

WESTON CREEK REDBACKS LITTLE ATHLETICS



Information Booklet

Updated 02-11-2021

www.wclac.org.au

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INTRODUCTION

Welcome to Weston Creek Redbacks! This information booklet is affectionately known at our club as 'the Redbook' – a nickname from the early days of this publication when it had a red cover. It's a single source of truth on club policies, club roles and responsibilities, and competition rules. It also contains our club records.

We previously provided printed copies of the Redbook but to save on paper and with the emergence of the digital age, it is now an online publication. A small number of printed publications are provided to club officials and athletes who have set club records.

Our event calendar and club contacts are available from our website at www.wclac.org.au.

Season 2021/22 may again be affected by the restrictions imposed by the COVID 19 Safety Plan and the motto 'Get in, Play, Get out'. In any case, all effort will be directed to the provision of quality activities to accord with 'Fun, Family and Fitness'.

Club Policies and Information

1. Registration Fees and free trial

Registration fees are set to cover the cost of sportsground hire, equipment, trophies and Little Athletics ACT affiliation fees. After the Christmas holiday break, the fees are reduced by 50%.

The fee includes the cost of all WCLAC Saturday morning activities and WCLAC coaching sessions but excludes uniform costs.

Fees are reviewed annually by the WCLAC elected Committee.

Athletes are allowed a one-week trial period without paying fees. Only one trial period is allowed per athlete and fees must be paid immediately following the completion of the trial period to allow the athlete to continue competition.

2. Age of Athletes

Children may be registered providing they are five (5) years of age at midnight on 31 December and provided that they have not turned 17 years of age before midnight 31 December. **Proof of age of children may be required in an effort to avoid possible disputes or embarrassment.**

3. Dual Registration with Athletics ACT

For athletes 12 years of age or older as at 31 December.

Athletics ACT (AACT) conducts events for ages Under 14 and upwards. The ACTLAA **association level** registration fee shall be waived for those athletes, who are registered with summer or full registration with a senior ACT Athletics Club (eg Weston Creek Redbacks Athletics Club). Evidence of AACT registration must be presented at the time of ACTLAA registration. In the case where an athlete is already registered with senior athletics, a Centre fee will still apply. Alternatively, the AACT **association level registration** fee shall be waived by a senior club, if an athlete already has ACTLAA registration. Under no circumstances does this registration policy apply to athletes under the age of 12 on 31 December 2021.

PLEASE NOTE: Only one registration number is issued and the senior club uniform must be worn when competing for that club.

4. Uniforms

Centre colours are red and black.

The official uniform consists of a red and black top with logo and black shorts and is available for online purchase.

For sizing, samples of the official uniform will be available on competition days and questions addressed to the WCLAC Registrar.

In all competition outside the Centre (e.g. ACT Carnivals) the official Centre uniform **must** be worn. This will include an age patch, registration number, and any current sponsor's logo. Note that for competition outside the Centre, competitors will not be allowed to take part in any event if they fail to comply with the uniform rules.

5. Registration and Age Group Numbers

On registration, each athlete will be given a cloth registration number patch, Age Group patch and any compulsory sponsor logo patch. These should be attached onto the front of the uniform shirt. The age number patch should be attached onto the upper left side of the shirt in the shoulder area, the sponsor logo attached onto the upper right side of the shirt in the shoulder area and the registration patch on the torso.

6. Support and Advice to Children

The object of Little Athletics is for the enjoyment and competition of the children. Parental encouragement is recommended but in a friendly and helpful way. Chastising or criticising performance cannot be tolerated. The Centre endorses the following rules for parents:

- * If the child is interested, encourage them. However, if they are not interested, do not force them;
- * Focus on the effort and performance rather than on the outcome of the event;
- * Never ridicule or yell at them for making a mistake;
- * Remember that they are involved in athletics for their enjoyment, not yours;
- * Remember that children learn best by example. Applaud good effort by all athletes.

7. Club Captains

Two Club Captains will be elected and hold office for a complete season. Club Captains will be appointed by vote and commence office immediately. Elections will be held during the first month of the season. Nominations for the position of Club Captain, Boy and Girl, will each be taken from the U13 and above Age Group with voting to be done by a show of hands from the U11 Age Group and above.

8. Competition Merit Awards

Upon competing in their first thirty (30) events and each multiple of fifty (50) events, athletes will be awarded a "merit achievement" badge which is suitable for sewing on their uniform (an athlete can receive badges for 30, 50, 100, 150, 200, etc events competed).

9. Most Improved Awards and President's Trophy

An athlete will gain points each time they improve on their best performance in any event. At presentation day, the athletes who have achieved the most improvement points throughout the season in their respective Age Groups will be awarded a Most Improved Trophy. In the event of limited numbers of athletes competing in any Age Group, the awarding of a most improved award will be at the discretion of the Committee.

The President's Trophy was donated by the Davidson family in 2014 and is awarded annually to athletes who have demonstrated all of the qualities that are promoted by Weston Creek Redbacks and the broader athletics community including sportsmanship, integrity, honesty, respect and a never give up attitude. Nominations are provided by Age Managers to the President who selects the recipient.

10. Coaching

The Centre has a number of qualified Coaches, accredited by Athletics Australia, available to assist athletes in matters of event technique. Should anyone wish to learn more about coaching, please speak to the Head Coach or any other member of the Committee. ACTLAA and WCLAC sponsor participation in accredited coaching courses.

Assistance is to be provided from parents of children undertaking drills set by the Coaches. All children must be supervised by a parent when not under the direction of a coach.

11. Wet Weather

The cancellation of any competition day will be decided by 8am on Saturdays or 4pm on Fridays and posted on the website www.wclac.org.au, or on the Weston Creek Little Athletics Facebook page, as soon as possible after a decision. Alternatively, parents can call or access the sportsgrounds website of the appropriate ACT Government department and ask for ground closures.

12. Sick Children

If your child is ill or not keen to compete, PLEASE do not send them along to compete.

13. Injuries

The Centre has a standard first aid kit available for treatment of athletes by an accredited first aid officer in the event of injury. For any insurance claim to be valid, all injuries must be reported as soon as possible and recorded in the register held at the canteen for that purpose. ACTLAA and WCLAC partly sponsor participation in accredited first aid courses.

14. Lost Property

Please mark all clothing clearly with your child's name, especially shoes, hats, drink bottles and pullovers. The Equipment Officer is responsible for the storage of property left during the season and should be contacted if your child misplaces any items. All uncollected items will be given to charity or discarded at the end of each season.

15. Parental/ Carer Support

For the Centre to continue operating, parental participation is essential. Some of the ways in which you can assist are:

- help marshal the athletes and escort them between events
- assist with retrieving, raking, measuring and recording at field events
- be one of the starters or timekeepers
- assist with the multi-timing on the outside (circular) track
- help supervise athletes at weeknight coaching sessions
- become an Age Manager
- officiate at ACTLAA events
- assist with set up and pack up of equipment on competition & coaching days
- help with the canteen and assist with the BBQ
- provide advice on particular needs to allow inclusion of an athlete

The Age Group Managers and Assistants are fundamental to the success and efficient running of the Saturday morning competition. The Age Group Managers act as administrators, mentors and where qualified, coaches to the same group of athletes each week. Each Age Group has a roster of activities that is to be filled by parents/ carers in conducting events. Age Group parents/ carers will be asked to assist with the canteen and barbecue.

There will be people to show you what to do and provide advice as well as the provision of online guidance for Age Group Managers. One of the main aims of Little Athletics is for families to enjoy a morning together and your children will love you being there.

Similarly, in relation to ACTLAA events, parents of children representing the Centre **are** required to assist in nominated positions to ensure safe and timely progress of events. Without this support, the event may not run.

REMEMBER: WITHOUT PARENTAL INVOLVEMENT THERE IS NO CENTRE

16. Program Running

Overall control of events rests with the Centre's Track and Field Co-ordinator. This approach streamlines the program and should avoid delays between events, and avoids venue clashes at the time, or importantly, later in the day.

WCLAC is inclusive and welcomes the participation of all athletes and the rules for the activities will, after consultation with parents / helpers, where possible or needed be amended to allow for participation.

17. Set Up for Competition Days

Table 4 describes the set up required on competition days.

Note: Refer to the weekly competition program for guidance on what will be put out on the day.

Table 4_– Set Up

Event	Task	Comment
Straight track	<ul style="list-style-type: none"> - Position shade tent next to the finish line. - Place starter's kit at the starting line. - Set up, check and align computer timing device. 	
Circular Track	<ul style="list-style-type: none"> - Place the two shorter finish line poles at the finish line. - Position shade tent next to the finish line. - Place timer's bucket at finishing line (ensuring a multi-timer and watches are in the bucket). - Position starter's kits at the appropriate starting lines. - If used, set up, check and align computer timing device. 	
Hurdles	<ul style="list-style-type: none"> - The hurdles up to 100m use the finish straight of the circular track and at least four lanes should be set up. - Using the grey cloth tape on the hose reel, peg the end of the tape at the finishing line and roll it out towards Chapman Primary School on the outermost circular track line. This tape needs to be stretched and pegged at either the prepared 60,80, 90 or 100m marks, then pegged down in the eyelets along the length of the tape. The grey tape has coloured distance/event markings which represent the hurdle positions for each hurdle race. 	<p>Hurdles should not touch one another.</p> <p>Hurdles should be setup for the first of the programmed hurdles events (generally the 60m events are run first)</p>

Event	Task	Comment
	<ul style="list-style-type: none"> - Place hurdles so the hurdle will fall towards the finishing line if bumped. - Place the hurdles in the middle of the lane with the leading face at the correct distance mark. - 200 and 300m hurdle positions will be marked on the circular track 	
Long Jump & Triple Jump	<ul style="list-style-type: none"> - Rotary hoe the sand pit at the beginning of each competition day. Sand pits are to be manually turned using a shovel if the rotary hoe is not operational. - Place out the following for each area: <ul style="list-style-type: none"> • Rake • Shovel • Tape • Stake peg • 0.5 Metre mats • Two cones to be positioned, one on each side of the used take-off line/mat front edge. • Numbered jumper markers for U11 and above • Shade tent if hot weather 	Ensure the sand pit is free of any foreign objects.
High Jump	<ul style="list-style-type: none"> - Place the mats out in the desired area on the oval. - Place out the following for each area. <ul style="list-style-type: none"> • Mats • Two uprights • High jump bar • Elastic "marshmallow" bar • Measuring bar • Shade tent if hot weather 	Scissor mats to be used for U8-U10
Javelin	<ul style="list-style-type: none"> - Place the two yellow sector tapes on the marked lines of the javelin throwing area. Place the beginning end of the sector tape for the arc of the throwing line. Peg to hold down the tape at the middle and end points. - Carry out the blue javelin bag containing the javelins. - Place out sector and foul throw markers and a 50m+ measuring tape. - Place shade tent next to javelin throwing area. - When packing up, roll the tape back onto the 	<ul style="list-style-type: none"> - If necessary, rope off landing area. <p>A trolley is available to take the cones, measuring tape and other small equipment items to the javelin area.</p>

Event	Task	Comment
	reels.	
Discus and Shot Put areas	-Place throwing equipment out at the competition program areas in their containers as follows: <ul style="list-style-type: none"> • Shots/Discus, ensuring the size and weight match the age groups for the day. • Markers • Tape • For shot put. Stop board & pegs (use mallet to peg board outside the front edge of circle) -Place out shade tent if hot weather. -If required, set up the portable net throwing cage at discus area 2 / area 3	Ensure the container contains a cloth to wipe the equipment. Ensure that any water is swept out of the throwing circle. Ensure that excess debris is swept from the circle.

18. Manager and Official Duties for Competition

For ACTLAA Carnivals and Championships, the Centre is required to provide Officials for selected events as well as a Team and/or Officials Manager. The duties are advertised and **must be** filled by volunteers prior to the event. The filling of such positions will be coordinated by the WCLAC Officer of Officials.

The training of Officials is managed by the Centre Officials Coordinator.

On a normal Competition Day at Chapman Oval, the responsibilities listed in Table 5 need to be undertaken to ensure smooth running of the events. Where necessary, appropriate training will be provided and, if required, information as to the requirements of the position should be sought from a Committee member.

Table 5 – Competition Day Duties

Duty	Tasks
Age Manager	-Organise the age group at each event and arrange parent helpers for each event. -Supervise athletes' safe movement between events. -Ensure times and results are recorded using the recording sheets and then entered into Results HQ. -The Age Manager should seek the Track & Field Co-ordinator's permission to change the program. -The Age Manager should arrive no later than 8:30am , and be available to be briefed on any special arrangements or to assist families as required.
Age Manager Assistant	-Assist the Age Manager with tasks. -Recruit other parent helpers as required. -Step in to the role of Age Manager, if the Age

Duty	Tasks
	Manager is absent.
Track & Field Coordinator	<p>-The Track & Field Co-ordinator is to develop a weekly competition program. 3 events are to be scheduled for the under 6-7 age groups and 4 events for under 8-17.</p> <p>- 20 copies of the program are to be printed. One copy is to be placed on the noticeboard at the canteen and the other copies are to be included in the age group folders.</p> <p>-Ensure the Age Groups are running to the program, and, if possible, adjust the program appropriately with Age Manager's input if running late. If an Age Group is running early, it should not disrupt other Age Group's program.</p>
Equipment Officer	<p>-The Equipment Officer has overall responsibility for ensuring the equipment is set out in position by 9am and returned upon the completion of competition.</p> <p>-Ensure all equipment is provided and is safe and useable for the events.</p>
Parent helpers for the straight & circular track <ul style="list-style-type: none"> • Place-judge/Time keepers (as required) • Starter • Computer Timing Device Operator 	<p>-Place-judges ensure that each competitor's name, place , time and event are recorded.</p> <p>-Time-keepers ensure that each competitor's time is accurately recorded to one tenth of a second. Refer to Paragraph 16 in the Rules Section. (The place judge and timekeeper can be the same person.)</p> <p>-The starter conducts the race as per Paragraph 6 of the Rules section and ensures that there is enough preparation time allowed for the athletes to start the race.</p> <p>-If required, the athletes' performances for all events is noted in the Age Manager folder.</p> <p>-Timing operator ensures device ready for operation and, if required, manually starts timing.</p>
Parent helpers for the Long Jump & Triple Jump 5 helpers are recommended: <ul style="list-style-type: none"> • Recorder (can be the Age Manager) • Pegger • Raker • Tape measurer • Judge 	<p>-Ensure that the landing area of the sand pit is raked and loose enough for the athletes to land without excessive jarring. (Use shovel provided to loosen sand if required).</p> <p>-Record each jump with a tape and stake peg (Refer to Paragraph 11,12 and 16 in the Rules Section).</p> <p>-Ensuring the sand mat is brushed and ready for each jump attempted.</p> <p>-Check for and remove any foreign objects from the sand pit.</p>
Parent helpers for the High Jump - 4 helpers are recommended: <ul style="list-style-type: none"> • Recorder 	<p>-Ensure the mats are suitable for the Age Group and/or type of jump.</p> <ul style="list-style-type: none"> • <u>U8-U10 Scissors Mat</u> • <u>U11 and above blue mats ie all legal</u>

Duty	Tasks
<ul style="list-style-type: none"> • Bar replacer x 2 • Measurer/Judge (can be the Age Manager) 	<p style="text-align: center;"><u>techniques</u></p> <ul style="list-style-type: none"> - Ensure the mats are positioned and bound so that the landing areas for all athletes are safe. - Ensure the uprights are in a position that doesn't interfere with the jumper (4m spacing) and are clear of the mat by 10cm. -Ensure the upright bar supports are at the correct height and the jumping height is measured from the ground to the top of the bar midway between the uprights. -Measure in accordance with Paragraph 16 of the Rules Section -If the ground is too slippery for safe conduct of the event, consult with the Track & Field Co-ordinator. Possible options are: moving the high jump mats, postponing the event until later in the day, or substituting another event for high jump. In the latter cases, the Track & Field Co-ordinator can advise on other event possible event options in the context of the overall program for the day. - 30 minutes is to be allocated to the event. For large age groups, the age manager (in consultation with athletes) may reduce the number of attempts or take other action to ensure the event is completed within the allotted 30 minutes.
<p>Parent helpers for the throwing events - 5 helpers are recommended:</p> <ul style="list-style-type: none"> • Recorder • Marker • Retriever • Judge (can be the Age Manager) • Measurer 	<ul style="list-style-type: none"> -Ensure that the throwing circles are free of water, grass, soil, etc before commencing trials. -Ensure the correct weight of the equipment is used for the Age Group. See Paragraphs 13, 14, 15 and 16 in the Rules Section for correct weights and measuring. -Ensure there are enough markers for each competitor. -Measure the best marked throw at the end of the competition or qualification round. -Ensure that the technique of each throw complies with the Little Athletics Australia Standard Rules. -Ensure the mark made by the landing implement lies <u>WITHIN</u> the sector lines <u>i.e. on the line is out.</u> -Measure in accordance with Paragraph of the Rules Section.

19. Equipment

Sufficient equipment is held and maintained for the successful operation of Saturday morning competition and coaching sessions. Age Group Managers and Assistants

are required to check event equipment prior to leaving the area in order to avoid losses requiring replacement.

20. Canteen

The canteen sells a range of foods and drinks and every effort is made to keep the prices competitive. When necessary, volunteers will be required to assist with the operation of the canteen.

21. Codes of Behaviour / Alcohol and Drugs / Sunsmart

WCLAC uses the Codes of Behaviour adopted by ACTLAA. A copy of those codes is displayed on the pavilion noticeboard.

WCLAC uses the alcohol and drugs and sunsmart policy adopted by ACTLAA. There is zero tolerance on the consumption of alcohol and the use of drugs by athletes, coaches, officials, administrators and volunteers in the competition area during Centre organised competition. The zero tolerance on the use of drugs does not apply to prescribed medications, however an expectation exists that, if the medication is performance enhancing, such notification will be given respectively to the Team Manager or Age Manager prior to ACTLAA sanctioned events or Centre Championships.

22. Heat and Lightning Policy

In hot weather, temperature readings will be taken at 15 minute intervals each time at the same unshaded location and in the shade.

Frequent announcements will be made when the temperature reaches 26 degrees Celsius and shade and water should be made available to athletes and parents / Officials.

At 31-35 degrees Celsius, distance events will be postponed until conditions become cooler.

At 38 degrees in dry heat and 36 degrees in humid conditions, events will be cancelled or ceased until conditions are cooler.

Committee members will monitor weather conditions for the development of thunderstorms and the President or Track and Field Coordinator will decide if activities shall be suspended and make an appropriate announcement.

If there is the sound of thunder, the sighting of lightning and in particular if the flash to bang approaches one minute, cessation of activities will occur. The cessation will continue for thirty minutes and at any time during that period more thunder is heard or lightning observed, the thirty minute interval recommences.

At the time of cessation, athletes and Parents/Officials are to seek safe shelter preferably a large enclosed building or a fully enclosed vehicle with a metal roof and windows completely closed.

23. Centre Championships / Records

Towards the end of each season, the Centre Championships are conducted for all WCLAC registered athletes. These are usually held over three or four Saturday mornings

Championship Points

For Centre Championships events, championship points are awarded as follows :

- each competitor receives one participation point per event, and
- the first eight placegetters also receive result points.

Table 6 below shows the championship points allocation for each event.

Table 6 - Championship Points

Final placing	Championship points (addition of result and participation points)
1st	8 + 1 = 9
2nd	7 + 1 = 8
3rd	6 + 1 = 7
4th	5 + 1 = 6
5th	4 + 1 = 5
6th	3 + 1 = 4
7th	2 + 1 = 3
8th	1 + 1 = 2
Other placegetters	1

Attendance Points

Points are allocated for attendance each week (to a maximum of 12 weeks) throughout the season. The maximum attendance points achievable are one third of the maximum Centre Championship participation points that can be achieved by the athlete in their age group.

For example, an Under 7 athlete has 7 championship events (assuming all are conducted) with a possible 9 points per event. The maximum championship participation points achievable are 63 and, therefore, the maximum attendance points are 21. The weekly attendance points are one twelfth of the maximum attendance points for that age group, and up to a maximum of 12 weeks, as referred to above. Therefore, an athlete who participates on 12 or more non-championship weeks receives the maximum available attendance points.

Age Group Champions

The age champion girl and boy for each Age Group is the athlete who scores the highest number of total points. Total points are calculated by the addition of the championship points (as per Table 6) and attendance points.

Records

Records may only be set at Centre Competitions, Centre Championships, ACTLAA authorised Carnivals and Championships and ALAC.

For field events, if it is believed an Age Group record has been equalled or broken, sand pits should not immediately be raked, throwing markers removed or high jumps reset after an athlete's trial. The Track & Field Co-ordinator in the first instance, or another Committee member, but not Age Group Manager, is to verify the performance.

For track events, at least two (2) watch timing devices or computer timing device must be used to record the time (for Centre Championships see Rule 18) The longest time shown by the watches or the time recorded by the computer device will be used as the official time. If it is believed an Age Group record has been equalled or broken, the Track & Field Co-ordinator in the first instance, or another Committee member, but not Age Group Manager, is to be invited to verify the performance. If a record is equalled or broken, the Track & Field Co-ordinator/ Committee member is to counter sign the result sheet.

24. Redback / Spiderback Gift – Multi-Age Sprint / Distance Handicaps

The Redback Gift is a 100m handicap race run by a finalist from each Age Group with the finalist and handicap based either on the recorded to date season best times or the fastest Gift heat time in 70m or 100m races. There are separate boys and girls finals.

Each competitor in the Redback Gift final will start from a mark on the 100m track determined by handicap. As a result, the slower Age Group runners run a shorter distance and the fastest Age Group runner is the back marker.

The Spiderback Gift is a handicap race with each Age Group starting time based on recorded to date season best times or fastest time on selected competition days for 100m (U6-7), 200m (U8) and 800m (U9-17). There are two races (U6-8 200m; U9-17 800m).

The Spiderback Gift will start from either the 200m or 800m start and all athlete representatives run either 200m or 800m.

25. ACTLAA Relay Carnival

Relay teams are organised by the Centre and are open to all Under 6 to Under 17 athletes. More details are provided to parents and athletes prior to the event. WCLAC must supply designated officials for this event.

26. ACTLAA Teams Challenge

The ACTLAA Teams Challenge is open to all Under 6 to Under 8 athletes and involves a number of pre-determined events where points are obtained for performance in each event. More details are provided to parents and athletes prior to the event. WCLAC must supply designated officials for this event.

27. ACTLAA Championships

The ACTLAA State Championships are open to all Under 9 to Under 13 athletes. The ACT U14 - U18 State Championships are open to all Under 14 to Under 17 athletes. More details are provided to parents and athletes prior to the event. WCLAC must supply designated officials for this event.

28. Australian Little Athletics Championship

The Australian Little Athletics Championship (ALAC) is a State/Territory Team Championship event for the Under 13 Age Group and an individual multi-event (Heptathlon) Championship for the Under 15 Age Group. The selection trial for the U15 Heptathlon is held in conjunction with the ACT Combined Events Championships, Athletes will be selected by ACTLAA for the ALAC Team following the ACTLAA Championships. Athletes wishing to be considered are required to nominate and compete; U13 at the ACTLAA State Championships and U15 at the ACT Combined Events Championship.

Rules of Competition

R1. Object

The object of these rules is to set down the requirements for Centre competition conducted by the Weston Creek Little Athletic Centre (WCLAC). The order of precedence for competition rules at WCLAC is, in order, local, ACTLAA, LAA Standard and IAAF.

R2. Eligibility and Attire

All athletes competing in Centre or ACTLAA meetings must be registered with ACTLAA. Centre uniform **MUST** to be worn at all competition.

R3. Registration Numbers, Sponsor's Logo and Age Patches

The official Registration Patch, Sponsor's Logo and Age Patch shall be firmly fixed to the front of each athlete's uniform top so as to be clearly visible at all times. The age patch is to be affixed on the left shoulder area, sponsor's logo on the right shoulder area and registration patch on the front of the torso.

R4. Footwear

Athletes competing in all ACTLAA and Centre competitions **must** wear shoes.

Age Groups **Under 6 to Under 10** will only be allowed to wear **non-spiked running shoes**.

Age Groups **U11 to U17 may wear spiked shoes (Spikes) for laned track events, javelin, high jump, long jump and triple jump**. In addition, Age Groups **U13 to U17 may also wear spiked shoes for unlaned track events except walks**. Spikes must be put on only at the event location and removed upon completion of the event.

The following definition applies to footwear worn by athletes during all competitions run by ACTLAA or affiliated Centres.

"Spikes" – any athletic shoe that has the ability to take metal spikes or with sharp plastic or rigid protrusions. The shoe is still regarded as a spike even if the metal spikes have been removed.

Note; The following definitions are provided to explain the terminology used in "Spikes";

Shoes with flexible protrusions are not within the definition of "spikes"

"Rigid material" – materials such as metal, plastic or compounds that are capable of penetrating or marking the skin of an athlete

"Flexible" – materials such as rubber or synthetic materials that can bend or flex with moderate pressure and not capable of penetrating or marking the skin

On Grass tracks and run ups the maximum length of the spikes will be 9mm.

On Synthetic tracks and run ups the maximum length will be 7mm for events in which spikes are allowed.

R5. Age Groups

The age of all children shall be calculated as at midnight 31 December in the calendar year in which the Little Athletics season commences. The youngest age group shall be Under 6 and eldest Under 17. Competitors must remain in their Age Group for all competition unless otherwise agreed by the WCLAC Committee.

R6. Starts and Starting Blocks

The Starter has control of the competitors on their marks and is the sole judge of any fact connected with the start. All races are to be started by the actual report of a starting device but not before all competitors are quite still on their marks.

In all races ***up to and including 400 metres***, the words of the starter shall be '**On your Marks**', '**Set**', and when all the competitors are 'motionless' the starting device shall be fired.

In all races ***over 400 metres*** the words of the Starter shall be '**On your Marks**' and when all the competitors are motionless, the starting device shall be fired.

If for any reason the Starter has to speak to any competitor after the competitors are on their marks, the starter shall order '**Stand up Please**' and the competitors take one step back from the start line.

A competitor shall not touch either the start line or the ground in front of the start line with their hands or feet when on his/her mark. U11 and above are expected to use a crouch start.

If the Starter is of the opinion that the start was not a fair one, he/she can recall the competitors by the firing of the starting device or agreed method. Competitors responsible for two false starts shall be disqualified from the race.

The gun box is to be used to store caps and cap guns and **ear protection is to be worn by Starters**.

Starters are to be easily visible to Timekeepers and must be able to see all runners.

Starting blocks may be used by the U11 to U17 Age Group and their use is encouraged for those Age Groups.

R7. Hurdles Races

The standard distance, the spacing, number of flights and heights of hurdles shall be set out in each lane in accordance with Table 7, 8 and 9. Collapsible hurdles must be used.

Table 7 - Boys Hurdles Set Up

Age Group	Total Distance	Distance to 1st Hurdle	No of Flights	Distance Between	Distance to Finish
Boys					
U6 - U10	60 Metres	12 Metres	6	7 Metres	13 Metres
U11 – U13	80 Metres	12 Metres	9	7 Metres	12 Metres
U14	90 Metres	13 Metres	9	8 Metres	13 Metres
U15 – U17	100 Metres	13 Metres	10	8.5 Metres	10.5 Metres
U13-U17	200 Metres	20 Metres	5	35 Metres	40 Metres
U15 – U17	300 Metres	50 Metres	7	35 Metres	40 Metres

Table 8 - Girls - Hurdles Set Up

Age Group	Total Distance	Distance to 1st Hurdle	No of Flights	Distance Between	Distance to Finish
Girls					
U6 – U10	60 Metres	12 Metres	6	7 Metres	13 Metres
U11 – U14	80 Metres	12 Metres	9	7 Metres	12 Metres
U15 – U16	90 Metres	13 Metres	9	8 Metres	13 Metres
U17	100 Metres	13 Metres	10	8.5 Metres	10.5 Metres
U13 – U17	200 Metres	20 Metres	5	35 Metres	40 Metres
U15 – U17	300 Metres	50 Metres	7	35 Metres	40 Metres

Table 9 - Hurdles Heights – Girls and Boys (See Table 21 for U6-7)

Age group	Hurdle height
Under 6/7/8& 9	20/30/45cm
Under 10 & 11	60cm
Under 12	68cm
Under 13 to 17	76cm (68cm for U13 200m)

R8. Relays

The batons to be used by all Age Groups in Centre competition relay events shall conform to the specifications in Table 10. Table 11 shows the relay events by Age Group.

Table 10 - Relay Baton Specifications

Diameter	36-40 mm	30-34 mm
Length	280-300mm	280-300mm
Weight (Minimum)	50 g	50 g

Table 11 - Relay Events by Age Group

Age Group	Events
Under 6 to Under 8	4 x 50 metre shuttle 4 x 70 metre shuttle 4 x 100 metre shuttle
Under 9 to Under 17	4 x 70 metre shuttle U9/10 4 x 100m shuttle U9/10 4 x 100 metre circular 4 x 200 metre circular 4 X Medley circular

R9. Field Event Trials

In the Long Jump, Triple Jump, Shot Put, Discus and Javelin events, each competitor shall be entitled to three trials or less (except for Centre Championships R18) as directed by the Age Group Manager in consultation with the Track and Field Coordinator.

R10. High Jump

Age Group Managers in conjunction with the Track and Field Coordinator shall set the starting height. (except for Centre Championships R18)

U8-10 athletes are only to use the scissor style of jumping.

Athletes are eliminated following three successive failed jumps or less (except for Centre Championships R18) as directed by the Age Group Manager in consultation with the Track and Field Coordinator.

The high jump bar is to be raised by 5cm until 3 competitors remain at which time the interval is to be 2cm.

R11. Long Jump

The take-off areas for long jump shall be set out in accordance with Table 12.

Table 12 - Long Jump Set Up

Age Group	Rule
Long Jump U6 to U10	The take-off area shall be a 1.22 metre wide by 0.50 metre (50cm) deep mat. The edge of the take-off area nearest to the pit shall be 0.5 metre or less from the edge of the pit.
Long Jump U11 to U17	The take-off area shall be a 1.22 metre wide by 0.20 metre (20cm) deep board or marking. The edge of the take-off area nearest to the pit shall be not less than 1 metre and no more than 2 metres from the edge of the pit.

For those jumping from a 1.22m x 0.5m take-off area, all jumps will be measured as the shortest distance from the nearest break in the landing area, made by any part of the body or limbs, to the closest imprint made in the take-off mat by the take-off foot or, where no imprint is made and the jump is not a foul (see below), to the rear edge of the take-off mat or that line extended. Where no imprint is made, the measurement must be taken perpendicular to the back of the mat or its extension.

For those jumping from the 1.22m x 20cm take-off area, all jumps shall be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the front edge of the take-off area or that line extended, provided that the jump is not a foul (see below). The measurement must be taken perpendicular to the take-off area or its extension.

Foul jumps will be recorded in the following instances:

- A. Where the competitor does not jump from inside the area bounded by the side edges of the take-off area;
- B. When any part of the competitor's take-off foot protrudes over the leading edge of the take-off area;
- C. When leaving the landing area, first contact in the sand is made closer to the take-off line than the nearest break made in the sand on landing
- D. Any sort of somersaulting is used

R12. Triple Jump

The take-off areas for triple jump shall be set out in accordance with Table 13.

Table 13 - Triple Jump Set Up

Age Group	Rule
U11 to U17	The take-off areas shall be located five, seven, nine and optional eleven metres from the edge of the pit (measured from the edge of the take-off area nearest to the pit). The take-off areas shall be a 1.22 metre wide by 0.20 metre (20cm) deep board or marking.

A competitor can nominate which take-off board they wish to use for the attempt. Each take-off area shall be marked by a set of different coloured cones with one cone on each side of the take-off board.

All jumps shall be measured as the shortest distance from the nearest break in the landing area made by any part of the body or limbs to the leading edge of the take-off area or that line extended, provided that the jump is not a foul (see below). The measurement must be taken perpendicular to the take-off area or its extension.

Foul jumps will be recorded in the following instances:

- A. Where the competitor does not jump from inside the area bounded by the side edges of the take-off area;
- B. When any part of the competitor's take-off foot protrudes over the front edge of the take-off area;
- C. If the athlete does not complete the correct sequence of components for the jump i.e. a hop (landing on the same foot as the take-off foot), a step (landing on the opposite foot to the take-off foot) and a jump (landing in the pit).
- D. When leaving the landing area, first contact in the sand is made closer to the take-off line than the nearest break made in the sand on landing.

R13. Shot Put

The shot used in all official competitions conducted by the Centre shall be made of metal and conform to the specifications shown in Table 14 and 15.

Table 14 - Boys - Shot Put Specifications

Boys	Under 6 & 7	Under 8	Under 9, 10,11 & 12	Under 13 & 14	Under 15 &16	Under 17
Weight	1 kg (Blue)	1.5 kg (Yellow)	2 kg (Orange)	3 kg (White)	4 kg (Red)	5kg (Green)
Diameter	76 - 86 mm	76 -86 mm	76 - 90 mm	85 – 110mm	95 - 110mm	95 – 110mm

Table 15 - Girls - Shot Put Specifications

Girls	Under 6 & 7	Under 8	Under 9, 10, 11 & 12	Under 13, 14, 15, 16 & 17
Weight	1 kg (Blue)	1.5 kg (Yellow)	2 kg (Orange)	3 kg (White)
Diameter	76 – 86 mm	76 - 86 mm	76 - 90 mm	85 -110 mm

R14. Discus

The discus used in all official competitions conducted by the Centre shall conform to the specifications shown in Table 16 and 17.

Table 16 - Boys - Discus Specifications

Boys	Under 6 & 7	Under 8, 9,10 & 11	Under 12 & 13	Under 14,15 & 16	Under 17
Weight	350 g	500 g	750 g	1 kg	1.5 kg
Specifications		See LAA Standard Rules	See LAA Standard Rules	See LAA Standard Rules	

Table 17 - Girls - Discus Specifications

Girls	Under 6 & 7	Under 8, 9,10 & 11	Under 12 & 13	Under 14 -17
Weight	350 g	500 g	750 g	1 kg
Specifications		See LAA Standard Rules	See LAA Standard Rules	See LAA Standard Rules

R15. Javelin

The javelin used in all official competitions conducted by the Centre shall conform to the weight shown in Table 18 and the LAA Standard Rules specifications.

Table 18 - Javelin Specifications

Boys	U11 to U 12 (400g)	U13 – U14 (600g)	U15 – U17 (700g)
Girls	U11 to U 14 (400g)	U15 – U17 (500g)	

R16. Timing and Measuring

Computer timing device to be checked and zeroed.

Before the activation of the stop watch, it is to be set at zero. The stop watch should be held so that it is activated and stopped by the index finger and not the thumb.

At the start, the timing device including computer timing device in manual mode is activated as soon as the timekeeper **sees either the smoke from the starter's gun or the start indication from the starting device** not the sound of the gun or starting device. At the finish, the stop watch is stopped immediately when the **torso** of the competitor reaching the finish line. The torso is part of the body from below the neck to the waist, excluding hands and arms but includes the shoulders.

When used alone, timekeepers are allocated a lane and time the athlete in that lane and the time is used to allocate the place.

Timekeepers when acting with Place Judges, time an allocated place.

Place Judges are allocated a place and note the lane in which the place occurs and also watch and note the next place ie place 1 checks place 2, place 2 checks place 3 etc.

For hand held digital watches and timing gates, started or finished manually, one hundredths of a second should be rounded to the tenth of a second **above** the actual reading eg 11.21 seconds is recorded as 11.3 seconds.

For Shot Put, the measuring tape is **pulled through the centre of the circle** and the reading is taken from the **inside edge** of the stop board.

For Discus, the measuring tape is **pulled through the centre of the circle** and the reading is taken from the **inside edge** of the rim of the circle.

For Javelin, the measurement is taken from where the metal head of the javelin first strikes the ground and the tape is **pulled through** the throwing area and down the runway through **the centre of the sector lines intersection point** on the runway. The measurement is then read to the run-up inside of the throwing foul line.

For Long Jump, Triple Jump, Discus, Shot Put and Javelin, measurement is taken **to the nearest whole centimetre below the actual distance** eg 18.667 m is recorded as 18.66 m, 3.426 m is recorded as 3.42 m and 3.84 m is recorded as 3.84m.

For Discus, Shot Put and Javelin, the first legal trial is marked with the marker moved if an improvement is made in subsequent trials and a measurement is taken of the best marked throw at the completion of the competition or qualification round.

For High Jump, height measurement is always taken at the lowest point usually the middle of the cross bar. When setting the height of the cross bar, set each end equally to maintain correct level against the ground being used and raise in the middle to the correct height required. The height of the crossbar is always measured to the **Top** of the bar and in whole centimetres.

R17. Long Distance Events & Packed Starts

In 800m and 1500m events, packed starts will be used. At ACTLAA Carnivals U13 and above will run in lanes to the break line at the 1500m start before merging. For packed starts, competitors may cross to the inside lane as soon as practicable without causing interference to other competitors. A packed start 800m event will start from a curved line at the finish of the front straight of the circular track. The 1500m event will start from a curved line marked at a point 100m distant (in an anti-clockwise direction) from the finish line on the front straight of the circular track.

R18. Centre Championships Rules

The following rules for the Centre Championships should be read in conjunction with the other rules. To the extent of any inconsistency, these rules are to take precedence.

Timing

At least two (2) watch timing devices or two (2) watch timing devices with the computer timing device must be used to record the time of the first place in each Age Group final. This also applies to multi aged group finals where, for two or more Age Groups in one finals race, each of the Age Group winners needs to be timed by at least two (2) watch timing devices or two (2) watch timing devices with the computer timing device.

The computer timing device time is official, however, if the computer timing device does not record a time for first place, the two watch device times for first place should be noted and the watch devices are not to be immediately reset. The longest time shown by watch timing devices will be used as the official time.

Lane draw

For events run entirely in lanes, a lane draw will be held for all heats and finals.

Heats

Where heats are required, they will be allocated randomly and the finalists shall be the eight fastest times from the heats. If required, the final place in the final shall be decided by lot (number draw or coin toss).

Minimum times between events

The minimum time between track events is as per Table 19. Consideration should be given to a rest period between longer track events and jumps or javelin.

Table 19 - Minimum Time Between Track Events

Event	Minimum time until next track event (including until final)
Hurdles	15 minutes
Straight track	15 minutes
200 & 400m	30 minutes
Walks & 800m	45 minutes
1500m	60minutes

Other Field Events

In field events other than high jump, each competitor will be entitled to a minimum of three trials and no more than six trials. The top eight performers shall be entitled to additional trials after three trials. The Track and Field Coordinator will decide the number of additional trials. Where there are 8 competitors or less, each competitor is entitled to all applicable trials (even if the first three attempts were fouls). Each competitor shall be credited with the best performance of all their trials..

High Jump

The starting heights and different heights to which the bar will be raised at the end of each round in Centre Championships will be as per Table 20.

Table 20 – High Jump Starting Heights and Incremental Heights

Age Group	Girls – starting height	Boys – starting height		Increments
U9	0.70 metres	0.75 metres	}	With rises of 5cm until there are three or fewer competitors remaining and rises of 2cm thereafter until only one competitor remains. That competitor then has the right to determine the height to which the bar is raised.
U10	0.80 metres	0.85 metres		
U11	0.90 metres	0.95 metres		
U12	1.00 metres	1.05 metres		
U13 to U17	1.05 metres	1.10 metres		

Please note that generally there are more onerous starting heights in ACTLAA events. These should be checked before entry to avoid any disappointment.

Where only one competitor remains, that competitor is entitled to continue jumping until they have failed the height (or combination of heights) on three successive attempts. They have the right to determine the increased height to which the bar is to be raised.

Countbacks are to be used to decide final placings but no jump offs are to be held.

R19. Events for Athletes by Age Group

Table 21 - Events for Athletes by Age Group

EVENT	U6	U7	U8	U9	U10	U11	U12	U13 & U14 Girls	U14 Boys & U15 Girls	U15 Boys & U16-U17
50M	X	X	X							
70M	X	X	X	X	X					
100M	X	X	X	X	X	X	X	X	X	X
200M	X	X	X	X	X	X	X	X	X	X
400M (300 for U6)	X#	X#	X#	X	X	X	X	X	X	X
800M				X	X	X	X	X	X	X
1500M						X	X	X	X	X
700M Walk			X	X						
1100M Walk					X	X				
1500M Walk							X	X	X	X
60M Hurdles (max height)	X (200 mm)	X (300 mm)	X	X	X					
80M Hurdles						X	X	X		
90M Hurdles									X	X (U16 G)
100M Hurdles										X
200M Hurdles								X	X	X
300M Hurdles									\$X	X
Long Jump	X	X	X	X	X	X	X	X	X	X
Triple Jump						X	X	X	X	X
High Jump			X	X	X	X	X	X	X	X
Shot Put	X	X	X	X	X	X	X	X	X	X
Discus	X	X	X	X	X	X	X	X	X	X
Javelin	VX* (300 g)	VX* (300 g)	VTX* (300 g)	V!* X 300 g	V!*X (300 g)	X	X	X	X	X
On Track	X*	X*	X*							

Legend

- * - Non Centre Championship Event
- ! - Non ACT Championship Event
- \$ - U15 Girls
- V/T - Vortex/Turbo Jav

WESTON CREEK LITTLE ATHLETICS CENTRE RECORDS

The following are the best performances recorded by Weston Creek athletes at the Centre Competitions, Centre Championships, the ACTLAA Regional Carnival, the ACTLAA Championships or the Australian Little Athletics Championships since the 1979-80 season. The information is updated at the end of each season. Times recorded by hand-held stopwatches and manually started timing gates are always rounded up to the nearest tenth of a second. Where a time is shown to the hundredth of a second it was electronically recorded, and will be shown as an equal Centre record if it is within the standardised hand held time (+0.24 seconds up to 300m and +0.14 for 400m to a hand-held record) and betters or equals the current electronic record because of the average discrepancy between the hand-held and electronic timing systems. *Records in italics are for events which are no longer contested or for which event specifications are no longer current.*

Boys

Under 6 Boys

50 Metres	J. Van Meurs	9.1	1991/92
70 Metres	D. Akehurst	12.88	2000/01
100 Metres	J. Walker	19.0	1994/95
	D. Akehurst	19.18	2000/01
200 Metres	B. Coutts	38.4	1985/86
	D. Akehurst	38.30	2000/01
Long Jump	D. Akehurst	2.96	2000/01
Shot Put (1kg)	O. Windsor	5.61	1985/86
Discus (350 gm)	L. Wisdom	14.25	2002/03

Under 7 Boys

50 Metres	A. Blades	8.7	1994/95
70 Metres	D. Webb	11.3	1988/89
100 Metres	D. Webb	16.6	1988/89
200 Metres	B. Ellwood	32.2	1982/83
<i>400 Metres</i>	<i>M. Jaugietis</i>	<i>1:17.5</i>	<i>1980/81</i>
Long Jump	R. Purdy	3.26	1979/80
Shot Put (1 kg)	K. Wallace	6.68	1997/98
Discus (350 gm)	H. Medhurst	17.04	1997/98

Centre Records

Under 8 Boys

50 Metres	R. Williams	7.9	1991/92
70 Metres	R. Williams	10.5	1991/92
100 Metres	R. Williams	14.9	1991/92
200 Metres	L. Johnson	32.5	1988/89
400 Metres	H. Ellwood	1:14.5	1981/82
60 Metre Hurdles	H. Medhurst	11.3	1998/99
Long Jump	R. Costin	3.88	1988/89
Shot Put (1 kg)	O. Windsor	8.20	1987/88
Shot Put (1.5 kg)	J. Wallace	6.13	2001/02
Discus (500 gm)	H. Medhurst	21.36	1998/99

Under 9 Boys

70 Metres	R. Williams	10.1	1992/93
100 Metres	L. Johnson	14.4	1989/90
	R. Williams	14.4	1992/93
200 Metres	L. Johnson	29.9	1989/90
400 Metres	G. Kingston	1:09.9	1979/80
800 Metres	B. Ellwood	2:40.0	1984/85
60 Metre Hurdles	L. Taylforth	10.4	1989/90
700 Metre Walk	S. Davidson	3:56.55	1996/97
800 Metre Walk	S. Tank	5:10.0	1983/84
Long Jump	J. Smith	4.15	1985/86
	R. Williams	4.15	1992/93
High Jump	O. Windsor	1.27	1988/89
Shot Put (2 kg)	L. Wisdom	7.85	2005/06
Discus (500 gm)	J. Abrahams	26.78	1988/89

Under 10 Boys

70 Metres	J. Wilson	10.05	1996/97
100 Metres	B. Slaughter	13.87	1997/98
200 Metres	B. Slaughter	28.87	1997/98
400 Metres	B. Ellwood	1:06.4	1985/86
800 Metres	B. Ellwood	2:34.7	1985/86
1500 Metres	B. Ellwood	5:16.0	1985/86
60 Metre Hurdles	T. Harper	10.0	1979/80
700 Metre Walk	M. Bourne	4:51.7	1992/93
800 Metre Walk	D. MacKay	4:47.0	1981/82
1100 Metre Walk	J. Divorty	7:02.87	2002/03
Long Jump	R. Williams	4.53	1993/94
High Jump	O. Windsor	1.37	1989/90
Shot Put (2 kg)	G. Tuckerman	9.73	1984/85
Discus (500 gm)	S. Houghton	28.20	1985/86

Under 11 Boys

100 Metres	R. Williams	13.4	1994/95
200 Metres	R. McLean	27.68	2001/02
400 Metres	R. McLean	1:03.56	2001/02
800 Metres	G. Banvill	2:31.8	1980/81
1500 Metres	H. Ellwood	5:11.6	1984/85
60 Metre Hurdles	M. Dopson	10.0	1984/85
	R. McLean	10.0	2001/02
1100 Metre Walk	J. Divorty	6:28.20	2003/04
1500 Metre Walk	G. Edmunds	9:14.0	1985/86
	M. Yeates	9:14.0	1985/86
Long Jump	R. Williams	4.99	1994/95
Triple Jump	R. Williams	10.06	1994/95
High Jump	R. Williams	1.51	1994/95
Shot Put (3 kg)	G. Goldfinch	9.98	1995/96
Discus (750 gm)	S. Houghton	28.21	1986/87
Javelin (400 gm)	T. Kirby	24.82	1994/95

Under 12 Boys

100 Metres	R. Mertens	12.8	2001/02
200 Metres	R. Mertens	27.21	2001/02
400 Metres	S. Carolan	1:00.28	2001/02
800 Metres	M. Jaugietis	2:25.7	1985/86
1500 Metres	S. Gregory	5:05.1	1979/80
60 Metre Hurdles	G. Weir	9.6	1982/83
1500 Metre Walk	D. Kelly	8:05.1	1979/80
Long Jump	S. Clarke	5.14	1983/84
Triple Jump	S. Clarke	10.49	1983/84
High Jump	D. Russell	1.53	1981/82
Shot Put (3 kg)	S. Houghton	10.44	1987/88
Discus (750 gm)	S. Houghton	36.61	1987/88
Javelin (400 gm)	J. Abrahams	37.78	1991/92

Under 13 Boys

100 Metres	S. Houghton	12.4	1988/89
	J. Heap	12.60	2007/08
200 Metres	G. Davidson	25.5	1995/96
400 Metres	G. Davidson	57.8	1995/96
800 Metres	G. Davidson	2:09.5	1995/96
1500 Metres	G. Davidson	4:20.2	1995/96
60 Metre Hurdles	G. Weir	10.0	1983/84
	T. Nicholls	10.0	1985/86
80 Metre Hurdles	B. Aisbett	13.11	2011/12
90 Metre Hurdles	S. Houghton	13.9	1988/89
1500 Metre Walk	J. Bernau	8:36.2	1988/89
Long Jump	S. Houghton	5.74	1988/89
Triple Jump	B. Aisbett	10.96	2011/12
High Jump	O. Windsor	1.61	1992/93
Shot Put (3 kg)	S. Houghton	13.52	1988/89
Discus (1 kg)	S. Houghton	41.32	1988/89
Javelin (600 gm)	A. Rossiter	30.35	1994/95

Under 14 Boys

100 Metres	G. Tuckerman	12.0	1988/89
	S. Houghton	12.0	1989/90
200 Metres	J. Heap	24.85	2008/09
400 Metres	G. Davidson	55.3	1996/97
800 Metres	G Davidson	2:08.6	1996/97
1500 Metres	G. Davidson	4:34.8	1996/97
60 Metre Hurdles	P. Rogers	14.3	1988/89
90 Metre Hurdles	S. Houghton	13.5	1989/90
200 Metre Hurdles	J. Jenkins	33.32	2016/17
1500 Metre Walk	J. Bernau	8:13.5	1989/90
Long Jump	S. Houghton	5.85	1989/90
Triple Jump	S. Houghton	11.95	1989/90
High Jump	A. Rossiter	1.63	1995/96
Shot Put (3 kg)	G. Tuckerman	15.07	1988/89
Shot Put (4 kg)	S. Houghton	12.64	1989/90
Discus (1 kg)	S. Houghton	43.64	1989/90
Javelin (600 gm)	A. Rossiter	38.42	1995/96

Under 15 Boys

100 Metres	J. Heap	11.75	2009/10
200 Metres	J. Heap	23.77	2009/10
400 Metres	G. Davidson	54.90	1997/98
800 Metres	J. Bernau	2:12.9	1990/91
1500 Metres	G. Davidson	4:32.50	1997/98
90 Metre Hurdles	B. Dyball	13.8	1989/90
100 Metre Hurdles	C. Schelb	14.40	1999/2000
200 Metre Hurdles	A. Hoshovsky	30.17	2013/14
1500 Metre Walk	L. Revill	7:53.5	1991/92
Long Jump	C. Schelb	5.66	1999/2000
Triple Jump	P. Mere	11.95	1990/91
High Jump	O. Windsor	1.75	1994/95
Shot Put (4 kg)	S. Houghton	14.38	1990/91
Discus (1 kg)	S. Houghton	44.48	1990/91
Javelin (600 gm)	B. Dyball	43.50	1989/90

Under 16/17 Boys

100 Metres	B. Slaughter	12.11	2003/04
200 Metres	B. Slaughter	25.60	2003/04
400 Metres	A. Whyte	57.69	2006/07
800 Metres	A. Whyte	2:12.19	2006/07
1500 Metres	A. Whyte	4:46.03	2006/07
100 Metres Hurdles	A. Hoshovsky	15.10	2013/14
200 Metre Hurdles	A. Jansen	33.04	2014/15
1500 Metre Walk	A. Carn	9:14.99	2015/16
Long Jump	L Kossatz	5.61	2005/06
Triple Jump	L Kossatz	11.31	2005/06
High Jump	L Kossatz	1.70	2005/06
Shot Put (4 kg)	A. Carn	9.56	2015/16
(5 kg)	D. Henderson	10.94	2006/07
Discus (1 kg)	B. Slaughter	36.40	2003/04
(1.5 kg)	B. Slaughter	29.42	2003/04
Javelin (600 gm)	B. Slaughter	34.20	2003/04

GIRLS

Under 6 Girls

50 Metres	M. Corban	9.5	1982/83
70 metres	M. Corban	11.2	1982/83
100 Metres	M. Corban	16.3	1982/83
200 Metres	J. Middleton	41.4	1993/94
Long Jump	K. Brown	2.70	1980/81
	A. Ruting	2.70	1986/87
Shot Put (1 kg)	H. Berg	3.98	1982/83
Discus (350 gm)	Z. Sefo	11.55	2014/15

Under 7 Girls

50 Metres	B. Burgoyne	9.2	1991/92
70 metres	K. Brown	12.3	1981/82
100 Metres	I. Valdez	17.6	1990/91
200 Metres	A. Ellwood	37.4	1984/85
	J. Middleton	37.4	1994/95
400 Metres	A. Ellwood	1:21.0	1984/85
Long Jump	A. Ellwood	3.20	1984/85
Shot Put (1 kg)	S. Scott	5.25	2000/01
Discus (350 gm)	A. Watson	13.51	2003/04

Under 8 Girls

50 Metres	M. Stanley	8.6	1991/92
70 metres	P. Holland	11.2	1988/89
100 Metres	P. Holland	16.1	1988/89
	M. Stanley	16.1	1991/92
200 Metres	A. Gutteridge	33.6	1989/90
400 Metres	A. Ellwood	1:15.0	1985/86
60 Metre Hurdles	S. Crittenden	12.3	1998/99
Long Jump	I. Valdez	3.54	1991/92
Shot Put (1 kg)	A. Ellwood	5.88	1985/86
Shot Put (1.5 kg)	Z. Sefo	6.28	2016/17
Discus (500 gm)	M. Tifan	16.17	1988/89

Under 9 Girls

70 Metres	P. Holland	11.0	1989/90
	M. Stanley	11.0	1992/93
100 Metres	M. Stanley	15.3	1992/93
200 Metres	I. Valdez	32.8	1992/93
400 Metres	A. Gutteridge	1:13.5	1990/91
800 Metres	A. Ellwood	2:47.0	1986/87
60 Metre Hurdles	L. Green	11.4	1998/99
700 Metre Walk	I. Valdez	4:09.0	1992/93
800 Metre Walk	K. Brown	5:46.0	1983/84
Long Jump	I. Valdez	3.74	1992/93
High Jump	A. Wilford	1.18	2010/11
Shot Put (2 kg)	K. Rose	6.61	1995/96
Discus (500 gm)	S. Wilford	17.91	2012/13

Under 10 Girls

70 Metres	S. Crittenden	10.5	2000/01
100 Metres	A. Minns	14.9	1981/82
	M. Taylor	14.9	1991/92
200 Metres	I. Valdez	30.8	1993/94
	S. Crittenden	30.98	2000/01
400 Metres	I. Valdez	1:10.0	1993/94
800 Metres	E. Jaggars	2:46.2	1979/80
1500 Metres	A. Ellwood	5:27.0	1987/88
60 Metre Hurdles	C. Hand	10.5	1979/80
700 Metre Walk	D. Morrison	4:36.2	1992/93
800 Metre Walk	K. Chamberlain	4:53.0	1981/82
	M. Hayman	4:53.0	1984/85
1100 Metre Walk	G. Millan	6:43.30	2007/08
Long Jump	I. Valdez	4.03	1993/94
High Jump	K. Rose	1.25	1996/97
Shot Put (2 kg)	K. Rose	7.90	1996/97
Discus (500 gm)	S. Wilford	23.29	2013/14

Under 11 Girls

100 Metres	K. Bomben	13.88	2001/02
200 Metres	I. Valdez	28.8	1994/95
400 Metres	K. Bomben	1:06.14	2001/02
800 Metres	N. Torley	2:26.45	2007/08
1500 Metres	N. Torley	5:02.11	2007/08
60 Metre Hurdles	H. Lonie	10.7	1995/96
1100 Metre Walk	K. Baker	6:03.01	2008/09
1500 Metre Walk	<i>L. Austin</i>	<i>9:44.0</i>	<i>1985/86</i>
Long Jump	J. Djuric	4.45	1989/90
Triple Jump	A. Minns	9.00	1982/83
High Jump	S. Wilford	1.32	2014/15
Shot Put (2 kg)	P. Holland	9.59	1991/92
Discus (750 gm)	P. Holland	25.76	1991/92
Javelin (400 gm)	S. Wilford	21.00	2014/15

Under 12 Girls

100 Metres	A. Minns	13.7	1983/84
200 Metres	I. Valdez	27.9	1995/96
400 Metres	S. Crittenden	1:05.1	2002/03
800 Metres	J. Reid	2:34.6	1990/91
1500 Metres	J. Reid	5:15.1	1990/91
60 Metre Hurdles	K. Brown	10.1	1986/87
1500 Metre Walk	K. Baker	8:28.75	2009/10
Long Jump	A. Minns	4.59	1983/84
Triple Jump	A. Minns	10.39	1983/84
High Jump	K. Rose	1.45	1998/99
Shot Put (2 kg)	K. Rose	10.72	1998/99
Discus (750 gm)	K. Davidson	24.32	1996/97
Javelin (400 gm)	K. Rose	26.84	1998/99

Under 13 Girls

100 Metres	C. Mertens	13.2	2000/01
200 Metres	C. Bissett	27.67	2006/07
400 Metres	C. Bissett	1.00.90	2006/07
800 Metres	J. Reid	2:27.9	1991/92
1500 Metres	J. Reid	5:06.6	1991/92
60 Metre Hurdles	R. Linz	10.5	1983/84
80 Metre Hurdles	A. Cholewick	13.47	2014/15
90 Metre Hurdles	L. Coutts	15.3	1989/90
1500 Metre Walk	C. Worrall	7:40.0	2001/02
Long Jump	J. Djuric	4.83	1991/92
Triple Jump	D. Hayman	10.62	1985/86
High Jump	K. Rose	1.47	1999/2000
Shot Put (3 kg)	P. Holland	11.10	1993/94
Discus (1 kg)	P. Holland	31.12	1993/94
Javelin (400 gm)	K. Rose	27.01	1999/2000
Javelin (600 gm)	J. Reid	24.76	1991/92

Under 14 Girls

100 Metres	S. Mertens	13.35	2001/02
200 Metres	J. Mertens	27.23	2001/02
400 Metres	J. Reid	1:00.8	1992/93
800 Metres	J. Reid	2:23.1	1992/93
1500 Metres	E. McGowan	5:23.1	1995/96
60 Metre Hurdles	F. Harper	11.9	1986/87
80 Metre Hurdles	A. Cholewick	13.9	2015/16
90 Metre Hurdles	J. Reid	15.8	1992/93
200 Metre Hurdles	A. Cholewick	33.25	2015/16
1500 Metre Walk	C. Worrall	7.45.94	2002/03
Long Jump	A. Hoshovsky	4.89	2009/10
Triple Jump	A. Hoshovsky	10.21	2009/10
High Jump	S. Morris	1.50	1995/96
Shot Put (3 kg)	P. Holland	11.39	1994/95
Discus (1 kg)	P. Holland	34.38	1994/95
Javelin (600 gm)	J. Reid	27.24	1992/93

Under 15 Girls

100 Metres	J. Reid	13.1	1993/94
200 Metres	J. Reid	28.2	1993/94
400 Metres	J. Reid	1:01.4	1993/94
	E. McGowan	1:01.51	1996/97
800 Metres	J. Reid	2:21.3	1993/94
1500 Metres	J. Reid	4:56.9	1993/94
90 Metre Hurdles	A. Cholewick	13.95	2016/17
200 Metre Hurdles	A. Cholewick	34.90	2016/17
1500 Metre Walk	C. Worrall	7:33.71	2003/04
Long Jump	J. Reid	4.87	1993/94
Triple Jump	E. McGowan	10.68	1996/97
High Jump	A. Cholewick	1.48	2016/17
Shot Put (3 kg)	P. Holland	12.17	1995/96
Discus (1 kg)	P. Holland	34.88	1995/96
Javelin (600 gm)	J. Reid	30.70	1993/94

Under 16/17 Girls

100 Metres	A. Cholewick	12.89	2017/18
200 Metres	A. Cholewick	28.96	2017/18
400 Metres	B. Pyke	1:12.44	2017/18
800 Metres	A. Cholewick	2:59	2017/18
1500 Metres	L. Bolton	6:41.00	2016/17
100 Metre Hurdles	A. Cholewick	15.12	2017/18
200 Metre Hurdles	A. Hoshovsky	34.15	2012/13
300 Metre Hurdles	A. Cholewick	1:00.41	2017/18
1500 Metre Walk	C. Worrall	7:42.37	2004/05
Long Jump	A. Cholewick	4.98	2017/18
Triple Jump	G. Gee	10.14	2017/18
High Jump	A. Cholewick	1.45	2017/18
Shot Put (3 kg)	K. Baker	10.92	2014/15
Discus (1 kg)	K. Baker	32.13	2014/15
Javelin (600 gm)	R. Prince	26.98	2006/07

Chapmam Oval

