



Centenary Little Athletics Centre

YEARBOOK 2016/17





Centenary Little Athletics Centre

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Centenary Little Athletics Centre

CENTRE MANAGER WELCOME

Hello and welcome

On behalf of Centenary Little Athletics Centre (CLAC) committee, I would like to extend a very big welcome to all our new members and returning members to the 2016-2017 Summer season.

We are now heading into our 35th season as a centre and what a great way to start with the RIO Olympics just finishing. HOW AMAZING WAS AUSTRALIA?

I can't say enough how amazing our committee is and how dedicated they are to enabling and facilitating the continuance and success of our centre. Some of our members are coming close to 10 years as committee members and possibly even longer as a parent / guardian at the centre and they have certainly seen and experienced lots of changes.

Often when I am out and about in my bright yellow CLAC shirt, or mention to someone about Centenary Little A's they will often reminisce with me their former glory days at CLAC and are really excited to bring their children back CLAC or another centre, so they too can enjoy and experience what a fantastic sport Athletics is!

Having listened to your feedback we have spent some time reviewing and are excited to bring a focus this season on more coaching, training and support for our families. You may not realize but all our committee are volunteers and most of us work full-time or run businesses so this can only be done with your help. The centre has two dedicated and experienced certified coaches who will be offering coaching on alternative evenings along with providing a skills session prior to our centre meets. We plan to bring specialised guest coaches in periodically throughout the season to offer extra training and development. With our success in winning grant monies, we have been able to sponsor a former CLAC senior athlete and one of our current Senior Athletes to complete their Level 1 coaching qualifications. This will not only give them the skills to develop their sport further, but will enable them to offer mentoring and coaching to our athletes.

As you can appreciate the centre can only grow and develop with more volunteers. To help develop our volunteers CLAC will be hosting an "Introduction to Coaching" course run by Little Athletics Queensland in October all our families and guardians, along with orientation for parents / guardians on age and field marshalling.

We have a strong focus on community and building ties with the Jindalee Jags, local schools and businesses providing our centre with a strong backbone and financial support to keep things running and prospering.

Our Tiny Tots season will return and will be running the "FAST" program with their very own Tiny Tots coordinator.

Get ready for some more fun nights including a "Crazy Hair" night, Halloween dress up, Christmas meet and not forgetting our Presentation evening.

Have a fun, safe and fantastic season!

Lauren Stark
Centre Manager 2016/17



Centenary Little Athletics Centre

CONTACT DETAILS

Location:

Jindalee Recreation Reserve
Wongaburra Street, Jindalee
(right next to the Jindalee State School)

When:

Friday nights 5:45pm-9:00pm

Website Details:

www.centenarylittleathletics.com

Facebook:

Find our page on Facebook: Centenary
Little Athletics

Correspondence:

Please mark all correspondence to:
The Secretary
Centenary Little Athletics Centre
PO BOX 812
Mt Ommaney QLD 4074

Email:

centenarylittleaths@hotmail.com

**Centenary Little Athletics Centre (CLAC) would like to thank all of its sponsors.
Without our Sponsors we would not be the centre we are today, so a big thank you.**



Centenary Little Athletics Centre

WHAT HAPPENS IF THE WEATHER IS WET?



In the event of wet weather, or if the entire oval is deemed unsafe for meets, the meet will be cancelled.

Alternatively, a modified athletic program may be substituted if for whatever reason events are deemed unsafe.

PLEASE CHECK OUR FACEBOOK PAGE OR VISIT OUR WEBSITE AFTER 5PM ON A FRIDAY

www.centenarylittleathletics.com



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CENTRE MANAGEMENT COMMITTEE 2016/17 – VOLUNTEER ROLES

POSITION	NAME
Centre Manager	Lauren Stark
Secretary	Wendy Farren-Price
Treasurer	Sheryl Pascoe
Assistant Treasurer Shed, Equipment, Grounds Coordinator	Geoff Shera
Registrar	Natasha Yates
Nominations Officer Boys Recorder	Cindy Giles
Girls Recorder	Michelle Leavers
Head Coach	Adam Sewell
Officials Officer	Julie Johnson
Tiny Tots Coordinator	Jasmine Menzies
Canteen Manager	Kaye Jacobs
Fundraiser Coordinator	Dese Dunne
Webmaster	VACANT
OTHER CLAC MEMBERS	VACANT

The Committee administers the centre in accordance with the centre constitution.

Little Athletics is a voluntary organization, Centre's cannot operate without the assistance of parents / guardians each week in fulfilling the many and varied duties required. These include officiating at an event; managing an age group; recording results; and working in the canteen to name a few. Most Centre's have parent / guardians assistance rosters. Additional assistance is always required on the CLAC committee and all parents / guardians are encouraged to become involved. Little Athletics is one of a few sports where parents / guardians can become fully involved in their child's sporting interests.

At Centenary Little Athletics we understand that just like our athletes, our parents / guardians come from a diverse range of backgrounds and as such have different talents and experience. There is a place for everyone at Little Athletics and there are a number of ways that you can become involved. You may have skills that the Centre doesn't even know they need. So if you think you can help with something, let the committee know.



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CALENDAR OF EVENTS 2016/17 SEASON

Calendar - Centenary Little Athletics 2016-17

Date	DAY	MEET NIGHTS	TINY TOTS	VENUE	DETAIL
19/08/2016	Fri	Online registrations open			
28/08/2016	Sun	SIGN ON & PRE-SEASON COACHING CLINIC Coaching open to registered athletes only		JAGS	9.00-10AM Sign on Coaching 10AM-12:00pm
30/08/2016	Tues	Committee Meeting (Mt Ommaney Library)			7pm
02/09/2016	Fri	Club meet 1 Registrations 5.00pm-6.00pm Start of season introduction talk & session		JAGS	Sign on 5-6pm Season Introduction talk 6pm Meet - 6:30-9pm
COACHING - Every Thursday 5:30-6:30pm - Jags Oval (Coaching & Skills-open to all registered athletes) CENTRE COACH Adam Sewell					
09/09/2016	Fri	Club meet 2 Skills & coaching sessions commence		JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
16/09/2016	Fri	Club meet 3 Crazy Hair & Bring & Friend Night		JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
23 to 30 September - School holidays (no meets)					
24/09/2016	Sat	Bundaberg - Spring Carnival		Open U7-17's \$10.00 per athlete, Bundaberg	
27/09/2016	Tues	Committee Meeting (Mt Ommaney Library)			7pm
07/10/2016	Fri	Club meet 4	1	JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
14/10/2016	Fri	Club meet 5	2	JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
16/10/2016 (TBC)	Sun	Little Athletics - Introduction to Coaching ** Recommended for new families and families with athletes in tiny tots - U10 **		JAGS	\$5.00 per head (full day coaching) run by Little Athletics Queensland)
21/10/2016	Fri	Club meet 6	3	JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
25/10/2016	Tues	Committee Meeting (Mt Ommaney Library)			7pm
28/10/2016	Fri	Club meet 7 Halloween Dress Up Meet	4	JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
30/10/2016	Sun	Jetstar Senior Carnival & Junior Pentathlon		SAF, Nathan	Nominations close 24/10 - 9am
04/11/2016	Fri	Club meet 8	5	JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
11/11/2016	Fri	Club meet 9 Adjusted program to include skills & relay training	6	JAGS	Meet 6-9pm
13/11/2016	Sun	McDonalds Regional Relays		Ipswich	Nominations close - tbc
25/11/2016	Fri	Club Meet 9	7	JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
29/11/2016	Tues	Committee Meeting (Mt Ommaney Library)			7pm
02/12/2016	Fri	Club meet 10	8	JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
09/12/2016	Fri	Club Meet 11 Special Christmas meet	9	JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
10/12/2016	Sat	McDonalds State Relays		SAF, Nathan	Nominations close 21/11 - 9am



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Calendar - Centenary Little Athletics 2016-17

Date	DAY	MEET NIGHTS	TINY TOTS	VENUE	DETAIL
10 December - 22 January 2017 - School holidays (no meets)					
COACHING - Every Thursday 5:30-6:30pm - Jags Oval (Coaching & Skills-open to all registered athletes) CENTRE COACH Adam Sewell					
27/01/2017	Fri	Club meet 12	10		Skills & coaching 5:30-6pm Meet 6-9pm
31/01/2017	Tues	Committee Meeting (Mt Ommaney Library)			7pm
3/02/2017	Fri	Club meet 13	11	JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
10/02/2017	NO MEET DUE TO REGIONAL CHAMPIONSHIPS				
11-12/02/2017	Sat/Sun	Nordic Sport Summer Regional Championships (Ages U7s-U17's)		Ipswich	Nominations close - tbc
17/02/2017	Fri	Club meet 14	12	JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
25/02/2017	Sat	Club Meet 15 (WESTERN SUBURBS GAMES) *** Details to be confirmed		UQ or Toowong (TBC)	2:30pm-6pm
28/02/2017	Tues	Committee Meeting (Mt Ommaney Library)			7pm
03/03/2017	Fri	Club Meet 16		JAGS	Skills & coaching 5:30-6pm Meet 6-9pm
05/03/2017	Sun	Junior Carnival & Senior Pentathlon		SAF, Nathan	Nominations close 27/2 - 9am
10/03/2017	Fri	Club Meet 17 (Last meet of season) Free dress		JAGS	Meet 6-9pm
24-26/03/2017	Sat/Sun	McDonalds State Championships		SAF, Nathan	Nominations close 20/2 - 9am
28/03/2017	Tues	Committee Meeting (Mt Ommaney Library)			7pm
31/03/2017	FRI	PRESENTATION NIGHT, AGM AND BREAK UP PARTY - LOCATION TO BE CONFIRMED		TBC	6PM
EASTER HOLIDAYS (1/4/17-17/4/17 - Good FRIDAY 14/4/17)					
25/04/2017	Tues	End of Season Committee Meeting and welcome of new committee members		TBA	TBA



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VENUE INFORMATION

KENMORE LITTLE ATHLETICS CENTRE	Kenmore State High School Dunbarton Drive, Kenmore
TOOWONG HARRIERS LITTLE ATHLETICS CENTRE	Corner Heroes Avenue & Indooroopilly Road, Taringa
UNIVERSITY of QUEENSLAND (UQ)	Sir William Macgregor Drive, St Lucia
STATE ATHLETICS FACILITY (SAF) - QEII	Kessels Road, Nathan
IPSWICH LITTLE ATHLETICS LITTE CENTRE	Bill Paterson Oval, Ipswich



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IMPORTANT INFORMATION TO REMEMBER

- Parents and Guardians are reminded that all children U6 – U12 inclusive must have a parent or guardian in attendance on competition nights, regionals, and presentations and at coaching sessions.
- Check the website and Facebook each week for important dates, information and outside competitions. Nominations are required for all outside competitions & carnivals with the exception of the Western Suburbs Meet.
- Footwear is compulsory at all competitions and **MUST** be worn when competing in all events at all Little Athletics grounds.
- Spikes may be worn by U11-U15s in jumps and laned events only. They may be worn just prior to the event and **MUST** be removed immediately after the event. Spike shoes with or without blanks are **NOT** allowed for any age group up to and including U10 years. For more information go to:
- Please remember to bring a water bottles with your children each week. Bottles can be refilled at the canteen.
- First Aid is administered at the canteen. Any injury must be reported to the Centre Manager on the actual day/night of the injury.
- All lost property can be collected from the canteen. All property unclaimed at the end of two months will be donated to a local charity.
- All athletics, parents, guardians, spectators are to abide by the Code of Conduct and zero tolerance policy.

Queensland Little Athletics Association Policy. All competition venues are subject to:

NO smoking and NO alcohol consumption policy.

This includes spectator areas. Please abide by these regulations.



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REGISTRATION

- Athletes must be over five (5) years of age on the 30 September 2016 to be eligible for registration in the 2016/17 season.
- Only registered Athletes are permitted to participate in Little Athletics Meets.
- Trialists can participate in two (2) CLAC meets at the home ground prior to registering.
- Trialist must acknowledge consent to: abiding by all Queensland Little Athletics Association (QLAA) rules and regulations.
- Any member of this Centre is to seek emergency medical treatment for a child should they deem it necessary.
- CLAC and QLAA will keep forms and medical information provided on file, in accordance with the QLAA Privacy Policy.
- QLAA Privacy Policy can be viewed on the [QLAA website](#).

REGISTRATION FEES – PER SEASON

- | | |
|--|---|
| • One child: \$160 | • U6: \$110 |
| • Two children: \$150 per child | • Tiny Tots: \$80 |
| • Three children: \$140 per child | • Parent Participation Fee: \$75 per family |
| • Four or more children: \$130 per child | • Trialist Cost: free |

Parent Participation is refundable - only with certain criteria (see Parent Participation)

SIGN ON NIGHT: Please bring a Birth Certificate for your child as proof of age

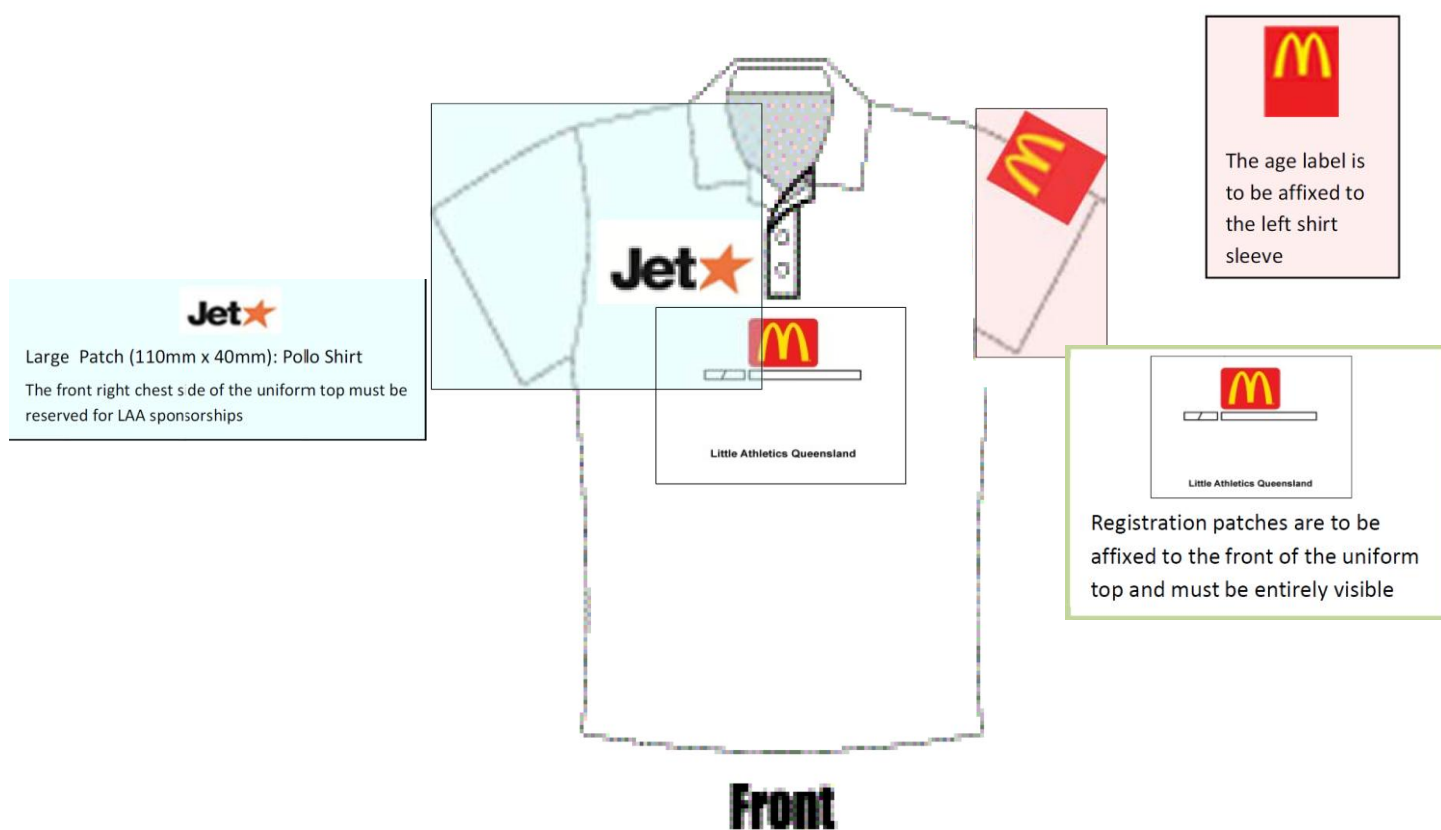
Upon registration each child will receive, an age label, a registration number label and a McDonald's Achievement card.



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UNIFORM

- Uniforms will be on sale from 28 August 2016.
- To purchase a uniform at the commencement of our season, please inquire at the canteen.
- All children are required to wear the CLAC uniform to all centre meets. Uniforms are compulsory for all centre meets, competitions and carnivals.
- The uniform consists of the CLAC shirt teamed with royal blue bike pants for girls and royal blue shorts for boys.
- Our uniform shop does not carry boy's shorts. CLAC will not be restocking girls bike pants. Boy's and girls shorts/pants can be purchased either at Kmart or Big W, etc. Shorts/pants need to be plain royal blue and have no coloured company logo labels visible.
- You will receive a **Registration Number Label, Age Label, Jetstar patch**. All labels/patches are placed in a particular position on the shirt and sewn on.
- Registration number label must be sewn on the front of the shirt.
- Age label must be sewn on to the left shirt sleeve. Sewn around three edges (left, right and bottom) to form a pocket. The performance tickets from each centre meet event will be placed in the pocket for safe keeping.
- For more information on uniforms go to [QLAA website](#)





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CODE OF CONDUCT

The Queensland Little Athletics Association has outlined a Code of Ethics, which emphasizes its role and involvement in the organization and participation of parents / guardians and children within the Little Athletics movement.

The Code of Ethics is aimed at establishing an 'across the board' pattern of behavior that should be considered as paramount to all parents / guardians, coaches and officials under the ideals and philosophies outlined in the aims and objectives of the Little Athletics movement throughout Australia, which we greatly assist in bringing up children in a family environment of fun, fitness and the establishment of friendships.

Therefore, it could be said that if Little Athletics is to be enjoyed by all for the benefit of family, fun and fitness, the co-operation and assistance of all parents / guardians, coaches and officials is of prime importance.

- DO NOT criticize children in front of spectators, but reserve constructive criticism for private circumstances.
- ACCEPT decisions of all officials and referees as being fair, and called to the best of their ability.
- DO NOT criticize opposing athletes or supporters by word or gestures.
- MAKE every athletic competition serve as a training ground for life and as the basis for good mental and physical health.
- EMPHASISE that good sports are good students and are both physically and mentally alert.

QLAA has a Zero Tolerance policy.

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

Unsportsmanlike behaviour has been broken up into a number of categories of violation to determine the most appropriate penalty to be applied for breaches to this policy. Refer to page 17 of the yearbook for CLAC Disciplinary actions. These penalties may change from time to time. Applicable penalties for each category of offence is outlined in the QLAA policy →

http://laq.org.au/Portals/47/Documents/Policies/0810_Zero%20Tolerance%20Policy.pdf.

For more information on the QLAA Code of Conduct go to

http://laq.org.au/Portals/47/Documents/Policies/Codes%20of%20Conduct_July%202006.pdf

PARENTS/ GUARDIANS CODE

- Enforce respectful and appropriate behaviour of your child/children.
- Do not force an unwilling child to participate in sports.
- Remember children are involved in organized sports for their enjoyment.
- Encourage your child to always play by the rules.
- Teach your child that honest effort is as important as victory so that the result of each competition is accepted without undue disappointment.



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- Turn defeat into victory by helping your child work towards being a good sport and improving techniques.
- Remember that children work best by example. Applaud good performance by your Centre athletes and by athletes of opposing Centre's.
- Do not publicly question officials' judgment, and never their honesty.
- Support all efforts to remove verbal and physical abuse from children's sporting activities.
- Recognise the value and importance of volunteer coaches. They give their time and resources to produce recreational activities for your child.
- Control your temper:
 - no 'mouthing off'
 - breaking equipment
 - throwing implements
 - physical violence against other athletics, coaches, parents / guardians or spectators

ATHLETES CODE

- Compete and practice for the fun of it, not just to please your parents / guardians or coach.
- Play by the rules.
- Never argue with the official's decision. Let your Centre Manager or Coach ask any necessary questions.
- Control your temper:
 - no 'mouthing off'
 - breaking equipment
 - throwing implements
 - physical violence against other athletics, coaches, parents / guardians or spectators
- Work equally for yourself and for your team in relay and team events; your teams performance will benefit, and so will you.
- Be a good sport. Cheer all good performances, whether by your Centre or opponents.
- Treat all athletes as you would wish to be treated. Don't interfere with, bully or take unfair advantage of another athlete.
- Remember that the goal of any practice or competition is to have fun, improve your skills and feel good.
- Cooperate with your coach, fellow Centre athletes and opponents, for without them you don't have a competition.



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COACHES CODE

- Be reasonable in your demands on the young athletes' time, energy and enthusiasm.
- Teach your athletes that the rules of the game are mutual agreements, which no one should evade or break.
- When coaching, group athletes according to age, height, skill and physical maturity whenever possible.
- Remember that children compete for fun and enjoyment, and that winning is only part of it.
- Never embarrass a child for a mistake or losing an event.
- Ensure that equipment and facilities meet the standards and are suited to the age and ability of the athletes.
- The scheduling and length of coaching practice times and competition should take into consideration the maturity level of the children.
- Develop each athlete's respect for the ability of opponents, as well as for the judgment of officials' and opposing coaches.
- Follow a sports medicine physician's advice when determining when an injured athlete is ready to compete or practice again.
- Remember that children need a coach whom they can respect. Be generous with your praise when it is deserved, and set a good example.
- Commit yourself to staying informed on sound coaching principles and the principles of growth and development of children.

SPECTATORS CODE

- Remember that children play organized sports for their own fun.
- Be on your best behavior. Don't use crude language or harass coaches, athletes and Officials'.
- Applaud good performances by your own Centre athletes, and athletes from other Centre's.
- Show respect for your athletes' opponents. Without them, there would be no competition.
- Never ridicule or scold a child for making a mistake during a competition.
- Condemn the use of violence in all forms.
- Respect Officials' decisions.
- Encourage athletes to compete according to the rules.
- Offer your assistance when required.
- Control your temper:
 - no 'mouthing off'
 - breaking equipment
 - throwing implements
 - physical violence against other athletics, coaches, parents / guardians or spectators



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INFRINGEMENTS

The following infringements and breaches of CLAC Code of Conduct are to be regarded as detrimental to the individual rights of CLAC members and the community:

Infringement:

- Foul language.
- Verbal abuse.
- Physical abuse.
- Disrespect for others personal property.
- Failure to follow directions from age marshals, officials and coaches.
- Leaving the competition arena without permission.
- Failure to remove spikes immediately following an event.

Disciplinary Actions at the discretion of the Centre officials:

- Verbal warning.
- Sin Bin (miss one event).
- Letter to be sent to the parents / guardians asking for their support in disciplining the athlete.
- Parents / guardians to accompany athlete on Friday night meets.
- Suspension – repeated infringements
- Expulsion – final resort.

COMPLAINTS PROCEDURE

CLAC will follow the complaints procedure outlined in QLAA Complaints procedure. For more information go to http://laq.org.au/Portals/47/Documents/Policies/0209_comhand.pdf



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TINY TOTS

The Policy was framed after due consideration of the National guidelines for the involvement of children in Athletics.

Centres are allowed the option of providing a Tiny Tots program for children three and four years old, with the option for a Centre to register the Tiny Tot only if he/she is a sibling of an older (Under 6 - Under 17) registered Little Athlete. Centres are to notify the Association of their chosen options on the appropriate registration form.

The parent / guardian of the Tiny Tot athlete must be present while the child is participating.

Activities: No times, no places, and no measurements. 60 m sprints, maximum. All activities are in accordance with Queensland Little Athletics Association (QLAA) programs.

Tiny Tots are provided with an achievement book and weekly encouragement tickets.

A Tiny Tot registration number will be provided to the athletes, but uniforms are optional.

Tiny Tots are only able to take part in athletic activities at their respective Centre. No activity is permitted beyond Centre level.

Centenary Little Athletics will decide on a season by season basis, as to whether Tiny Tot's will be held during that coming season based on assistance of parents / guardians willing to run the group.

COACHING

Objectives:

1. To provide coaching for all athletes in every discipline without any discrimination based on ability, age or gender.
2. To provide a safe environment for all athletes, officials and coaches.
3. To encourage all athletes to reach their full potential.
4. To comply with the coaches Code of Ethics.
5. To work together as a group for the benefit of the whole Centre.

Warm-ups:

Warm-ups are an essential part of our Friday night competition. They are compulsory for all athletes from 6:00pm – 6:30pm.

If you have any knowledge in sport or fitness your assistance would be appreciated. Contact Lauren Stark (Centre Manager) on 0403 772 806 or via email in the first instance,



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WOULD YOU LIKE TO BECOME A COACH?

Little Athletics coaching is a rewarding and enjoyable experience where you can participate in your child's sport. The Australian Track and Field Association have coaching courses on a regular basis for both beginners and more advanced parents / guardians. We are always in need of qualified people in all disciplines. If you're interested in participating in a course or would just like some coaching information, please feel free to contact Lauren Stark via email in the first instance.

OFFICIALS

In 1997, an Officials Education Scheme developed by Little Athletics Queensland (LAQ) was accepted by Australian Little Athletics (ALA) as the approved National Scheme. It was subsequently lodged with the Australian Sports Commission and accepted into the National Officiating Program. To run our competition evenings efficiently and effectively providing fairness to all, we need key officials at each event. These people are knowledgeable and experienced in what they are doing. They are there to teach your children the rules and are not to be questioned or criticized. If you have a query about a decision, it is to be referred to the Centre Manager.

For those of you that are interested in becoming a qualified Official, LAQ Officials Accreditation Workshops, Education and Exam Sessions are offered free of charge and are open to anyone that has an interest in officiating, regardless of skill level. Workshops are generally Centre hosted and they are conducted by the Association's Presenters. Workshops can be programmed to be suitable for entry level / D Grade Officials and or for the advancement of Officials who already have D Grade accreditation wishing to attain C Grade accreditation. The presenters will also cater for D & C Grade exam sessions if requested at the completion of the education component of the Workshop.

Normally, the workshops will commence at an agreed time and consist of introduction session (approximately 1 hr), followed by up to five (5) event group sessions (throws, jumps, track, recording and walks), allowing approximately 1 hr for presentation (1-1.5 hrs for track). These sessions may be run concurrently or consecutively depending on the number of attendees and presenters. Allow 2-2.5hrs for even group exams.

Any parent/guardian wanting information on how to run an event please seek out the CLAC Officials Officer, Head Coach or a CLAC member.

Please contact Lauren Stark (Centre Manager) via email in the first instance if you would like some more information of officiating.

PARENT PARTICIPATION

The parent participation (PP) deposit is \$75.00. The PP deposit will no longer be rolled over to the following season. From the 2016/2017 season and forward, all fees including the PP fee must be paid at the start of the season with your registration fees. At the end of the season families will be able to claim back their PP fee if they meet the criteria.

The criteria is:

- At least one parent / guardian volunteers at a **minimum** of twelve (12) nights throughout the season.
- Must sign on at the PP table to register participation on Friday nights.



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- Assisted for the **duration** of the evening, **including** set up or pack away where applicable.

Claim back for PP will be from 31 March 2017 to 31 May 2017 only. If parents do not claim the PP fee in this time period, the PP fee will be donated to the centre for future development and growth.

Each week we require volunteers for Age Marshalls, Canteen and Timekeepers. All these roles contribute towards your PP quota. Assisting at Regional Events also contributes towards your PP quota.

Parents / guardians are reminded that all children U6 – U12 inclusive must have a parent or guardian in attendance on competition nights, regionals, and presentations and at coaching sessions.

Parents / guardians of **Tiny Tots, Under 6 and Under 7** will be expected to roster on as Age Marshalls each week for these age-groups.

Insurance cover is provided for registered help.

If you are forced to withdraw your child due to injury, illness or family transfer you must notify us in writing to be eligible for a pro-rata refund.

We understand that many parents / guardians may not have been involved in athletics before. Don't worry, we all started off as new parents / guardians not knowing what to do. On meet nights, the parent / guardian helpers for each age group will be responsible for setting up and / or packing away an event. Each week a timetable including set up / pack up requirements will be emailed to all families. Instructions on how to set up and run the event are provided with the trolley. There will be people on hand to help you. If you want any information about an event you are interested in learning about, see the Centre Manager. If at the start of the meet/competition, we still don't have volunteers, the events that are not fully supervised will be cancelled, disadvantaging the children.

All these jobs are very important and have to be filled each week to run a successful competition. CLAC is grateful for the help of all our wonderful volunteers ensuring we make this a fun, safe and enjoyable season for all.

Each week we require volunteers for Set up, Pack up, Age Marshalls, Canteen and Timekeepers. All these roles contribute towards your PP quota. Assisting at Regional Events will contribute towards your PP quota.

The more parents / guardians that can assist at CLAC meets by set up and packing up of the equipment, the smoother the meet will run. Set up and of stations will be assigned by age groups from 5.45pm to 6.00 pm. Pack up will be the last age group on the station. Check the **meet night's program** for who is on set up and pack up.

Insurance cover is provided for registered help. If you are forced to withdraw your child due to injury, illness or family transfer you must notify us in writing to be eligible for a pro-rata refund.



Centenary Little Athletics Centre

PARENTAL / GUARDIAN ROLE

Regardless of whether or not this is your first involvement as a Little Athletics parents / guardians, it is always worthwhile, at the start of each season, to consider what your role will be over the next six months or so.

Your child is in a sport that provides an opportunity for immediate and long term benefits. The benefits include: higher levels of fitness, better health, a pleasurable social environment and the satisfaction derived from skilled performances. Little Athletics can provide a launching pad for a life-long involvement in sport, whether it be elite or purely recreational.

Just as important as any of the above benefits, is that Little Athletics provides children with the chance to have fun, to play. Please do not ever lose sight of this.

By taking a considered, understanding approach, a parents / guardians can be their child's most valuable asset.

Unfortunately, all of the potential benefits of involving a child in a sport can be quickly lost due to one very important factor - ADULTS.

Do not underestimate the effect that you can have on your child's long term participation in and enjoyment of sport.

By taking a considered, understanding approach, a parents / guardians can be their child's most valuable asset.



Centenary Little Athletics Centre

COMPETITIONS

CENTRE COMPETITION

Regular competition evenings are held on Friday, between the hours 5:45pm-9:00pm. Evenings commence with a brief gathering at the clubhouse to deliver messages to the members. Coaches or suitably qualified persons then take groups of children for a warm up session before the Age Marshals collect their group and move them to the first event. Programs consist of up to five (5) age appropriate events as specified by Queensland Little Athletics Association (QLAA).

EXTERNAL COMPETITIONS BY NOMINATION

External carnivals are usually run on Sundays and are often a terrific family day out. Athletes from U6 to U15 can attend by simply filling out a nomination form provided by the Centre and paying a nominations fee. Please refer to the Calendar of Events and Competition Fees for specific details of the current season Association Carnivals. These meetings give your child the opportunity to run on different track surfaces and experience outside competition.

Throughout the season, other carnivals will be advertised in the newsletter and on the noticeboard. Details of those available at the time of printing have been tabled following. Enquiries should be directed to the Nominations Officer.

REGIONAL EVENTS

Centenary Little Athletics Centre is part of the Metropolitan West Region. There are ten other Centre's in the Region at present – Colleges, Esk, Fassifern, Forest Lake, Goodna, Ipswich, Kenmore, Rosewood, Souths and Toowong.

Regional and State Relay Days

All athletes from Under 7 through to Under 15 are eligible to participate on this day. We encourage all athletes to participate and athletes may nominate for up to five (5) events.

We urge every one of our Little Athletes to attend Relay Day. A Perpetual Shield is presented to the most successful Centre of the carnival based on placing and attendance.

Track events are run in teams of four (4). Field events are run in teams of two (2).

Track relays are:

- Under 7-8... 4x70m shuttle; 4x100m shuttle
- Under 9-10... 4x100m circular; 4x200m circular
- Under 11-15... 4x100m circular; Medley- 2x200m, 1x400m, 1x800m

Selection for respective Field Zone Relay Teams is based on average Best Performances in that event. All teams placing first, second or third in track and field (except U7's and U8's) qualify to participate at State Relay Day, usually held at the State Sports Facility, QEII.



Centenary Little Athletics Centre

Regional and State Championships:

Regional competitions are held over two (2) days. Athletes may choose up to five (5) events over the two days. All athletes from Under 7 to Under 15 may nominate for Regional competitions, however only athletes in the Under 9 to Under 15 age groups are able to qualify to compete at the State Championships. Athlete's placing first, second or third, as well as athletes meeting the qualifying levels set by the QLAA in the Finals will be eligible to compete at the State Championships.

Athletes unable to compete on the day due to injury or illness or "special circumstances" should contact the Nominations Officer or Team Manager to lodge an application for special acceptance before the end of competition on the second day. No applications will be processed after that time.

State Team selection is open only to the U13 age group and U15 Multi Event (Pentathlon). Eligibility for selection is limited to those children who have attended 60% of the Little Athletic Centre normal competition days in the year of selection unless on medical or on compassionate grounds. Selection of team members' is based on maximising team points, so all round performance ranks higher than individual event specialisation. Full details are available from Centre Management.

Junior and Senior Carnivals

During the season, the association holds two "special" carnivals. They are intended to be fun days, without medals or trophies. Athletes receive a performance card for each event. The carnivals are usually run at the State Athletics Facility, QSAC and provide a chance for athletes of all abilities to compete on a tartan track. The "Junior Carnival" is for the younger ages (U7-U11) and athletes may nominate in up to four (4) individual events. The "Senior Carnival" is for the U12 to U15 groups and they may nominate in up to five (5) events.

Q.L.A.A State Pentathlon

All registered athletes in the U9 to U15 age groups are eligible to compete in this multi-events program. This day promotes one of the main goals of Little Athletics (i.e. encouraging children to compete in a broad range of events). Points are allocated according to level of performance achieved in each of five programmed events. QLAA has its own point scoring system, which is related to the average performance levels of children based on age and events at Little Athletics.

WESTERN SUBURBS MEET

This is a friendly meeting held with our neighboring Centre's of Toowong Harriers and Kenmore. No special nominations are required, with each Centre hosting in turn. We compete for a Perpetual Shield but the competition is run as would a normal home ground evening. Centre points are based on total events point averages, so it is advantageous to compete in all events for your Centre.

OTHER CARNIVALS

Check QLA website (<http://www.qlaa.asn.au/>) for other carnivals details and up to date nomination fees.



Centenary Little Athletics Centre



MCDONALDS ACHIEVEMENT AWARDS

The certificates are calculated from the averages of performances attained by Little Athletics Queensland athletes over the years (Green, Red, Blue levels).

Green level, which is within the reach of 100% of children for achieving a good level of performance.

Red level represents a very good performance but still achievable by about 65% of children.

Blue level represents an excellent performance, achievable by about 20% of athletes.

Levels for each age group and all events are detailed on the pink (girls) or blue (boys) achievement cards.

Achievement Awards are provided as an incentive to children to improve their own performance and level of participation, thus providing satisfaction for the Athlete who does not have the ability to win. At the beginning of each season, athletes will be given an Achievement Award Card. On the front of this card is provision for self-adhesive coloured spots to indicate the level attained. There are three levels within the Achievement Awards – Green, Red and Blue. The levels are set so that most children should be able to achieve the Green Level; many children should achieve the Red Level, with the Blue Level being more difficult.

Events are broken into groups. To obtain a certain group level, the standard must be achieved in ALL the events in the group which the child's age group is allowed to compete. Athletes will be awarded a certificate when a level has been achieved in a minimum of 3 event groups. Athletics Achievement Awards will be reviewed twice a year in December/March.

CENTENARY CENTRE AWARDS

All athletes in Under 6, 7 and 8 will receive a participation award at the end of the season. From Under 9 up athletes attending a minimum of 60% of competition evenings at the home grounds since their registration will be eligible to receive a participation award. Athletes who are unable to complete the season through personal circumstances, may apply for award inclusion.



Centenary Little Athletics Centre

Age Point Centre Champions

Athletes will be awarded points for competing in each event at their Centre, and for achieving a personal best (PB). This allows athletes of all abilities to have an equal chance of registering points. Since points are awarded throughout the season, regular attendance is an important factor in these awards. From this, one Overall Age Point Centre Champion is awarded. Trophies are awarded to first, second and third place of each age group and gender. Points are awarded for Centre competition - 1 point for competing and 2 points for bettering your personal best.

As it is important that athletes learn to compete against others at outside competitions, a **Bonus** attendance point will be awarded for competing at Regional Relays and the Regional Championships.

Performance Centre Champions

The emphasis on the Performance Champion is overall ability to achieve specific levels in all facets of little athletics. To be eligible for these awards, athletes must have attended a minimum of 60% of the Centre competition evenings over the season. Those having sustained an injury or suffered serious illness limiting their attendance may apply for special consideration provided a Medical Certificate supports it.

Points will be allocated on a Personal Best level for the athlete, for each programmed QLAA sanctioned event over the entire season. This will be converted to an event group point average to determine each Centre Performance Champion. An all-rounder will score more points overall compared to an event specialist. No points can be allocated for children competing outside their age group as an individual. There are no additional points allocated for setting a new Centre Best Performance record. There will be one Champion for each age/gender and one Overall Performance Centre Champion.

U6 Rebecca Brown Memorial Award

The recipient of this award will have attended competition consistently, attempted events offered and shown improvement over the season. This is presented to the Age Point Champion for the U6 girls.

The Rebecca Brown Memorial Trophy is given every year to the U6 girl age performance champion. It is named after Rebecca Brown who after fighting cancer for two years lost her battle in February 1995. Rebecca always wanted to follow in the footsteps of her bigger sisters Melissa and Cassie. Her dream came true when she was old enough to register with Centenary in September 1994. Rebecca was not the fastest or strongest she just wanted to compete. She would rather make friends than win. The fact that she competed at all made her a champion. This trophy is presented in Rebecca's memory in recognition that Little Athletics is more about participation, determination and courage rather than winning.

U6 Jindalee Jaguars AFC Award

The Jindalee Jaguars AFC Award is sponsored by JAGS. The recipient of this award will have attended competition consistently, attempted events offered and shown improvement over the season. This is presented to the Age Point Champion for the U6 boys.



Centenary Little Athletics Centre

The Lucy Bell Memorial Coaches Award

To be eligible for this award, the Centenary Little Athlete must:

- Attend coaching sessions on a regular basis.
- Show performance improvement during the season.
- Show good sportsmanship, determination and a willingness to learn which is exemplified in their attitude to all coaches, officials and other athletes.

A little background story on the Lucy Bell memorial trophy and what it means.

"Centenary Little Athletics Centre played a big part of all of my four children's life, especially my daughters Phoebe and Lucy.

Lucy was born with spin bifida and was in a wheelchair but that never stopped her from having a go. She loved Centenary Little Athletics Centre very much and was down here every Friday night wheeling around while her sister Phoebe was out on the field.

She loved being able to come along and feel a real part of something, Centenary Little Athletics Centre was somewhere she felt she belonged. She was the first one to have people laughing and smiling and not once did she ever feel sorry for herself. She was an inspiration to the centre that by being a part of something and having a go was what it was really about. Being a winner isn't just about winning first place in a race, it's more than that. It's about never giving up; putting in 100% and sometimes it's just all about laughing, friendships you make and having fun".

Nominations may be submitted, in writing, by any Centenary Little Athletics Centre coach to the Centre Management Committee by the last competition evening. Coaches should provide written testimony as to why their nominated athlete should be a recipient to this award. Only ONE award will be made except under special circumstances whereby two nominees cannot be separated under the above guidelines.

Centre Managers Cup

The equivalent of an Encouragement Award. It has been awarded to an athlete, who attended most competition nights, displayed excellent sportsmanship qualities, but unfortunately did not qualify for a points or performance award.



Centenary Little Athletics Centre

CENTENARY LITTLE ATHLETICS GUIDELINES FOR AWARDING

LIFE MEMBERSHIP

Individuals may be nominated for Life Membership of Centenary Little Athletics if they:

- have given highly meritorious service towards the growth and development of Centenary Little Athletics and Little Athletics in general
- have been involved with Centenary Little Athletics for a minimum period of 10 years
- have served at Centre committee level for the majority of their time with Centenary Little Athletics

Individuals will be granted Life Membership if they have:

- received a simple majority vote of the Committee of Centenary Little Athletics

More than one Life Membership may be awarded in any one year, however it is not expected that this award will be made each year.

CENTENARY LITTLE ATHLETICS LIFE MEMBERS:

1984/1985	TONY MULCRONE
1990/1991	ROD HACKER
1995/1996	MARLENE WORTHINGTON
1998/1999	WENDY STEPHENS
1999/2000	KEN WEBSTER
2003/2004	CRAIG DAVIS
2012/2013	LINDA BURRIDGE
2012/2013	MICHAEL BURRIDGE

10 YEAR PARTICIPATION CENTENARY LITTLE ATHLETICS ATHLETE

2012/2013	HEATHER BURRIDGE (U15)
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Centenary Little Athletics Centre

HALL OF FAME

Past Performance Centre Champions	Past Age Point Centre Champions	Past State Representatives
1997/1998 Jarrah Jennings		1987 David Bruckner
1998/1999 Steven Lewis	1998/1999 Andrew Anderson	1988 Kylie Hacker
1999/2000 Steven Lewis	1999/2000 Callum Carseldine	1989 Marcus Hahn
2000/2001 Steven Lewis	2000/2001 Jonathon De Martini	1997 Michael Rogers / Jarred Illane
2001/2002 Steven Lewis	2001/2002 Michael Hepburn	1999 Jarah Jennings
2002/2003 Nat Pongdai	2002/2003 Kate Sanford	2000 Cassandra Brown
2003/2004 Aaron Montoro	2003/2004 Aaron Montoro	2001 Jarah Jennings
2004/2005 Brian Warner	2004/2005 Aaron Montoro	2004 Christopher Thomsen
2005/2006 Samantha Doney	2005/2006 Brianna King	2006 Jeremy Lim
2006/2007 Nathan Russell	2006/2007 Aaron Montoro	2008 Samantha Doney
2007/2008 Taylor Smith	2007/2008 Jayde Treloar	2011 Heather Burrridge
2008/2009 Nicholas Fadden	2008/2009 Jessie Claire Smith	2012 Nelson Maina
2009/2010 Aaron Jones	2009/2010 Walter Lausberg	
2010/2011 Riley Tillotson	2010/2011 Jamie Rogers / Dakota Farrell-Thomas	
2011/2012 Jayden Syme	2011/2012 Casey Garrioch	
2012/2013 Jasmine Menzies	2012/2013 Bonnie Morrow	
2013/2014 Jasmine Menzies	2013/2014 Nathan Farren-Price	
2014/2015 Aiden Giles	2014/2015 Sophie Dunne	
2015/2016 Monique Hanlon	2015/2016 Cooper Blake	



Centenary Little Athletics Centre

Past Perpetual U/6 Champions

Jindalee JAGs Trophy (U6 Boys):

98/99 Nicholas DeMartini
99/00 Kevin Roome
00/01 Lewis Boyes
01/02 Aaron Montoro
02/03 Jarrod Montoro
03/04 Ben Davis
04/05 Nicholas Burridge
05/06 Jonathan Davis
06/07 Byron Yule

07/08 Joshua Rosen
08/09 Jake Fordham
09/10 Elijah Vincent-Tooth
10/11 Matthew Dunne
11/12 Bailey Farrell-Thomas
12/13 Thomas Waites
13/14 Cooper Farrell-Thomas
14/15 Joseph Bergin
15/16 Tyler Craney

Rebecca Brown Memorial Trophy (U6 Girls):

96/97 Ashleigh Jennings
97/98 Alexandra Salmon
98/99 Jacqueline Wootton
99/00 Holly England
00/01 Biarnca Carseldine
01/02 Sophie Papa
02/03 Khiarn Weaver
03/04 Nicola Warner
04/05 Gabrielle Andrews
05/06 Taylor Smith

06/07 Michayla Cristiano
07/08 Isabella Burridge
08/09 Dominique Gough
09/10 Dakota Farrell-Thomas
10/11 Jessica Murphy
11/12 Sophie Dunne
12/13 Lilly Syme
13/14 Lilly Syme
14/15 Ella Kennedy
15/16 Ameile McLennan



Centenary Little Athletics Centre

CENTRE BEST PERFORMANCES SINCE 1993-94 SEASON

NOTE: All new record performances are to be ratified by a CLAC Official at the meet.

Under 6 – Girls				Under 6 – Boys			
60 metres	L Syme	13/14	13.8s	60 metres	TBC		
70 metres	A. McLennan	15/16	12.8s	70 metres	T. Cranney	15/16	13.0s
100 metres	A. Ryan	09/10	20.0s	100 metres	B. McCallum		18.7s
200 metres	G. Okeny	09/10	46.0s	200 metres	T. Cranney	15/16	42.0s
300m Walk	B. Ellis	12/13	02:25.1	300m Walk	T. Arriagada-Malone	08/09	02:03.2
Long Jump	R. Wylie	99/00	2.49m	Long Jump	E. Vincent-Tooth	09/10	2.85m
Discus	T. Smith	06/07	12.78m	Discus	Z. Geva	96/97	14.58m
Shot Put	P. Teevan	08/09	4.7m	Shot Put	O. Andrews	03/04	5.40m

Under 7 – Girls				Under 7 – Boys			
70 metres	T. Smith	06/07	11.9s	70 metres	A. Ansaldo		12.0s
100 metres	C. Strutton		18.0s	100 metres	A. Hall	99/00	16.6s
200 metres	A. Westerhuis	99/00	37.6s	200 metres	A. Hall	99/00	36.2s
300m Walk	M. Rogers	08/09	2:08.0	300m Walk	T. Jarrad	05/06	01:57.1
Long Jump	J. Wootton	99/00	2.87m	Long Jump	A. Montoro	02/03	2.99m
Discus	T. Smith	06/07	12.78m	Discus	Z. Geva	97/98	18.90m
Shot Put	M. Wootton	96/97	5.45m	Shot Put	Z. Geva	97/98	6.63m

Under 8 – Girls				Under 8 – Boys			
60m Hurdles	P. Dunbar	98/99	12.6s	60m hurdles	A. Hall	00/01	11.7s
	M. Doney	99/00	12.6s				
70 metres	C. Andrews		11.5s	70 metres	J. Duffy		10.9s
100 metres	T. Smith	07/08	16.7s	100 metres	A. Hall	00/01	15.7s
200 metres	E. Najdovski	06/07	30.9s	200 metres	A. Hall	00/01	34.0s
300m walk	A. Ghiculescu	08/09	2:00.0	300m Walk	J. Davis	08/09	01:54.0
Long Jump	A. Evans	09/10	3.62m	Long Jump	J. Williams	03/04	3.46m
High Jump	H. Burrige	05/06	1.00m	High Jump	A. Hall	00/01	1.05m
Discus	T. Smith	07/08	14.23m	Discus	J. Williams	03/04	19.05m
Shot Put	A. Evans	09/10	5.95m	Shot Put	S. Lewis	98/99	6.80m



Centenary Little Athletics Centre

Under 9 – Girls				Under 9 – Boys			
60m Hurdles	J-C. Smith	06/07	11.8s	60m Hurdles	S. Lewis	99/00	11.2s
70 metres	T. Smith	08/09	11.34s	70 metres	M. Majzner	TBC	10.3s
100 metres	J. Jennings	94/95	15.6s	100 metres	M. Strutton	TBC	15.2s
200 metres	L. Bridges	TBC	30.3s	200 metres	L. King	06/07	30.4s
400 metres	M. Hawkins	09/10	1:14.0s	400 metres	T.Waites	15/16	1:20.7
800 metres	P. Dunbar	99/00	02:57.0	800 metres	S. Lewis	99/00	02:44.0
700m Walk	T. Smith	08/09	04:17.0	700m Walk	K. Warner	02/03	04:36.0
Long Jump	C. McGarry	97/98	3.78m	Long Jump	M. Strutton	TBC	3.78m
High Jump	S. Doney	03/04	1.13m	High Jump	A. McGough	TBC	1.13m
Discus	T. Smith	08/09	19.23m	Discus	M.Dunne	13/14	22.89m
Shot Put	N. Ninnette	15/16	7.25m	Shot Put	M.Dunne	13/14	7.12m

Under 10 – Girls				Under 10 – Boys			
60m Hurdles	K. Attard	92/93	10.8s	60m Hurdles	D. Doedens	93/94	10.4s
70 metres	H. Morphett	95/96	10.2s	70 metres	A. Hall	02/03	10.3s
100 metres	G. Bamford	15/16	14.4s	100 metres	N.Mikeleith	TBC	14.7s
					A. Hall	02/03	14.7s
200 metres	D. Williams	97/98	31.2s	200 metres	S. Lewis	00/01	30.2s
400 metres	D.Farrell-Thomas	13/14	01:14.9	400 metres	H. McCallum	96/97	01:10.2
800 metres	A. Kippers	92/93	02:46.0	800 metres	S. Lewis	00/01	02:33.7
1100m Walk	T. McCarthy-Smith	09/10	6:34.7	1100m Walk	N. Maiha	08/09	07:03.8
Long Jump	B. Withers	08/09	3.80m	Long Jump	S. Lewis	00/01	4.35m
High Jump	S. Doney	04/05	1.20m	High Jump	S. Lewis	00/01	1.23m
Triple Jump	K. Attard	92/93	8.01m	Triple Jump	S. Lewis	00/01	8.45m
Discus	H. Burridge	07/08	22.90m	Discus	S. Lewis	00/01	31.06m
Shot Put	K. Kaya	09/10	8.90m	Shot Put	N. Russell	06/07	10.43m



Centenary Little Athletics Centre

Under 11 – Girls				Under 11 – Boys			
60m Hurdles	K. Attard	93/94	10.9s	60m Hurdles	M. Robertson		10.5s
70 metres	K. Edgerton	06/07	10.7s	70 metres	A. Hall	03/04	10.0s
*100 metres	P. Bui	15/16	15.6s	10.7s	A. Griffiths	15/16	14.8s
200 metres	J. Jennings	96/97	30.0s	200 metres	S. Lewis	01/02	29.1s
400 metres	J. Jennings	96/97	01:09.9	400 metres	S. Lewis	01/02	01:08.9
800 metres	T. McGrath	00/01	02:42.2	800 metres	S. Lewis	01/02	02:32.1
1500 metres	T. McGrath	00/01	05:39.1	1500 metres	S. Lewis	01/02	05:22.0
1100m Walk	T. Smith	10/11	06:43.9	1100m Walk	B. Davis	08/09	07:14.8
Long Jump	P. Guenzler-Robinson	15/16	4.55m	Long Jump	S. Lewis	01/02	4.52m
High Jump	S. Doney	05/06	1.30m	High Jump	J. Oakhill	05/06	1.36m
Triple Jump	K. Attard	93/94	8.84m	Triple Jump	S. Lewis	01/02	8.97m
Discus	H. Burrridge	08/09	23.43m	Discus	K. Nystrom	98/99	29.74m
Shot Put	A. Kaptein	92/93	9.46m	Shot Put	N. De Martini	03/04	10.37m
Javelin	R. Beckinsale	11/12	19.55m	Javelin	N. De Martini	03/04	27.30m

*previous record for U11 Girl for 100 metres is missing. Record is now from 15/16 onwards. If you hold the previous record that is missing, please contact CLAC so we can update the CLAC record.

Under 12 – Girls				Under 12 – Boys			
60m Hurdles	J. Jennings	97/98	10.7s	60m Hurdles	G. Chen		10.5s
70 metres	B. King	08/09	10.6	70 metres	J. Teevan	08/09	10.0s
100 metres	J. Jennings	97/98	13.9s	100 metres	L. Nerdal-Bussell	06/07	13.2s
	N. Pongdai	02/03	13.9s				
200 metres	J. Jennings	97/98	28.5s	200 metres	L. Nerdal Bussell	06/07	27.5s
400 metres	R. Beckinsale	12/13	1:05.00	400 metres	S. Russell	01/02	01:05.6
					B.O'Brien	13/14	01:05.6
800 metres	R. Beckinsale	12/13	02:32.0	800 metres	L. Cook	08/09	02:29.95
1500 metres	R. Beckinsale	12/13	05:19.3	1500 metres	L. Cook	08/09	05:10.0
1500m Walk	A. Morssinkhof	07/08	08:53.0	1500m Walk	C. Thomsen	02/03	09:43.8
Long Jump	T. McGrath	01/02	4.65m	Long Jump	C.M. Topeto	99/00	4.74m
High Jump	N. Pongdai	02/03	1.40m	High Jump	C. Thomsen	02/03	1.48m
Triple Jump	V. Sederkenny	06/07	9.16m	Triple Jump	L. Nerdal Bussell	06/07	9.91m
Discus	H. Burrridge	09/10	28.52m	Discus	L. Nerdal Bussell	06/07	38.22m
Shot Put	A. Kaptein	93/94	10.88m	Shot Put	D. Rhodes	94/95	11.87m
Javelin	H. Burrridge	09/10	32.82m	Javelin	R. Haaima	07/08	25.8m



Centenary Little Athletics Centre

Under 13 – Girls				Under 13 – Boys			
80m Hurdles	J. Jennings	98/99	13.9s	80m Hurdles	X. Hendricks		12.5s
200m Hurdles	C. Young	07/08	30.4s	200m Hurdles	C. Thomsen	03/04	30.2s
100 metres	C. Marco	94/95	13.4s	100 metres	G. Ruegg	96/97	12.4s
200 metres	A. Woolston	13/14	27.0s	200 metres	G. Ruegg	96/97	26.4s
400 metres	R. Beckinsale	13/14	01:04.2	400 metres	S. Russell	02/03	01:00.9
800 metres	C. Brown	99/00	02:31.5	800 metres	M. Duesing	94/95	02:32.2
1500 metres	A. Kippers	95/96	05:22.8	1500 metres	T. Watson	TBC	05:14.6
1500m Walk	A. Morssinkhof	08/09	9:03.0	1500m Walk	C. Miller	05/06	09:44.3
Long Jump	S. Doney	07/08	4.93m	Long Jump	C. Thomsen	03/04	5.44m
High Jump	N. Pongdai	03/04	1.50m	High Jump	C. Thomsen	03/04	1.55m
					J. Oakhill	07/08	1.55m
Triple Jump	S. Doney	07/08	10.30m	Triple Jump	C. Thomsen	03/04	11.48m
Discus	H. Burrridge	10/11	33.50m	Discus	P. Phan	96/97	31.60m
Shot Put	R. Beckinsale	13/14	9.54m	Shot Put	P. Phan	96/97	11.25m

Under 14 – Girls				Under 14 – Boys			
80m Hurdles	J. Jennings	99/00	13.9s	80m Hurdles	L. Hopgood	TBC	13.2s
200m Hurdles	E. Jonsson	96/97	32.8s	200m Hurdles	M. Roger	97/98	29.1s
	M. Doney	05/06	32.8s				
100 metres	K. Burling	94/95	13.3s	100 metres	G. Ruegg	97/98	12.4s
	M. Doney	05/06	13.3s				
200 metres	E. Jonsson	96/97	27.3s	200 metres	G. Ruegg	97/98	25.4s
400 metres	E. Jonsson	96/97	01:02.6	400 metres	M. Roger	97/98	01:01.3
800 metres	T. Dang	07/08	02:24.59	800 metres	M. Duesing	95/96	02:25.2
1500 metres	A. Kippers	96/97	05:18.9	1500 metres	M. Duesing	95/96	05:06.0
1500m Walk	V. Sederkenney	08/09	10:36.0	1500m Walk	N. Fadden	08/09	09:20.4
Long Jump	J. Jennings	99/00	4.81m	Long Jump	M. Roger	97/98	5.51m
High Jump	M. Drummond	96/97	1.55m	High Jump	N. Maina	13/14	1.80m
Triple Jump	J. Jennings	99/00	10.47m	Triple Jump	M. Roger	97/98	10.90m
Discus	S. Thompson	04/05	31.55m	Discus	M. Pomeroy	96/97	40.36m
Shot Put	S. Thompson	04/05	9.80m	Shot Put	C. Le Grady	96/97	11.34m
Javelin	H. Burrridge	11/12	27.74m	Shot Put 3kg			
Javelin 400g	C. Menzies	13/14	27.95m	Javelin	N. De Martini	06/07	33.98



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Under 15 – Girls				Under 15 – Boys			
90m Hurdles	M. Doney	06/07	16.7s	90m Hurdles	M. Pomeroy	97/98	16.8s
200m Hurdles	J. Jennings	00/01	31.0s	200m Hurdles	M. Pomeroy	97/98	30.4s
100 metres	M. Petralia	96/97	13.1s	100 metres	Z. Ellem	05/06	12.1s
200 metres	E. Jonsson	97/98	27.1s	200 metres	M. Duesing	96/97	25.8s
400 metres	E. Jonsson	97/98	01:02.9	400 metres	N. Fadden	09/10	57.5s
800 metres	A. Kippers	97/98	02:26.8	800 metres	M. Duesing	96/97	02:08.4
1500 metres	A. Kippers	97/98	05:09.1	1500 metres	M. Duesing	96/97	04:55.6
1500m Walk	E. Davis	06/07	8:49.0	1500m Walk	R. Hallinan	05/06	09:36.3
Long Jump	J. Jennings	00/01	5.70m	Long Jump	S. Kennedy	01/02	5.47m
High Jump	E. Porritt	00/01	1.46m	High Jump	C. Jones	09/10	1.65m
Triple Jump	M. Drummond	97/98	10.70m	Triple Jump	S. Kennedy	01/02	11.85m
Discus	H. Burrridge	12/13	29.00	Discus	M. Pomeroy	97/98	47.39m
Shot Put	J. Jennings	00/01	10.69m	Shot Put	M. Roberts	01/02	13.13m
Javelin	E. Davis	06/07	29.17m	Javelin	J. Leavers	10/11	31.23m
Javelin 500g	H. Burrridge	12/13	35.24m	Javelin 700g	No record set to date		

Under 16 – Girls				Under 16 – Boys			
90m Hurdles	E. Sewell	15/16	17.8s	100m Hurdles	A.Giles	15/16	15.0s
200m Hurdles	A. Doney	06/07	33.9s	200m Hurdles	M. Torrielli	07/08	30.4s
100 metres	A. Doney	06/07	14.0s	100 metres	A.Giles	15/16	12.5s
200 metres	A. Doney	06/07	29.9s	200 metres	A.Giles	15/16	25.5s
400tres	C. Menzies	15/16	1:04.7s	400 metres	A.Giles	15/16	58.2s
800 metres	C. Menzies	15/16	3:01.0s	800 metres	A.Giles	15/16	2:23.0s
1500 metres	A. Doney	06/07	09:04.0	1500 metres	A.Giles	15/16	5:15.3s
1500m Walk	No records to date			1500m Walk	C. Jones	10/11	11:22.5
Long Jump	A. Doney	06/07	4.32m	Long Jump	A.Giles	15/16	5.20m
High Jump	E. Sewell	15/16	1.40m	High Jump	A.Giles	15/16	1.51m
Triple Jump	E. Sewell	15/16	10.06m	Triple Jump	A.Giles	15/16	10.93m
Javelin	A. Jennings	06/07	19.07m	Javelin	C. Jones	10/11	18.11m
Javelin 500g	C. Menzies	15/16	30.35m				
Discus	A. Jennings	06/07	21.76m	Discus	A.Giles	15/16	28.98
Shot Put	A. Jennings	06/07	7.11m	Shot Put	C. Jones	10/11	9.50m
Shot Put 3kg	C. Menzies	15/16	8.97m				



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Under 17 Girls				Under 17 Boys			
90m Hurdles	J. Menzies	15/16	20.8s	90m Hurdles	No record set to date		
100 metres	J. Menzies	15/16	16.0s	100 metres	C. Jones	11/12	14.00 s
200 metres	J. Menzies	15/16	35.3s	200 metres	C. Jones	11/12	28.26 s
400 metres	J. Menzies	15/16	1:21.1s	400 metres	C. Jones	11/12	1:04.0s
800 metres	J. Menzies	15/16	3:56.7s	800 metres	C. Jones	11/12	3:30.7 s
1500 metres	No record set to date			1500 metres	C. Jones	11/12	5:54.3 s
1500m Walk	No record set to date			1500m Walk	C. Jones	11/12	10:10.2 s
Triple Jump	J. Menzies	15/16	7.03m	Triple Jump	No record set to date		
Long Jump	No record set to date			Long Jump	C. Jones	11/12	4.92m
High Jump	No record set to date			High Jump	C. Jones	11/12	1.5m
Discus	J. Menzies	15/16	20.95m	Discus	C. Jones	11/12	25.67m
Shot Put 3kg	J. Menzies	15/16	7.03m	Shot Put	C. Jones	11/12	9.41m
Javelin 500g	J. Menzies	15/16	21.67m	Javelin	C. Jones	11/12	18.87m

Distance times are in minutes, seconds, and tenths of seconds (00:00.0), rounded up, e.g. 3:14.52 becomes 3:14.6, while 7:28.60 remains as 7:28.6 and 11.94 is recorded as 12.0s



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Notes:

Jumps

- *Triple Jump events are no longer contested for Under 10 Girls and Under 10 Boys.*

Sprints

- *70m records for Under 11 Girls and Boys was introduced in 2006/07.*
- *70m records for Under 12 Girls and Boys were introduced in 2006/07.*
- *200m records for U6 Girls and Boys were introduced in 2009/10.*
- *400m records for Under 9 Girls and Boys were introduced in 2009/10.*

Walks

- *Records for Walks were introduced for Under 9 and older groups in 2002/03.*
- *Records for Walks were introduced for Under 6, Under 7 and Under 8 in 2005/06.*

Throws:

- *Records for Javelin were introduced in 2003/04.*
- *New Throw Weights from 2012/2013 season:*
 - *U14 Girls now throw 400g javelin*
 - *U15 – U17 Girls now throw 500g javelin*
 - *U16 & U17 Girls now throw 3 kg shot*
 - *U14 Boys now throw 3kg Shot*
 - *U15 Boys now throw 700g javelin*