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## Welcome

The committee of Armidale Little Athletics (ALA) Centre would like to welcome all new and past athletes and their families to the centre. We hope your season with us is both enjoyable and successful.

Our aim at Armidale LA's is to create a friendly atmosphere within the centre, making every member feel wanted and useful. If you have any questions, suggestions or problems throughout the year please speak to one of your committee members and we will do our best to help you. Generally, committee members should be wearing the gold and green polo shirts with the centre logo on the breast.

If you have any special talents and feel that you may be able to help either in the office, the canteen or on the field, please let us know as the extra help and enthusiasm is always welcome.

We do endeavour to have a competent and qualified person at each event to help **all** members learn how to run, record and organise that event. To help us achieve this goal, and give our children the attention they deserve, we do rely on parents to help as much as possible, and we therefore look forward to seeing you all each Thursday afternoon. This approach also allows our accredited coaches to spend more time with our young athletes (your children) ensuring they get the best possible results for their efforts.

***So make the effort and come along – join in and help in your child's physical and mental development whilst having fun.....***

## **The Aim of Little Athletics**

You have joined a unique junior sport whose main aim is to promote personal development whilst having fun. This centre strives to promote the personal self-esteem and sporting development of all members. In an effort to foster this we ***focus on weekly personal improvement***. Tickets are printed out each week to show the previous weeks results. These can be collected from the canteen and recorded in your record book.

To encourage athletes to participate, points are awarded to each child on the basis of (1) point for competing on a particular day and (2) points each time a ***personal best*** (PB) time, distance or height is achieved. So you don't have to win each week to be the highest point scorer, simply try your best each week.

**Trophies** are awarded at the end of the season for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> to the athletes who have achieved the highest point scores in each age group of each sex. In addition, certificates are awarded to all other athletes who participate up to the end of February.

As recognition of outstanding performances throughout the season, all athletes who compete at State Championship level and are active members of the centre are presented with a centre polo shirt and jacket. For subsequent years of representation the jacket is re-embroidered.

## **Centre Citizenship Award**

This is a perpetual trophy usually awarded annually and housed at the clubhouse as a visual incentive for our athletes. Candidates must be nominated to the committee, be good role models for other athletes in regard to both sportsmanship and conduct, regularly attend local point score days and generally deserving.

## **General Centre and Registration Information**

Armidale Little Athletics Centre number is 28. Athletes competing at zone level and above must wear this number on their back.

When you join the centre you will be given:

1. **A registration number** (eg 87), which **must be sewn securely** to the front of your centre uniform singlet or crop top or leotard. The sponsor's name and logo must still be visible.
2. **An age group number** (eg U9), which **must be sewn securely** to the lower left hand side of your centre uniform shorts or scungies or leotard.
3. **This centre handbook** which we hope will answer most of your questions or at least lead you to the right person to answer them.
4. **A Little Athletics achievement book** in which you should stick the weekly participation tickets in.

### **Registration Fees:**

A large proportion of the registration fees are paid to the Little Athletics Association of NSW (LAANSW) for administration and insurance premiums. Also \$3.50 of the fees goes to the Armidale Sports Council for sporting field capital improvements. The balance remains with the Armidale LA's Centre and is used for administration costs, property insurance, grounds maintenance, and equipment upkeep and purchase.

**To register new athletes must produce a Birth Certificate or other suitable Proof of Age.**

## **Local Competition Days**

Local competition evenings are held at Harris Park each Thursday (except school holiday periods) commencing **5:15 pm sharp** and finishing at 7:00 pm.

Competitors must be ready to start by 5:00 pm, as each competition evening commences with a compulsory and essential warm-up session.

These days are when you compete in your own age group in athletic events available to that age group over a four-week period.

For little athletes 12 years and older or for those older athletes who wish to continue athletics, senior athletics meet on Wednesday afternoons from 4:15 pm till 7.00 pm at Harris Park.

## **Uniforms**

It is compulsory for athletes to wear the Centre uniform with their registration and age group clearly visible (see page 5), at all Local Competition days, gala days and championships. Failure to do so may result in disqualification. At gala days and championships, centre numbers must also be worn.

The centre uniform is available for purchase at cost price from the Clubhouse and consists of:

### **Girls**

- Leotard or
- Crop Top with either Bike Shorts or Scungies

### **Boys**

- Singlet with either Bike Shorts or Loose Shorts

Other optional uniform items available for purchase include Armidale Little Athletics Caps and Polo Shirts.

Any specific requests should be directed to the Committee's Uniform Officer.

### **Running Shoes & Spikes**

It is compulsory that footwear be worn at all times by all athletes.

Running shoes (joggers) must be worn by Under 6's, Under 7's and Under 8's. All other age groups may wear spikes but only in events, which are run completely in lanes, i.e. sprints, hurdles and 200 and 400 metre events.

Spikes may also be worn in Long, Triple and High Jump events.

*Care must be taken by athletes competing in spikes, they are not to be put on until immediately prior to the event, and should be removed immediately on completion of the event.* Failure to adhere to these guidelines will result in severe reprimand and disqualification at higher levels of competition.

### **Parental Assistance & Participation**

#### ***PARENTS MUST HELP.***

Please ensure that at least one parent is present at each Local Competition Day. Apart from the fact that children perform better when their parents take an active interest in their sport, responsibility cannot be taken for children injured or left waiting for parents at the end of a session. This second example often occurs when stormy weather causes an early finish to the days activities.

We are a strong, active and expanding Centre, and have succeeded in providing a variety of worthwhile, healthy activities for our young athletes. This success is a direct result of parents just like you, putting in the effort to help us run the Centre for the benefit of all.

We expect, that as a parent, you will be willing to help where you are able, as the Centre relies on the co-operative effort of all parents for its continued operation.

Any one of the Committee is willing to help new parents in getting to know how to time keep, record, start, measure etc. don't be shy, no experience is necessary, only enthusiasm and the will to give it a go for the athletes sake – just ask us... **we need your help!**

As stated earlier, we do endeavour to have an experienced person at each activity in order to eliminate the problems that arise when nobody is sure of the correct rules and procedures. This person will also aim to help other parents learn how to run, record and organise that particular event. For us to achieve this, parental assistance and participation is vitally important.

### **Roles where parent help is needed:**

- Timekeepers & Starters on the short & long tracks
- Point Scorers
- Canteen Assistants
- Equipment Officer Assistants
- BBQ Assistants
- Age Managers and Co-managers
- Event Managers (eg. Long Jump, Discus, Shot Put)

***Please – pitch in and lend a hand***



## **Age Managers**

Each age/sex group (eg. Under 10 girls) of athletes needs an Age manager and Co-manager to help bond each group together into a well trained and behaved group. The Age Manager will record the results, help train the athletes and organise other parents so that everyone gains the maximum benefit from each event. Your co-operation and assistance in filling these roles would be most appreciated. Please remember that all Committee members are also voluntary helpers and the more people that help the easier it is for all of us, and the better it is for our children.

## **Conduct**

Both you and the other members of the Centre have the opportunity to learn about, and enjoy the various facets of athletics. To achieve this, it is imperative that the Committee members and/or other volunteering parents, are not tied up dealing with offensive or disrespectful behaviour, poor sportsmanship or the like. All athletes must therefore adhere to the following guidelines.

- Before and during all events good behaviour and sportsmanship is expected from all athletes, remember, you are representing our Centre as well as your family.
- All children must be supervised at all times and not be allowed to run wild on the sports field.
- Offensive language and/or behaviour, disrespect to Age Managers etc. will not be tolerated. If an athlete misbehaves please report him/her to the relevant Age Manager or a Committee member. If the Committee is not aware of the problem we are obviously not able to deal with it.

- The central Cricket pitch area is ***absolutely*** out of bounds at all times.
- All athletes are to keep well clear of the long track during events – competing athletes have the right of way. Keep in mind that senior athletes wear spikes and move very quickly.

In line with the board of the Little Athletics Association of NSW, the Centre has adopted the following rule with regard to conduct:

“A competitor acting in an unsporting manner renders himself/herself liable to disqualification from the competition.”

### **Discipline**

Offensive language and/or bad behaviour, disrespect to age managers etc. will not be tolerated. If an athlete misbehaves please report him/her to a committee member or take them to the office to be supervised. They will be removed from the afternoon's events and will be disqualified from any points they may have been eligible for.

### **Meetings**

General Meetings are held at 7:30 pm on the second Tuesday of each month at the Armidale Bowling Club. Parents are urged to attend these meetings and assist in the smooth running of the Centre. All of us on the Committee were of course new parents once too, so make the effort and get involved.

### **Wet Weather**

**If a Local Competition Day is cancelled due to wet weather, announcements will be made on 2AD after**

**4:00 pm on that day.** Please assume that a Competition Day will be held, unless we have had extended periods of rain or recent heavy falls.

If the weather is stormy or changeable, and your children do attend, please ensure suitable arrangements are made so that they are not left alone at the fields in the event of cancellation or early finishing. It is your responsibility as a parent to collect your children when required.

### **Visiting Athletes**

All visiting athletes registered with another centre are welcome to compete at Local Competition Days on Thursday evenings. **For insurance purposes the athlete's registration number must be worn and checked by a Committee member, without these number the athlete will not be able to participate in the competition.** A fee of 50c will be charged, and is payable at the Canteen. **Non-registered athletes are not covered by insurance and are not eligible to participate.**

### **Publicity**

All matters regarding publicity are to be referred to the Committee's Publicity Officer.

### **Equipment**

We are lucky enough to be a very well equipped Centre, however, to reach this stage has cost a lot of money, as does the regular maintenance of this equipment. Centre equipment must therefore be respected at all times and **misuse of any equipment in any way will not be tolerated.**

Members are permitted to borrow Centre equipment for training at home prior to championships. Please see the committee's Equipment Officer or President and fill out the required paperwork.

Any enquires regarding Centre equipment or reports of damaged or worn equipment should be referred to the Committee's Equipment Officer or President.

***The Equipment Officer needs help to store the equipment away at the end of each Local Competition Day.***

***If you are standing around please lend a hand!***

## **Medications**

### **Asthma Inhalers**

- 1 Asthmatics should use their inhalers prior to each track event.
- 2 Inhalers should be carried on the athlete, but **must not** be held in the hand during the running of an event.
- 3 Should an asthma attack occur during an event, the athlete should:
  - i. Withdraw from the event immediately and may not return to the event,
  - ii. Use his/her medication, and
  - iii. Notify his/her family doctor on the first available occasion that an attack occurred during a race, and seek advice on obtaining better control.
- 4 Should an attack occur after a race the athlete should follow the appropriate points in 3 above.
- 5 Use of inhalers is permitted while waiting at field events, but not during a trial.

## ALA Rules of Competition

The rules of competition used by the Armidale Little Athletics (ALA) Centre are those of the IAAF, as modified for Little Athletics as per LAANSW publication.

**Starting Blocks:** Starting Blocks are permitted to be used by all athletes in Sprints (i.e. 70, 100, 200, 400 metre events) and Hurdles.

**Lanes:** Athletes competing in Hurdles and Sprints (i.e. 70, 100, 200, 400 metre events) **must run the entire event in the lane they start in.** Failure to observe this competition rule may result in disqualification.

At the finish of a race, athletes **are to stand in the lanes they commenced in** until the judges call them away and their times have been recorded.

Athletes **must not** run alongside runners during their races.

Before crossing running tracks **STOP** and **LOOK** to make sure a race is not in progress.

**Throwing Events:** Athletes must take care not to walk in front of **Discos, Shot Put** or **Javelin** events, as the objects thrown have the ability to cause serious injury.

**Jumping Events:** Athletes must not interfere with the run up of competitors in any jumping event.

**Disqualification of Athletes:** Infringement of any of these Rules of Competition, whether it is in either a field or track event, may result in the athlete being disqualified. The reason being, is that at higher levels of competition these rules are absolute, and we therefore take the view that if our Centre also adheres to these

rules, then our athletes will be better prepared for those competitions.

## **Pre Competition Hints**

### **At Local Competition Days:**

- Early nights will keep you alert and more able to enjoy your sport.
- The correct clothing helps make it easier and more enjoyable.
- The correct footwear helps you to avoid slipping and injuring yourself.
- Always try to be on time, then you will miss nothing and will not inconvenience others.
- Pay attention at all times, as this will help you understand what is happening around you.
- Ensure you drink plenty of water to avoid dehydration.
- Protect yourself from too much exposure to the sun.
- **FUN is the key word.** Make sure you enjoy what you are doing.

***Remember, the most important thing is to try and improve your personal best performance each week in each event.***

## **At Higher Competitions**

As well as those points in 'At Local Competition Days',

- It is essential to have an organised routine to allow you to give your best when required.

- Ensure that your gear is complete (i.e. track suit, appropriate footwear, uniform, sunscreen, hat, water bottle, coat or blanket for warmth etc.).
- Always report to your Team Manager in order to avoid later confusion.
- At all times listen for event calls that may involve you.
- Be aware of when other athletes from your Centre are competing and cheer them on during their events.
- Remember whether you win or lose, have fun and be a good sport.

## **Diet**

Little Athletes are no different to other children. A well balanced diet with no particular emphasis on any special foods is the best method of maintaining good health and vitality. Put simply – your body needs a variety of foods to function properly, too much of one food group and too little of another may put your system out of balance.

## **Warm up Sessions**

Track and Fields Athletics has many events, most of which are explosive. To perform at maximum capacity and minimise the risk of injury, warming up is a very important part of sporting life.

**A compulsory warm up session for all athletes commencing at 4:45 pm, is part of each Local Competition Day's events.**

Young athletes will only need a short warm up of about 10-15 minutes. These athletes respond well to games and don't need to be sent on endless laps or given static exercises, but it is imperative that they do warm up. A lot of stretching exercises can be done on the run, or within a circuit i.e. jog 50 metres, stretch, jog 5 metres,

stretch and so on. In this way warm ups are kept interesting and good habits are formed for more serious competition in future years.

### **Some important points to remember when warming up:**

- Wear a tracksuit or t-shirt and tracksuit bottoms.
- When remembering what exercises to do, start at the top and work down (i.e. neck to shoulders to arms etc.).
- Always stretch both sides.
- After warming up rest for 5-10 minutes prior to competing, therefore plan your timing.

Older athletes will warm up over a longer period of time and will use exercises more specific to their events. Coaches will be able to advise on these specific exercises.

## **Championships**

**Athletes competing at any championship level must be prepared to compete at the next highest level if successful**, i.e. if you achieve a 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place in a final you will be expected to attend the next championship.

### **Zone Championships**

This is an area competition to determine the best young athletes within the Zone. These carnivals are held over two days on a rotational basis at one of the centres in the New England Zone eg. Tamworth, Gunnedah, Inverell etc.



**Athletes are only permitted to compete in four (4) events at Zone level, with the first three (3) places in each final progressing to the Regional Championships.**

Athletes wishing to compete at Zone must fill out a nomination form and return it to the Committee's Head Coach by the due date. These forms are available from the Clubhouse, as are ALA Centre numbers. **Athletes competing at this level and above must wear the ALA Centre number (28) on their back.**

Under 7 athletes gaining a 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> places in a final event at Zone receive medals, as this is their only representative level.

## **Regional Championships**

This is an elimination championship to determine which athlete will progress to the State Championships. These carnivals are also held over two days but on a rotational basis at one of the centres in the region as with Zone. **Again the first three (3) places in each final will progress.**

Under 8 athletes gaining a 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place in a final event at Region receive medals, as this is their only representative level.

## **State Championships**

This is also held over two days but in Sydney at Homebush. The first three placing's in each event receive State medals, and the Under 13 to Under 15 athletes have the opportunity of being chosen to represent NSW at an Interstate meeting.

## Other Competitions

### Gala Days

These competitions afford the young athletes a chance to gain experience at competitive meetings. They are one-day events and are held throughout the season at various centres. **Competitors pay \$1 per event and can enter up to five events; any registered athlete is eligible to participate.** Trophies or medals are usually awarded to the highest point scorer in each age/sex group for the day.

**Athletes competing at gala days must wear the ALA Centre number (28) on their back.**

Attendance at these weekend events along with Local Competition Days, gain the young athletes the experience needed to compete at the various championships, and although not compulsory these days may also double as great family picnic days.

### Trans Tasman Trials

Open to all Under 11 and Under 12 athletes, these trials are held annually in either Australia or New Zealand. Competitors are able to enter up to five (5) events (2 track & 3 field and 3 track & 2 field) and a minimum of 4 events (2 track & 2 field)

See the ALA Head Coach for further details.

## Track & Field Event Information

### Short & Long Running Tracks

#### Safety

- Ensure athletes are clear of the track when competitors are running.
- Teach athletes to always **STOP and LOOK** prior to crossing running track.

#### Timekeeping

- Start the stopwatch when you see the smoke from the starter's gun, not when you hear it fired.
- Stand adjacent to the finish line looking across it, and stop the watch when the chest of the athlete you are timing passes over it.
- So it is easy to locate them and give them their times instruct the athletes to remain in their lanes after they have finished.

### Hurdles

	Distance (m)	Height (cm)	Flights	Run In (m)	Run Out (m)	Distance Between (m)
U/8	60	45	6	12	13	7
U/9	60	45	6	12	13	7
U/10-11	60	60	6	12	13	7
U/12	60	68	6	12	13	7
U/13	80	76	9	12	12	7
U/14G	80	76	9	12	12	7
U/14B	90	76	9	13	13	8
U/15G	90	76	9	13	13	8
U/15B	100	76	10	13	10.5	8.5
U/13-15	200	68-76	5	20	40	35

## Long Jump

	<b>Take Off Mark</b>	<b>Distance form Pit Edge</b>
U/6	0.5m x 1.0m Rectangle	0.5m
U/7-12	0.5m x 1.0m Rectangle	1.0m
U/13-15	20 cm Board	1.0m

### **Safety**

- Position the rake at the long and triple jump pits so that nobody can injure himself or herself.
- Keep other athletes behind the jumper.

### **Rules**

- Any part of the foot over the front of the board or mat is a foul.
- Not leaving the pit in front of the touchdown point is a foul.

### **How to Measure**

Where the sand is first broken in the pit back to the front of the board at right angle, or if a mat is being used, to the front of the closest footprint.

### **How to Rake**

The sand should be as level as possible. If raking out the footprints, try not to create a large depression in the centre of the pit. This may be achieved by pushing the sand back into the area with the back of the rake.

## Triple Jump

	Take off Mark	Distance from Pit Edge
U/12	20 cm board	5m, 7m, and 9m
U/13-15	20 cm board	5m, 7m, 9m, and 11m

### Safety

- Position the rake at the long and triple jump pits so that nobody can injure himself or herself.
- Keep other athletes behind the jumper.

### Rules

- Any part of the foot over the front of the board or mat is a foul.
- Not leaving the pit in front of the touchdown point is a foul.

### How to Measure

Where the sand is first broken in the pit back to the front of the board at right angle, or if a mat is being used, to the front of the closest footprint.

### How to Rake

The sand should be as level as possible. If raking out the footprints, try not to create a large depression in the centre of the pit. This may be achieved by pushing the sand back into the area with the back of the rake.

## High Jump

### Starting Heights

	Centre	Zone	Region	State
U/9	80 cm	85 cm	90 cm	95 cm
U/10	90 cm	95 cm	100 cm	105 cm
U/11	100 cm	105 cm	110 cm	115 cm
U/12	105 cm	115 cm	120 cm	125 cm
U/13	110 cm	120 cm	125 cm	130 cm
U/14-15	120 cm	125 cm	130 cm	135 cm

### Safety

- Straps on the bar.
- Cover on the mats.
- Other athletes not distracting jumpers.
- Nobody on the mats when athletes are jumping.
- Bar holders face inwards parallel with the bar.

### Rules

- Touching the mat under the bar is a foul.
- Foot across the line of the bar is a foul.

### How to Run the Event

- Begin at around the nominated starting height for your group's age.
- Remember, the better jumpers can pass at the lower heights, and should pass, so the others can at least get a jump and have some fun.
- Increase the bars height by 5 cm increments until there are only five competitors left when the bar is raised in 3 cm increments.

## Shot Put

### Shot Weights

U/6 B & G	Ball Throw Only
U/7 B & G	1.0 kg (Blue)
U/8 B & G	1.5 kg (Yellow)
U/9-11 B & G	2.0 kg (Black)
U/12 G	2.0 kg (Black)
U/12 B	3.0 kg (White)
U/13-15 G	3.0 kg (White)
U/13 B	3.0 kg (White)
U/14-15 B	4.0 kg (Red)

### Safety

- Stress that athletes are not to play with spare shots while waiting for their turn.
- Keep everyone behind the thrower except measurer and the judging for fouls.
- The shot must not be thrown back to the next competitor.

### Rules

- If the athlete steps **out** the front of the circle it is a foul. (However athletes are permitted to enter the circle from the front of the circle.)
- If the athletes elbow drops causing the shot to leave the side of face, it is a foul.
- The shot must land between the lines; if it touches a line it is a foul.

### How to Measure

The peg is placed in the ground where the shot lands, at the closest point to the circle. The tape starts at the peg and goes back to the centre dot of the circle. The measurement is then taken (to the nearest cm) at the point where the tape passes the edge of the circle (or the inner edge of the foot board), not back to the dot.

## Discus

### Discus Weights

U/7 B & G	350 g
U/8-10 B & G	500 g
U/11-12 B & G	750 g
U/13 G	750 g
U/13 B	1.0 kg
U/14-15 B & G	1.0 kg

### Safety

- Stress that athletes are not to play with spare discus while waiting for their turn.
- Keep everyone behind the cage.
- The discus must not be thrown back to the next competitor.

### Rules

- If the athlete steps **out** the front of the circle it is a foul. (However athletes are permitted to enter the circle from the front of the circle.)
- The discus must land between the lines, if it touches a line it is a foul.

### How to Measure

The peg is placed in the ground where the shot lands, at the closest point to the circle. The tape starts at the peg and goes back to the centre dot of the circle. The measurement is then taken (to the nearest cm) at the point where the tape passes the inner edge of the circle, not back to the dot.



## **Age Manager & Co-manager Duties**

- Ensure the sheet with the appropriate starting heights and weights is in the age group folder.
- Check off the names of the athletes in your group, ensuring they are in the correct group.
- Check the program and try to start at the appropriate event and then proceed through all the events listed for that day.
- As each athlete completes each event, record the event, eg. 100m, at the top of the next column. Record with track in the first two columns and field events in the last two. The athlete's performance is then recorded across the page next to their names. High jump is recorded on a separate page in a similar manner.
- When all the events programmed are completed, ensure the athletes in your charge are returned to their parents. Check that the recording sheet has the age/sex written on it, not just the athlete's names and/or numbers.
- If handling mixed age groups, have a separate recording sheet for each age group.
- If running a mixed age group race, record place getters for each group.

## **Privacy Policy**

The following privacy policy is a summary of the relevant principles in accordance with the Commonwealth Privacy Act 1988 (Privacy Act). It should be noted that the Little Athletics Association of NSW (LAANSW) is not bound by this legislation, except in the collection of health/medical information.

### **Collecting personal information**

We collect personal information about your child when we conduct registrations, entry to gala days etc.

Generally, if appropriate, ALA and LAANSW will tell you why we are collecting this information and how we plan to use it or this will be obvious when we collect the information.

When we collect any personal or sensitive information (as defined by the Privacy Act) it is usually either required by LAANSW or necessary for the running of ALA. If the law requires us to seek your consent for particular information, then we will do so.

### **How we use and disclose your information**

The ALA committee uses your information to place your child in the correct age group, for insurance purposes and for providing statistical information to LAANSW. This information is only available to LAANSW, the members of the committee, or if relevant to age managers.

Photographs of anyone taken in attendance at a LAANSW Event/Function by LAANSW, ALA or its agent, may be used for any purpose whatsoever, including, but not limited to illustration, promotion, advertising, trade, etc. Such photographs may be published in any medium and may be labelled with the name of the person/s in the photograph and the event at which the photograph was taken.

### **Contact us**

If you would like more information concerning how we handle your information, our approach to privacy, or have a special request, then please contact the President of ALA.

## Armidale Gala Day Records 1983 - 2005

### Under 6 Girls

70m	A. Hall (Inverell)	13.26	1992
100m	M. Watts (Walcha)	19.98	1987
200m	T. Paull (Armidale)	47.12	2004
300m Pack	F. Williamson (Glen Innes)	1:10.96	1998
500m	K. Lockwood (Armidale)	2:38.79	1992
Long Jump	H. Grigg (Armidale)	2.51m	2000
Shot Put	E. Harsman (Gunnedah)	3.87m	1985
Ball Throw	F. Williamson (Glen Innes)	6.00m	1998

### Under 6 Boys

70m	M. Berridge (Guyra)	13.20	1987
100m	M. Berridge (Guyra)	19.30	1987
200m	R. McDonald (Tamworth)	44.53	2003
300m Pack	T. Russell (Gunnedah)	1:16.90	1998
500m	M. Barrage (Armidale)	2:11.59	1990
Long Jump	C. Lye (Tamworth)	2.74m	1991
Shot Put	J. Gallimore (Narrabri)	5.20m	1989
Ball Throw	R. Cropper (Armidale)	5.58m	1998

### Under 7 Girls

70m	J. Nelson (Armidale)	11.47	1985
100m	K. Simpson (Guyra)	17.57	1985
200m	F. Williamson (Glen Innes)	35.72	1999
500m Pack	L. Barnett (Quirindi)	2:01.30	2002
Long Jump	F. Williamson (Glen Innes)	2.97m	1999
Shot Put	G. Power (Gunnedah)	5.31m	1999
Discus	M. Byrne (Moree)	13.44m	1987

### Under 7 Boys

70m	C. Roberts (Armidale)	12.02	1983
100m	C. Roberts (Armidale)	17.29	1983
200m	J. Deery (Moree)	35.83	1986
500m Pack	J. Bush (Gunnedah)	1:52.43	1990
Long Jump	C. Lye (Tamworth)	3.20m	1992
Shot Put	C. Lye (Tamworth)	8.15m	1992
Discus	H. Jaegar (Gunnedah)	17.09m	1999

### Under 8 Girls

70m	S. Dundas (Armidale)	10.88	1983
100m	P. Kidd (Gunnedah)	15.88	1985
200m	A. McNamara (S.P.)	33.86	1986
400m	R. O'Neill (Tamworth)	1:22.93	2000
700m Pack	L. Barnett (Quirindi)	2:45.68	2002
60m Hurdles	A. Kirby (Armidale)	12.53	1997
Long Jump	M. Walsh (Armidale)	3.54m	1999
Shot Put	R. O'Brien (Tamworth)	6.45m	1990
Discus	A. Crawford (Armidale)	18.12m	2000

### Under 8 Boys

70m	T. McIntyre (Glen Innes)	11.41	1985
100m	D. McHugh (Tamworth)	15.90	1988

200m	S. Fredericks (Armidale)	33.72	1999
400m	C. Roberts (Armidale)	1:17.58	1984
700m Pack	G. Bible (Armidale)	2:36.03	1988
60m Hurdles	S. Smith (Armidale)	12.15	1997
Long Jump	J. Lawrence (Walcha)	3.80m	2003
Shot Put	J. Smith (Gunnedah)	8.92m	1987
Discus	G. Harsham (Gunnedah)	15.44m	1986

#### Under 9 Girls

70m	R. O'Neill (Tamworth)	10.64	2001
100m	S. Dundas (Armidale)	14.72	1984
200m	S. Dundas (Armidale)	30.92	1984
400m	S. Dundas (Armidale)	1:12.83	1984
800m	S. Roberts (Guyra)	2:59.38	1983
1500m	E. Shaw (Quirindi)	7:22.93	2000
60m Hurdles	S. Dundas (Armidale)	10.37	1984
700m Walk	K. Resch (Tamworth)	4:45.54	2001
800m Walk	M. Byrne (Moree)	4:25.00	1988
Long Jump	S. Dundas (Armidale)	3.90m	1984
High Jump	S. Brooks (Walcha)	1.14m	1988
Shot Put	K. Lockwood (Armidale)	6.56m	1995
Discus	K. Hollis (S.P.)	17.92m	1990

#### Under 9 Boys

<b>70m</b>	B. Cox (Armidale)	10.96	1999
	<b>M. McRae (Warialda)</b>	<b>10.96</b>	<b>2005</b>
100m	A. Malachino (S.P.)	14.64	1985
200m	B. Cox (Armidale)	31.10	1999
400m	D. Carlon (Armidale)	1:14.28	1983
800m	G. Rogers (Armidale)	2:48.50	1983
1500m	M. Fahey (Glen Innes)	6:24.58	2000
60m Hurdles	G. Rogers (Armidale)	10.20	1983
800m Walk	M. Bookallil (Armidale)	5:12.00	1983
Long Jump	A. Buckley (Armidale)	3.92m	2003
High Jump	N. Perry (Guyra)	1.22m	1992
Shot Put	J. Hartmann (Glen Innes)	7.49m	2001
Discus	B. Hine (Armidale)	24.49m	1983

#### Under 10 Girls

70m	R. O'Neill (Tamworth)	10.49	2002
100m	S. Dundas (Sawtell)	14.00	1985
200m	S. Dundas (Sawtell)	30.58	1985
400m	R. O'Neill (Tamworth)	1:13.29	2002
800m	R. O'Neill (Tamworth)	2:48.93	2002
1500m	G. Bower (Glen Innes)	5:40.03	1991
60m Hurdles	A. McNamara (S.P.)	10.48	1998
1100m Walk	B. Carey (Tamworth)	8:21.59	2001
Long Jump	S. Dundas (Sawtell)	4.11m	1985
High Jump	K. Resch (Tamworth)	1.37m	2002
Shot Put	C. Deery (Moree)	9.34m	1986
Discus	M. Harries (S.P.)	23.92m	1990

#### Under 10 Boys

70m	R. Prowse (Armidale)	10.69	1997
100m	D. Carlon (Armidale)	14.04	1984

200m	D. Carlon (Armidale)	28.36	1984
400m	D. Carlon (Armidale)	1:08.00	1984
800m	G. Rogers (Armidale)	2:37.69	1984
1500m	S. McMurray (S.P.)	5:39.00	1988
60m Hurdles	L. Wilkinson (S.P.)	10.08	1983
	J. Northam (S.P.)	10.08	1983
1100m Walk	D. Williamson (Armidale)	8:10.11	2001
Long Jump	J. Henderson (Coonabar.)	4.47m	2003
High Jump	J. Quelch (Gwy)	1.33m	1986
Shot Put	B. Lye (Tamworth)	10.52m	1995
Discus	A. Harries (S.P.)	27.70m	1986

#### Under 11 Girls

100m	N. Roff (Armidale)	13.94	1984
200m	N. Ambrose (S.P.)	28.75	1983
400m	C. Weston (Armidale)	1:06.84	1986
800m	S. Roberts (Guyra)	2:41.00	1985
	C. Weston (Armidale)	2:41.00	1986
1500m	S. Roberts (Guyra)	5:23.00	1985
60m Hurdles	S. O'Connell (S.P.)	10.97	1984
1100m Walk	L. McDonald (Glen Innes)	7:13.16	1997
Long Jump	P. Kidd (Gunnedah)	4.32m	1988
Triple Jump	P. Kidd (Gunnedah)	9.18m	1988
High Jump	P. Kidd (Gunnedah)	1.40m	1988
<b>Shot Put</b>	<b>S. Brown (Armidale)</b>	<b>8.69m</b>	<b>2005</b>
Discus	M. Harries (S.P.)	22.94m	1991

#### Under 11 Boys

100m	R. Burgess (Armidale)	13.30	1985
200m	J. McKenzie (S.P.)	28.89	1983
400m	A. Doyle (Armidale)	1:08.25	1984
800m	G. Rogers (Armidale)	2:32.00	1985
1500m	G. Bible (Armidale)	5:16.63	1991
60m Hurdles	R. Burgess (Armidale)	9.53	1985
1100m Walk	B. Giuliani (Armidale)	7:50.24	1997
Long Jump	R. Burgess (Armidale)	4.49m	1985
Triple Jump	J. McKenzie (S.P.)	9.03m	1983
High Jump	J. Wilkinson (S.P.)	1.41m	1984
Shot Put	B. Lye (Tamworth)	10.07m	1996
Discus	B. Lye (Tamworth)	25.90m	1996

#### Under 12 Girls

100m	N. Ambrose (S.P.)	13.69	1984
200m	N. Ambrose (S.P.)	27.75	1984
400m	C. Weston (Armidale)	1:07.85	1987
800m	C. Weston (Armidale)	2:35.00	1987
1500m	K. Paterson (Armidale)	5:20.22	1984
1500m Walk	L. Hammond (Armidale)	9:20.00	1984
60m Hurdles	N. Ambrose (S.P.)	9.96	1984
Long Jump	M. Dawson (Armidale)	4.53m	1986
Triple Jump	P. Kidd (Gunnedah)	9.51m	1989
High Jump	P. Kidd (Gunnedah)	1.41m	1989
Shot Put	F. Greensill (Warialda)	10.79m	2000
Discus	F. Greensill (Warialda)	31.30m	2000

### Under 12 Boys

<b>100m</b>	<b>E. Hyland (Armidale)</b>	<b>13.27</b>	<b>2005</b>
200m	J. McKenzie (S.P.)	27.33	1984
<b>400m</b>	<b>E. Hyland (Armidale)</b>	<b>1:03.7</b>	<b>2005</b>
800m	C. May (Armidale)	2:31.77	1983
1500m	J. Burnham (Guyra)	5:05.00	1983
1500m Walk	B. Edwards (Glen Innes)	9:31.01	1986
60m Hurdles	T. Hartigan (Gunnedah)	9.72	1984
Long Jump	R. Burgess (Armidale)	5.05m	1986
Triple Jump	M. Hawthorn (Tamworth)	10.15m	1991
High Jump	J. Deery (Moree)	1.48m	1986
Shot Put	B. Hine (Armidale)	10.80m	1986
Discus	B. Hine (Armidale)	38.14m	1986

### Under 13 Girls

100m	K. Sewell (Armidale)	13.38	1985
200m	J. O'Brien (Quirindi)	27.51	1983
400m	C. Weston (Armidale)	1:02.70	1988
800m	C. Weston (Armidale)	2:33.00	1988
1500m	C. Weston (Armidale)	5:06.00	1988
1500m Walk	N. Offley (S.P.)	9:09.64	1986
80m Hurdles	K. Harper (Walcha)	16.00	2002
Long Jump	L. Hogan (Tamworth)	4.46m	1997
Triple Jump	P. Kidd (Gunnedah)	10.59m	1990
High Jump	J. Clissold (Moree)	1.50m	1987
<b>Shot Put</b>	<b>T. Smith (Tamworth)</b>	<b>10.70m</b>	<b>2005</b>
<b>Discus</b>	<b>T. Smith (Tamworth)</b>	<b>31.70m</b>	<b>2005</b>
<b>Javelin</b>	<b>T. Smith (Tamworth)</b>	<b>25.56m</b>	<b>2005</b>

### Under 13 Boys

100m	M. Amidy (Walcha)	12.37	1992
200m	T. Baird (S.P.)	25.78	1990
400m	M. Amidy (Walcha)	58.28	1992
800m	M. Bookallil (Armidale)	2:24.00	1987
1500m	M. Bookallil (Armidale)	5:00.00	1987
1500m Walk	J. McCarthy (S.P.)	8:47.06	1984
80m Hurdles	J. Edgar (Inverell)	15.09	1997
200m Hurdles	G. Rogers (Armidale)	29.00	1987
Long Jump	C. Carney (Glen Innes)	5.25m	1989
Triple Jump	J. Hathaway (Tamworth)	10.61m	1992
High Jump	J. Gallimore (Narrabri)	1.54m	1989
Shot Put	B. Bower (Tamworth)	13.15m	2003
Discus	B. Bower (Tamworth)	38.38m	2003
Javelin	B. Bower (Tamworth)	34.92m	2003

### Under 14 Girls

<b>100m</b>	<b>E. Chapman (Glen Innes)</b>	<b>12.81</b>	<b>2005</b>
<b>200m</b>	<b>E. Chapman (Glen Innes)</b>	<b>27.59</b>	<b>2005</b>
400m	C. Weston (Armidale)	1:00.45	1990
800m	C. Weston (Armidale)	2:29.48	1990
1500m	C. Weston (Armidale)	4:55.96	1990
1500m Walk	N. Offley (S.P.)	8:42.00	1987
80m Hurdles	B. Goggins (Armidale)	14.92	2003
200m Hurdles	K. Sewell (Armidale)	30.40	1986
Long Jump	L. Trickett (Armidale)	4.88m	1999

Triple Jump	M. Robinson (Gunnedah)	10.32m	1999
High Jump	J. Clissold (Moree)	1.50m	1987
Shot Put	F. Greensill (Tamworth)	12.06m	2002
Discus	F. Greensill (Tamworth)	29.54m	2002
Javelin	F. Greensill (Tamworth)	25.52m	2002

#### Under 14 Boys

100m	D. Scott (Glen Innes)	12.24	1985
200m	J. McKenzie (S.P.)	25.31	1986
400m	M. Bookallil (Armidale)	58.08	1988
800m	M. Bookallil (Armidale)	2:21.00	1988
1500m	I. Bayliss (Armidale)	5:04.55	1992
1500m Walk	S. McMurray (Tamworth)	8:01.00	1994
90m Hurdles	D. Phillips (Tamworth)	15.62	1989
200m Hurdles	D. Phillips (Tamworth)	28.11	1989
Long Jump	R. Burgess (Armidale)	5.81m	1988
Triple Jump	R. Cooper (Armidale)	10.88m	1996
High Jump	J. McKenzie (S.P.)	1.80m	1986
Shot Put	B. Hine (Armidale)	14.56m	1988
	B. Bower (Tamworth)	14.56m	2004
Discus	M. Shaw (Armidale)	46.53m	2002
Javelin	B. Bower (Tamworth)	45.37m	2004

#### Under 15 Girls

100m	N. Roff (Armidale)	12.94	1988
200m	N. Roff (Armidale)	27.53	1988
400m	C. Weston (Armidale)	1:00.45	1990
800m	C. Weston (Armidale)	2:29.48	1990
1500m	C. Weston (Armidale)	4:55.96	1990
1500m Walk	N. Offley (S.P.)	8:50.00	1988
90m Hurdles	N. Roff (Armidale)	15.09	1988
200m Hurdles	N. Roff (Armidale)	31.15	1988
Long Jump	B. Goggins (Armidale)	4.63m	2004
Triple Jump	H. Jamsek (Armidale)	10.20m	2001
High Jump	N. Roff (Armidale)	1:61	1988
Shot Put	F. Greensill (Warialda)	12.36m	2003
Discus	F. Greensill (Warialda)	32.40m	2003
Javelin	L. McDonald (Coonabar.)	19.45m	2003

#### Under 15 Boys

100m	B. Styles (Armidale)	11.49	1992
200m	B. Styles (Armidale)	24.48	1992
400m	T. Amidy (Armidale)	52.99	1994
800m	B. Ferguson (Gunnedah)	2:24.15	1989
1500m	R. McDonald (Armidale)	5:30.00	1984
1500m Walk	C. Fenton (Armidale)	5:37.00	1998
100m Hurdles	B. Ross (Armidale)	14.90	2000
200m Hurdles	C. Murphy (Armidale)	31.04	1998
Long Jump	M. Hathaway (Tamworth)	6.02m	1998
Triple Jump	J. Hathaway (Tamworth)	12.48	1994
High Jump	S. Cameron (Armidale)	1.85m	2002
<b>Shot Put</b>	<b>B. Bower (Tamworth)</b>	<b>15.99m</b>	<b>2005</b>
Discus	B. Hine (Armidale)	53.10m	1989
<b>Javelin</b>	<b>B. Bower (Tamworth)</b>	<b>49.94m</b>	<b>2005</b>

## Armidale Little Athletics Records (since 2003 – 2004 season)

Records are only recognised while competing in events held at Harris Park during the scheduled Thursday afternoon points score program. A committee member must verify all records.

### Under 6 Girls

<b>70 Metres</b>	<b>Claudia Smith</b>	<b>13.44</b>	<b>17/11/05</b>
<b>100 Metres</b>	<b>Claudia Smith</b>	<b>18.68</b>	<b>24/11/05</b>
<b>200 Metres</b>	<b>Claudia Smith</b>	<b>42.25</b>	<b>17/11/05</b>
300 Metre Pack	Jacqui Waters	1:14.0	25/11/04
<b>60m Hurdles</b>	<b>Claudia Smith</b>	<b>12.25</b>	<b>1/12/05</b>
Long Jump	Jacqui Waters	2.70m	24/3/05
Vortex	Isabella Moore	12.57m	10/2/05
Ball Throw	Tahlia Paull	5.50m	10/3/05
Bean Bag	Brooke Kingdom	7.74m	5/2/04
Discus	Tahlia Paul	7.87m	24/3/05

### Under 6 Boys

70 Metres	Shannon Wylie	12.87	29/1/04
100 Metres	Callam Godwin	18.25	20/11/03
200 Metres	Callam Godwin	50.46	30/10/03
300 Metre Pack	Liam Dunn	1:15.3	10/3/05
60m Hurdles	Callam Godwin	12.37	6/11/03
Long Jump	Liam Dunn	2.80m	2/12/04
Vortex	Shannon Wylie	18.30m	25/3/04
Ball Throw	Bailey Spowart	11.50m	6/11/03
Bean Bag	Shannon Wylie	12.76m	4/12/03

### Under 7 Girls

70 Metres	Jade Press	12.96	3/2/05
	Rebecca Marquardt	12.96	3/2/05
100 Metres	Jade Press	18.56	10/2/05
<b>200 Metres</b>	<b>Bridgette Howe</b>	<b>41.36</b>	<b>8/12/05</b>
<b>500 Metre Pack</b>	<b>Bridgette Howe</b>	<b>2:14.7</b>	<b>15/12/05</b>
<b>60m Hurdles</b>	<b>Tahlia Paull</b>	<b>12.27</b>	<b>1/12/05</b>
<b>Long Jump</b>	<b>Tahlia Paull</b>	<b>2.67m</b>	<b>1/12/05</b>
Shot Put	Kim Barrass	6.18m	19/2/04
Discus	Kristy Williamson	10.45m	4/3/04
Vortex	Kim Barrass	13.70m	4/3/04

### Under 7 Boys

70 Metres	Zachary Turner	12.75	5/2/04
100 Metres	Callam Godwin	17.24	10/2/05
200 Metres	Callam Godwin	38.51	25/11/04
	<b>Liam Dunn</b>	<b>38.51</b>	<b>1/12/05</b>
500 Metre Pack	Callam Godwin	2:04.6	10/3/05
60m Hurdles	Zachary Turner	11.06	27/11/03
<b>Long Jump</b>	<b>Liam Dunn</b>	<b>3.10m</b>	<b>1/12/05</b>
Shot Put	Rory Sutherland	6.69m	27/11/03
<b>Discus</b>	<b>Liam Dunn</b>	<b>15.76m</b>	<b>9/2/06</b>
<b>Vortex</b>	<b>Liam Dunn</b>	<b>27.87m</b>	<b>16/3/06</b>

### Under 8 Girls

<b>70 Metres</b>	<b>Jade Press</b>	<b>13.17</b>	<b>30/3/06</b>
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<b>100 Metres</b>	<b>Jade Press</b>	<b>18.59</b>	<b>16/3/06</b>
<b>200 Metres</b>	<b>Jade Press</b>	<b>39.00</b>	<b>16/3/06</b>
<b>400 Metres</b>	<b>Jade Press</b>	<b>1:33.8</b>	<b>30/3/06</b>
<b>700 Metre Pack</b>	<b>Jade Press</b>	<b>3:05.7</b>	<b>9/3/06</b>
60m Hurdles	Samantha Bullen	13.09	27/11/03
Long Jump	Samantha Bullen	2.92m	4/3/04
Shot Put	Kristy Williamson	6.38m	28/10/04
<b>Discus</b>	<b>Aimee Brown</b>	<b>11.85m</b>	<b>2/3/06</b>

#### Under 8 Boys

70 Metres	Lachlan Chappell	12.03	3/2/05
100 Metres	Nicholas Channon	17.34	5/2/04
200 Metres	Lachlan Chappell	36.64	10/2/05
400 Metres	Lachlan Chappell	1:30.2	3/2/05
<b>700 Metre Pack</b>	<b>Callam Godwin</b>	<b>2:54.5</b>	<b>1/12/05</b>
60m Hurdles	Seamus Druit	12.50	6/11/03
Long Jump	Lachlan Chappell	3.07m	10/2/05
Shot Put	Kieran Smith	7.64m	30/10/03
Discus	Nicholas Channon	16.40m	13/11/03

#### Under 9 Girls

70 Metres	Susannah Brown	11.53	5/2/04
100 Metres	Susannah Brown	16.43	25/3/04
200 Metres	Susannah Brown	34.78	4/3/04
<b>400 Metres</b>	<b>Elise Hay</b>	<b>1:27.8</b>	<b>23/3/06</b>
<b>800 Metres</b>	<b>Elise Hay</b>	<b>3:18.6</b>	<b>2/3/06</b>
60m Hurdles	Hannah Grigg	12.66	27/11/03
Long Jump	Hannah Grigg	3.42m	11/3/04
High Jump	Hannah Grigg	1.17m	18/3/04
Shot Put	Susannah Brown	6.00m	4/12/03
Discus	Susannah Brown	17.43m	12/2/04

#### Under 9 Boys

70 Metres	Aaron Buckley	11.00	13/11/03
100 Metres	Aaron Buckley	15.75	25/3/04
200 Metres	Aaron Buckley	34.30	25/3/04
<b>400 Metres</b>	<b>Xavier Dean</b>	<b>1:22.4</b>	<b>23/3/06</b>
800 Metres	Nathan Hewitt	3:15.0	4/12/03
60m Hurdles	Aaron Buckley	12.11	11/3/04
Long Jump	Aaron Buckley	3.65m	20/11/03
High Jump	Aaron Buckley	1.19m	18/3/04
Shot Put	Aaron Buckley	7.23m	18/3/04
Discus	Alex Crees-Meldrum	17.30m	12/2/04

#### Under 10 Girls

70 Metres	Jodi Harris	10.37	5/2/04
100 Metres	Susannah Brown	15.44	10/3/05
200 Metres	Jodi Harris	31.96	11/3/04
<b>400 Metres</b>	<b>Natalie Waters</b>	<b>1:17.1</b>	<b>16/3/06</b>
<b>800 Metres</b>	<b>Natalie Waters</b>	<b>2:58.0</b>	<b>9/2/06</b>
60m Hurdles	Madi Hunt	12.22	27/11/03
Long Jump	Madi Hunt	4.06m	13/11/03
High Jump	Hannah Grigg	1.21m	17/2/05
Shot Put	Susannah Brown	8.49m	10/3/05
Discus	Susannah Brown	25.73m	24/3/05

### Under 10 Boys

70 Metres	Sterling Wylie	9.27	18/3/04
100 Metres	Aaron Buckley	15.04	10/3/05
200 Metres	Aaron Buckley	31.48	16/12/04
400 Metres	Nathan Hewitt	1:17.3	9/12/04
800 Metres	Nathan Hewitt	2:58.0	11/11/04
60m Hurdles	Sterling Wylie	11.59	29/1/04
	Jamie Turner	11.59	11/3/04
Long Jump	Aaron Buckley	3.94m	10/3/05
High Jump	Aaron Buckley	1.24m	17/2/05
Shot Put	Aaron Buckley	9.22m	10/2/05
Discus	Alex Crees-Meldrum	22.90m	2/12/04

### Under 11 Girls

100 Metres	Madi Hunt	14.49	10/3/05
<b>200 Metres</b>	<b>Grace Pears</b>	<b>30.82</b>	<b>30/3/06</b>
400 Metres	Ashleigh Garbellini	1:14.6	10/3/05
800 Metres	Ashleigh Garbellini	3:00.8	2/12/04
1500 Metres	Ashleigh Garbellini	6:38.0	25/11/04
60m Hurdles	Madi Hunt	11.02	24/3/05
Long Jump	Phoebe Wood	3.89m	3/2/05
<b>Triple Jump</b>	<b>Susannah Brown</b>	<b>7.25m</b>	<b>9/3/06</b>
High Jump	Phoebe Wood	1.25m	10/2/05
<b>Shot Put</b>	<b>Susannah Brown</b>	<b>10.09m</b>	<b>30/3/06</b>
<b>Discus</b>	<b>Susannah Brown</b>	<b>26.82m</b>	<b>9/3/06</b>
<b>Javelin</b>	<b>Susannah Brown</b>	<b>14.73m</b>	<b>15/12/05</b>

### Under 11 Boys

<b>100 Metres</b>	<b>Alex Quilkey</b>	<b>14.15</b>	<b>15/12/05</b>
<b>200 Metres</b>	<b>Alex Quilkey</b>	<b>30.90</b>	<b>17/11/05</b>
400 Metres	Byron Smith	1:13.4	10/3/05
800 Metres	Byron Smith	2:51.8	3/3/05
1500 Metres	Byron Smith	5:52.0	16/12/04
<b>60m Hurdles</b>	<b>Damon Fuller</b>	<b>11.31</b>	<b>1/12/05</b>
Long Jump	Jamie Turner	4.40m	11/11/04
<b>Triple Jump</b>	<b>Aaron Buckley</b>	<b>8.90m</b>	<b>9/3/06</b>
<b>High Jump</b>	<b>Aaron Buckley</b>	<b>1.39m</b>	<b>16/3/06</b>
<b>Shot Put</b>	<b>Aaron Buckley</b>	<b>10.19m</b>	<b>9/2/06</b>
<b>Discus</b>	<b>Aaron Buckley</b>	<b>24.54m</b>	<b>23/3/06</b>
<b>Javelin</b>	<b>Aaron Buckley</b>	<b>19.86m</b>	<b>23/2/06</b>

### Under 12 Girls

100 Metres	Nardia Styles	14.53	30/3/06
200 Metres	Nardia Styles	30.55	15/12/05
400 Metres	Ashleigh Garbellini	1:09.6	15/12/05
800 Metres	Ashleigh Garbellini	2:52.2	17/11/05
1500 Metres	Ashleigh Garbellini	5:43.0	23/3/06
60m Hurdles	Madi Hunt	11.29	3/11/05
Long Jump	Ashleigh Garbellini	4.58m	9/2/06
Triple Jump	Morgan Walsh	9.40m	27/11/03
High Jump	Morgan Walsh	1.30m	30/10/03
Shot Put	La'i Dowsett	8.84m	3/3/05
<b>Discus</b>	<b>Ashleigh Garbellini</b>	<b>18.88m</b>	<b>23/3/06</b>
<b>Javelin</b>	<b>Ashleigh Garbellini</b>	<b>15.95m</b>	<b>16/3/06</b>

### Under 12 Boys

<b>100 Metres</b>	<b>Byron Smith</b>	<b>14.10</b>	<b>17/11/05</b>
<b>200 Metres</b>	<b>Byron Smith</b>	<b>30.40</b>	<b>15/12/05</b>
<b>400 Metres</b>	<b>Byron Smith</b>	<b>1:03.2</b>	<b>16/3/06</b>
<b>800 Metres</b>	<b>Byron Smith</b>	<b>2:42.7</b>	<b>17/11/05</b>
<b>1500 Metres</b>	<b>Byron Smith</b>	<b>5:31.4</b>	<b>9/3/06</b>
60m Hurdles	Damien Williamson	11.56	16/12/04
Long Jump	Damien Williamson	4.45m	3/2/05
Triple Jump	Kasimir Gregory	8.43m	24/3/05
High Jump	Evan Martin	1.35m	30/10/03
Shot Put	Daniel Williamson	8.96m	11/3/04
Discus	Daniel Williamson	29.98m	12/2/04
Javelin	Evan Martin	24.45m	30/10/03

### Under 13 Girls

100 Metres	Emily Cranfield	14.63	25/3/04
200 Metres	Jacqui Taylor	30.57	4/12/03
400 Metres	Emily Cranfield	1:16.0	12/2/04
<b>800 Metres</b>	<b>Samantha Webster</b>	<b>3:02.0</b>	<b>8/12/05</b>
1500 Metres	Emily Cranfield	6:18.8	19/2/04
90m Hurdles	Emily Cranfield	18.03	19/2/04
Long Jump	Emily Cranfield	3.98m	19/2/04
Triple Jump	Emma Garbellini	8.09m	10/2/05
High Jump	Jacqui Taylor	1.25m	6/11/03
Shot Put	Emily Cranfield	7.53m	26/2/04
Discus	Emily Cranfield	22.70m	4/3/04
Javelin	Emily Cranfield	16.25m	25/3/04

### Under 13 Boys

<b>100 Metres</b>	<b>Damien Williamson</b>	<b>14.26</b>	<b>24/11/05</b>
<b>200 Metres</b>	<b>Damien Williamson</b>	<b>29.82</b>	<b>30/3/06</b>
<b>400 Metres</b>	<b>Kasimir Gregory</b>	<b>1:11.1</b>	<b>15/12/05</b>
800 Metres	Declan Druit	2:42.0	13/11/03
<b>1500 Metres</b>	<b>Kasimir Gregory</b>	<b>5:53.0</b>	<b>1/12/05</b>
60m Hurdles	Declan Druit	11.98	27/11/03
<b>90m Hurdles</b>	<b>Kasimir Gregory</b>	<b>16.73</b>	<b>3/11/05</b>
<b>Long Jump</b>	<b>Damien Williamson</b>	<b>4.88m</b>	<b>9/3/06</b>
<b>Triple Jump</b>	<b>Kasimir Gregory</b>	<b>9.18m</b>	<b>8/12/05</b>
High Jump	Jackson Dunn	1.50m	26/2/04
Shot Put	Daniel Williamson	10.37m	2/12/04
Discus	Daniel Williamson	32.50m	10/2/05
Javelin	Daniel Williamson	24.90m	9/12/04

### Under 14 Girls

100 Metres	Bridie Goggins	13.97	12/2/04
200 Metres	Bridie Goggins	28.18	18/3/04
400 Metres	Bridie Goggins	1:09.0	12/2/04
800 Metres	Emily Cranfield	2:54.0	11/11/04
1500 Metres	Elizabeth Gowen	6:04.9	19/2/04
90m Hurdles	Bridie Goggins	14.58	27/11/03
200m Hurdles	Elizabeth Gowen	30.18	13/11/03
Long Jump	Bridie Goggins	4.58m	6/11/03
Triple Jump	Bridie Goggins	9.67m	5/2/04
High Jump	Bridie Goggins	1.39m	29/1/04
Shot Put	Bridie Goggins	9.41m	18/3/04

Discus	Bridie Goggins	22.71m	12/2/04
Javelin	Emily Cranfield	16.87m	10/2/05

#### Under 14 Boys

<b>100 Metres</b>	<b>Daniel Williamson</b>	<b>14.69</b>	<b>20/10/05</b>
200 Metres	Boahdan Gregory	32.71	2/12/04
<b>400 Metres</b>	<b>Matthew Fahey</b>	<b>1:14.7</b>	<b>15/12/05</b>
<b>800 Metres</b>	<b>Matthew Fahey</b>	<b>2:50.0</b>	<b>17/11/05</b>
<b>1500 Metres</b>	<b>Matthew Fahey</b>	<b>5:36.8</b>	<b>1/12/05</b>
90m Hurdles	Patrick Ainsworth	17.60	25/11/04
<b>Long Jump</b>	<b>Daniel Williamson</b>	<b>4.60m</b>	<b>3/11/05</b>
<b>Triple Jump</b>	<b>Daniel Williamson</b>	<b>9.87m</b>	<b>9/2/06</b>
<b>High Jump</b>	<b>Daniel Williamson</b>	<b>1.45m</b>	<b>8/12/05</b>
<b>Shot Put</b>	<b>Daniel Williamson</b>	<b>9.93m</b>	<b>9/2/06</b>
<b>Discus</b>	<b>Daniel Williamson</b>	<b>31.65m</b>	<b>20/10/05</b>
Javelin	Boahdan Gregory	19.10m	18/11/04

#### Under 15 Girls

100 Metres	Bridie Goggins	13.11	10/3/05
200 Metres	Bridie Goggins	28.70	11/11/04
<b>400 Metres</b>	<b>Emily Cranfield</b>	<b>1:13.71</b>	<b>23/2/06</b>
<b>800 Metres</b>	<b>Emily Cranfield</b>	<b>2:52.0</b>	<b>17/11/05</b>
<b>1500 Metres</b>	<b>Emily Cranfield</b>	<b>6:07.9</b>	<b>23/3/06</b>
90m Hurdles	Bridie Goggins	14.96	4/11/04
Long Jump	Bridie Goggins	4.75m	24/3/05
Triple Jump	Bridie Goggins	9.73m	28/10/04
<b>High Jump</b>	<b>Sarah Thompson</b>	<b>1.44m</b>	<b>17/11/05</b>
Shot Put	Bridie Goggins	9.75m	11/11/04
Discus	Bridie Goggins	25.35m	10/2/05
<b>Javelin</b>	<b>Naomi Beck</b>	<b>20.44m</b>	<b>16/3/06</b>

#### Under 15 Boys

100 Metres	Josh Garbellini	13.37	10/3/05
200 Metres	Matt Garbellini	25.37	3/3/05
400 Metres	Josh Garbellini	1:02.6	10/2/05
800 Metres	John Rowbottom	2:26.0	4/12/03
1500 Metres	Josh Garbellini	5:28.0	10/2/05
100m Hurdles	John Rowbottom	16.92	19/2/04
Long Jump	Seamus Hayes	5.15m	24/3/05
Triple Jump	John Rowbottom	11.16m	25/3/04
High Jump	John Rowbottom	1.65m	19/2/04
Shot Put	Matt Garbellini	10.49m	3/3/05
Discus	John Rowbottom	29.65m	25/3/04
Javelin	John Rowbottom	31.38m	25/3/04