

# MELTON CITY

## LITTLE ATHLETICS CENTRE



## **2023/2024 CENTRE HANDBOOK**

[www.meltoncitylac.org.au](http://www.meltoncitylac.org.au)

## INTRODUCTION

### WHAT IS LITTLE ATHLETICS?

Little Athletics is a uniquely Australian modified athletics program for children from 5 to 16 years, although some State Associations may offer age groups outside this range.

As the name suggests, it is based upon the sport of athletics (track and field). There is a wide range of events from running, jumping, throwing and walking and events are modified to suit the age, developmental stage and ability of the children.

Little Athletics promotes that it is important to “Be your Best”<sup>®</sup>. The emphasis is on fun, participation, performance, technique and getting involved with your family in physical and healthy activity. The motto of Little Athletics is ‘Family, Fun and Fitness’.

Across Australia, more than 100,000 girls and boys enjoy the activities of Little Athletics. Little Athletics is the “Foundation for all Sports”. All sports use the skills developed at Little Athletics



## HISTORY OF LITTLE ATHLETICS

Little Athletics evolved, like most voluntary community organizations, through the mind and conscience of one man. Trevor Billingham followed the pattern set by many pioneers in the field of community service. He recognized a need and introduced an idea designed to meet that need.

On an October day in 1963 three boys turned up at an athletics meeting in Geelong. They were ready to compete. On approaching an official they were told that they were too young to take part. That official was Trevor Billingham. The disappointment, evident in the boys, left a marked impression on his mind.

The thought was forgotten; it came alive again several months later. At a coaching clinic designed for secondary school students it was noted that the majority of children were of primary school age.

Reminded of his earlier experience, Trevor Billingham had an idea. The answer to the need expressed in the children would be a simple Saturday morning competition.



## **HISTORY OF MELTON CITY LITTLE ATHLETICS CENTRE**

Melton South Little Athletics Centre was the 96th to join the Victorian Little Athletics Association Inc.

Barry Taylor has been actively involved from the very beginning, setting up Melton South Little Athletics Club in 1969. Shortly after, other clubs were formed – West Melton Zebras, Wedge Park Comets, Coburns and Melton Greens. The Centre was formed in 1973/74 as a result of the vision of some very determined people including Barry.

In 2002/03, the Clubs merged to simplify administration by operating as a Centre only. Barry Taylor served MSLAC/MCLAC as a Competition Director for 48 years until his death in August 2017. As our Competition Director, Barry played a very large part, by planning and organizing the weekly program as well as other events for our Centre. We thank him for his endless generosity of time and spirit. The Centre is forever indebted to him and also the many other volunteers who have organised little athletics in Melton South for the past 50 years. A list of Centre Life Members is included in the handbook.

The current committee members will endeavour to ensure that the vision and determination of those early pioneers of little athletics is continue, for the ongoing benefit of the children and community of the City of Melton. In 2014 in an effort to encompass the entire community the centre changed its name to Melton City Little Athletics Centre.

On August 4, 2017, Barry Taylor passed away at his home in Melton South. He is greatly missed by all that knew and loved him.

Today we continue to honor Barry for his 48 years of dedication and support to the Centre.



## **LITTLE ATHLETICS STRUCTURE**

### **Centre/Club – Melton City Little Athletics Centre (MCLAC)**

Melton City Little Athletic club was formed in 1973/74. We cater for athletes of all abilities. Our club has a fun and friendly atmosphere and we focus on Family, Fun and Fitness.

### **Region – Western Metropolitan (WMR)**

A group of Centres with a management Committee responsible for conducting qualifying rounds for the Victorian Championships, Region Championships for non-qualifying State Events and administrative support for the Western Metropolitan Region.

### **The Centres in our Region**

Altona, Bacchus Marsh, Brimbank, Corio, Geelong, Gisborne, Melton City, South Melbourne, Werribee, Williamstown, Woodend, Surf Coast

There are 4 Metropolitan and 3 Country Regions in Victoria supporting over 100 centres.

### **State Body – Little Athletics Victoria (LAVic)**

The State body - an Annual Conference is attended by a minimum of two delegates from each Centre in the State. An elected Board of Management supported by office staff, exercises day to day control. More information can be found at [www.lavic.com.au](http://www.lavic.com.au)

### **National Body – Little Athletics Australia (LAA)**

The National body controlled by an executive of four together with the Chairman/President of each affiliated State or Territory Association. More information at [www.littleathletics.com.au](http://www.littleathletics.com.au)

## **MISSION STATEMENT OF LITTLE ATHLETICS VICTORIA**

To develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletics activities.

Through the enjoyment of athletics develop positive attitudes and a healthy lifestyle for our children, families and community.

## **EXECUTIVE COMMITTEE & CENTRE OFFICIALS**

**(ABN- 248 355 271 69)**

### **EXECUTIVE COMMITTEE**

**PRESIDENT – Gavin Wilson**

**SECRETARY - Fiona Vanotti**

**ASSISTANT SECRETARY – Kelly Wark**

**TREASURER – Brooke Wilson**

**REGISTRAR - Riana Rees-Kugler**

**RANKINGS & RESULTS - Amanda Wall**

### **CENTRE OFFICIALS**

**COMPETITION DIRECTORS – Fiona, Gavin, Shaun & Riana**

**CHIEF OF OFFICIALS – Bianca Bennett**

**REGION DELEGATE – Fiona Vanotti**

**PUBLICITY, PROMOTIONS, SOCIAL MEDIA – Erin Reid**

**GRANTS, FUNDING & SPONSORSHIP – Melisa Anikeev**

**U6 & U7 CO-ORDINATOR – Bec Lewis**

**CHILD SAFETY OFFICER – Riana Rees-Kuglar & Amanda Wall**

**MPIO – Gavin Wilson**

**ARENA MANAGER – Gavin Wilson**

**WEBSITE CO-ORDINATOR – Tim Roberts**

### **GENERAL COMMITTEE**

**David Young, Matthew Vanotti, Thu Nguyen, Shaun Lewis,**

**David Edwards, Suzi Johnson, Rebecca Hill, Riley Kugler**

### **CENTRE CAPTAINS - TBA**

## **CENTRE LIFE MEMBERS**

Since its inception, the following people have provided outstanding volunteer support for Melton City Little Athletics for 10 years or more, including at least 5 years on the Centre Executive Council.

**Joe Adamcewicz**

**Cheryl Highthorn**

**Lyn Halvey**

**Barbara Dundon**

**Ray Wright**

**Barbara Reithofer**

**Karen Wright**

**Debbie Gerada**

**Neville Mawson\***

**Shane Derby**

**Kath Taylor**

**David Young**

**Barry Taylor\***

**Karen Benca**

**Terry Halvey**

**Sophie Ramsay (Honorary)**

**Annette Randle**

**Aimee Orr**

**Sue Barnes**

**Jacki Djatschenko**

**Joan Bolton\***

**Lorraine Davis**

**Peter Thomas**

**Damien Orr**

**Grant Fenton**

**Stephanie Young**

**Tracy Hamilton**

*\*Indicates deceased*

## RULES OF COMPETITION

1. All Athletes must wear the mandatory approved centre uniform with the correct LAVic approved registration patch fastened on the front. Melton City singlet and shorts with Melton City logo are purchased from centre. Additional approved LAVic logo will be supplied and is required to be affixed to the singlet. Same uniform is to be used for LAVic, region and State events. Black or white long sleeve tops may be worn underneath if it is cold.

*NOTE: It is a mandatory LAVic requirement for athlete name patch to be worn during competition. Whilst we will allow athletes to compete on the day at centre level, if not worn, it will mean that athletes will not receive any results for the day. If a committee member recognizes an athlete is in the incorrect uniform, the athlete & parent will be warned. Further infringement means that the athlete will not receive results for the day.*

2. Competitors must wait at the designated meeting point until taken to their event. Each age group is under the control of the Age Group Manager for the day.
3. No parents or spectators under any circumstances unless officiating will be permitted on the infield of the track.
4. Misbehaviour of athletes should be referred to the Competition Director or Executive Committee. All event Officials reserve the right to disqualify an athlete for misbehaviour at the particular event.
5. Any protest must be directed through the Competition Director and not directly to the Official or helpers.
6. Appropriate running footwear must be worn at all times. No spikes to be worn for walks. U6-U10 are not permitted to wear spikes. U11-12 can wear spikes for track events up to 400m, jumps & javelin. U13-17 can wear spikes for all track events, jumps & javelin. Spikes are to be carried to events and removed as soon as the event is completed.
7. U11-U17 athletes wearing spikes **may** perform a standing start. Athletes wearing spikes that perform a crouch start **must** use blocks. Athletes wearing runners who perform a crouch start **may** use blocks.
8. A crouch start can be used in all laned events for the Under 11 to 17 age groups.

9. The High Jump area is out of bounds at all times other than when an event is in progress. Any athlete found playing on the jumping bags after an initial warning may be disqualified from competition.
10. On leaving the recording area, athletes must return to their parents or the spectator area.
11. Parent duty should sign in at least 15 minutes prior to the start of competition.
12. A track competitor is liable for disqualification if he/she:
  - \* Breaks the start twice.
  - \* Steps out of his/her lane or leaves the track area
  - \* Makes unnecessary contact or hinders other competitors during a race.
13. A competitor is judged and timed only when his/her torso (neck to hips) crosses the finishing line. Hands, legs, or heads to not count.
14. Under no circumstances is a competitor or spectator permitted to run alongside the track whilst a race is in progress.
15. To be eligible for presentation end of season awards athletes MUST compete in at least 60% of the available program and parents must have carried out required parent duty allocations.
16. All dates and events are subject to change by either LAVic, Region or the Centre.
17. All dates and events are subject to change due to weather and track conditions.

**NO PATCH = NO RESULT = NO EXCEPTIONS**

It is a mandatory rule with LAVic that name patches must be worn on competition day. Therefore, if your athlete is not wearing their patch, they are not entitled to receive any result for the day.

**If in doubt, contact the Competition Director or Executive Committee.**

## CODE OF CONDUCT

Also refer to the LAVic website [www.lavic.com.au](http://www.lavic.com.au) for more information guidelines.

### Officials' Code of Behaviour

- \* Compliment all participants on their efforts.
- \* Be consistent, objective, and courteous in calling all infractions.
- \* Condemn unsporting behaviour and promote respect for all competitors.
- \* Ensure that the “spirit of the game” for children is not lost by using common sense and not over-emphasising errors.
- \* Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- \* Publicly encourage rule changes, which will reinforce the principles of participation for fun and enjoyment.
- \* Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- \* Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- \* Avoid use of bad language.



## Parents' Code of Behaviour

- \* Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- \* Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- \* Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- \* Encourage children to always participate according to the rules.
- \* Never ridicule or yell at a child for making a mistake or losing an event.
- \* Remember children are involved in Little Athletics for their enjoyment, not yours.
- \* If you disagree with an official, do not question the official's judgement and honesty in public, but raise the issue immediately through the Competition Director. If any breach of this code of behaviour is witnessed, the matter should be immediately referred to the Competition Director. If necessary, penalties including suspension from attending competition may be the outcome. Remember, all officials give their time and effort freely, for the benefit of your child's involvement.
- \* Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- \* Recognise the value and importance of being a volunteer official and/or coach. They give up their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, coaches, or officials, smoking on the arena or being intoxicated.
- \* Avoid use of bad language.

## **Spectators' Code of Behaviour**

- \* Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators only, nor are they miniature professionals.
- \* Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- \* Respect the officials' decisions. If there is a disagreement, do not question the official's judgement and honesty in public, but raise the issue immediately through the Competition Director.
- \* If any breach of this code of behaviour is witnessed, the matter should be immediately referred to the Competition Director. If necessary, penalties including suspension from attending competition may be the outcome.
- \* Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- \* Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes. If any breach of this code of behaviour is witnessed, the matter should be immediately referred to the Competition Director, where a child is involved the Child Safety Office must be advised. If necessary, penalties including suspension from attending competition may be the outcome.
- \* Show respect for each participant. Without them there would be no events.
- \* Encourage athletes to follow the rules and the officials' decisions.
- \* Demonstrate appropriate social behaviour by not harassing athletes, coaches, or officials, smoking on the arena or being intoxicated.
- \* Avoid use of bad language.

## **Coaches' Code of Behaviour**

- \* Be reasonable in your demands on young athletes' time, energy, and enthusiasm.
- \* Teach athletes the rules of the sport are mutual agreements, which no one should evade or break.
- \* Whenever possible, group athletes to give a reasonable chance of success.
- \* Avoid over-coaching the better performing athletes, the "just averages" athletes need and deserve equal time.
- \* Remember that children participate for fun and enjoyment and that winning is only part of their enjoyment. Never ridicule or yell at the children for making mistakes or losing an event.
- \* Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- \* Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.
- \* Develop respect for the ability of opponents as well as for the judgement of officials and coaches.
- \* Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition.
- \* Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- \* Demonstrate appropriate social behaviour, by not harassing athletes, other coaches, or officials, smoking on the arena or being intoxicated.
- \* Avoid use of bad language.

## **Little Athletes' Code of Behaviour**

- \* Play by the rules.
- \* Never argue with an official. If you disagree, ask your Age Group Manager or a committee member to deal with the matter.
- \* Control your temper. Verbal abuse of officials, helpers or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- \* Work equally hard for yourself and/or your Centre. Your Centre performance will benefit.
- \* Be a good sport. Applaud all good results whether they are by your Centre, opponent or the other Centre.
- \* Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- \* Co-operate with your coach, centre mates and other participants. Without them there would be no competition.
- \* Participate in Little Athletics for the “fun of it” and not just to please parents and coaches.

Avoid use of bad language

## **HEALTH POLICIES**

Little Athletics understands there are various factors that can affect a little athlete and as a result has adopted the following Policies & more details can be found on our website:

### **Healthy Food Choice Policy**

The Association/Regions/Centres will ensure that a variety of healthy food choices are available at competition and various activities.

### **Smoke free Policy**

All areas under the Association/Region/Centre venues are to be smoke free. No smoking or vaping is permitted anywhere within sight of parents & athletes this includes clubrooms, change rooms, toilet blocks, shed, spectator and competition areas.

### **Sun Protection Policy**

Association/Region/Centres are encouraged to provide shade structures at venues and make available SPF15+ or higher sunscreen. Athletes and Officials are advised to wear hats and carry drink bottles to events.

### **Responsible Alcohol Management Policy**

There is to be no sale or consumption of alcohol during the conduct of any Little Athletics events. Where alcohol is consumed at functions the Association/ Region/ Centre will comply with Liquor Licensing Victoria regulations. For more detailed information on these policies, please refer to your Centre Policy Forms that must be signed off as part of a Centre's affiliation with the Association.

### **Animal Policy**

No dogs permitted at venue during training or competition.

### **COVID-19 Protocols**

Covid Requirements – subject to change as per Government requirements. <https://lavic.com.au/covid-19/>

## WORKING WITH CHILDREN CHECK – WWC CHECK



Working with  
Children Check

The Victorian Government through the Department of Justice has introduced the “Working with Children Act 2005,” which has distinct implications on the conduct of Little Athletics. The WWC Check applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age). The WWC Check applicable in Victoria is the mandatory minimum standard for a range of child – related industries. The WWC Check now covers all areas of administration, officiating, coaching and overnight supervision at camps and clinics. People working or volunteering in connection with Little Athletics are now required to have their WWC Check, if they fall into one of the categories below:

- \* Region Executive Committee members.
- \* Centre Executive Committee members.
- \* Club Executive Committee members.
- \* Coaches.
- \* Officials at State and Region level – (not parent helpers whose child is participating on the day).
- \* Team Managers.
- \* Volunteers without children registered at the Centre.
- \* Overnight Supervisors at camps/clinics/functions.
- \* First Aid Personnel.
- \* Volunteers at Association run activities (not Centre events).

Parents, who have a child registered at the Centre where they work or volunteer, are exempt from the WWC Check, unless they fall under one of the categories listed above.



KEY SEASON DATES	
<b>SEPTEMBER</b>	
Sunday, 24 September, 2023	Trial Day #1 – 9.30am
<b>October</b>	
Sunday, 1 October 2023	Trial Day #2 – 9.30am
Sunday, 8 October 2023	Season Commencement - 9.30am Program A
Sunday, 15 October 2023	Program B
Sunday, 22 October 2023	Program C
Sunday, 29 October 2023	Program A
<b>November</b>	
Wednesday, 1 November 2023	Twilight 1 (Due to Melbourne Cup 7 Nov)
Sunday, 12 November 2023	Program B - Coles Community Round
Saturday, 18 November 2023	REGION RELAY
Wednesday, 22 November 2023	Twilight 2 (Due to Region Relay)
Sunday, 26 November 2023	Program C - Grandparents Round
<b>December</b>	
Sunday, 3 December 2023	Program - Combined Event
Sunday, 10 December 2023	Program A
Saturday, 16 December 2023	STATE RELAY
Sunday, 17 December 2023	Program B modified - xmas break up
<b>January</b>	
Sunday, 14 January 2024	Program C
Saturday, 20 January, 2024	STATE COMBINED - DAY 1
Sunday, 21 January 2024	STATE COMBINED - DAY 2
Sunday, 21 January 2024	Program A
Wednesday, 31 January 2024	Twilight 3 (Due to Australia Day 26 Jan)
<b>February</b>	
Sunday, 4 February 2024	Program B
Wednesday, 7 February 2024	Twilight 4 (Due to Region T&F)
Saturday, 10 February 2024	Region Track & Field Carnival
Sunday, 11 February 2024	Region Track & Field Carnival

Sunday, 18 February 2024	Program C
Friday 23 February 2024	Special Event - Melton Gift – distance handicap - RCH fundraiser
<b>March</b>	
Sunday, 3 March 2024	Program A
Saturday, 9 March 2024	State Track & Field Carnival
Sunday, 10 March 2024	State Track & Field Carnival
Wednesday, 13 March 2024	Twilight 5 (Due to State T&F)
Sunday, 17 March 2024	Championship Day
<i>Sunday 24, March 2024</i>	<i>Alternate Champ Day if 17th cancelled</i>

- \* Correct at the time of printing.
- \* Events and dates subject to change or cancellation as per rules of competition

# 2023-2024 SUMMER CALENDAR

as at 22.08.2023



## SEPTEMBER

Sun 10th	Introduction to Teaching Little Athletics Skills	Ringwood
Sun 10th	Introduction to Teaching Little Athletics Skills	Whittlesea
Sat 16th	Walks Judging Clinic	Lakeside Stadium
Sun 17th	Introduction to Teaching Little Athletics Skills	Wangaratta
Sun 17th	Centre Helper and Volunteer Training (Formerly ITOC)	Whittlesea

## OCTOBER

Sun 1st	Introduction to Teaching Little Athletics Skills	Edenhope
Sun 1st	OnTrack Training	Oakleigh
Sun 8th	Junior Development Squad - Day 1	Doncaster
Sun 15th	Introduction to Teaching Little Athletics Skills	Geelong
Sun 15th	Introduction to Starting Course	Albury
Sun 15th	Introduction to Starting Course	Oakleigh
Sun 15th	Centre Helper and Volunteer Training (Formerly ITOC)	Diamond Valley
Thurs 19th	<i>Entries Open - LAVic Region Relay Carnivals</i>	<a href="#">Member Portal</a>
Sun 22nd	Junior Development Squad - Day 2	Yarra Ranges
Sat 28th/Sun 29th	Athletics Victoria – State All Schools Track & Field Champs	Lakeside Stadium
Mon 30th	<i>11am - Entries Close - LAVic Region Relay Carnivals</i>	<a href="#">Member Portal</a>

## NOVEMBER

Sat 4th/Sun 5th	Athletics Victoria – State All Schools Track & Field Champs	Lakeside Stadium
Wed 8th-Tue 21 <sup>st</sup>	Coles Community Round (Dates to Be Confirmed)	Various
Sun 12th	Junior Development Squad - Day 3	Williamstown
Sun 12th	Mentone LAC Relay Day	Mentone
Fri 17th	<i>Entries Open - LAVic State Combined Event Championships</i>	<a href="#">Member Portal</a>
Sat 18th/Sun 19th	<i>LAVic Commonwealth Bank Region Relay Carnivals</i>	Various
Sat 25th	Athletics Victoria - State Relay Champs	Venue TBC
Sun 26th	Introduction to Teaching Little Athletics Skills	Dandenong

## DECEMBER

Sat 2nd	Athletics Victoria – Zatopek 10	Lakeside Stadium
Fri 8th - Sun 10th	Athletics Australia – National All Schools T&F Champs	Perth (WA)
Sat 9th	Knox LAC Open Day	Knox
Sat 9th	Wodonga LAC Combined Events Open Day	Wodonga
Sun 10th	Albury LAC Open Day	Albury
Thurs 14th	<i>11am - Entries Close - LAVic State Combined Event Champs</i>	<a href="#">Member Portal</a>
Fri 15th	<i>Entries Open - LAVic Region Track &amp; Field Carnivals</i>	<a href="#">Member Portal</a>
Sat 16th	<i>LAVic State Relay Championships</i>	Lakeside Stadium

## JANUARY

Sat 6th - Sun 7th	Athletics Victoria - Combined Event Champs	Venue TBC
Sun 14th	Whittlesea City LAC Open Day	Whittlesea City
Sun 14th	Mornington LAC Open Day	Mornington
Sat 20th-Sun 21st	<a href="#">LAVic State Combined Event Championships</a>	<a href="#">Lakeside Stadium</a>
Mon 22nd	<a href="#">11am - Entries Close - LAVic Region Track &amp; Field Carnivals</a>	<a href="#">Member Portal</a>
Fri 26th - Sun 28th	Athletics Victoria - Victorian Country Championships	Ballarat
Sun 28th	Pakenham LAC Open Day	Pakenham

## FEBRUARY

Sun 4th	Junior Development Squad - Day 4	Ringwood
Sun 4th	Maryborough LAC Open Day	Maryborough
<a href="#">Sat 10th-Sun 11th</a>	<a href="#">LAVic - Coles Region Track &amp; Field Carnivals</a>	<a href="#">Various</a>
Mon 12th	<a href="#">Entries Open - LAVic Stawell Gift Events</a>	<a href="#">Member Portal</a>
Fri 23rd - Sun 25th	Athletics Victoria - Track & Field Championships (Weekend 1)	Lakeside Stadium

## MARCH

Fri 1st - Sun 3rd	Athletics Victoria - Track & Field Championships (Weekend 2)	Lakeside Stadium
Sun 3rd	Seaford LAC Open Day	Seaford
Mon 4th	<a href="#">11am - Entries Close - LAVic Stawell Gift Events</a>	<a href="#">Member Portal</a>
<a href="#">Sat 9th - Sun 10th</a>	<a href="#">LAVic - State Track &amp; Field Championships</a>	<a href="#">Casey Fields</a>
Sun 24th	LAVic - ALAC Team Training	Ringwood
Sun 24th	Cranbourne LAC Open Day	Cranbourne
Sat 30th - Mon 1st Apr	Stawell Gift	Stawell

## APRIL

Thurs 11th - Fri 19th	Athletics Australia - National Championships	Adelaide (SA)
Sat 21st	LAVic - ALAC Team Training	Williamstown
Fri 26th - Sun 28th	Coles Australian Little Athletics Championships	Adelaide (SA)

## MAY

### Please note:

JDS Registration will open in mid to late August.

Athletics Victoria event information may change. For further details, please visit

[www.athsvic.org.au](http://www.athsvic.org.au).

## TRAINING

Melton City Little Athletic Centre will endeavour to hold regular training sessions Monday and Wednesday to assist athletes.

Training is provided free to all registered athletes of MCLAC.

Please refer to our website for further information regarding training times for track, field and performance group sessions.

Sessions subject to change or cancellation due to weather or unavailability of coaches.

**YOU MUST NOT DROP & LEAVE YOUR CHILD AT TRAINING.**

**ALL CHILDREN AT TRAINING MUST BE UNDER THE SUPERVISION OF THEIR PARENT/GUARDIAN - PLEASE EITHER BE IN ATTENDANCE OR ARRANGE FOR ANOTHER RESPONSIBLE ADULT TO BE IN ATTENDANCE.**

## OPEN DAYS

In addition to our normal Sunday and twilight competitions, registered athletes of the centre also have the chance to compete at open days conducted by other centres.

Open days give you the chance to meet new people, visit new surroundings in a relaxed atmosphere, and compete against little athletes from other centres in Victoria. Medals, ribbons etc. are typically awarded at these events.

Information relating to open days in season 23/24 can be viewed at [lavic.com.au](http://lavic.com.au).



Knox Open Day 2019



Maryborough Open Day 2020

# WEEKLY PROGRAM

PROGRAM A								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
100	200	600c	400	800	800	800	800	Varied.  (athletes select events in advance)
200c	400c	60H	60H	60H	80H	80H	80H	
70	70	70	70	70	70	70	70	
Long jump	Long Jump	Scissor	Long Jump	Long Jump	High Jump	Triple jump	High Jump	
Mini Discus	Mini Discus	Mini Discus	Vortex	Shotput	Shotput	Discus	Discus	

PROGRAM B								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
300c	60H	400c	800	400	400	400	400	Varied.  (athletes select events in advance)
100	100	100	100	100	100	100	100	
60H	70	70	70	1100w	1100w	1500w	1500w	
L. Jump	L. Jump	L. Jump	Scissor	Scissor	L. Jump	L. Jump	Shotput	
Shotput	Vortex	Vortex	Discus	Discus	Javelin	Javelin	Triple Jump	

PROGRAM C								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
100	100	700w	700w	400	1500 Run	1500 run	1500 run	Varied.  (athletes select events in advance)
200 circ	200	200	200	200	200	200	200	
60H	60H	100	100	100	100	100	100	
L. Jump	L. Jump	L. Jump	L. Jump	L. Jump	Discus	High Jump	Javelin	
Vortex	Shotput	Shotput	Shotput	Vortex	Triple Jump	Shotput	L. Jump	

# WEEKLY PROGRAM - TWILIGHTS

Twilight 1								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
Shotput	Mini Discus	Long Jump	Long Jump	Vortex	80mH	80mH	80mH	Varied.  (athletes select events in advance)
70m	70m	60mh	60mh	60mh	Triple Jump	Triple Jump	Discus	
Mini Discus	Long Jump	Mini Discus	Shotput	Long Jump	400	400	400	
200c	200	200	400	400	Javelin	Discus	High Jump	

Twilight 2								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
70	70	70	Discus	Shotput	Discus	70	70	Varied.  (athletes select events in advance)
Long Jump	Vortex	Long Jump	70	70	70	Shotput	Long Jump	
60mh	60mh	400c	scissor	long jump	long jump	800c	800c	
Shotput	Long Jump	Vortex	800c	800c	800c	Long Jump	Javelin	

Twilight 3								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
Long Jump	Shot Put	60m Hurdles	60m Hurdles	60m Hurdles	80m hurdles	High Jump	shotput	Varied.  (athletes select events in advance)
100	100	100	Long Jump	Discus	shotput	100	100	
Vortex	Long Jump	Shot Put	200	200	200	javelin	Triple Jump	
300c	200	200	Vortex	Long Jump	Long Jump	200	200	

Twilight 4								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
Long Jump	Shot Put	Long Jump	700w	1100w	1100w	Triple Jump	Long Jump	Varied.  (athletes select events in advance)
100	100	100	Long Jump	Vortex	Discus	100	100	
discus	Long Jump	Shot Put	100	100	100	discus	javelin	
300c	400c	200	Discus	Scissor	High Jump	1500w	1500w	

Twilight 5								
U6	U7	U8	U9	U10	U11	U12	U13	JUNIORS
Long Jump	mini discus	mini discus	400	400	1500	1500	1500	Varied.  (athletes select events in advance)
100	70	70	Vortex	Shotput	Shotput	Shotput	70	
70	Long Jump	scissor	70	70	70	70	discus	
Vortex	400c	400c	Shotput	Long Jump	Triple Jump	Long Jump	Triple Jump	

\*\* program subject to change at the discretion of competition directors



**Western Region  
Health**  
& OSTEOPATHY



**Lifestyle**  
*Deanside* 

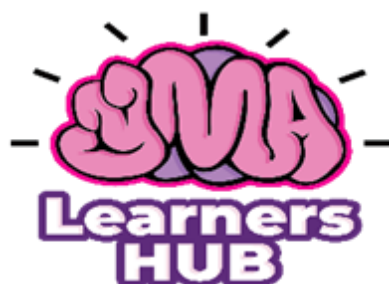


**JOLLY MILLER**

High Street, Melton



**Bridgestone Select Melton**



# PARENT PARTICIPATION & INFORMATION

Little Athletics is a family activity. This means that as parents/guardians, you are not only expected to support your little athletes as parents, but also help out in delivering the program by helping with rostered duties.

This season we have implemented duty selection during the registration process. If at anytime you are not able to cover the duty selected please contact us to reschedule your date. Please note that if you are in attendance and don't report for parent duty your athlete will not be eligible for competition points on the day.

MCLAC can only deliver its events to your children because everyone plays their part. Families are expected to fulfill duties throughout the season (or contribute in an official role). By doing so, you can help contribute to the centre that is helping your family. This also ensures your children are eligible for Centre Championships and end of season Presentation.

It is important to remember that the Centre cannot operate and provide a smooth and efficient program without the support and work that is done by all volunteers. Each week we need approximately 60 officials/parents to be able to conduct all events successfully.

The Centre does not expect any person to be an expert or to have any previous experience. You will be advised what to do and if you have any doubts, see our Committee Members, we are very willing to provide assistance and are very approachable for advice or clarification of rules. You will find quickly that the job is not as hard as you think.

**IMPORTANT ..... Please note if you opt out of mailing list emails from LAVIC, this means you will be also opting out of emails from our centre. You therefore will not receive communication such as Championship Day, special events and**

## What is expected of parents on competition days?

Little Athletics is a family activity. This means that as parents, you are not only expected to support your little athletes as parents, but also help out in delivering the program by helping with rostered duties. Other parents take on official or committee roles.

Parents are expected to assist with the successful operation of Little Athletics by carrying out duties throughout the season. Parents are also expected to behave in an appropriate manner as outlined in the Code of Conduct policies stipulated in both the LAVic in the "Parents Handbook" provided upon registration, and in this handbook.

## What is expected of athletes?

Children are expected to participate regularly in the weekly competitions. They **MUST** wear the correct uniform with registration patch. (Compete in at least 60% of available programs to be eligible for presentation day). They should be encouraged to try every event, even if they feel they are not good at it or it is not their favourite event. Children are expected to behave according to the Code of Conduct stipulated in both the Centre Handbook and Website.

## What about safety, insurance and first aid?

Each Centre has a safety policy and Insurance is provided by LAVic. A suitably qualified volunteer provides First Aid at the Centre. If your child sustains an injury during competition, please ensure it is reported to our first aid officer.

## Will my child receive an award at the end of the season?

All children who have participated at least the minimum number of times throughout the season (**60% of all available programs**) and athletes parent/guardian have carried out allocated parent duty during the season will be eligible to receive end of season trophies/awards.

For each weekly event that the child competes in, they receive points based on their placing and/or performance. These points are accumulated and are used to calculate end of season results. 1st, 2nd and 3rd trophies in both track and field will be presented to both boys and girls in each age group on the basis of the points system.

All other eligible athletes will receive a participation trophy.

Presentation day is held approximately 1 month after the conclusion of our Track and Field Season along with our AGM.

# **CENTRE CAPTAINS ELIGIBILITY CRITERIA**

Each year Melton City Little Athletics Centre we will appoint 2 Centre Captains from our Junior athlete group for the season. Our captains will need to show responsibility of being a positive role model for the other children, keeping an eye out for the younger children, assisting in warm ups and answering questions younger athletes may have. To be eligible for selection, athletes must have completed a minimum 3 years with the centre and actively participate in training each week.

## **AWARDS**

### **PB AWARD PROGRAM**

The emphasis is on improvement and achieving 'Personal Bests'. At the end of the season, we present our athletes with PB medals. Once an athlete achieves 7 PBs over a season, they get a bronze award, while 15 PBs earn a silver award and 25 PBs earn a gold award.

### **BARRY TAYLOR AWARD**

Awarded to the athlete who attains the most number of PBs for the whole Centre throughout the season.

### **NEVILLE MAWSON AWARD**

Selected by the Executive Committee for an individual volunteer or volunteers in recognition time and dedication to the Centre.

### **JOAN BOLTON AWARD**

Selected by the Executive Committee for the athlete that demonstrates a continuing positive attitude and enthusiasm towards Little Athletics.

### **COACHES AWARD**

Selected by the Coaches for the athlete who show consistent effort in training demonstrating in results.

### **CAPTAINS AWARDS**

Selected by the Centre Captains for the athlete demonstrates a continuing positive attitude and enthusiasm towards Little Athletics.

### **DAVID YOUNG U6 – U8 CENTER CHAMPION AWARD**

Awarded to the athlete who accumulates the most centre points in the U6-U8 Age Groups throughout the season.

### **U9 – U17 CENTER CHAMPION AWARD**

Awarded to the athlete who accumulates the most points for the whole Centre throughout the season. This includes centre, regions, state and open day points.

### **TRACK & FIELD CHAMPION**

Awarded to the athlete who achieve the highest achievement whether centre level, region level or state level (Oct-March Season)

## FREQUENTLY ASKED QUESTIONS

### When can I join little athletics?

The Little Athletics year begins in October and runs through to the following September. You can register at any time during the athletics year providing you are between the age of 5 and 16.

### What are the events?

Sprints 60m/70m/100m/150m/200m/400m (depending on the age group).

Long distance running 800m/1500m (depending on the age group).

Hurdles 60m/80m/90m/100m/300m (depending on the age group).

Shot Put, Discus and Javelin (depending on the age group).

Long Jump, Triple Jump & High Jump (depending on the age group)).

Walk (700m, 1100m, 1500m) (depending on the age group).

Relays U9-U17 (at Region and State competitions).

### What is available for children with disabilities?

MCLAC encourages and welcomes children of all abilities to compete at Centre, Region and State competitions. We aim to provide an inclusive environment where all children feel welcome and comfortable to participate.

If your child has a physical or intellectual disability, please contact the centre. We will work with you to enable your child to participate as fully as possible in the program.

### How important is ability?

Our emphasis is on fun and fitness and family. Children can join with any level of skill or fitness. The aim is to encourage your children to improve each week and to perform personal bests.

### How are the children's performances monitored?

All performances in all events are recorded during the weekly program. You can access these results online through Results HQ <https://resultshq.com.au/login>. All results are usually uploaded within 24 hours of competition, so that you can monitor and assess their progress.

### What other forms of competition are there?

During the season, your child may participate at:

Open Days (further details on pavilion window or refer to [lavic.com.au](http://lavic.com.au)).

Western Metropolitan Region Track and Field Competitions (Under 9 to Under 17 only).

Western Metropolitan Region Relays (Under 9 to Under 17 only – selected by Centre Committee).

State Championships if qualified or progressed from Regional Competitions.

Cross Country season during the winter months.

Western Metropolitan Region Cross Country.

State Cross Country Championships if qualified or progressed from Regional Competitions.

**\*\*These events may incur extra costs.**

## MELTON CITY LITTLE ATHLETICS CENTRE RECORDS

60mH	12.80	26/03/2023	Sahib Cheema	MCLAC	6M
70m	12.43	1/01/1999	Jordan Reithofer	MSLAC	6M
100m	18.5	1/01/1975	G Forbes	MSLCA	6M
200m	42.38	26/02/2017	Leigh Benbow	MCLAC	6M
300m	01:09.67	5/03/2023	Sahib Cheema	MCLAC	6M
Shot 1kg	7.66	7/10/2018	Leigh Benbow	MCLAC	6M
Discus 350g	25.42	8/02/2017	Leigh Benbow	MCLAC	6M
Vortex	21.56	29/01/2017	Leigh Benbow	MCLAC	6M
Long Jump	2.89	1/01/1979	J Roos	MSLAC	6M

60mH	12.78	22/03/2015	Tia Plummer	MCLAC	6F
60m	11.2	3/10/1982	L.Chirm	MSLAC	6F
70m	13.2	1/01/1983	L Chirm	MSLAC	6F
100m	18.87	1/01/1987	C Sorensen	MSLAC	6F
200m		20/03/2022 4 . 9 8	Mckinley Wilson	MCLAC	6F
300m	01:10.2	7/02/2021	Grace Bennett	MCLAC	6F
Shot 1kg	4.58	1/01/1977	Y Jaros	MSLAC	6F
Discus 350g	13.95	1/01/1981	L Mercer	MSLAC	6F
Vortex	11.69	12/11/2017	Alexi Rudd	MCLAC	6F
Long Jump	2.98	1/01/1982	E Griffioen	MSLAC	6F

60mH	11.51	05/03/2023	Chayse Johnson	MCLAC	7M
60m	10.93	2/10/2005	C.Searle	MSLAC	7M
70m	11.96	05/03/2023	Chayse Johnson	MCLAC	7M
100m	16.65	1/01/1991	M Day	MSLAC	7M
200m	36.45	15/02/2023	Chayse Johnson	MCLAC	7M
400m	01:26.8	20/03/2022	Fletcher Reid	MCLAC	7M
Shot 1kg	8.66	4/02/2018	Leigh Benbow	MCLAC	7M
Discus 350G	29.71	4/03/2018	Leigh Benbow	MCLAC	7M
Vortex	31.76	4/03/2018	Leigh Benbow	MCLAC	7M
LJ	3.38	1/01/1982	C Hanley	MSLAC	7M

60mH	12.85	1/01/1994	W Alderson	MSLAC	7F
60m	10.83	3/10/2004	C. Willmott	MSLAC	7F
70m	12.16	1/01/2002	A Bulic	MSLAC	7F
100m	17.1	1/01/1979	P Rowe	MSLAC	7F
200m	37	1/01/1985	C Broomhall	MSLAC	7F
400m	01:26.8	20/03/2022	Grace Bennett	MCLAC	7F
Shot 1kg	5.43	1/01/2002	A Bulic	MSLAC	7F
Discus 350g	14.67	5/10/2003	S O'Rourke	MSLAC	7F
Vortex	16.1	15/10/2017	Ella Evans	MCLAC	7F
Long Jump	3.31	1/01/1985	N Pennisi	MSLAC	7F

60mH	12.69	26/03/2023	Rhys Pietrykowski	MCLAC	8M
70m	11.35	17/03/2021	Ajay Vijayagopal	MCLAC	8M
100m	15.6	13/12/2020	Ajay Vijayagopal	MCLAC	8M
200m	33.75	21/03/2021	Ajay Vijayagopal	MCLAC	8M
400m	01:25.2	10/03/2021	Ajay Vijayagopal	MCLAC	8M
600m	02:16.23	06/11/2022	Fletcher Reid	MCLAC	8M
700m walk	04:35.59	19/03/2023	Fletcher Reid	MCLAC	8M
Shot 1.5kg	7.53	5/10/2014	Ben Locke	MCLAC	8M
Discus 500g	22.43	1/01/1981	J Roos	MSLAC	8M
Vortex	24.44	15/12/2019	Zander Black	MCLAC	8M
Long Jump	3.72	1/01/1982	B Montgomery	MSLAC	8M
High Jump Scissor	1.02	26/03/2023	Rhys Pietrykowski	MCLAC	8M

60mH	12.07	1/01/1998	L Gilmore	MSLAC	8F
70m	11.62	1/01/1994	A Birch	MSLAC	8F
100m	16.6	1/01/1977	L Toth	MSLAC	8F
200m	35.23	1/01/1986	C Broomhall	MSLAC	8F
300m	58.57	1/01/1988	K Worledge	MSLAC	8F
400m	01:27.78	05/03/2023	Grace Bennett	MCLAC	8F
600m	02:23.92	26/02/2023	Grace Bennett	MCLAC	8F
700m Walk	4:56.47	1/01/1998	E O'Brien	MSLAC	8F
Shot 1.5kg	5.95	28/10/2018	Nara Te Momo	MCLAC	8F
Discus	17.14	3/10/1982	L. Mercer	MSLAC	8F
Vortex	17.46	26/03/2023	Zoe Benyah	MCLAC	8F
Long Jump	3.45	1/01/1986	C Broomhall	MSLAC	8F
High Jump Scissor	0.96	27/03/2022	Seerat Aulakh	MSLAC	8F

60mH	10.48	26/03/2023	Nishanveer Singh Kharrud	MCLAC	9M
70m	10.69	1/01/1987	H Walker	MSLAC	9M
<b>70m</b>	<b>10.48</b>	<b>WMR 21/22</b>	<b>Ajay Vijaygopal</b>	<b>MCLAC</b>	<b>9M</b>
100m	14.95	1/01/1987	H Walker	MSLAC	9M
<b>100m</b>	<b>14.93</b>	<b>STATE 21/22</b>	<b>Ajay Vijayagopal</b>	<b>MCLAC</b>	<b>9M</b>
200m	30.83	1/01/1987	H Walker	MSLAC	9M
<b>200m</b>	<b>30.7</b>	<b>STATE 21/22</b>	<b>Ajay Vijayagopal</b>	<b>MCLAC</b>	<b>9M</b>
400m	1.11.53	1/01/1987	H Walker	MSLAC	9M
800m	02:45.09	1/01/1982	R Allen	MSLAC	9M
700m Walk	4:27.61	19/03/2023	Harry Wark	MCLAC	9M
<b>700m Walk</b>	<b>4.25.41</b>	<b>STATE 18/19</b>	<b>Cody Wapshott</b>	<b>MCLAC</b>	<b>9M</b>
Shot 2kg	8.13	1/01/1993	M Day	MSLAC	9M
Discus 500g	29.7	1/01/1982	J Roos	MSLAC	9M
Long Jump	4.13	1/01/1982	J Roos	MSLAC	9M
Vortex	26.44	9/03/2022	Ajay Vijayagopal	MCLAC	9M
High Jump Scissor	1.08	24/03/2019	Prabhpreet Singh Rangi	MCLAC	9M

60mH	11.07	1/01/1999	L Gilmore	MSLAC	9F
70m	11.1	1/01/1990	R Santoro	MSLAC	9F
100m	15.56	1/01/1990	R Santoro	MSLAC	9F
200m	32.91	1/01/1990	M Sorensen	MSLAC	9F
400m	01:14.81	1/01/1987	C Broomhall	MSLAC	9F
800m	02:56.69	1/01/1990	M Sorensen	MSLAC	9F
700m Walk	05:12.77	19/03/2023	Emilia Rudd	MCLAC	9F
<b>700m Walk</b>	<b>4.55.04</b>	<b>WMR 19/20</b>	<b>Alexi Rudd</b>	<b>MCLAC</b>	<b>9F</b>
Shot 2kg	6.32	1/01/1978	N Dickson	MCLAC	9F
Discus 500g	20.35	1/01/1984	L Mercer	MSLAC	9F
Long Jump	3.76	1/01/1995	A Birch	MSLAC	9F
Long Jump	3.76	1/01/1978	N Dickson	MSLAC	9F
Vortex	18.63	1/03/2020	Alexi Rudd	MCLAC	9F
High Jump Scissor	1.00	28/10/2008	Stella Whillance	MCLAC	9F

60mH	10.82	26/02/2023	Ajay Vijayagopal	MCLAC	10M
70m	10.29	05/03/2023	Ajay Vijayagopal	MCLAC	10M
100m	14.13	05/03/2023	Ajay Vijayagopal	MCLAC	10M
200m	29.61	26/03/2023	Ajay Vijayagopal	MCLAC	10M
400m	01:08.1	1/01/1981	A Sutherland	Male	10M
800m	02:36.8	1/01/1978	L Dundon	Male	10M
1100m Walk	06:22.33	1/01/1994	A Wojtczak	Male	10M
Shot 2kg	9.48	1/01/1994	M Day	Male	10M
Discus 500g	34.01	1/01/1983	J Roos	Male	10M
<b>Discus 500g</b>	<b>35.32</b>	<b>WMR 19/20</b>	<b>Maloamata Nofoasaefa Jnr Rope-ti</b>	<b>MCLAC</b>	<b>10M</b>
Long Jump	4.44	1/01/1974	M Hanson	Male	10M
Vortex	37.90	27/03/2022	Chase Allen	MCLAC	10M
High Jump Scissor	1.19	23/02/2020	Maloamata Nofoasaefa Jnr Ropeti	MCLAC	10M

60mH	11.87	5/12/2021	Balreet Kaur Mann	MCLAC	10F
70m	10.6	1/01/1991	R Santoro	MSLAC	10F
100m	14.94	1/03/2020	Stella Whillance	MCLAC	10F
200m	31.45	11/03/2020	Stella Whillance	MCLAC	10F
400m	01:12.6	1/01/1991	M Sorensen	MSLAC	10F
800m	02:49.44	1/01/1988	C Broomhall	MSLAC	10F
1100m Walk	06:33.19	1/01/1990	K Randle	MSLAC	10F
Shot 2kg	9.89	18/12/2016	Alyssa Benbow	MCLAC	10F
Discus 500g	36.28	5/03/2017	Alyssa Benbow	MCLAC	10F
Long Jump	4.36	1/01/1981	D Cotter	MSLAC	10F
Vortex	23.88	9/02/2022	Balreet Kaur Mann	MCLAC	10F
High Jump Scissor	1.12	6/02/2022	Zoey Whillance	MCLAC	10F

80mH	13.64	01/01/1995	M Day	MSLCA	11M
70m	10.16	1/01/1988	A James	MSLCA	11M
100m	14.13	1/01/1985	B McShane	MSLAC	11M
200m	29.17	1/01/1984	R Allen	MSLAC	11M
400m	01:08.5	1/01/1981	M Smith	MSLAC	11M
800m	02:33.4	1/01/1977	M Howell	MSLAC	11M
1500m	05:07.9	1/01/1979	L Dundon	MSLAC	11M
1100m Walk	07:01.5	21/03/2021	Cody Wapshott	MCLAC	11M
<b>1100m Walk</b>	<b>6.32.93</b>	<b>STATE 20/21</b>	<b>Cody Wapshott</b>	<b>MCLAC</b>	<b>M11</b>
Shot 2kg	11.32	21/03/2021	Maloamata Nofoasaefa Jnr Rope-ti	MCLAC	11M
<b>Shot 2Kg</b>	<b>11.60</b>	<b>STATE 20/21</b>	<b>Maloamata Nofoasaefa Jnr Ropeti</b>	<b>MCLAC</b>	<b>11M</b>
Discus 500g	38.55	3/03/2021	Maloamata Nofoasaefa Jnr Rope-ti	MCLAC	11M
<b>Discus 500g</b>	<b>42.59</b>	<b>STATE 20/21</b>	<b>Maloamata Nofoasaefa Jnr Ropeti</b>	<b>MSLAC</b>	<b>11M</b>
Javelin 400g	30.69	21/03/2021	Maloamata Nofoasaefa Jnr Rope-ti	MCLAC	11M
Long Jump	4.51	1/01/1997	T Robinson	MSLAC	11M
Triple Jump	9.86	1/01/1981	H Edgar	MSLAC	11M
High Jump	1.38	1/01/1985	B McShane	MSLAC	11M

80mH	14.32	26/03/23	Balreet Kaur Mann	MSLAC	11F
70m	10.35	1/01/2006	A. Bulic	MSLAC	11F
100m	14.46	1/01/2006	A Bulic	MSLAC	11F
200m	30.03	09/11/2022	Balreet Kaur Mann	MSLAC	11F
400m	01:10.64	1/01/1982	D Cotter	MSLAC	11F
800m	02:37.38	1/01/1982	D Cotter	MSLAC	11F
1500m	05:47.17	1/01/1988	M Wilson	MSLAC	11F
1100m Walk	07:28.76	28/11/2021	Alexi Rudd	MCLAC	11F
<b>1100m Walk</b>	<b>7.18.63</b>	<b>STATE 20/12</b>	<b>Alexi Rudd</b>	<b>MCLAC</b>	<b>11F</b>
Shot 2kg	11.48	4/03/2018	Alyssa Benbow	MCLAC	11F
Discus 500g	37.91	24/03/2019	Manafa Corine Ropeti	MCLAC	11F
Javelin 400g	27.28	4/03/2018	Alyssa Benbow	MCLAC	11F
Long Jump	4.35	1/01/1982	D Cotter	MSLAC	11F
Triple Jump	9.26	1/01/1982	D Cotter	MSLAC	11F
High Jump	1.32	1/01/2012	R Guppy	MSLAC	11F

80mH	14.1	1/01/2001	C McNabb	MSLAC	12M
70m	9.58	1/01/1991	J Hocking	MSLAC	12M
100m	13.1	1/01/1991	J Hocking	MSLAC	12M
200m	27.8	1/01/1987	D Stawicki	MSLAC	12M
400m	01:03.45	1/01/1987	D Stawicki	MSLAC	12M
800m	02:27.39	1/01/1988	A Djatschenko	MSLAC	12M
1500m	04:56.0	1/01/1980	L Dundon	MSLAC	12M
1500m Walk	09:11.8	1/01/1994	R Clayton	MSLAC	12M
<b>1500m Walk</b>	<b>8:32.57</b>	<b>STATE 21/22</b>	<b>Cody Wapshott</b>	<b>MCLAC</b>	<b>12M</b>
Shot 2kg	14.52	27/03/2022	Gospel Edward Aneti Jr Ropeti	MCLAC	12M
<b>Shot 2kg</b>	<b>14.54</b>	<b>STATE 21/22</b>	<b>Gospel Edward Aneti Jr Ropeti</b>	<b>MCLAC</b>	<b>12M</b>
Discus 750g	39.78	12/12/2021	Gospel Edward Aneti Jr Ropeti	MCLAC	12M
Javelin 400g	33.82	1/01/2007	S. Krupa	MSLAC	12M
Long Jump	5.03	1/01/1987	D Stawicki	MSLAC	12M
Triple Jump	10.45	1/01/1982	H Edgar	MSLAC	12M
High Jump	1.51	1/01/1987	D Stawicki	MSLAC	12M

80mH	14.52	1/01/1996	B Thompson	MSLAC	12F
70m	9.87	1/01/1993	C Sorensen	MSLAC	12F
100m	13.89	3/03/2019	Emerson Thompson	MCLAC	12F
200m	28.85	27/03/2022	Stella Whillance	MCLAC	12F
<b>200m</b>	<b>28.7</b>	<b>STATE 21/22</b>	<b>Stella Whillance</b>	<b>MCLAC</b>	<b>12F</b>
400m	01:06.1	1/01/1993	M Sorensen	MSLAC	12F
800m	02:43.7	1/01/1993	M Sorensen	MSLAC	12F
1500m	05:18.3	1/01/1983	D Cotter	MSLAC	12F
1500m Walk	08:31.1	1/01/1996	N Palmer	MSLAC	12F
Shot 2kg	14.29	20/11/2019	Manofo Corine Ropeti	MCLAC	12F
Discus 750g	36.61	24/02/2019	Alyssa Benbow	MCLAC	12F
<b>Discus 750g</b>	<b>38.38</b>	<b>WMR 19/20</b>	<b>Manofo Corine Ropeti</b>	<b>MCLAC</b>	<b>12F</b>
Javelin 400g	27.87	1/01/2007	A. Bulic	MSLAC	12F
Long Jump	4.83	1/01/1994	M Hocking	MSLAC	12F
Triple Jump	9.92	1/01/1983	D Cotter	MSLAC	12F
High Jump	1.37	1/01/1978	D Grahek	MSLAC	12F

80mH	14.12	1/01/1997	M Day	MSLAC	13M
70m	9.82	22/1/2023	Gospel Edward Aneti Jr Ropeti	MCLAC	13M
100m	12.57	1/01/1986	J Prins	MSLAC	13M
200m	25.5	1/01/1986	J Prins	MSLAC	13M
200m Hurdles	31.81	4/03/2018	James Taylor	MCLAC	13M
400m	01:00.19	1/01/1989	A Djatschenko	MSLAC	13M
800m	02:23.51	1/01/1989	A Djatschenko	MSLAC	13M
1500m	04:50.49	1/01/1990	J Hill	MSLAC	13M
1500m Walk	08:11.8	1/01/1995	R Clayton	MSLAC	13M
Shot 3kg	12.38	26/03/2023	Gospel Edward Aneti Jr Ropeti	MCLAC	13M
Discus 750g	47.64	26/03/2023	Gospel Edward Aneti Jr Ropeti	MCLAC	13M
Javelin 600g	35.67	29/01/2023	Gospel Edward Aneti Jr Ropeti	MCLAC	13M
Long Jump	5.32	1/01/1992	J Hocking	MSLAC	13M
Triple Jump	11.09	1/01/1990	N Saliba	MSLAC	13M
High Jump	1.6	1/01/1992	J Hocking	MSLAC	13M

80mH	14.59	1/01/1994	R Santoro	MSLAC	13F
70m	9.88	06/11/2022	Stella Whillance	MCLAC	13F
100m	13.47	1/03/2020	Emerson Thompson	MCLAC	13F
200m	27.88	1/01/1994	R Santoro	MSLAC	13F
200m Hurdles	34.16	24/03/2019	Mariah Pezos	MCLAC	13F
400m	01:06.8	1/01/1994	M Sorensen	MSLAC	13F
800m	02:40.7	1/01/1994	M Sorensen	MSLAC	13F
1500m	05:28.26	1/01/1984	D Cotter	MSLAC	13F
1500m Walk	08:05.7	1/01/1996	E Adamcewicz	MSLAC	13F
Shot 3kg	12.98	17/11/2019	Alyssa Benbow	MCLAC	13F
<b>Shot 3kg</b>	<b>13.24</b>	<b>WMR 19/20</b>	<b>Alyssa Benbow</b>	<b>MCLAC</b>	<b>13F</b>
Discus 750g	43.97	12/02/2020	Alyssa Benbow	MCLAC	13F
<b>Discus 750g</b>	<b>44.57</b>	<b>WMR 19/20</b>	<b>Alyssa Benbow</b>	<b>MCLAC</b>	<b>13F</b>
Javelin 400g	33.29	22/01/2020	Alyssa Benbow	MCLAC	13F
Long Jump	4.92	1/01/1995	M Hocking	MSLAC	13F
Triple Jump	10.06	1/01/1995	M Hocking	MSLAC	13F
High Jump	1.47	1/01/1995	M Hocking	MSLAC	13F

90mH	13.63	1/01/1993	J Hocking	Male	14M
70m	8.94	02/10/2022	Nelson Banigo	MCLAC	14M
100m	11.80	05/03/2023	Nelson Banigo	MCLAC	14M
200m	23.95	11/12/2022	Nelson Banigo	MCLAC	14M
200mH	31.67	1/12/2019	Shamus Smoult	Male	14M
400m	57.1	1/01/1990	A Djatschenko	Male	14M
800m	02:14.7	1/01/1990	A Djatschenko	Male	14M
1500m	04:50.59	1/01/1990	A Djatschenko	Male	14M
1500m Walk	08:44.1	1/01/1996	B Lord	Male	14M
Shot 3kg	14.17	1/03/2020	Liam Benbow	Male	14M
Discus 1kg	45.71	2/02/2020	Liam Benbow	Male	14M
Javelin 600g	35.76	1/01/2006	J Reithofer	Male	14M
Long Jump	5.7	1/01/1993	J Hocking	Male	14M
Triple Jump	11.59	1/01/1991	N Saliba	Male	14M
High Jump	1.7	1/01/1993	J Hocking	Male	14M

80mH	14.13	1/01/1995	M Sorensen	MSLAC	14F
70m	10.61	19/3/2023	Mia Preddy	MCLAC	14F
100m	13.32	1/01/1995	T McLean	MSLAC	14F
200m	27.56	1/01/1986	S Rawlinson	MSLAC	14F
200mH	33.34	4/03/2018	Jasmine Hannett	MCLAC	14F
400m	01:05.1	1/01/1995	T McLean	MSLAC	14F
800m	02:37.89	1/01/1986	T Thomas	MSLAC	14F
1500m	05:40.23	1/01/1985	D Cotter	MSLAC	14F
1500m Walk	07:48.2	1/01/1997	E Adamcewicz	MSLAC	14F
Shot 3kg	13.6	17/03/2021	Alyssa Benbow	MCLAC	14F
<b>Shot 3kg</b>	<b>14.27</b>	<b>STATE 20/21</b>	<b>Alyssa Benbow</b>	<b>MCLAC</b>	<b>14F</b>
Discus 1kg	40.27	10/03/2021	Alyssa Benbow	MCLAC	14F
<b>Discus 1kg</b>	<b>40.72</b>	<b>WMR 20/21</b>	<b>Alyssa Benbow</b>	<b>MCLAC</b>	<b>14F</b>
Javelin 400g	36.26	21/03/2021	Alyssa Benbow	MCLAC	14F
Long Jump	4.88	1/01/1986	V Griffith	MSLAC	14F
Triple Jump	9.89	1/01/1990	S Macdonald	MSLAC	14F
High Jump	1.45	1/01/1998	B Thompson	MSLAC	14F

100mH	13.45	10/03/2021	Hunter Hanson	MCLAC	15M
70m	9.44	21/03/2021	Hunter Hanson	MCLAC	15M
100m	11.81	1/01/1999	M Day	MSLAC	15M
200m	25.13	17/03/2021	Hunter Hanson	MCLAC	15M
300mH	44.32	1/01/1996	M McLean	MSLAC	15M
400m	56.11	1/01/2007	J. Reithofer	MSLAC	15M
800m	02:17.0	16/03/2014	Nicholas Benca	MSLAC	15M
1500m	04:46.0	26/02/2014	Nicholas Benca	MSLAC	15M
1500m Walk	08:25.99	1/01/1990	J Wright	MSLAC	15M
Shot 4kg	15.05	1/01/2004	M Scott	MSLAC	15M
Discus 1kg	49.8	6/12/2020	Liam Benbow	MCLAC	15M
Javelin 700g	36.43	31/01/2021	Liam Benbow	MCLAC	15M
Long Jump	6.12	1/01/1994	J Hocking	MSLAC	15M
Triple Jump	12.25	1/01/1999	M Day	MSLAC	15M
High Jump	1.77	1/01/1994	J Hocking	MSLAC	15M

90mH	15.48	1/01/1996	M Sorensen	MSLAC	15F
70m	10.63	20/3/2022	Kyeesha Downs	MCLAC	15F
100m	13.14	1/01/1987	S Rawlinson	MSLAC	15F
200m	26.98	1/01/1996	C Sorensen	MSLAC	15F
300m Hurdles	47.41	1/01/1996	M Sorensen	MSLAC	15F
400m	01:01.8	1/01/1996	M Sorensen	MSLAC	15F
800m	02:38.0	1/01/1996	M Sorensen	MSLAC	15F
1500m	05:40.1	1/01/2007	L. Casley	MSLAC	15F
1500m Walk	07:24.0	1/01/1998	E Adamcewicz	MSLAC	15F
Shot 3kg	12.06	26/02/2023	Manofo Corine Ropeti	MCLAC	15F
Discus 1kg	35.49	29/10/2017	Rebekah Sutton	MCLAC	15F
Javelin 500g	34.15	6/03/2016	Ruby Guppy	MCLAC	15F
Long Jump	5.13	1/01/1986	D Cotter	MSLAC	15F
Triple Jump	10.57	1/01/1986	D Cotter	MSLAC	15F
High Jump	1.5	1/01/1989	M Adamcewicz	MSLAC	15F

100mH	16.42	12/12/2021	Hunter Hanson	MCLAC	16M
70m	8.45	22/01/2020	James Taylor	MCLAC	16M
100m	12.18	1/03/2020	James Taylor	MCLAC	16M
<b>100m</b>	<b>11.86</b>	<b>STATE 21/22</b>	<b>Hunter Hanson</b>	<b>MCLAC</b>	<b>16M</b>
200m	24.75	6/02/2022	Hunter Hanson	MCLAC	16M
<b>200m</b>	<b>24.33</b>	<b>WMR 21/22</b>	<b>Hunter Hanson</b>	<b>MCLAC</b>	<b>16M</b>
300mH	45.55	19/12/2021	Hunter Hanson	MCLAC	16M
<b>300mH</b>	<b>42.5</b>	<b>STATE 21/22</b>	<b>Hunter Hanson</b>	<b>MCLAC</b>	<b>16M</b>
400m	57.61	1/01/2008	J Reithofer	MCLAC	16M
<b>400m</b>	<b>55.05</b>	<b>STATE 21/22</b>	<b>Hunter Hanson</b>	<b>MCLAC</b>	<b>16M</b>
800m	02:21.2	22/03/2015	Patrick Warburton	MSLAC	16M
1500m	05:02.0	1/01/2008	J Reithofer	MSLAC	16M
1500m Walk	11:23.4	27/10/2019	James Taylor	MCLAC	16M
Shot 4kg	16.3	20/03/2022	Liam Benbow	MCLAC	16M
Discus 1kg	56.93	27/03/2022	Liam Benbow	MCLAC	16M
Javelin 700g	43.59	20/03/2022	Declan Bright	MCLAC	16M
Long Jump	5.59	4/03/2018	Salvatore Licandro	MCLAC	16M
<b>Long Jump</b>	<b>5.77</b>	<b>STATE 21/22</b>	<b>Hunter Hanson</b>	<b>MCLAC</b>	<b>16M</b>
Triple Jump	11.46	20/11/2019	James Taylor	MCLAC	16M
High Jump	1.64	1/01/2008	J Reithofer	MSLAC	16M

90mH	17.45	1/01/2012	F Warburton	MSLAC	16F
70M	10.40	11/03/2020	Jasmine Hannett	MCLAC	16F
100m	14.47	20/11/2019	Jasmine Hannett	MCLAC	16F
200m	30.14	11/03/2020	Jasmine Hannett	MCLAC	16F
300mH	58.68	1/01/2012	C Layton	MSLAC	16F
400m	01:09.9	1/01/2008	L Casley	MSLAC	16F
800m	02:43.8	1/01/2008	L Casley	MSLAC	16F
1500m	06:02.9	29/10/2014	Jesse O'Rourke	MSLAC	16F
1500m Walk	10:21.1	23/02/2020	Jasmine Hannett	MCLAC	16F
Shot 3kg	14.66	22/01/2023	Alyssa Benbow	MCLAC	16F
Discus 1kg	41.09	15/02/2023	Alyssa Benbow	MCLAC	16F
Javelin 500g	36.41	16/10/2022	Alyssa Benbow	MCLAC	16F
Long Jump	4.36	27/11/2022	Kyeesha Downs	MCLAC	16F
Triple Jump	9.83	23/10/2022	Kyeesha Downs	MCLAC	16F
High Jump	1.37	15/12/2019	Jasmine Hannett	MCLAC	16F

70m	8.71	02/10/2022	Hunter Hanson	MCLAC	17M
110mH	16.53	02/10/2022	Hunter Hanson	MCLAC	17M
100m	12.35	16/10/2022	Hunter Hanson	MCLAC	17M
200m	25.56	15/01/2023	Hunter Hanson	MCLAC	17M
400m	59.33	09/10/2022	Hunter Hanson	MCLAC	17M
800m	2:27.40	09/11/2022	Hunter Hanson	MCLAC	17M
Shot 4kg	14.30	02/10/2022	Liam Benbow	MCLAC	17M
Discus 1kg	46.08	27/11/2022	Liam Benbow	MCLAC	17M
Javelin 700g	40.68	08/03/2023	Declan Bright	MCLAC	17M
Long Jump	5.97	01/20/2022	Hunter Hanson	MCLAC	17M
Triple Jump	10.64	23/10/2022	Matthew Vanotti	MCLAC	17M
300mH				MCLAC	17M
1500m				MCLAC	17M
High Jump				MCLAC	17M
1500m Walk				MCLAC	17M

70m				MCLAC	17F
100mh	18.49m	01/01/2013	F Warburton	MSLAC	17F
300mh	58.14	01/01/2013	F Warburton	MSLAC	17F
100m	15.08	01/01/2013	F Warburton	MSLAC	17F
200m	31.40	01/01/2013	F Warburton	MSLAC	17F
400m	1:14.54	01/01/2013	F Warburton	MSLAC	17F
800m	3:01.68	01/01/2013	F Warburton	MSLAC	17F
1500m	6:47.27	01/01/2013	F Warburton	MSLAC	17F
Discus 1kg	24.14	08/12/2013	Sarah O'Rourke	MSLAC	17F
Triple Jump	8.25	30/11/2014	Emily O'Rourke	MSLAC	17F
Javelin 500g	21.02	05/03/2014	Sarah O'Rourke	MSLAC	17F
Long Jump	3.87	06/10/2013	Sarah O'Rourke	MSLAC	17F
High Jump	1.27	01/01/2013	F Warburton	MSLAC	17F
Shotput 3kg				MCLAC	17F