pm	John Oxley Reserve
<b>***Regional Championships (Venue: City North Little Athletics) Fri 29<sup>th</sup> Jan – Sun 31<sup>st</sup> Jan 2021***</b>				
Comp Wk 18	FRI	5 FEB	6:00pm	John Oxley Reserve
Comp Wk 19	FRI	12 FEB	6:00pm	John Oxley Reserve
Comp Wk 20	FRI	19 FEB	6:00pm	John Oxley Reserve
Comp Wk 21	FRI	26 FEB	6:00pm	John Oxley Reserve
Comp Wk 22	FRI	5 MAR	6:00pm	John Oxley Reserve
<b>State Championships</b>	FRI	19 MAR	TBA	State Athletics Facility, Nathan
	SAT	20 MAR		
	SUN	21 MAR		
Presentation Day	SUN	18 APR	TBA	TBA

# Parents/Guardians

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## Important Information for Parents & Guardians:

### Coaching:

Training is held on Tuesday afternoons at John Oxley Reserve. Training for the 2020/2021 season will commence on Tuesday 6<sup>th</sup> October 2020.

- 5:00pm – 6:00pm for U6 – U10 athletes.
- 5:00pm – 6:30pm for U11 – U17 athletes.

Additional sessions will be advertised from time to time during the season. The Centre has a number of qualified Coaches who attend these sessions. Parents are asked to support our coaches by assisting during the session and putting the equipment away. **We are in need of more coaches!**

**If you are interested in becoming a coach, please message us on our Facebook page, or email [secretary@sla.org.au](mailto:secretary@sla.org.au).**

### Codes of Conduct:

Little Athletics Queensland (LAQ) recognises the importance of providing a safe and enjoyable environment for all those who participate in Little Athletics across Queensland. To ensure this, LAQ developed the 'Zero Tolerance Policy' and 'Code of Conduct' to outline the expectations of all involved in the Little Athletics community. We at Strathpine Little Athletics adhere to these policies, and expect all athletes, parents, volunteers and other members of our centre to adhere to their relevant 'Codes of Conduct' and to the 'Zero Tolerance Policy'. The emphasis of Little Athletics is on 'Family, Fun and Fitness' – thus in all we do, we endeavour to foster a fun and supportive environment for all in our Centre.

### *Zero Tolerance Policy:*

"A registered athlete, an official, or assistant in Little Athletics within Queensland, or any spectator will not indulge in any unsportsmanlike behaviour towards another participant, official, or spectator involved in a recognised Little Athletics activity, including organised training and will adhere to the relevant Codes of Conduct/Ethics."

### *Code of Conduct – Parents & Spectators:*

- Condemn all violent or illegal acts, whether they are by athletes, coaches, officials, parents or spectators.
- Respect the official's decisions. Don't complain or argue about actions or decisions during or after an event.
- Unsportsmanlike language, harassment or aggressive behaviour will not be tolerated.
- Encourage athletes to play by the rules and to respect opposing athletes and officials.
- Never ridicule or scorn an athlete for making a mistake, respect their efforts.
- Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placing of an event.
- Participate in positive cheering that encourages the athletes in the Centre you are supporting. Don't engage in any cheering that taunts or intimidates opponents, their fans or officials.
- Remember that children participate in Little Athletics for their own enjoyment, not yours!
- At all times follow the directions of the Arena Manager and/or other competition day officials.
- Never arrive at a Little Athletics competition under the influence of alcohol. Never bring alcohol to a Little Athletics competition or training.

### *Code of Conduct – Athletes:*

- Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.
- Participate for your own enjoyment and benefit.
- Always respect the official's decision.
- Never become involved in acts of foul play.
- Honour both the spirit and intention of the competition rules and live up the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition.
- Safeguard your health. Don't use any illegal or unhealthy substances.
- Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.
- Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Little Athletics event or competition in which you are involved.

### *Unsportsmanlike Behaviour:*

We have a Zero Tolerance stance towards 'Unsportsmanlike Behaviour'. This includes any of the following:

- Verbal abuse and/or assault
- Physical abuse and/or assault
- Discrimination
- Harassment
- Making derogatory statements or gestures
- Cheating
- Non acceptance of the official's decision in an inappropriate manner
- Equipment Abuse

### *Complaint Handling:*

If you as an athlete, parent, official, volunteer or age marshall witness any unsportsmanlike behaviour, we encourage you to approach our Parent Liason Officer Andrew Emmerig (0423 526 414). If Andrew is not in your immediate vicinity, please inform the closest event official. Strathpine Little Athletics have behaviour management and complaint handling procedures in place, so that we can sustain a positive environment for our athletes, families and volunteers. The Parent Liason Officer and Centre Manager will consult and refer to these policies to decide upon an appropriate course of action.

Please refer to the following Policies and Plans published on Little Athletics Queensland's website, for more information regarding Codes of Conduct and Management of Unsportsmanlike Behaviour.

#### Zero Tolerance Policy:

<https://laq.org.au/wp-content/uploads/sites/5/2018/11/Zero-Tolerance.pdf>

#### Codes of Conduct:

<https://laq.org.au/wp-content/uploads/sites/5/2018/11/Codes-of-Conduct.pdf>

#### Child Protection Policy & Risk Management Procedures:

<https://laq.org.au/wp-content/uploads/sites/5/2018/11/Child-Protection-Policy.pdf>

**REMEMBER ... FAMILY, FUN & FITNESS**



# Get Involved!

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## Introduction to Coaching Course (ITC):

### *How can I become a coach?*

We are in need of more coaches!!! We are actively encouraging parents to become involved in coaching. The good news is that Little Athletics Queensland offers many Introduction to Coaching Courses (ITC Courses) each season. The course is great for parents who want to know more about the skills of the sport so that they may help to coach children of Primary school age, assist at Little Athletics Centres or prepare students for school athletics carnivals. Participants are shown drills, skills, games and activities relevant to the target age group.

**WE STRONGLY ENCOURAGE PARENTS TO COMPLETE THE INTRODUCTION TO COACHING (ITC) COURSE!**

#### Course Details:

- **The course duration is 6.5 hours.**
- The course provides a detailed overview for all event groups on the Little Athletics track and field program.
- There is no exam.
- Participants must be at least 16 years of age.
- Costs of the course include a coaching manual, attendance certificate, relevant literature and morning/afternoon tea.
- For more information visit <http://laq.org.au/Coaches/Introduction-To-Coaching>

#### Course Coordinator Contact Information:

**Shaun Letham:** 0417 613 911 or [s.lethem@laq.org.au](mailto:s.lethem@laq.org.au)

**\*\*\*If you are interested in attending an ITC Course – Please message us on our Facebook page, or email [secretary@sla.org.au](mailto:secretary@sla.org.au).**



## Introduction to Officiating Course (Level 0):

### *How can I become an official?*

**ALL PARENTS ARE STRONGLY ENCOURAGED TO COMPLETE THE LEVEL 0 – INTRODUCTION TO OFFICIATING ONLINE COURSE.**

The Introduction to Officiating Course (Level 0) is a short online course designed to assist parents and volunteers by providing an overview of the basic skills they will need to officiate effectively. This course also provides parents with a better understanding of how each event runs. We are in need of more event officials to assist in the running of our weekly competitions. **We strongly urge all parents to follow this link to complete the Introduction to Officiating (Level 0) Course.**

<https://learning.ausport.gov.au/auth/login/?returnUrl=%2F>

# End of Season Presentations

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## Presentation & Awards Day 2020/2021 Season:

**SAVE THE DATE: SUNDAY 18<sup>th</sup> April 2021**

### Eligibility for End of Season Awards:

To be eligible for any of the centre's awards **an athlete must compete in 60% of the events offered by the centre in the season** (e.g. in a 22 week season an athlete may be able to compete in approximately 110 events and so would be required to participate in 66 events to be eligible for an end of season award). This is regardless of when the athlete signs on.

### Awards:

#### *Age Group Most Improved Trophies and Participation Medallions:*

The emphasis of Little Athletics is on personal improvement and participation. Thus, we award athletes who have shown significant improvement and consistent participation week in and week out.

In age group we award three trophies to the 3<sup>rd</sup>, 2<sup>nd</sup> and Most Improved Athletes. These are calculated using the following points system:

- Participation = 0.2 points per event.
- Personal Best = 2 points for every personal best.
- Equalling a Personal Best = 1 point.
- Regional Relay Championships = 1 point for competition
- Regional Championships = 1 point for competition

The remaining athletes receive a participation medallion.



### Age Champion Award:

An athlete in each age group, boys and girls, will receive an Age Champion Trophy based on their best performance in each event during the season. This is calculated on a points system similar to a pentathlon. This award celebrates athletes with a consistently high level of achievement across each event discipline.

### Perpetual Trophies:

We also award five perpetual trophies each year. The criteria for these awards are displayed on page 18. These awards are:

- Most Improved Boy & Most Improved Girl
- George Harvey Award
- Brian Leadbetter Award
- RAAF 'Spirit of the Spitfire' Award
- Strathpine Little Athletics Sportsmanship Award



# Outstanding Achievements 2019/2020 Season

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## State Medallists 2019/2020 Season:

**SLA State Medal Count: 3 GOLD – 7 SILVER – 7 BRONZE!!!**

### LAQ McDonalds State Relay Medallists:

#### **GOLD:**

U10 Boys	Long Jump Relay	Lachlan Bealing & Ned Amorsen
U14 Boys	4x100m Relay	Rylan Driver, Kailen Klaas, Lachlan Wise & Connor Yeadon
U16 Girls	4x100m Relay	Ava Hikaiti, Mia Hikaiti, Xana Donaghy & Ebony Boschma

#### **SILVER:**

U10 Boys	4x100m Relay	Jedidiah Oniga, Ned Amorsen, Santiago Kana & Lachlan Bealing
U9 Boys	Discus Relay	Jeriah Slade-Suemai & Yuvraj Bains
U13 Boys	High Jump Relay	Grant Hall & Taevion Craven
U13 Girls	Multi-Class Long Jump	Hollie Davis & Teikia Ryalls
U13 Girls	Multi-Class Discus	Hollie Davis & Teikia Ryalls
U13 Mixed	Multi-Class 4x70m	Alexander Roper, Alexander Kennedy, Hollie Davis & Teikia Ryalls
U16 Girls	4xSwedish Relay	Freyja Burrell, Mia Hikaiti, Xana Donaghy & Ebony Boschma

#### **BRONZE:**

U9 Boys	Shot Put Relay	Jeriah Slade-Suemai & Yuvraj Bains
U10 Boys	4x200m Relay	Jedidiah Oniga, Ned Amorsen, Santiago Kana & Lachlan Bealing
U13 Boys	Multi-Class Long Jump	Alexander Roper & Noah Boschma
U16 Boys	Discus Relay	Lachlan Wise & Jacob McKinnon
U17 Girls	4x100m Relay	Isabelle Caesar, Alyssa Postle, Antoya Dan & Mia Willis
U17 Girls	4xSwedish Relay	Isabelle Caesar, Alyssa Postle, Antoya Dan & Mia Willis
U17 Girls	Long Jump Relay	Isabelle Caesar & Mia Willis

## Special Awards

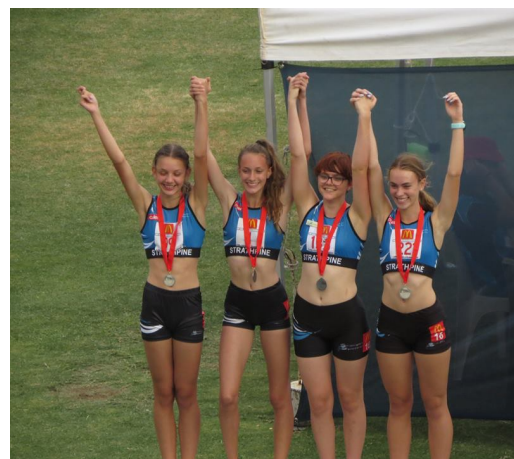
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### Special Committee/Volunteer Awards:

#### *Honorary Life Members:*

*Awarded by the Centre Management committee for long and meritorious service.*

**Ron Buttenshaw (April 1997)**  
**Kath & Graham Cogill (April 2000)**  
**Peter Hall (April 2001)**  
**Marion & Paul Purdon (April 2002)**  
**Darryl Tesch (April 2011)**  
**Sonny Roberts (April 2015)**



# Special Awards

## LAQ Distinguished Merit Award:

Awarded to nominees with a minimum of twelve years of service at Centre level who have shown a clear commitment to furthering the growth and development of both our Centre and Little Athletics in general. This is a most prestigious award and only persons with the highest credentials and integrity are considered for this award by the Association.

**2011/12 Ron Buttenshaw**

## LAQ Merit Award:

Awarded to nominees with a minimum of eight years service at Centre level who have shown a clear commitment to furthering the growth and development of the Centre. Only ten awards are approved by the Association each year.

<b>1993/94</b>	<b>Ron Buttenshaw</b>	<b>1999/00</b>	<b>Alison Taylor &amp; Ron Perske</b>
<b>1996/97</b>	<b>Paul Purdon &amp; Keith Frey</b>	<b>2001/02</b>	<b>Don Stickland</b>
<b>1997/98</b>	<b>Peter Hall</b>	<b>2011/12</b>	<b>Darryl Tesch</b>
<b>1998/99</b>	<b>David Gollan &amp; Marion Purdon</b>	<b>2014/15</b>	<b>Sonny Roberts</b>

## LAQ Service Awards:

### 30 Year Award:

**Ron Buttenshaw 2014**

### 20 Year Awards:

**Marion Purdon 2008**

**Paul Purdon 2008**

**Peter Hall 2009**

**Darryl Tesch 2017**

**Sonny Roberts 2018**

### 15 Year Awards:

**Don Aitchison 2007**

**Keith Frey**

**Don Stickland**

**Kym Aitchison**

**Michelle Psaltis**

**Ron Perske**

**John Collier**

**Michelle Bartlett**

**Pam & Tony Ayton**

**Tracey Tesch**

### 10 Year Awards:

**2000 Time & Toni Lane 2008**

**2001 Jamie Buckler 2012**

**2002 Donna Beattie 2014**

**2002 Kylie Waltisbuhl 2014**

**2002 Kay Mitchell 2014**

**2005 Melissa Perry 2015**

**2005 Greg Langton 2015**

**2005 Vicki Langton 2015**

**2007 Sylvia Scheenhauer 2017**

## Centre Managers:

**1977/78 Clare Hammond**

**1978/79 Clare Hammond**

**1979/80 Doug Lightbody**

**1980/81 Doug Lightbody**

**1981/82 Glenda Burr**

**1982/83 Col Bain**

**1983/84 Noel Pyle**

**1984/85 Noel Pyle**

**1985/86 Noel Pyle**

**1986/87 Paul Burge**

**1987/88 Paul Burge**

**1988/89 Paul Burge/John Kranen**

**1989/90 Greg Watts**

**1990/91 Greg Watts**

**1991/92 David Lord**

**1992/93 Ron Buttenshaw**

**1993/94 Ron Buttenshaw**

**1994/95 Ron Buttenshaw**

**1995/96 Ron Buttenshaw**

**1996/97 Peter Hall**

**1997/98 Peter Hall**

**1998/99 Marion Purdon**

**1999/00 Marion Purdon**

**2000/01 Marion Purdon**

**2001/02 Marion Purdon**

**2002/03 Tony Day**

**2003/04 Sonny Roberts**

**2004/05 Sonny Roberts**

**2005/06 Sonny Roberts**

**2006/07 Sonny Roberts**

**2007/08 Robert Rafferty**

**2008/09 Sonny Roberts**

**2009/10 Deonie Caruana**

**2010/11 Deonie Caruana**

**2011/12 Belinda Brackin**

**2012/13 Sonny Roberts**

**2013/14 Sonny Roberts**

**2014/15 Sonny Roberts**

**2015/16 Sonny Roberts**

**2016/17 Sonny Roberts**

**2017/18 Sonny Roberts**

**2018/19 Sonny Roberts**

**2019/20 Sonny Roberts**

**2020/21 Andrew Emmerig**

## Special Athlete Awards:

### Laurie Baartz Memorial Trophy:

Laurie Baartz was the Association's Manager for Coaching from 1982 until his untimely death in 1984. The award is open to boys and girls of all age groups and recognises personal improvement over a range of events within four event groupings over a nominated ten week period.

**1987/88 Gavin Macauley (U14 Boys)**

**1990/91 Christine Lucas (U12 Girls)**

**2015/16 Meeka Kilbride (U15 Girls)**

**1989/90 Garth Silva (U9 Boys)**

**1992/93 Gilbert Cogill (U14 Boys)**



### **Graham Cogill Memorial Medallion:**

Graham was a Life member of Strathpine Little Athletics. He was awarded the inaugural QLAA Volunteer of the year Award in 1998 for his volunteer work that he did for Strathpine Little Athletics at John Oxley Reserve. Graham passed away in 2005. This award is presented in Graham's memory and is presented to our centre nominee for the LAQ Laurie Baartz Award – which is based on the most improvements in the major event groupings for a 10 week period.

2006/07	David Andrews	2007/08	David Andrews	2008/09	Dominic Ceolin
2009/10	Kirra Beattie	2010/11	Emma Pearce	2011/12	Jaimy Bruce
2012/13	Beau Acworth	2013/14	Jayden Krushka	2014/15	Hayden Furness
2015/16	Meeka Kilbride	2016/17	Kiana Henare	2017/18	Harrison Mutch
2018/19	Tristan Higham	2019/20	Lucille Ivosevac		

### **Brian Leadbetter Memorial Medallion:**

Committee Member, Coach and Official, Brian Leadbetter sadly passed away in November 2006 after a short battle with cancer. Brian had been a member of Strathpine Little Athletics for 9 years. It was as a jumps coach that Brian implemented a successful pre-season high jump clinic for Under 12 athletes progressing from the scissors to the flop jump concept. In his memory, the Brian Leadbetter Memorial Medallion is awarded to the athlete from the U11 age group who has best demonstrated the Fosbury Flop technique in High Jump. The athlete must have been at the Centre the previous year.

2006/07	Merinda Minyette	2007/08	Kerri Smith	2008/09	Haydn Lane
2009/10	Harley Arrowsmith	2010/11	Tahlia Perry	2011/12	Jonah Mead
2012/13	Benjamin White	2013/14	Riley Maxworthy	2014/15	Nakita Glasse
2015/16	Riley Mann	2016/17	Imogen Tonges	2017/18	Jacob Wheatley
2018/19	Lachlan Davis	2019/20	Chelsea Boyle		

### **RAAF 'Spirit of the Spitfire' Award:**

In keeping with our proud relationship with the Pine Rivers RAAF Association, a perpetual award is generously donated by the Pine Rivers branch RAAF Association. This award is awarded to the Strathpine athlete who achieves the highest points score at our annual pentathlon event. At this event, athletes compete in 5 events comprising usually of a sprint race, distance race, hurdle race, jump event and throw event. Their performance in each event is awarded points weighted against the current Strathpine Centre Best performance for that event and age group. We believe that this criteria recognises an athlete who demonstrates a high level of ability in multiple events, as well as providing equal opportunity for all athletes to receive the award.

2010/11	Tahlia Perry	2011/12	Chloe Gould	2012/13	Ella Booker
2013/14	Ella Booker	2014/15	Trista Hockey	2015/16	Noah Wright
2016/17	Kody Hockey	2017/18	Hayden Furness	2018/19	Aaliyah Bourke
2019/20	Lachlan Bealing				

### **Strathpine Little Athletics Sportsmanship Award:**

The SLA Sportsmanship Award is presented to the athlete that best demonstrates the spirit of sportsmanship at our centre. Nominees for this award are put forward by members of the centre committee as the season progresses. To be nominated for this award, athletes must demonstrate:

- Exemplary conduct at all times
- Leadership skills through helping and supporting other athletes
- A high level of commitment to athletics – attending training and competition nights regularly.

2013/14	Joshua Brown	2014/15	Ewan Tanner	2015/16	Chloe Gould
2016/17	Meeka Kilbride	2017/18	Sean Brackin	2018/19	Pyper Frazer
2019/20	Noah Boschma				

### Overall Most Improved Athletes:

	BOYS	GIRLS
1983/84	S. Peck	K. Young
1984/85	G. Keegan	K. Young
1985/86	G. Macaulay	L. Russell & R. Hilleard
1986/87	T. Harper	A. Mills
1987/88	G. Macaulay	R. Buttenshaw
1988/89	B. Watts	K. Purdon
1989/90	R. Edmonds	C. Lucas
1990/91	B. Wendt	L. Roberts
1991/92	P. Ninnes	E. Sayers
1992/93	J. Wallace	F. Solomon & C. Wallace
1993/94	M. Macdonald	M. Emery & C. Lucas
1994/95	B. Smits	K. Jones
1995/96	M. Hall	S. Collier
1996/97	M. Hall	K. Emmerig
1997/98	S. Eley	T. Gollan & E. O'Malley
1998/99	C. Eddy	R. Jamesion
1999/00	C. Carey	E. Baker & A. Psaltis
2000/01	C. Carey	L. McDonnell
2001/02	D. Ward	E. Ceolin
2002/03	M. Mullins	A. McDonnell
2003/04	L. Niland-Rowe	R. Rose
2004/05	L. Niland-Rowe & J. McNee	E. Fawcett
2005/06	C. Buckler	D. Mutch
2006/07	D. Andrews	C. Harvey & D. Cameron
2007/08	J. Osborne & D. Andrews	J. Langton
2008/09	D. Ceolin	J. Langton
2009/10	J. Cameron	C. Gould
2010/11	J. Mead	E. Pearce
2011/12	J. Mead	J. Bruce
2012/13	B. White	B. Acworth
2013/14	J. Krushka	C. Sims
2014/15	H. Furness	K. Beattie
2015/16	J. Perry	M. Kilbride
2016/17	J. Krushka	K. Henare
2017/18	L. Nugent	M. Davis
2018/19	N. Amorsen	C. Boyle
2019/20	H. Davis	F. Burrell

### George Harvey Award:

*George is considered by many to be the patriarch of Little Athletics in Queensland and was the LAAQ President from 1979 to 1989. In 1989, he stepped down to take on the role of President of the Australian Little Athletics Union; a position he held until 1994. From 1994 to 1996, he held the position of CEO of QLAA. The George Harvey Award is restricted to athletes with a minimum of six years involvement and who display Leadership, Respect, Perseverance, Sportsmanship, Enthusiasm and who are Ambassadors for Little Athletics.*

<b>1995/96</b>	<b>Trent Purdon</b>	<b>2015/16</b>	<b>Tahlia &amp; Joshua Perry</b>	<b>2017/18</b>	<b>Meeka Kilbride</b>
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### Volunteer of the Year Award:

*This award recognises an outstanding volunteer in a Queensland Little Athletics centre. It is judged by the State Board of Management following nominations from centres throughout Queensland. There is only one award each year based on the current year's involvement.*

<b>1997/98</b>	<b>Graham Cogill</b>
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### Coach of the Year Award:

*The Coach of the Year Award aims to promote, encourage and reward quality Little Athletics coaching.*

<b>2000/01</b>	<b>Ron Buttenshaw</b>
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### **Australian Little Athletics Championships (ALACs):**

*This is a national one day event involving teams of Under 13 athletes from all eight State and Territory Associations. Each State is limited to a team of thirteen boys and thirteen girls competing over several events. The competition emphasizes all round ability. A separate Under 15 Multi-Event Championship with three boys and three girls from each State also compete in a Pentathlon of Sprint Hurdles, 100m, 800m, Long Jump and Discus.*

1978/79	D. Kling, J. Manion & B. O'Sullivan	1999/00	T. Anderson & S. Collier
1985/86	A. Swanborough	2000/01	A. Psaltis & C. Crowley
1987/88	A. Nash	2001/02	S. Simpson & D. Ward
1988/89	A. Swanborough & G. Scully	2003/04	E. Jackson
1989/90	B. Swanborough	2005/06	T. Murphy
1990/91	K. Purdon	2007/08	J. Osborne & D. Andrews
1993/94	R. Vis	2008/09	B. Tesch & K. Peina
1995/96	F. Solomon, B. Johns & J. Plowright	2011/12	T. Perry & A. Brackin
1996/97	M. Ward	2012/13	J. Mead
1997/98	S. Collier	2013/14	J. Krushka
1998/99	J. Stickler & B. Perske	2014/15	J. Hockey

### **Centre Captains:**

*Athletes in the U15 to U17 age group may nominate for the position of Centre Captain or Vice-Captain to be elected by their peers. To be eligible for selection as a Centre Captain/Vice-Captain, an athlete must have been registered in the previous season with our Centre and must have fulfilled the attendance criteria in that season. The Management Committee has the right to deem athletes ineligible on other grounds such as unacceptable behaviour. To be eligible to vote, an athlete must also have been registered in the previous season with our Centre. Voting is done by those eligible athletes from U13 to U17 age groups. All eligible athletes vote for both the Girls and Boys Centre Captains and Vice-Captains.*

1993/94	Renee Buttenshaw & Ben De Young	1994/95	Michelle Hall & Rowan Gollan
1995/96	Kristy Jones & Trent Purdon	1996/97	Cathy Taylor & Matthew Hall
1997/98	Bronwyn Johns & Matthew Hall	1998/99	Tegan Gollan & Mark Ward
1999/00	Samantha Collier & Grant Purdon	2000/01	Jacky Stickler & Ben Perske
2001/02	Tamara Anderson & Mark Eley	2002/03	Laine Spooner & Cameron Crowley
2003/04	Emma Baker & Mitchell Tesch	2004/05	Rachael Day & Lizzie Pascoe
2005/06	Michaela Harrison & James Noyes	2006/07	Samantha Tesch & Cameron Lane
2007/08	Rachael Maher & Toby Murphy	2008/09	Kate Sheahan & Ryann Boxsell
2009/10	Monique King & Jacob Butterworth	2010/11	Jackson Condon & Kamaia Peina
2011/12	Nic White & Haydn Lane	2012/13	Nic White & Tegan Protheroe
2013/14	Brock McLean (C) & Tahlia Perry (C) Jason Cameron (VC) & Kirra Beattie (VC)	2014/15	Joshua Perry (C) & Tahlia Perry (C) Ewan Tanner (VC) & Jesse Langton (VC)
2015/16	Ewan Tanner (C) & Kirra Beattie (C) Joshua Perry (VC) & Jesse Langton (VC)	2016/17	Ben White (C) & Meeka Kilbride (C) Joshua Perry (VC) & Isabella Turner (VC)
2017/18	Jayden Krushka (C) & Meeka Kilbride (C) Sean Brackin (VC) & Isabella Turner (VC)	2018/19	Ebony Boschma & Pyper Frazer
2019/20	Ebony & Pyper Frazer		



# Centre Records

## Centre Best Performances:

### U6 Boys:

EVENT	NAME	RESULT	SEASON
50M	J. Logan	9.5 secs	2001/2002
70M	M. Fenton	12.70 secs	1994/1995
100M	M. Fenton	18.50 secs	1994/1995
200M	J. Bretherton	45.80 secs	2019/2020
60M MOD HURDLES	K. Kellaway G. Pereira	9.60 secs	1995/1996 1995/1996
SHOT PUT	L. Watson	5.41m	2011/2012
DISCUS	M. Fenton	15.86m	1994/1995
LONG JUMP	C. Ehrhardt	2.87m	2000/2001

### U6 Girls:

EVENT	NAME	RESULT	SEASON
50M	P. Hoffman	10.10 secs	2009/2010
70M	L. Pereira	13.60 secs	1994/1995
100M	L. Pereira	19.20 secs	1994/1995
200M	A. Bowman	48.30 secs	2019/2020
60M MOD HURDLES	T. Tomich	9.90 secs	2011/2012
SHOT PUT	L. Butler	4.50m	2004/2005
DISCUS	C. Crisan	9.64m	2009/2010
LONG JUMP	T. Woodward	2.69m	2012/2013

### U7 Boys:

EVENT	NAME	RESULT	SEASON
50M	C. Humphries M. Doak	8.80 secs	2000/2001 2000/2001
70M	R. Vis	11.80 secs	1987/1988
100M	R. Vis	16.70 secs	1987/1988
200M	R. Vis	34.30 secs	1987/1988
300M	P. Schlatter	1.08.80 mins	2018/2019
60M MOD HURDLES	M. Doak	8.70 secs	2000/2001
SHOT PUT	C. Vis	8.07m	1991/1992
DISCUS	C. Vis	22.02m	1991/1992
LONG JUMP	C. Vis	3.38m	1991/1992

### U7 Girls:

EVENT	NAME	RESULT	SEASON
50M	E. Booker	8.80 secs	2012/2013
70M	B Johns	12.00 secs	1989/1990
100M	E. O'Connor	17.20 secs	1984/1985
200M	A. Jensen	36.80 secs	1984/1985
300M	S. Hincksman	1.09.20 mins	2018/2019
60M MOD HURDLES	T. Tomich	9.40 secs	2012/2013
SHOT PUT	S. Martin	5.86m	1993/1994
DISCUS	C. Brock	13.18m	1998/1999
LONG JUMP	T. Woodward	3.02m	2013/2014

### U8 Boys:

EVENT	NAME	RESULT	SEASON
70M	B. Sheey	11.20 secs	1991/1992
100M	B. Swanborough	15.40 secs	1985/1986
200M	B. Swanborough	32.00 secs	1985/1986
500M	E. Thomasson	1.48.60 secs	2016/2017
60M HURDLES	B. Roberts	11.50 secs	2000/2001
SHOT PUT	C. Vis	8.57m	1992/1993
DISCUS	C. Vis	22.70m	1992/1993
LONG JUMP	C. Vis	4.06m	1992/1993
HIGH JUMP	K. Henare	1.09m	2017/2018

### U8 Girls:

EVENT	NAME	RESULT	SEASON
70M	B. Johns E. Booker	11.70 secs	1990/1991 2013/2014
100M	R. Buttenshaw	16.20 secs	1986/1987
200M	A. Jensen	34.20 secs	1985/1986
500M	H. Davis	1.51.00 secs	2016/2017
60M HURDLES	E. Booker	12.50 secs	2013/2014
SHOT PUT	L. Hodgson-Forsyth	6.19m	2019/2020
DISCUS	C. Brock	18.84m	1999/2000
LONG JUMP	A. Doak M. Lynch	3.38m	2004/2005 2012/2013
HIGH JUMP	T. Perry R. Hooper	1.04m	2006/2007 2006/2007

### U9 Boys:

EVENT	NAME	RESULT	SEASON
70M	B. Watts	10.60 secs	1988/1989
100M	B. Swanborough	15.00 secs	1986/1987
200M	B. Swanborough	30.80 secs	1986/1987
400M	N. Amorsen	1.18.60 mins	2018/2019
800M	M. Foyle	2.49.80 mins	2006/2007
60M HURDLES	M. Foyle	10.60 secs	2006/2007
700M WALK	B. Tesch	4.00.20 mins	2004/2005
SHOT PUT	R. Vis	8.44m	1989/1990
DISCUS	M. Pennington	29.26m	1986/1987
LONG JUMP	B. Swanborough	4.14m	1986/1987
HIGH JUMP	B. Swanborough	1.30m	1986/1987

### U9 Girls:

EVENT	NAME	RESULT	SEASON
70M	L. Ryan A. Nimo	11.20 secs	1983/1984 1994/1995
100M	L. Ryan	15.50 secs	1983/1984
200M	L. Ryan	32.00 secs	1983/1984
400M	M. Foster	1.26.70 mins	2016/2017
800M	P. Pitt	2.58.50 mins	1984/1985
60M HURDLES	A. Nimo	11.50 secs	1994/1995
700M WALK	S. Tesch	4.08.80 mins	2000/2001
SHOT PUT	L. Butler	6.72m	2007/2008
DISCUS	T. Hockey	20.59m	2013/2014
LONG JUMP	T. Perry	4.14m	2007/2008
HIGH JUMP	T. Perry	1.14m	2007/2008



### U10 Boys:

EVENT	NAME	RESULT	SEASON
70M	R. Vis	10.30 secs	1990/1991
100M	B. Swanborough B. Watts	14.30 secs	1987/1988 1989/1990
200M	B. Swanborough	29.40 secs	1987/1988
400M	B. Swanborough	1.08.10 mins	1987/1988
800M	C. Crowley	2.37.50 mins	1997/1998
60M HURDLES	M. Foyle	10.90 secs	2007/2008
1100M WALK	B. Tesch	5.33.30 mins	2005/2006
SHOT PUT	J. Logan	10.79m	2005/2006
DISCUS	M. Pennington	33.24m	1987/1988
LONG JUMP	M. Foyle	4.50m	2007/2008
HIGH JUMP	G. Dilosa	1.30m	1985/1986

### U10 Girls:

EVENT	NAME	RESULT	SEASON
70M	C. Sims	10.70 secs	2013/2014
100M	K. Purdon	14.80 secs	1988/1989
200M	A. Nimo	32.00 secs	1995/1996
400M	K. Randall	1.13.50 mins	1984/1985
800M	K. Randall	2.48.60 mins	1984/1985
60M HURDLES	T. Perry	11.60 secs	2008/2009
1100M WALK	S. Tesch	6.31.60 secs	2001/2002
SHOT PUT	G. Ceolin	8.33m	2008/2009
DISCUS	T. Hockey	24.68m	2014/2015
LONG JUMP	B. Johns R. Day T. Perry	4.10m	1992/1993 1999/2000 2008/2009
HIGH JUMP	J. Stickler T. Perry	1.22m	1995/1996 2008/2009

### U11 Boys:

EVENT	NAME	RESULT	SEASON
70M	M. Hall B. Mawhinney J. Logan	10.00 secs	1993/1994 1993/1994 2006/2007
100M	B. Swanborough B. Mawhinney	13.70 secs	1988/1989 1993/1994
200M	B. Swanborough	27.70 secs	1988/1989
400M	B. Swanborough	1.02.70 mins	1988/1989
800M	J. Carnellor C. Crowley	2.34.00 mins	1998/1999
1500M	J. Woodward	5.19.80 mins	2013/2014
60M HURDLES	B. Smits J. Williamson	10.50 secs	1994/1995 2013/2014
1100M WALK	B. Tesch	5.26.30 mins	2006/2007
JAVELIN	B. Watts	30.64m	1990/1991
SHOT PUT	J. Logan	10.98m	2006/2007
DISCUS	C. Lane	28.44m	2002/2003
LONG JUMP	T. Purdon	4.97m	1991/1992
TRIPLE JUMP	R. Vis	10.00m	1991/1992
HIGH JUMP (Scissors)	J. Logan	1.34m	2006/2007
HIGH JUMP (Flop)			

### U11 Girls:

EVENT	NAME	RESULT	SEASON
70M	T. Nielsen	10.20 secs	2017/2018
100M	T. Nielsen	14.20 secs	2017/2018
200M	T. Hotten	29.80 secs	2010/2011
400M	J. Stickler	1.09.20 mins	1996/1997
800M	K. Randall	2.42.40 mins	1985.1986
1500M	A. Harris	5.47.00 mins	2012/2013
80M HURDLES	H. Davis	14.50 secs	2019/2020
1100M WALK	S. Tesch	6.04.70 mins	2002/2003
JAVELIN	A. Matthysz-Hamblin	24.03m	2010/2011
SHOT PUT	G. Ceolin	9.56m	2009/2010
DISCUS	P. Maizey	28.06m	2018/2019
LONG JUMP	M. Hikaiti	4.42m	2014/2015
TRIPLE JUMP	T. Perry	9.63m	1989/1990
HIGH JUMP (Scissors)	T. Perry	1.30m	2009/2010
HIGH JUMP (Flop)			

### U12 Boys:

EVENT	NAME	RESULT	SEASON
70M	T. Murphy J. Butterworth H. Arrowsmith M. Foyle	9.80 secs	2004/2005 2006/2007 2009/2010 2009/2010
100M	M. Foyle	13.40secs	2009/2010
200M	B. Swanborough	27.40 secs	1989/1990
400M	B. Swanborough	1.01.80 mins	1989/1990
800M	B. Swanborough	2.28.30 mins	1989/1990
1500M	B. Swanborough	5.14.30 mins	1989/1990
60M HURDLES	J. Butterworth	10.40 secs	2006/2007
1500M WALK	B. Tesch	7.38.00 mins	2007/2008
JAVELIN	A. Harvey	34.18m	1995/1996
SHOT PUT	C. Lane	11.90m	2003/2004
DISCUS	C. Lane	40.60m	2003.2004
LONG JUMP	B. Watts	5.06m	1991/1992
TRIPLE JUMP	J. Logan	10.52m	2007/2008
HIGH JUMP	T. Murphy	1.56m	2004/2005

### U12 Girls:

EVENT	NAME	RESULT	SEASON
70M	B. Johns T. Hotten	9.80 secs	1994/1995 2011/2012
100M	B. Johns	13.80 secs	1994/1995
200M	A. Swanborough	28.20 secs	1985/1986
400M	A. Swanborough	1.04.20 secs	1985/1986
800M	A. Swanborough	2.30.50 secs	1985/1986
1500M	E. Jackson	5.39.90 mins	2002/2003
60M HURDLES	J. Stickler T. Perry	10.80 secs	1997/1998 2010/2011
1500M WALK	S. Tesch	8.28.80 mins	2003/2004
JAVELIN	A. Matthysz-Hamblin	28.08m	2011/2012
SHOT PUT	G. Ceolin	11.08m	2010/2011
DISCUS	S. Collier	32.58m	1996/1997
LONG JUMP	A. Swanborough	4.66m	1985/1986
TRIPLE JUMP	T. Perry	9.76m	2010/2011
HIGH JUMP	J. Stickler T. Perry	1.52m	1997/1998 2010/2011

### U13 Boys:

EVENT	NAME	RESULT	SEASON
70M	T. Murphy	9.10 secs	2005/2006
100M	T. Murphy K. Mason	12.70 secs	2005/2006 2013/2014
200M	B. Swanborough	26.50 secs	1990/1991
400M	B. Swanborough	58.50 secs	1990/1991
800M	M. Ward	2.21.40 mins	1996/1997
1500M	M. Ward	4.54.80 mins	1996/1997
80M HURDLES	J. Butterworth	13.40 secs	2007/2008
300M HURDLES	A. Miller	27.00 secs	1993/1994
1500M WALK	B. Tesch	7.16.90 mins	2008/2009
JAVELIN	C. Lane	36.95m	2004/2005
SHOT PUT	T. Murphy	12.74m	2005/2006
DISCUS	C. Lane	40.94m	2004/2005
LONG JUMP	T. Murphy	5.60m	2005/2006
TRIPLE JUMP	J. Plowright	10.92m	1995/1996
HIGH JUMP	T. Murphy	1.68m	2005/2006

### U13 Girls:

EVENT	NAME	RESULT	SEASON
70M	B. Johns T. Hotten I. Turner	9.80 secs	1995/1996 2012/2013 2013/2014
100M	L. Parkin	13.30 secs	1990/1991
200M	A. Swanborough	28.20 secs	1986/1987
400M	A. Swanborough S. Simpson	1.04.60 mins	1986/1987 2001/2002
800M	A. Swanborough	2.29.49 mins	1986/1987
1500M	S. Tesch	5.23.70 mins	2004/2005
80M HURDLES	T. Perry	14.10 secs	2011/2012
200M HURDLES	S. Simpson	31.90 secs	2001/2002
1500M WALK	A. Brackin	7.58.20 mins	2011/2012
JAVELIN	B. Acworth	31.28m	2011/2012
SHOT PUT	S. Collier	10.98m	1997/1998
DISCUS	S. Collier	37.80m	1997/1998
LONG JUMP	K. Vennix	4.86m	2013/2014
TRIPLE JUMP	T. Perry	10.49m	2010/2011
HIGH JUMP	K. Jackson	1.57m	1990/1991

### U14 Boys:

EVENT	NAME	RESULT	SEASON
70M	K. Page	8.70 secs	2007/2008
100M	K. Page	11.90 secs	2007/2008
200M	K. Page	25.10 secs	2007/2008
400M	C. Young	56.20 secs	1989/1990
800M	M. Ward	2.15.20 mins	1997/1998
1500M	M. Ward	4.43.50 mins	1997/1998
90M HURDLES	J. Butterworth	13.40 secs	2007/2008
200M HURDLES	J. Butterworth	27.50 secs	2008/2009
1500M WALK	B. Tesch	6.45.20 mins	2009/2010
JAVELIN	C. Lane	45.02m	2005/2006
SHOT PUT	T. Murphy	12.89m	2006/2007
DISCUS	C. Lane	43.61m	2005/2006
LONG JUMP	J. Butterworth	5.69m	2008/2009
TRIPLE JUMP	L. Mountford	11.97m	2012/2013
HIGH JUMP	J. Hoisser	1.67m	2006/2007

### U14 Girls:

EVENT	NAME	RESULT	SEASON
70M	K. Purdon	9.50 secs	1992/1993
100M	L. Burge	13.10 secs	1987/1988
200M	I. Swanborough	27.70 secs	1989/1990
400M	K. Purdon	1.02.70 mins	1992/1993
800M	I. Swanborough	2.26.20 mins	1989/1990
1500M	S. Tesch	5.09.20 mins	2005/2006
80M HURDLES	T. Perry	14.40 secs	2012/2013
200M HURDLES	R. Day T. Hotten	32.00 secs	2003/2004 2013/2014
1500M WALK	S. Tesch	7.34.10 mins	2005/2006
JAVELIN	B. Acworth	35.09m	2012/2013
SHOT PUT	K. Peina	12.30m	2009/2010
DISCUS	S. Collier	37.08m	1998/1999
LONG JUMP	S. Collier	4.98m	1998/1999
TRIPLE JUMP	T. Perry	10.78m	2011/2012
HIGH JUMP	T. Perry	1.60m	2012/2013

### U15 Boys:

EVENT	NAME	RESULT	SEASON
70M	J. Butterworth	8.60 secs	2009/2010
100M	C. Young	11.90 secs	1990/1991
200M	C. Young	24.50 secs	1990/1991
400M	C. Young	54.70 secs	1990/1991
800M	M. Ward	2.11.10 mins	1998/1999
1500M	M. Ward	4.34.00 mins	1998/1999
100M HURDLES	G. Purdon	14.00 secs	1999/2000
300M HURDLES	R. Thiessens	45.60 secs	2017/2018
1500M WALK	J. Osborne	6.39.20 mins	2009/2010
JAVELIN	B. White	37.46m	2015/2016
SHOT PUT	W. Taylor	14.49m	1999/2000
DISCUS	C. Lane	53.02m	2006/2007
LONG JUMP	J. Polovich	6.23m	2018/2019
TRIPLE JUMP	A. Miller	12.36m	1995/1996
HIGH JUMP	T. Murphy	1.77m	2007/2008

### U15 Girls:

EVENT	NAME	RESULT	SEASON
70M	T. Protheroe	9.30 secs	2012/2013
100M	I. Turner	13.10 secs	2015/2016
200M	I. Swanborough K. Purdon	27.70 secs	1990/1991 1993/1994
400M	K. Purdon	1.01.70 mins	1993/1994
800M	K. Purdon	2.31.80 mins	1993/1994
1500M	S. Tesch	5.11.50 mins	2006/2007
90M HURDLES	E. Johnson	14.80 secs	2007/2008
300M HURDLES	I. Caesar	55.10 secs	2017/2018
1500M WALK	S. Tesch	7.30.40 mins	2006/2007
JAVELIN	B. Acworth	37.04m	2013/2014
SHOT PUT	S. Collier	12.70m	1999/2000
DISCUS	S. Collier	38.76m	1999/2000
LONG JUMP	T. Protheroe	5.30m	2012/2013
TRIPLE JUMP	S. Collier	10.97m	1999/2000
HIGH JUMP	M. Hikaiti	1.62m	2018/2019

### U16 Boys:

EVENT	NAME	RESULT	SEASON
70M	J. Krushka	8.40 secs	2016/2017
100M	J. Krushka	11.70 secs	2016/2017
200M	B. McLean J. Krushka	24.90 secs	2013/2014 2016/2017
400M	J. McDermott	54.80 secs	2008/2009
800M	J. McDermott	2.13.20 mins	2008/2009
1500M	B. Mutch	4.57.10 mins	2008/2009
100M HURDLES	G. Purdon	13.40 secs	2000/2001
300M HURDLES	H. Furness	42.60 secs	2016/2017
1500M WALK	C. Buckler	6.42.80 mins	2009/2010
JAVELIN	N. White	43.30m	2012/2013
SHOT PUT	R. Boxsell	14.38m	2009/2010
DISCUS	C. Lane	43.76m	2007/2008
LONG JUMP	H. Furness	6.59m	2016/2017
TRIPLE JUMP	G. Purdon	12.46m	2000/2001
HIGH JUMP	J. Hoisser	1.80m	2008/2009

### U16 Girls:

EVENT	NAME	RESULT	SEASON
70M	I. Turner	9.20 secs	2016/2017
100M	I. Turner	12.80 secs	2016/2017
200M	I. Turner	27.40 secs	2016/2017
400M	E. Boschma	1.02.60 mins	2019/2020
800M	J. Langton	2.37.90 mins	2014/2015
1500M	S. Tesch	5.49.60 mins	2015/2016
90M HURDLES	M. Hikaiti	14.60 secs	2019/2020
1500M WALK	S. Tesch	7.34.80 mins	2007/2008
300M HURDLES	I. Caesar	53.60 secs	2018/2019
JAVELIN	B. Acworth	32.58m	2014/2015
SHOT PUT	S. Collier	11.34m	2000/2001
DISCUS	S. Collier	42.46m	2000/2001
LONG JUMP	E. Boschma	5.17m	2019/2020
TRIPLE JUMP	I. Turner	10.79m	2016/2017
HIGH JUMP	M. Tardy	1.62m	2017/2018

### U17 Boys:

EVENT	NAME	RESULT	SEASON
70M	J. Krushka	8.40 secs	2017/2018
100M	J. Krushka H. Furness	11.80 secs	2017/2018 2017/2018
200M	J. Krushka	24.30 secs	2017/2018
400M	J. Krushka	55.50 secs	2017/2018
800M	J. Osborne	2.10.20 mins	2011/2012
1500M	J. Osborne	4.54.70 mins	2011/2012
110M HURDLES	H. Furness	15.80 secs	2017/2018
300M HURDLES	H. Furness	42.10 secs	2017/2018
1500M WALK	J. Osborne	5.57.90 mins	2011/2012
JAVELIN	N. White	47.45m	2013/2014
SHOT PUT	S. Psaltis	12.67m	2001/2002
DISCUS	T. Beck	30.58m	2016/2017
LONG JUMP	H. Furness	6.36m	2017/2018
TRIPLE JUMP	G. Purdon	12.19m	2001/2002
HIGH JUMP	B. Mutch J. Stevens	1.75m	2009/2010 2010/2011



### U17 Girls:

EVENT	NAME	RESULT	SEASON
70M	B. Acworth	9.90 secs	2015/2016
100M	I. Turner	13.40 secs	2017/2018
200M	B. Acworth	29.10 secs	2015/2016
400M	A. Postle	1.06.10 mins	2019/2020
800M	J. Langton	2.36.40 mins	2015/2016
1500M	A. Dan	5.40.10 mins	2019/2020
90M HURDLES	I. Turner	16.90 secs	2017/2018
100M HURDLES	S. Collier	18.30 secs	2001/2002
300M HURDLES	I. Turner	1.03.60 mins	2017/2018
1500M WALK	A. Brackin	8.49.20 mins	2015/2016
JAVELIN	B. Acworth	37.46m	2015/2016
SHOT PUT	S. Collier	11.39m	2001/2002
DISCUS	S. Collier	43.50m	2001/2002
LONG JUMP	M. Willis	5.02m	2019/2020
TRIPLE JUMP	S. Collier	10.60m	2001/2002
HIGH JUMP	I. Turner	1.47m	2017/2018

### Archived Records:

AGE GROUP	NAME	RESULT	SEASON
<b>JAVELIN (Old Weights pre 2012/2013)</b>			
U14 G	K. Peina	34.98m	2009/2010
U15 B	C. Lane	49.02m	2006/2007
U15 G	K. Peina	36.62m	2010/2011
U16 B	W. Weller	49.02m	2001/2002
U16 G	S. Collier	27.04m	2001/2002
U17 B	W. Weller	50.70m	2002.2003
U17 G	S. Collier	27.70m	2001/2002
<b>TRIPLE JUMP</b>			
U10 B	L. Previtera	8.88m	2000/2001
U10 G	A. Mills	8.75m	1989/1990
<b>DISCUS (Old Weights)</b>			
U17 B	N. White	43.26m	2013/2014
<b>200M HURDLES</b>			
U15 B	J. Butterworth	27.00 secs	2009/2010
U15 G	T. Perry	31.50 secs	2013/2014
U16 B	G. Purdon B. McLean	27.00 secs	2000/2001 2013/2014
U16 G	S. Hotten	30.20 secs	
U17 B	G. Purdon	26.80 secs	2001/2002
U17 G	B. Acworth	33.30 secs	2015/2016



# Event Specifications

## What Events Will My Child Compete In?

Below is a table that identifies what event each age group competes in. Event distances and equipment specifications are graduated to match the growth of the athletes and encourage skill development.

### Summary of Track and Field Events per Age Group:

Events	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
<b>SPRINTS</b>												
50m	BG	BG										
70m	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
100m	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
200m	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
300m		BG										
400m				BG	BG	BG	BG	BG	BG	BG	BG	BG
<b>MIDDLE DISTANCE</b>												
500m			BG									
800m				BG	BG	BG	BG	BG	BG	BG	BG	BG
1500m						BG	BG	BG	BG	BG	BG	BG
<b>HURDLES</b>												
Modified Hurdles	BG	BG										
60m Hurdles			BG	BG	BG							
80m Hurdles						BG	BG	BG	G			
90m Hurdles									B	G	G	
100m Hurdles										B	B	G
110m Hurdles												B
200m Hurdles								BG	BG			
300m Hurdles										BG	BG	BG
<b>RACE WALKING</b>												
700m Walk				BG								
1100m Walk					BG	BG						
1500m Walk							BG	BG	BG	BG	BG	BG
<b>THROWS</b>												
Shot Put	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
Discus	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
Vortex	BG	BG	BG									
Turbo Jav				BG	BG							
Javelin						BG	BG	BG	BG	BG	BG	BG
<b>JUMPS</b>												
Long Jump	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
Triple Jump						BG	BG	BG	BG	BG	BG	BG
High Jump			BG	BG	BG	BG	BG	BG	BG	BG	BG	BG

## Event and Equipment Specifications:

### Jumps – Long Jump, Triple Jump and High Jump:

Age Group	LONG JUMP	TRIPLE JUMP	HIGH JUMP
U6 – U10	1m x 0.5m Mat		Scissors ONLY
U11 – U12	1.22m x 0.2m Line	1.22m x 0.2m Line	Scissors or Fosbury Flop
U13 – U17	1.22m x 0.2m Board	1.22m x 0.2m Line	Scissors or Fosbury Flop

### Throws – Discus, Shot Put and Javelin:

Age Group	DISCUS		SHOT PUT		JAVELIN	
	Boys	Girls	Boys	Girls	Boys	Girls
U6-U7	350g		1kg (Blue)			
U8	500g		1.5kg (Yellow)			
U9	500g		2kg (Orange)			
U10	500g		2kg (Orange)			
U11	500g		2kg (Orange)		400g	
U12	750g		2kg (Orange)		400g	
U13	750g		3kg (White)		600g	400g
U14	1kg		3kg (White)		600g	400g
U15-16	1kg		4kg (Red)	3kg (White)	700g	500g
U17	1.5kg	1kg	5kg (Green)	3kg (White)	700g	500g

### Hurdles:

Age Group	Gender	Distance	Hurdle Height (cm)	Number of Hurdles	Distance from Start to 1st Hurdle	Distance Between each Hurdle	Distance from Last Hurdle to Finish
SPRINT HURDLES							
U8-9	B&G	60m	45	6	12 m	7m	13m
U10	B&G	60m	60	6	12m	7m	13m
U11	B&G	80m	60	9	12m	7m	12m
U12	B&G	80m	68	9	12m	7m	12m
U13	B&G	80m	76	9	12m	7m	12m
U14	G	80m	76	9	12m	7m	12m
U14	B	90m	76	9	13m	8m	13m
U15-U16	G	90m	76	9	13m	8m	13m
U15-U16	B	100m	76	10	13m	8.5m	10.5m
U17	G	100m	76	10	13m	8.5m	10.5m
U17	B	110m	76	10	13.72m	9.14m	14.02m
DISTANCE HURDLES							
U13	B&G	200m	68	5	20m	35m	40m
U14	B&G	200m	76	5	20m	35m	40m
U15 – U17	B&G	300m	76	7	50m	35m	40m

