



SOUTHERN PENINSULA LITTLE ATHLETICS CENTRE

HANDBOOK 2019-20



SOUTHERN PENINSULA LITTLE ATHLETICS CENTRE

Welcome to the 2019/20 season. I would like to thank all returning members and welcome all new members to the club for this season.

This year is going to be another exciting and challenging year for our club. I am the new President for the upcoming season. I am looking forward to getting to know all the members.

As with previous years we want to continue to bring the fun to athletics. We think it is important that the athletes and their families enjoy all that athletics has to offer. As a club we think it's important for our club to be represented at Regional events. Last year we had fantastic turnouts to the Regional relays and championship as well as record numbers to the State Multi Event. For the Under 6 – 8's keep an eye out for the Special Days that are put on by LAVIC. We will continue to keep members up to date via our newsletter, Facebook and Team App.

Lastly I would like to thank our committee and Age group leaders for the hard work and dedication that they show the club. This year we will be encouraging all parents and guardians to help on the night of competition whether it be measuring, raking or recording. The kids love it when you do and it allows the Age group leaders to spend more time coaching your kids.

If you have any questions throughout the season please contact me or any of the committee and we would be happy to help.

Go Southern Pen
Natalie Derri
President

Little Athletics
develops motor
skills and improves
fitness. Our
program rewards
individual
"Personal Best"
performance,
encouraging
young athletes to
run faster, jump
higher and throw
further as the
season progresses.

**RUN
JUMP
THROW**

Table of Contents

<u>No</u>	<u>Item</u>	<u>Page</u>
1	Centre details	3
2	Sponsors	4
3	Our history	5
4	Key information 2017-18 season	7
5	Athlete information	12
6	Centre competition and Events calendar	16
	Centre age group events	18
7	Special events	19
8	Competition rules and information	22
9	Code of conduct	28
10	Centre policies	32
11	Season results 2018/19	34
12	Centre records	36
13	Historical records	40
14	Arena Map	42

1. Centre Details

Centre Name: Southern Peninsula Little Athletics Centre
Location: Truemans Road Reserve, Truemans Road, Rosebud West, Vic 3940
Postal Address P.O. Box 2071, Port Phillip Plaza, Rosebud, VIC 3939

Email: southernpeninsula@lavic.com.au
Web www.southernpeninsulalac.com.au
Facebook: www.facebook.com/southernpeninsulalittleaths
Team App: Southern Peninsula Little Aths

Centre Number: 103 - Established in 1999 following club mergers from foundation in 1974

Affiliation Little Athletics Victoria:

Athletics House, 31 Aughtie Drive, Albert Park VIC 3206
T 03 9676 3600 | F 03 9676 3601
E office@lavic.com.au □ www.lavic.com.au

Executive Committee:	President	Natalie Derri
	Vice President	
	Secretary	Eloise Griffett
	Treasurer	Jason Hodson
	Registrar	Amanda Hassett

General Committee	Chief Official	Jason Hodson
	Recorders	Anthony Demase
	Uniform Manager	Matt Collier
	Media Officer	
	First Aid Officer	
	Line Marker	Bryce Mulvogue
	Starting Officials	Davin Griffett, Christine King
	Canteen Manager	
	Event Manager	Amanda Hassett
	Straight Track Timer	
	Round Track Timer	
General Committee		

Age Group Leaders

<u>Age</u>	<u>Age Group Leader</u>	<u>Assistant Age Group Leader</u>
Under 6	Nathan Brewster	
Under 7	Lee Dixon	
Under 8	Aaron Simmons	
Under 9	Jenni Moser	
Under 10	Paul Trewin	
Under 11	Rebecca Lyon	
Under 12+	Bryce Mulvogue	Stacey Sigvertsen

2. Little Athletics Victoria Sponsors

NATIONAL AND STATE PARTNERS



OFFICIAL SUPPLIERS



SUPPORT PARTNERS



DESIGNATED CHARITY



3. Southern Peninsula Sponsors

Your **Community Bank**®



Rye Dromana Rosebud

The Bendigo Community Bank



The Rye Sports and Social Club

4. Our History

Little Athletics Victoria

October 1963, three boys turned up at an athletics meet in Geelong ready to compete but were told they were too young to take part. The official, Trevor Billingham, noted their disappointment and came up with the novel idea of a Saturday morning competition for primary school age children. October 1964 a small group of children took part in a short program of running events on a Geelong oval organised by Trevor.

From that simple beginning, Little Athletics for U12 boys and girls developed at a phenomenal rate with the Victorian Little Athletics Association formed in 1967.

Within a few years other states also held competitions and the Australian Little Athletics (ALA) was formed. Over the years Little Aths age groups have expanded, and from Season 2007-08, cater for U6 - U16 athletes. Victoria boasts over 100 Centre's and more than 23,000 registered athletes.

Victoria is divided into eight regions, four country and four metropolitan. Our Centre is associated with the Southern Metropolitan Region (SMR). Southern Metropolitan Region Centres currently include Brighton, Caulfield, Chelsea, Dandenong, Frankston, Mentone, Moorabbin, Mornington, Oakleigh, Sandringham, Seaford, Southern Peninsula, Springvale, Waverley, Westernport and Skye Valley.

In 2010 an Australia wide name change for the Association lead to it becoming Little Athletics Australia and the VLAA becoming Little Athletics Victoria. A new logo for Little Athletics was also introduced.

Southern Peninsula Little Athletics Centre (SPLAC)

Our Centre has a proud history of competition over 45 years.

- 1974 A public meeting resulted in Dromana, Rosebud, Tootgarook, Rye and Sorrento Clubs forming under the banner of Southern Peninsula Little Athletic Centre (SPLAC). First local meet held on Village Green, Rosebud, but the site soon became too small for the 300 competitors
- 1983 Moved to Truemans Road Reserve, Tootgarook, (home ground)
- 1989 Hosted (now discontinued) Divisional C, State T&F Elimination Heats
- 1989 Hosted VLAA State Conference
- 1999 Clubs merged to operate as a Centre only

- 2000 Awarded Victorian Heart Foundation Healthiest Centre Award at VLAA State Conference
- 2000 President, Katherine Cooper, awarded VLAA Volunteer of the Year at VLAA State Conference SPLAC awarded State Most Responsible Centre Award at VLAA State Conference
- 2012 Awarded Highest Centre Percentage Growth at Little Athletics Victoria State Conference
- 2013-2014 President Jason Hodson, awarded LAVic Volunteer of the Year
- 2013-2014 Awarded Merit Award for 12th position from 120 Centres around the state for overall operation
- 2014-2015 President Jason Hodson, awarded Runner-up State Coach of the Year
- 2015-2016 Treasurer Jason Hodson State Coach of the Year

Southern Peninsula Little Athletics Centre Life Members

Randall Robinson Tootgarook Little Athletics Club 1981 - 1982

Pat Robinson Tootgarook Little Athletics Club 1983 - 1984

Robyn van Lieshout Tootgarook Little Athletics Club 1989 - 1990

John Simpson Tootgarook Little Athletics Club 1998 - 1999

Mark Cooper Southern Peninsula Little Athletics Centre 2007 - 2008

Janene Linnell Southern Peninsula Little Athletics Centre 2007 - 2008

Michelle Lauch Southern Peninsula Little Athletics Centre 2011 - 2012

Little Athletics Victoria Life Governors

Randall Robinson Tootgarook Little Athletics Club 1983 - 1984

Robyn Van Lieshout Tootgarook Little Athletics Club 1999 - 2000

5. Key Information 2019-20 Season

Competition Meets

- The Centre's weekly competition meets are held on Friday evenings at Truemans Road Reserve, 5:00pm for a 5:15pm start and concludes around 7.00pm.
- Athletes in U9 and above generally participate in a 4 event program rotation each week, however, only 3/4 events are held in the first few weeks of the season due to limited lighting. U6-U8 participate in 3 events plus an On Track program each week, which aims to be fun and teach technique, for the duration of the season.
- The calendar and program can be found on pages 17 to 19.

Registration & Fees

- Registration is compulsory for all athletes and covers Centre Track & Field and Cross Country (when held by the Centre). Only registered athletes accrue points. To be eligible, athletes must be 5 years old or under 16 years at December 31. A child may become registered during the season from the date they turn 5 years of age. Registration must be completed online by a parent/legal guardian at www.lavic.com.au. **A Birth Certificate must be sighted by the Centre for new athletes to confirm their date of birth before athletes can accrue points.**
- Each athlete is eligible to participate in two come and try sessions prior to committing to payment, however, must registration online prior to the first session for insurance purposes.
- The annual registration cover includes affiliation with Little Athletics Victoria (LAVic). Members are not eligible for a refund once payment is received. This is a LAVic policy.
- Registrations open on 21st August and will remain open for the entire season. (Part season registrations at reduced rates not available).
- Members as well as parents and/or guardians must comply with the regulations and policies of the Southern Peninsula Little Athletics Centre and Little Athletics Victoria which are set out on the current registration form and/or noted within this handbook.

Membership Fees

\$170.00 for each Member

\$170.00 for Duel Membership for approved older athletes to compete at both SPLAC and Peninsula AV competitions (The athlete will not be eligible for any trophies, awards or PB ribbons at a Centre level but can set records)

Uniforms

- The Centre official uniform consists of a formal Centre competition top (singlet or crop top options) along with black shorts without logos (sports briefs, bike or running shorts) and sport runners suitable for grass arena competition. Black full length or short length skins may be worn. *In the absence of a formal Centre competition top, an athlete may compete in a plain red t-shirt without logos or designs on the top.*

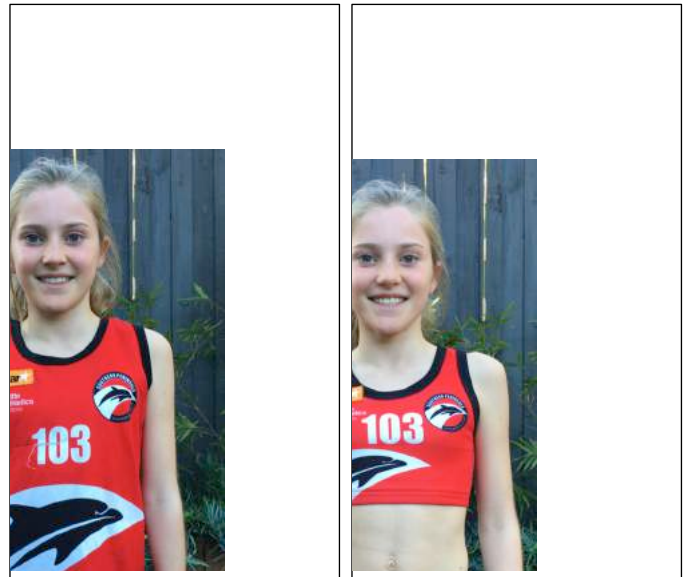
Failure to wear the correct uniform may result in no competition points being awarded to the athlete (Results HQ).

NOTE: Black Shorts (skins, shorts) MUST NOT display any logos of any kind (other than official LAVic logo). Athletes WILL NOT be permitted to compete at official events such as Regional and State if there are any visible non-approved logos on their uniform.

- Uniform orders can be made at the weekly competition meets. Payment is required on ordering.
- The uniform and registration patch / plate must be worn by all competitors on competition days.
- Athletes MUST wear their uniform during competition. Athletes receive a registration patch with name, age group and a registration number. It is a Little Athletics Victoria requirement that athletes wear their patch on the front of their top/T-shirt.
- Note: The formal Centre top MUST be worn at Open Days, Region and State events.**

Pricing for Official Merchandise

Singlets	\$35.00
T-shirt's	\$35.00
Crop Tops	\$35.00
Hoodie (Limited Stock)	\$50.00
Large Bag (Limited Stock)	\$30.00
Backpack (Limited Stock)	\$20.00
Cap (Limited Stock)	\$11.00



Registration Plates

Each athlete will be provided with a chest patch that must be worn at all competitions. Failure to wear a chest patch will result in the athlete's performance not being recorded in the results system.

Weather

In the event of extreme conditions (HEAT, WET, STORMY, FIRE DANGER), the Committee may cancel a meet. The cancellation of a meet will be communicated via Facebook and TeamApp from 4:00pm on a competition day.

It is important to note that our Centre does not compete on an all-weather track and field arena. As such, for the safety of all members and guests, the entire meet or individual events may be cancelled with limited notice if considered unsafe, i.e. windy, storm approaching or wet under foot. Cancelled meets/events will not be re-scheduled to a later date.

Working with Children Check

The WWC Check applies to adults working with children or engaged in volunteer roles involving children (under 18 years of age). As dictated by LAVic, all volunteers at Aths Centres throughout Victoria require WWC checks. Those requiring checks at SPLAC include Centre Executive, Committee Members, Coaches, First Aid personnel, Age Group Leaders, Team Managers and volunteers without children registered at the Centre. Our Centre is continuously working to ensure we are WWC compliant. If you have an existing WWC card you need to log onto the government site and ensure you are listed for Southern Peninsula Little Athletics Centre.

Refer to <http://lavic.com.au/Resources/Working-With-Children-Check> for full details

Parental Assistance

We have all experienced being new at Little Athletics and understand hesitancy to assist. Please know that you do not have to have any experience in athletics to lend a hand. Help can be given in a variety of ways such as raking, measuring or by writing times and distances. Being an official is a great way to learn more about each event and to be a positive role model for your child.

DUTIES ARE COMPULSORY AND FAILURE TO ATTEND THESE DUTIES MAY RESULT IN YOUR CHILD NOT BEING ABLE TO COMPETE AND/OR BEING INELIGIBLE FOR CENTRE AWARDS.

Parental Attendance on the Competition Arena

Due to insurance requirements, it is compulsory that a parent or guardian must be present on the competition area with the competing member at all times. A parent or guardian is not considered to be "in the competition area" if they are sitting in a vehicle in the designated parking areas. We note that an allowance will be made where a parent or guardian has two

or more members competing at the same time and is the only parent or guardian in attendance. Where it is found that a parent or guardian is not with the competing member on the competition area, the competing member will be unable to compete until the parent or guardian arrives.

Age Group Leaders

The Centre appoints age group leaders to look after each age group. They are primarily on hand to assist and improve the technique of athletes in performing each event and overseeing the completion of the event. They will be on hand each competition night to help athletes with events and ensure that the age group moves efficiently through the program. Please help the leader in any way possible by raking, measuring or by writing times and distances. If you are interested in becoming an Age Group Leader or Assistant please talk to a Committee Member who will be happy to assist you further. You may be required to undertake an Introduction to Coaching Course which will be paid for by the Centre. A Working with Children check is also required.

First Aid

It is important to note that the Executive and General Committee of Southern Peninsula Little Athletics Centre are not fully trained medical professionals. The Centre endeavours to have a First Aid Officer present on competition days. While the Centre does have a First Aid Kit present on Competition Days, we note it is not a comprehensive first aid kit and may not contain the items needed for all First Aid needs or requirements.

It is the responsibility of the Parent or Guardian to conduct the first aid requirements of a competing member and the Executive and General Committee members or any other volunteer associated with the Centre is not required to provide First Aid assistance to a competing member. For the purposes of insurance, where an accident occurs or where First Aid is required to be implemented by a parent or guardian, that parent or guardian will be required to complete an "incident report" after the event.

For the safety of all competing members, where a competing member is involved in an incident requiring First Aid or further assistance and a parent or guardian is found not to be on the competition area, an ambulance will be called to assist at the cost of the competing member's parent or guardian.

Traffic to and within the competition area

Caution is essential on the narrow roadway entering and leaving the arena. Events are held each week near the designated car parks with athletes moving throughout the area. A speed limit of 10km per hour applies within the Reserve, for the safety of all members please use extreme care near parking areas.

Please be extremely careful and vigilant when moving in the throwing areas of shot put, discus and particularly Javelin.

B.B.Q / Canteen

The sausage sizzle BBQ operates each meet. Helpers are always needed - a great way to meet members and be involved. Healthy Food Options will be promoted where possible, with a variety of food, drinks, and a limited range of sweets also available. Prices are very reasonable and profits go towards new equipment for our Centre.

Previous equipment purchased from
canteen proceeds include:

Hurdles

Shotputs

Discus

Starting Blocks

We appreciate your continued support of our canteen

6. Athlete Information

Personal Bests

At SPLAC, the emphasis is on personal improvement and achieving "Personal Best" performances (P.B.'s). All athlete performances are able to be viewed on resultshq.com.au. Refer to the instruction sheet on how to access your personal results on Page 16. Ribbons are awarded when athletes reach 10, 15, 20, 25, 30, 35, 40 PB's.

Coaches

Fortunately, in the world of athletics there are many choices for coaching. Each coach has their specific ways of training, encouraging and specializing in events which ensures that every athlete (and parent) will be able to find the coach that suits them best. To find a coach or confirm their qualifications visit this handy website where every registered and qualified coach is listed in Australia by either name or area you reside in.

1. Go to www.athletics.com.au
2. Click on COACHING
3. Click FIND A COACH

Interested parents of athletes are also able to undertake Centre sponsored training courses offered by LAVic such as the Introduction to Training Course. Please contact the Centre for further information.

Registration Plates

Each athlete will be provided with a chest patch that must be worn at all competitions. Failure to wear a chest patch will result in the athlete's performance not being recorded in the results system.

Trophies and Awards

The awards and trophies that will apply for the 2017/2018 season are as follows:

- **100% ATTENDANCE/PARTICIPATION CERTIFICATE**
Awarded to an athlete who attends all Centre meets
- **PERSONAL BEST CERTIFICATES**
To access this information please go to resultshq.com.au
- **AGE GROUP PARTICIPATION TROPHIES U6 – U8**
Awarded to each gender and age group U6 – U8
- **AGE GROUP TROPHIES U9 – U15**
Awarded to each gender and age group U9 – U15

- **Boy & Girl Champions** Champion, Runner-Up, based on points 1st, 2nd & 3rd
 - **Most Improved** Highest number of PB's excluding 1st, 2nd & 3rd above
 - **Participation Trophy** Awarded to all other athletes
- **PERPETUAL AWARD**
Centre Star: While we recognise and reward winners, our greatest recognition is given to athletes who improve their own performances to achieve personal bests. The Centre Star Trophy is the highest honour available at SPLAC and is awarded to one U9-U15 boy and one U9-U15 girl for the highest number of PB's for the season.

Setting Centre Records

Records can only be broken at SPLAC on the reserve at Truemans Road by fully paid and registered members of the Centre. A record can only be set if it has been ratified by a Centre Official. Failure to do this will result in the record not being acknowledged.

Competing at other Centres

Registered athletes are eligible to compete at a regular meet at any Centre in Australia, and are usually made very welcome. Details of all other Centres are available through the Little Athletics Australia website www.littleathletics.com.au.

To compete at another Centre you must:

1. Wear your Southern Peninsula Little Athletics Centre formal competition uniform and registration patch.
2. Collect results tickets for each event competed in.
3. Upon return, a copy of the results tickets must be handed to the Recorder ASAP (this is the responsibility of the athlete or guardian and must be before you compete the following week otherwise your points will not count towards your end of year total).

Note - Athletes competing elsewhere will be awarded points at Southern Peninsula Little Athletics Centre for the events they compete in at alternative locations. These events and points awarded will count toward eligibility for Presentation and PB Day.

Spikes

Spikes are permitted for the U11 age group in all landed events, jump events and Javelin. U12 to U15 age groups may wear spikes in all jump events and Javelin. In addition the U12 to U13 age groups may wear spikes in all track events run entirely in lanes and the U14 to U15 age groups may wear spikes in all track events except Race Walks. Spikes must be conical or pyramid and blocks must be used for all starts where spikes are worn.

Duel Membership for Senior Athletics / Athlete Progression

A duel membership between Little Athletics Victoria (LAV) and Athletics Victoria (AV) allows our older athletes to join, experience and participate in Senior Athletics.

Mornington Peninsula Athletics Club (MPAC) offers senior athletics for U14 – U21. Duel membership is ideal for athletes in the U13+ age group that are interested in progressing beyond junior athletics. There are several senior age group athletes involved already.

Process:

1. Register with Southern Peninsula Little athletics for \$170.00
2. Register at **www.mpac.org.au** and select MPAC as your club for \$55.00
3. Southern Peninsula will refund the \$55 to you on confirmation of your dual registration
4. Duel membership athletes at MPAC receive a complimentary AV competition top.

Competition Format: The format differs in senior athletes. At a local level, we rotate through and compete in all events. In senior athletics, competition is held weekly on a rotational basis at locations including Frankston | Cranbourne | Knox. Athletes train with a coach during the week and then travel to event days to compete in their chosen events across the entire range of events. The exciting element of AV is that there is no Region Championships. Athletes are eligible to register for the STATE CHAMPIONSHIPS so long as they are registered members.

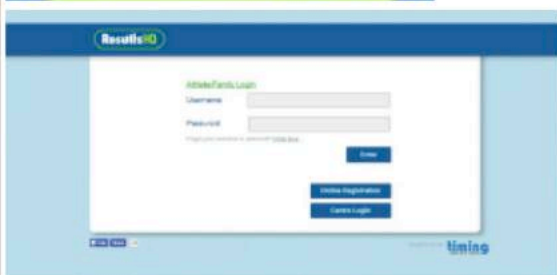
How to access personal results on Results HQ

Getting your athletes weekly results

This season Little Athletics Victoria has introduced an amazing new on-line results system that allows you to log in with athlete passwords (issued when you registered) to see your weekly PB's, times, distances and heights for each event. Let's get started. Type:



WWW.RESULTSHQ.COM.AU



Type in the User name, which is your **email address** (used to register athlete)

Type in your password for one of your athletes (if multiple in family).

If forgotten, there is a button to request password



All athletes will come up that are registered under your family name and identical email. You can now:

- Click athlete name for their results, or
- Click recent meets for all family results for a particular week



When you click **Recent Meets**, family results appear as displayed. Now you can:

- Click on individual events for a graph presentation of results each time as compared to the centre record



Athletes can see how they have become fitter, faster and stronger

There is also a profile button you can click to change family contact details and passwords for ease of access.

We will continue to hand out 10,15, 20, 25, 30, 35, 40 PB ribbons

7. Centre Competition & Events Calendar

September			
Friday 13	5.00-6.00pm	Registration Information night	Truemans Reserve
Friday 20	5.00-6.00pm	Registration Information night	Truemans Reserve
October			
Friday 4	4.30pm 5.00pm	Registrations Opening Competition Night Round 1	Truemans Reserve
Friday 11	5.00pm	Round 2	Truemans Reserve
Friday 18		No competition - Due to Rye Gift Sports Dinner (fundraiser for the club)	Truemans Reserve
Friday 25	5.00pm	Round 3	Truemans Reserve
November			
Friday 1	5.00pm	Round 4	Truemans Reserve
Friday 8	5.00pm	Round 5	Truemans Reserve
Friday 15	5.00pm	Round 6	Truemans Reserve
Friday 22	5.00pm	Round 7	Truemans Reserve
Saturday 23 Sunday 24		LaVic Region Relay Carnival U9-16	TBC
Friday 29	5.00pm	Round 8	Truemans Reserve
December			
Friday 6	5.00pm	Round 9 – Christmas Break-up	Truemans Reserve
Saturday 14		LaVic State Relay Championships U9-16	Casey Fields
January			
Saturday 11	10.00am – 7.00pm	Rye Gift	R J Rowley
Friday 17	5.00pm	Round 10	Truemans
Friday 24	5.00pm	Round 11	Truemans
Friday 31	5.00pm	Round 12	Truemans
February			

Friday 7	5.00pm	Round 13	Truemans
Friday 14		No competition – LAVic requirement	Truemans
Saturday 15 Sunday 16		LAVic Region Track & Field Carnival U9-16	TBC
Friday 21	5.00pm	Round 14 – Personal Best Night 1	Truemans
Friday 28	5.00pm	Round 15 – Personal Best Night 2	Truemans
March			
Friday 13	5.00pm	Presentation Day and AGM	Truemans
Saturday 14 Sunday 15		LAVic State Track & Field Championships U9-16	Casey Fields

Centre Age Group Events

AGE GROUP	TRACK	THROWS	JUMPS
Under 6	50 m 70 m 100m 300m 60m Hurdles	Shot Put Discus Vortex	Long Jump
Under 7	70 m 100 m 200 m 500m 60m Hurdles	Shot Put Discus Vortex	Long Jump
Under 8	70 m 100m 200 m 400m 700m 60 m Hurdles	Shot Put Discus Turbo Javelin	Long Jump High Jump
Under 9	70 m 100m 200 m 400m 800m 60 m Hurdles	Shot Put Discus Turbo Javelin	Long Jump High Jump
Under 10	70m 100m 200m 400m 800m 60m Hurdles	Shot Put Discus Turbo Javelin	Long Jump High Jump
Under 11 Under 12 Under 13+	70m 100m 200m 400m 800m 1500m 60m Hurdles	Shot Put Discus Javelin	Long Jump Triple Jump High Jump

PLEASE NOTE: Javelin will be offered before competition nights every 3 weeks at 4.30pm. High Jump will be offered at the end of the set program on a weekly basis.

• **Special Events**

Below is a description of special events that will be held at the Centre throughout the season, or other events held outside the Centre that athletes can and are encouraged to attend.

Relay championships – Gippsland Country Region (GCR)

Each year SPLAC teams enter the GCR Relay Championships with successful teams progressing to the State Relay Championships. Ages U9 – U15 athletes. All athletes are encouraged to enter as it is a great opportunity for athletes to represent our Centre as part of a team. Athletes may compete in 3 events - teams selected by our Team Managers or put together by athletes.

Available events: 4 x 100m 4 x 200m Medley (2 x 100m, 1 x 200m & 1 x 400m)

Athletes may compete in single sex teams, mixed sex teams (2 girls and 2 boys) or mixed aged teams (one athlete from each age group, U 9 - U12 & U13 - U15 with two U13).

Season date: Saturday 9th November 2019

Under 11 - 12 Skills Clinic and Carnival

A great event for U11-U12 age groups only. Athletes train in the events conducted in these age groups across 6 hours, over 2 days (Saturday and Sunday same weekend to improve skills in all events.

Season date: 21st and 22nd September 2019 – Nunawading (Sat) & Doncaster (Sun)

Under 9 - 10 Skills Clinic and Carnival

A great event for U9-U10 age groups only. Athletes train in the events conducted in these age groups across 6 hours (including breaks) to improve skills in all events.

Season date: 25th September 2019 – Lakeside Stadium, Albert Park

Under 6 - 8 Skills Clinic and Carnival

A great event for U6, U7 & U8 age groups only. Athletes compete in five events aiming to collect 5 different colored ribbons as there is no first to last placing on this day. It is a colorful, fun filled day also including a Dragon Race with multi legged dragons racing each other and is highly recommended as a family day out.

Season date: Sunday 1st December 2019 - Tom Kelly Athletics Track, Doncaster East

The Rye Gift - The Rye Sports and Social Club

This annual event, organized by Rye Sports and Social Club, a major sponsor and supporter of Southern Peninsula Little Athletics Centre, showcases both professional and amateur athletes in track events operating along the same lines as the famous Stawell Gift.

SPLAC runs the **Rye Junior Gift** during the lunch break, with athletes U9 – U15 eligible to compete in 100m events on a first class grass track. Top 3 places in each age group receive sashes as per the professional runners, and all competitors receive a certificate detailing their results.

Registrations forms are available from SPLAC or downloaded from our Facebook page

Season date: Saturday 11th January 2020 - Venue Rye Football Oval RJ Rowley Reserve

Multi Event Championships - State Event

The Multi Event will consist of between 5 and 8 separate disciplines. Like a Decathlon Event, points are scored for each event, and at the end of competition, points for all events are tallied to determine the winner. The Multi is particularly suited to athletes with an all-round athletic ability. Always held at a country venue, it provides a great weekend away for the family. Please refer Minimum Participation Requirements as per T&F Championships.

Boys								Girls							
Discipline	Age Group							Discipline	Age Group						
	U9	U10	U11	U12	U13	U14	U15		U9	U10	U11	U12	U13	U14	U15
100m	X	X	X	X	X	X1	X1	100m	X	X	X	X	X		
800m	X	X	X	X	X	X2	X2	200m						X1	X1
60mH	X	X	X	X				800m	X	X	X	X	X	X2	X2
80mH					X			60mH	X	X	X	X			
90mH						X2		80mH					X	X2	
100mH							X2	90mH							X1
High Jump						X2	X2	High Jump						X2	X1
Long Jump	X	X	X	X	X	X2	X1	Long Jump	X	X	X	X	X	X2	X2
Discus	X	X	X	X	X	X1	X1	Shot Put	X	X	X	X	X	X1	X1
Javelin							X2	Javelin							X2

Season dates: Saturday 1st February and Sunday 2nd February
Venue - Lakeside Stadium

Track & Field Championships – Gippsland Country Region (GCR) & State

Athletes U9 – U15 may represent our Centre at the Regional Championships (GCR) entering a maximum 4 events each. The events are chosen by the athlete at the time of registering. Those achieving high results in the U9 – U15 age groups may qualify/progress through to the

State Finals. State Championships have a maximum 24 competitors in each event and are traditionally held in March.

Please Note: You must have paid in full your Centre Membership and competed in a minimum of 4 Centre Meets to be eligible to participate

Season dates: GCR Track & Field
Saturday 15th and Sunday 16th February 2020
Venue – Edwin Flack Reserve, Berwick

State Track & Field
Saturday 14th and Sunday 15th March 2020
Venue – Casey Fields, Cranbourne

VOLUNTEERING REQUIREMENTS: IMPORTANT NOTE: AN ATHLETE'S ENTRY TO REGION OR STATE CHAMPIONSHIPS, MULTI's & RELAYS INCLUDES A MANDATORY VOLUNTEERING ROLE TO BE COMPLETED BY THE PARENT OR GUARDIAN DURING THE EVENT APPROX 2 HOURS IN LENGTH.

Open Days

Many Centres hold Open Days for U9 – U15 athletes with some also including Under 6 to Under 8's. Dates of coming Open Days are included on our Facebook page and Team App, SPLAC website and the Little Athletics Victoria website. Open Days are a great opportunity for our athletes to gain experience by competing at a different venue against other Centres. The Centre uniform MUST be worn at these events along with your name plate. We encourage our athletes to attend these days to gain experience in a competitive environment which also includes having fun. Registration information is available from the various Centre websites

Season dates: To be advised on Website, Team App or Facebook as each Centre releases their open day details

Southern Peninsula Little Athletics Club - Personal Best Carnival

The Personal Best Carnival is structured over two club competition meets starting at 5pm, finishing around 7-00pm - 7.30pm.

Formal Little Athletics Victoria Competition Rules apply and athletes will receive a medal based on the number of personal bests achieved over the two meets, awarded on the completion of the second night. The Carnival, in line with the Australian Sports Commission recommendations encourages the athletes to attend the meet with the lead up and mindset of a major competition, but still be competing against themselves, rather than others. SPLAC also holds a 40m Toddler Race on the beginning of the second night of the carnival - a great chance for everyone to get involved.

Season dates: Friday 21 & 28th February 2020, 5:00pm

• Competition Rules and Information

Shot Put

Competitors must not place their feet outside the ring while throwing. Competitors must leave from the rear half of the ring. If you break these rules it will be classified as a no throw. The Shot Put must not drop below the jaw line and must not be released as a throw.

Discus Weights

Age	Boys	Girls
U6	350g	350g
U7	350g	350g
U8	500g	500g
U9	500g	500g
U10	500g	500g
U11	500g	500g
U12	750g	750g
U13	750g	750g
U14	1kg	1kg
U15	1kg	1kg

High Jump

Athletes must jump off one foot only. Measurement of the height is taken from the Centre of the bar. U8, U9 and U10 can only complete a scissor jump otherwise the jump will not be recorded.

Shot Put Weights

Age	Boys	Girls
U6	1kg (Blue)	1kg (Blue)
U7	1kg (Blue)	1kg (Blue)
U8	1.5kg (Black)	1.5kg (Black)
U9	2kg (Yellow)	2kg (Yellow)
U10	2kg (Yellow)	2kg (Yellow)
U11	2kg (Yellow)	2kg (Yellow)
U12	2kg (Yellow)	2kg (Yellow)
U13	3kg (Red)	3kg (Red)
U14	3kg (Red)	3kg (Red)
U15	4kg (Green)	3kg (Red)

Discus

Competitors must not place their feet outside the ring while throwing. Competitors must leave from the rear half of the ring. If you break these rules it will be classified as a no throw.

High Jump

Age	Boys	Girls
U8	55 cm	50 cm
U9	65 cm	60 cm
U10	75 cm	70 cm
U11	85 cm	80 cm
U12	95 cm	90 cm
U13	1.05 cm	1.00 cm
U14	1.15 cm	1.10 cm
U15	1.25 cm	1.20 cm

Javelin Weights

Age	Boys	Girls
U6-7	Vortex	Vortex
U8-10	Turbo Javelin	Turbo Javelin
U11 - U12	400 g	400 g
U13 - U14	600 g	400 g
U15	600 g	500 g

Javelin

The Javelin must be held at the grip and must be thrown with one hand. A valid throw is one where a mark is made in the ground by the tip of the Javelin. Failure to do this is a no-throw.

Long Jump

Long jump consists of a sprint down a runway followed by a single jump into a sand pit. The jump is made by placing the take-off foot on the painted line on the runway and jumping into the sand pit landing on 2 feet. If your take off foot goes over the line it is considered a "no jump".

Long Jump

Painted Line	U6 - U8	1.22m x 0.2m
Painted Line	U9-U10	1.22m x 0.2m
Painted Line	U11 - U15	1.22m x 0.2m

Triple Jump

This involves a hop, step and jump. The first phase is where the athlete jumps off one leg. The hop is where the athlete jumps off one leg and lands on the same leg. They then take a step landing on the other leg, then lastly a jump with both continuous movement with the aim being to reach feet into the sand pit.

Hurdles

Hurdling is a sprint race over obstacles. The hurdles vary in height and number depending on length of the race.

Hurdle Height

Age	Boys		Girls	
	Distance	Height	Distance	Height
U6	60m OT	20cm	60m OT	20cm
U7	60m OT	30cm	60m OT	30cm
U8-U9	60m	45cm	60m	45cm
U10 - U11	60m	60cm	60m	60cm
U12	80m	68cm	60m	68cm
U13	80m	76cm	80m	76cm
U13	200m	68cm	200m	68cm
U14	90m	76cm	80m	76cm
U14	200m	76cm	200m	76cm
U15	100m	76cm	90m	76cm
U15	300m	76cm	30m	76cm

Starting

LANDED EVENTS: Starter uses commands “On your mark”, “Set” and when all athletes are steady, the gun shall be fired. Athletes must keep in their allocated lane from start to finish.

UNLANED EVENTS: Command is “On your mark” and when all athletes are steady, the gun shall be fired. On the command “On your mark” all athletes shall at once assume their full and final set position.

CROUCH STARTS must be used by all U11 + athletes in all events up to and including 400m and 1st position in Relays, except when physically or medically impossible or impracticable for an athlete. In a crouch start, with or without starting blocks: One knee must be in contact with the ground in the ‘On your mark’ position. Plus, both hands must be in contact with the ground when the athlete is in the ‘Set’ position.

Lanes

Athletes must have one knee on the ground in “on your Marks” position. Blocks are available for athletes use. Starter uses commands “On your mark”, “Set” then the gun shall be fired. Athletes must keep in their allocated lane from start to finish. Athlete is in the “Set” position.

Finish Line

Timing is taken from the start of the gun to the athletes chest crossing the finish line.

Time-Keeping information

SPRINT TRACK Timing Gates are used on the Sprint Track. Detailed instructions are available in the event folder or see the Chief Timing Official. Lane discs must be placed at the end of each lane prior to starting.

CIRCULAR TRACK Where a printout stopwatch is used it is preferred to have two standard type stopwatches recording first place in case of a record. The timekeepers should be placed in such a position that they: 1. Are in line with the finish line. 2. have a good view of all lanes, & 3. Have a clear view of the Starter.

Regulations at External Events

Athletes competing at Region/State Championships/Open Days must familiarise themselves with relevant Competition Regulations to avoid possible disqualification (available from President/Team Manager) and online at LAVic.

Key Rules for Southern Peninsula

Following is a list of key rules that apply to all athletes and parents as Southern Peninsula.

1. Uniform

All athletes must wear correct Centre uniform with suitable sporting footwear. Socks only or bare feet are unacceptable. Athletes not wearing correct uniform will be given a verbal warning. A repeat offence means they will be ineligible to compete. Registration labels must be worn on the front of the uniform, and be clearly visible. Tracksuit pants must not be worn in any track events. A white t-shirt and black plain skins (no logos) may be worn under the uniform for sun protection as per Sun Smart Policy, or warmth. For more information regarding Uniform refer to page 8 of the handbook.

2. Spikes

Spikes may be used as listed below:

- U11 & 12 – 70m, 100m, 200m, 400m, all hurdle, jump events, javelin and relays (no spikes allowed in 800m, 1100, 1500m, Cross Country and Road Relays)
- U13, U14 & U15: All events except Race Walking, Cross Country and Road Relays

Recommended length of spikes shall be 6-7mm. Only the designs known as conical or pyramid ("christmas tree") shall be used. Spikes fitted with blanks are not permitted. Spikes MUST be removed as soon as practical after an event and be carried in a spike bag. Length of spikes are monitored by Age Group Leader, Starters and Chief Official.

3. Age Groups

All members may compete in any event within their respective age group. An athlete may compete outside their correct age group as a progression in an Open Day (if applicable). Each Age Group must be under the control of an Age Group Leader and the AGL is the contact point for information and queries. (Your suggestions for improvements, either in writing or verbally, are always welcome.) Age Group Leaders shall ensure proper behaviour of their group at all times.

4. Access to events

Competitors must not cross the sprint track on their way to/from events and must cross the circular track at the designated flag points. Officials and competing athletes are allowed within the track area. Spectators must refrain from entering the arena. Athletes must leave the event area as soon as their event is finished.

5. Disputes

Please refer to the event dispute handling procedures in Centre Policies.

6. Missed Events

Competitors that do not attend events when they are called shall forfeit that event. Late arrival may result in athletes missing events. Events not completed on a scheduled day are abandoned in respect of points.

7. Disqualification

A competitor may be disqualified from an event by the Chief Judge/Referee for misbehaving, deliberate interference, pacing or failure to carry out reasonable instruction for the safe/expedient running of an event. The Athlete and parent or guardian will be advised of any such disqualification. Please refer to our Centre Codes of Conduct. Competitors may communicate, to anyone outside of the competition area, so long as it does not disrupt the event, and the competitor does not leave the immediate area.

Relays

Infringements resulting in disqualification include:

- Dropping baton (must be retrieved by athlete who drops it)
- Running out of lane or off track
- Being on the track in front of, instead of in, acceleration zone
- Interference with other athletes including during crossover and after baton change
- Baton changes out of baton change box or in acceleration zone
- Batons must be carried in the hand during the event.
- Dropping a relay baton by an athlete at the start of a relay event shall not constitute a false start.
- The Baton change shall take place within the 20m Change Box. The position of the Baton is decisive.
- U6 - 10 athletes should take their starting position WITHIN the Change Box.
- U11+ athletes may use acceleration zones for legs of events conducted in lanes. Acceleration zones shall not exceed 10m before the beginning of the Change Box.
- The 4 x 200m and Medley Relays are run in lanes by first 2 runners with third runner running part of the section in a designated lane.

Cross Country

SPLAC does not offer a Cross Country program, interested athletes are invited and encouraged to participate in the Mornington Athletics Centre Cross Country program or those offered at other nearby centres. Any fully paid member is welcome to compete. Details of the Cross Country Season are available on our Website and Facebook.

For those wishing to compete at State, registration must be completed on line at LAVic. Entry to State Cross Country is automatically available to those athletes that competed at Region. Centre uniform MUST be worn at both these events.

• Codes of Conduct Policy (LAVic)

Introduction

Little Athletics Victoria expects all members to comply with the Codes of Conduct.

1. Appropriate action may be taken in the case of any breaches of the Code of Conduct.
2. Little Athletics Victoria will ensure that all athletes, coaches, spectators, parents, officials and administrators are not prone to sexual abuse, neglect, physical abuse or emotional abuse.
3. They will ensure that all persons are included, protected and not discriminated against in any manner.
4. Little Athletics Victoria is registered as an Incorporated Association as protection for its Centres, Committees and its Members

Codes of Conduct

1. Administrators
2. Officials
3. Parents
4. Spectators
5. Coaches
6. Little Athletes

Good Governance

- I. Create a comfortable, safe & inclusive environment to encourage the involvement and participation of families
- II. Advertise your Centre through the use of flyers, signage and word of mouth
- III. Consider costs to allow as many people to participate
- IV. Control the business of the Centre by being focused on objectives of the LAVic Constitution
- V. Implement a succession plan to assist members and administrators
- VI. Identify and manage any financial or non-financial risks of the Centre
- VI. Create a mandatory minimum checking standard to keep children safe by ensuring Working with Children Checks are in place

Little Athletes Code of Conduct

- Play by the rules
- Never argue with an official, if you disagree, ask your Team Manager or Age Manager to deal with the matter.

- Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.
- Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with officials, coaches, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Avoid use of bad language.

Coaches code of Conduct

- Be reasonable in your demands on your athlete's time, energy and enthusiasm.
- Teach athletes the rules of the sport are mutual agreements, which no one should evade or break
- Whenever possible, group athletes to give a reasonable chance of success
- Avoid over-coaching the better performing athletes, the "just average" athletes need and deserve equal time.
- Ensure any physical contact with athletes is appropriate to the situation and necessary for the athlete's skills development.
- Avoid situations with your athletes that could be construed as compromising.
- Remember that children participate for fun and enjoyment and that winning is only part of their enjoyment. Never ridicule or yell at the children for making mistakes or losing an event.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.
- Coaches should never solicit, whether overtly or covertly, or by actively recruiting athletes who are already being coached to join their squad.
- Develop respect for the ability of opponents as well as for the judgement of officials and coaches.
- Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition.
- Make a personal commitment to keep yourself informed of should coaching principles and the principles of growth and development of children.
- Demonstrate appropriate social behaviour, by not harassing athletes, other coaches or officials, smoking on the arena or being intoxicated.
- Not publicly criticise or disagree with the work of other coaches.
- Hold a current Working with Children Check
- Avoid use of bad language.

Officials code of Conduct

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

Administrators code of Conduct

- Involve children in the planning, leadership, evaluation and decision-making related to the activity.
- Ensure that equal opportunities for participation in sports are made available to all children, regardless of ability, size, shape, sex, disability or ethnic origin.
- Ensure that equipment and facilities are safe and appropriate to the ability level of participating children.
- Ensure that rules, equipment, events and training schedules take in consideration the age, ability and maturity level of participating children.
- Ensure that adequate supervision is provided by qualified and competent coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Remember that children participate for enjoyment and play down the importance of rewards.
- Avoid allowing programmes to become primarily spectator entertainment. Focus on the needs of the participants rather than the enjoyment of the spectators.
- Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.
- Ensure that parents, coaches, sponsors, administrators, officials, physicians and participants understand their responsibilities regarding fair play.
- Make available the Code of Conduct to spectators, officials, parents, coaches, athletes and the media.
- Hold a current Working with Children Check.
- Avoid use of bad language.

Parents code of Conduct

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

Spectators code of Conduct

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

10. Centre Policies

Our Centre is a safe haven

We foster inclusion and acceptance of all to strive, develop confidence and ability in a healthy environment.

- In order to promote a lifetime of health, we do not permit smoking or alcohol in the presence of our athletes at the Centre or functions and events where athletes are present.
- In a positive environment, we do not tolerate name calling, jokes at others' expense, rude or violent behaviour towards another.
- Individuals can react to each other on occasion. Our Centre operates under a very clear and defined policy in these situations, should they occur. References will be made in our Codes of Conduct starting on pages 28. We are also bound by the Play by the Rules Regulations in the State of Victoria. A Play by the rules document can be viewed in its entirety on our website or www.lavic.com.au/resources/playbytherules

Healthy Food Choice Policy

- The Centre operates a weekly Sausage Sizzle with limited options. The variety of confectionery, soft drinks and icy poles will be limited. Water and fruit drinks are available for purchase.

Smoke free Policy

- All areas at the Centre are smoke free. This includes in and around clubrooms, change rooms, toilet blocks, spectator and competition areas.
- As a shire venue, the policy of the Mornington Peninsula Shire is to ensure that smoking does not take place within or around buildings or on the grounds of the Reserve.

Sun Protection Policy

- Association/Region/Centres are encouraged to provide shade structures at venues and make available SPF15+ or higher sunscreen.
- Athletes and Officials are advised to wear hats and carry drink bottles to events.
- Athletes & families are encouraged to bring umbrellas or other suitable shade, drink bottles and sunscreen to events. Hats & sunglasses may be worn during competition where safe to do so

- Event programs, newsletters and public announcements will be used to maintain awareness of and promote sun protection and consumption of water. Centre officials and coaches will act as sun protection role models

Responsible Alcohol Management Policy

- There is to be no sale or consumption of alcohol during the conduct of any Little Athletics events. Where alcohol is consumed at functions the Centre will comply with Liquor Licensing Victoria regulations.
- The Centre does not accept any alcohol related sponsorship or use alcohol as a prize for fundraising activities.

Animal policy

- At no time can any animal be brought onto the competition or spectator area including leashed or unleashed animals.

Anti-Discrimination Policy

- SPLAC is committed to eliminating discrimination in all forms and regards the notion of social justice as a serious and non-negotiable issue. The Centre upholds the principle of equal opportunity and believes that Little Athletics must be accessible to all Australians.

Risk Management & Injury Prevention Policy

- All participants in Little Athletics activities (athletes, officials, parents and/or friends) need to be aware of correct warm-up and cool down techniques. Our members also must use safe lifting practices Guidelines are available, and displayed on our notice board, for our Centre members undertaking lifting, carrying, pushing or pulling of equipment and also shoveling at the jump pits.

Probity Policy

- The Little Athletics Victoria Probity Policy covers aspects of risk management and injury prevention and introduces an expansion of these ideals in terms of Adult's/Children's rights and responsibilities. All families should be familiar with the content of this document, which is available at www.lavic.com.au/resources/insurance

Event Dispute Handling

Where a decision is made during the course of the conduct of an event (such as non-acceptance of a time or distance achieved or disqualification of an athlete), this decision will be made by the Age Group Leader or a committee member / Centre official during the

course of the event. Where the athlete, parent responsible for the athlete or Centre official is unhappy with this decision and wishes to dispute the decision, the following will occur:

1. The aggrieved party will bring their concern to the attention of the Age Group Leader or Centre Official (*Note: A dispute will not be considered where the competition period has ended i.e. where the morning / afternoon competition session is complete and equipment packed away and members have left the venue*).
2. The Centre Official will take the matter to the Centre Chief Official (or designated person should the Chief Official be unavailable at the competition).
3. The Centre Chief Official will review all factors of the issue and make a decision. This decision may not be made immediately and may be withheld to the completion of the event or competition.
4. The Centre Chief Official will make this finding available to all parties in detail
5. Where a party continues to dispute this decision, the aggrieved party must within 5 days of the decision being handed down, advise the Centre Chief Official in writing they wish to dispute the decision.
6. The Centre Chief Official at this time may again review the decision should they see fit. Otherwise the Centre Chief Official will instruct the Centre Committee of the dispute.
7. The dispute will then be heard at the next Centre Committee Meeting where all information will be considered and reviewed and a decision handed down by the Committee present on the matter via a majority decision. Note: The Centre President will not have a voting right in matter but will present the details to the committee for consideration. Should a tie be present in the vote, the President may call a second vote. Should there continue to be a tie, the President will have the ability to cast a deciding vote.
8. Should a party wish to dispute the decision of the Centre Committee, the dispute must be lodged within 5 days of the handing down of the decision. At this time, the matter will be referred to Little Athletics Victoria for an independent review and decision on the matter.

Full information regarding events is included on the Competition Regulations page in each field event box, and the finish of the sprint track and circular track. Included are extracts from Little Athletics Victoria Competition Regulations. Failure to comply with any of the rules may result in the athlete being penalised - The Chief Judge /Referee shall determine if rules have been breached. The Chief Judge/Referee may temporarily waive/amend rules if circumstances warrant.

11. Season Results 2018-19

Centre Star Award

Female	Annabelle Mulvogue	Under 11
Male	Kyle Demase	Under 10

Age Group Results

U6 All Participation Trophies

U7 All Participation Trophies

U8 All Participation Trophies

U9	Girls	1 st Isabel Simmons	Boys	1 st William Tuchtan
		2 nd Matilda Ward		2 nd Riley Clarke
		3 rd Summer Rogers		3 rd Samuel Gee

U10	Girls	1 st Amber Cilliers	Boys	1 st Lochlan Stewart
		2 nd Emily Bath		2 nd Kyle Demase
		3 rd Aurora Dawtrey		3 rd Kane Howard

U11	Girls	1 st Annabelle Mulvogue	Boys	1 st Jack Simmons
		2 nd Georgia Goss		2 nd Kyan Trewin
		3 rd Indie-Anna Steele		3 rd Bradley Hollis

U12	Girls	1 st Geena Davy	Boys	1 st Jacob Howard
		2 nd Storm Dawtrey		2 nd Xavier Gee
		3 rd Jessica Baensch		3 rd Prem Collier

U13	Girls	1 st	Boys	1 st Kyle Griffett
		2 nd		2 nd Sam Counsel
		3 rd		3 rd Max Counsel

U14	Girls	1 st Kobi-Lee Dyer	Boys	1 st Braedyn Dawtrey
		2 nd Louise Turnbull		2 nd
		3 rd		3 rd

U15	Girls	1 st	Boys	1 st
		2 nd		2 nd
		3 rd		3 rd

U16	Girls	1 st	Boys	1 st Zachery Dyer
		2 nd		2 nd Liam Griffett
		3 rd		3 rd

12. Centre Records

Event	Under 6 Girls			Under 6 Boys		
50 m	9.72	Skyla Lauch	7/10/2006	9.77	Tom Hannaford	02/12/2016
70 m	13.61	Skyla Lauch	25/02/2006	13.75	Cooper Hicks	15/03/2014
100 m	17.52	Skyla Lauch	2/01/2006	18.5	Max Van Der Zwart	17/11/2007
200 m	41.27	Marlo Jones	1/12/2012	41.04	J Holland	2001/2002
60 OT Hurdles	10.3	Skyla Lauch	2005/2006	11.19	Aaron Jewell	4/02/2006
Discus	12.11	Despina Polatidis	1987/1988	14.56	Luke Hardwick	1989/1990
Shot Put	4.46	Skyla Lauch	11/02/2006	6.12	Harry Simmons	02/02/2018
Long Jump	2.7	J McPhee	2001/2002	2.93	Daniel Moore	2004/2005
Vortex	12.55	Ella Dunston	17/03/2012	24.26	Harry Simmons	09/02/2018
Event	Under 7 Girls			Under 7 Boys		
70 m	11.93	Skyla Lauch	17/11/2006	12.54	Jed Wood-Ingram	08/01/2016
100 m	16.87	Skyla Lauch	21/10/2006	17.59	Harry Simmons	08/02/2019
200 m	35.77	Jade Cameron	1987/1988	35.49	S Berg	1986/1987
60 OT Hurdles	12.52	Tara Collier	22/02/2019	12.12	Harry Simmons	02/11/2018
Discus	14.64	Despina Polatidis	1988/1989	19.19	Cooper Hicks	23/01/2015
Shot Put	5.81	Despina Polatidis	1988/1989	6.89	Cooper Corbett	1/10/2005
Vortex	15.6	Laura Beattie	2004/2005	22.88	Harry Simmons	09/11/2018
Long Jump	3.06	Skyla Lauch	25/11/2006	3.2	Jamal Gittens	2003/2004
Event	Under 8 Girls			Under 8 Boys		
70 m	11.99	Skyla Lauch	13/01/2008	11.72	Cody Hutchinson	9/03/2012
100 m	17.01	Skyla Lauch	13/01/2008	16.37	Saxby O'Dowd	17/03/2012
200 m	34.62	Megan Grace	1991/1992	33.74	J Stuart	1984/1985
400 m	1.22.09	Megan Grace	1991/1992	1.18.57	Jesse Sporton	1993/1994
60 m Hurdles	12	Skyla Lauch	13/01/2008	11.18	Corey Young	18/12/2007
Discus	17.67	Despina Polatidis	1989/1990	21.78	C Allen	1992/1993
Shot Put	6.96	Despina Polatidis	1989/1990	7.15	M Wallington	1989/1990
High Jump (S)	1.02	Poppy Moser	16/11/2018	0.95	Patrick Doyle	16/12/2016
Long Jump	3.32	Megan Grace	1991/1992	3.65	James Frey	1994/1995

Turbo Javelin	16.17	Skyla Lauch	15/02/2008	18.57	Dallas Kuipers	4/12/2010
Event	Under 9 Girls			Under 9 Boys		
70 m	11.11	Heidi Garac	18/01/2014	10.56	Jarrod Richards	13/10/2008
100 m	16	Heidi Garac	18/01/2014	15.41	Cody Hutchinson	27/10/2012
200 m	31.2	Skyla Lauch	23/01/2009	32.01	S Fryson	1983/1984
400 m	1.17.16	M Woodlock	1988/1989	1.13.02	Troy Fellows	1996/1997
800 m	2.57.35	Emillie White	15/02/2014	2.50.78	Luke Boyle	1996/1997
60 m Hurdles	11.17	Heidi Garac	8/02/2014	11.51	Liam Collett	17/03/2012
Discus	17.93	C Rickard	1985/1986	25.36	S Hill	1985/1986
Shot Put	5.93	Skyla Lauch	7/02/2009	7.65	L Cameron	1986/1987
High Jump (S)	1.05	Ashlee Vowles	24/11/2017	1.05	Jed Clinch	02/02/2018
Long Jump	3.72	Ebony Laird	1994/1995	4.12	Ryan Nightingale	8/11/2011
Turbo Javelin	13.91	Isabel Simmons	18/01/2019	17.97	Saxby O'Dowd	26/01/2013
Event	Under 10 Girls			Under 10 Boys		
70 m	9.84	Kayla D'Angelo	26/11/2005	9.56	Samuel Watson	26/11/2005
100 m	15.2	Holly Garac	10/11/2012	14.99	Cody Hutchinson	1/03/2014
200 m	31.42	Heidi Garac	11/10/2014	30.82	Troy Fellows	1987/1988
400 m	1.13.90	Kari Haberle	1989/1999	1.10.64	Troy Fellows	1987/1988
800 m	2.42.13	Kari Haberle	28/10/1999	2.42.22	Daniel Rogers	1999/2000
60 m Hurdles	11.71	Emillie White	15/11/2014	12.08	Lochlan Stewart	08/02/2019
Discus	20.94	M Brame	1985/1986	31.03	L Cameron	1987/1988
Shot Put	8.05	Sarah Tardio	2001/2002	9.64	Chad Wilde	3/12/1994
High Jump (S)	0.90	Amber Cilliers	18/01/2019	1.10	Lochlan Stewart	25/01/2019
Long Jump	4.01	Holly Garac	11/01/2013	4.2	Cody Hutchinson	22/03/2014
Turbo Javelin	16.53	Emillie White	17/01/2015	25.99	Lochlan Stewart	01/03/2019
Event	Under 11 Girls			Under 11 Boys		
100 m	14.45	Holly Garac	16/11/2014	14.8	Cody Hutchinson	12/12/2014
200 m	28.35	Holly Garac	16/11/2014	29.24	Troy Fellows	1989/1999
400 m	1.05.20	Jessica Way	1991/1992	1.07.15	Troy Fellows	1989/1999
800 m	2.43.00	Karli Haberle	1999/2000	2.36.83	Luke Boyle	1989/1999
1500 m	5.22.22	Penny Delgrosso	1987/1988	5.21.94	Travis Bush	1991/1992
60 m Hurdles	11.41	Georgia Goss	01/03/2019	11.32	Samuel Watson	2/12/2006
Discus	19.43	Eden McKeown	03/02/2017	27.42	J Rzezniczek	1983/1984

Shot Put	8.47	C Franklin & S Stephenson	1986/1987 1986/1987			
				9.78	Travis Leitch	1999/2000
High Jump	1.40	Geena Davy	24/11/2017	1.41	Jamal Grittens	1997/1998
Long Jump	4.39	Holly Garac	12/12/2014	4.34	Phoenix Stevenson	21/11/2014
Triple Jump	9.16	Georgia Goss	01/03/2019	9.34	Noah Musso	14/03/2015
Javelin	20.62	Haley Suttie	1996/1997	28.57	Daniel Harvey	1998/1998
Event	Under 12 Girls			Under 12 Boys		
100 m	13.36	Geena Davy	19/10/2018	13.81	Cody Hutchinson	18/12/2015
200 m	28.27	Jessica Way	1992/1993	27.27	Len Sllan	1991/1992
400 m	1.05.23	Geena Davy	08/02/2019	1.04.13	Troy Fellows	1999/2000
800 m	2.41.31	Melissa Bell	2002/2003	2.37.31	Luke Boyle	1999/2000
1500 m	5.30.95	Melissa Bell	22/02/2003	5.15.00	A Piper	1988/1989
60 m Hurdles	10.47	Sarah Hannah	2001/2002	11.34	Samuel Watson	9/02/2008
Discus	25.65	Geena Davy	22/02/2019	30.32	Len Allan	1991/1992
Shot Put	11.1	Jasmin Laird	1994/1995	9.99	Len Allan	1991/1992
High Jump	1.44	Holly Garac	11/10/2014	1.44	A Piper	1988/1989
Long Jump	5.18	Holly Garac	12/12/2014	4.8	D Archer	1991/1992
Triple Jump	10.89	Geena Davy	08/02/2019	9.95	N Radecki	1985/1986
Javelin	22.14	Gemma Linnell	2002/2003	38.07	Matthew Black	1986/1997
Event	Under 13 Girls			Under 13 Boys		
100 m	13.72	Skyla Lauch	16/02/2013	13	Samuel Watson	20/02/2009
200 m	28.17	Jessica Way	1993/1994	26.84	Len Allan	1992/1993
400 m	1.04.40	Jessica Way	1993/1994	1.00.92	Len Allan	1992/1993
800 m	2.41.28	Melissa Bell	18/10/2003	2.28.85	Clint Lloyd	1991/1992
1500 m	5.34.52	A Piper	1986/1987	5.12.25	Clint Lloyd	1991/1992
80 m Hurdles	16.06	Kayla D'Angelo	11/01/2009	14.65	Kyle Watson	11/03/2008
Discus	24.95	Alanna Jonstone	12/12/2009	30.7	Travis Leitch	2002/2003
Shot Put	10.71	Jasmin Laird	1995/1996	11.07	Travis Leitch	2002/2003
High Jump	1.43	C Franklin	1998/1999	1.55	Jamal Gittens	1999/2000
Long Jump	4.97	Jessica Way	1993/1994	5.26	Len Allan	1992/1993
Triple Jump	9.72	Jessica Way	1993/1994	10.41	Len Allan	1992/1993
Javelin	26.4	Gemma Linnell	5/03/2004	36.52	Travis Leitch	2002/2003
	Under 14 Girls			Under 14 Boys		

100 m	13.54	Skyla Lauch	31/01/2014	12.73	Samuel Watson	27/03/2010
200 m	27.5	Skyla Lauch	8/02/2014	25.36	Shane Gowans	1991/1992
400 m	1.01.82	Jessica Way	1994/1995	58.61	Len Allan	1993/1994
800 m	2.40.67	Heidi Strong	1997/1998	2.26.36	Tyler McKenzie	15/02/2014
1500 m	5.13.38	Heidi Strong	1997/1998	5.02.06	Len Allan	1993/1994
80 m Hurdles	13.85	Sarah Hannah	27/03/2004			
90 m Hurdles				15.29	Samuel Watson	27/11/2010
Discus	28.62	Rebeca Neilson	1996/1997	37.03	Travis Leitch	27/03/2004
Shot Put	12.16	Jasmin Laird	1996/1997	11.72	Travis Leitch	27/03/2004
High Jump	1.47	C Franklin	1989/1990	1.65	Hugh Greenhill	14/03/2015
Long Jump	4.6	Katherine Porter	1991/1992	5.54	Shane Gowans	1991/1992
Triple Jump	9.86	Stacey Mitchell	1996/1997	11.01	Shane Gowans	1991/1992
Javelin	26.07	Gemma Linnell	12/03/2005	40.82	Travis Leitch	2003/2004
Event	Under 15 Girls			Under 15 Boys		
100 m	13.63	Skyla Lauch	21/11/2014	11.72	Will Hunt	09/12/2016
200 m	27.69	Skyla Lauch	21/11/2014	25.28	Luke Goss	1997/1998
400 m	1.04.01	Skyla Lauch	14/03/2015	57.96	Lance Robinson	1997/1998
800 m	2.28.32	Heidi Strong	1998/1999	2.20.96	J Rzezniczek	1987/1988
1500 m	5.03.26	Heidi Strong	1989/1999	5.03.36	Clint Lloyd	1993/1994
90 m Hurdles	15.95	Katherine Porter	1992/1993	15.69	Tyler McKenzie	21/11/2014
100 m Hurdles					Griffin McKeown	25/11/2016
Discus	32.35	Jasmin Laird	1997/1998	33.52	Kane Way	1997/1998
Shot Put	13.36	Jasmin Laird	1997/1998	11.36	Len Allan	1994/1995
High Jump	1.4	Katherine Porter	1992/1993	1.58	Griffin McKeown	03/03/2017
Long Jump	4.77	Katherine Porter	1992/1993	5.93	Shane Gowans	1992/1993
Triple Jump	9.78	Stacey Mitchell	1997/1998	11.75	Shane Gowans	1992/1993
Javelin	25.38	Gemma Linnell	25/02/2006	32.06	Jordan Corbett	3/11/2006
300 m Hurdles	49.09	Katherine Porter	1992/1993			

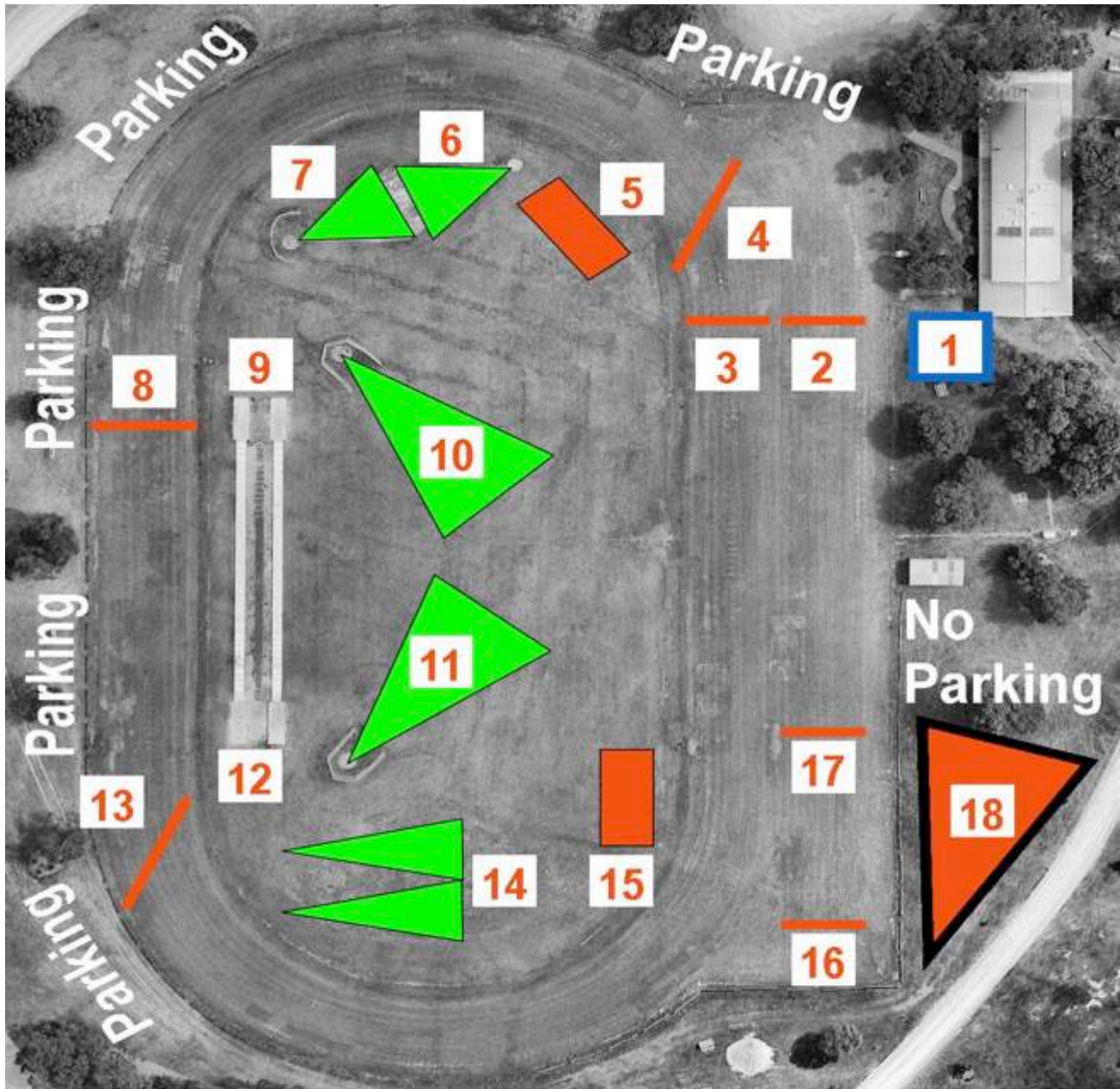
13. Historical Records

Event	Under 6 Girls			Under 6 Boys		
60 m Hurdles	17.37	H Mitchell	1992/1993	13.53	Jamal Gittens	1992/1993
200 m Walk	1.29.68	Molly Page	2000/2001	1.23.92	T Pratt	1993/1994
400 m Walk				3.01.34	Nathan D'Angelo	17/02/2007
4 x 100 Relay	1.26.88	J Bunworth M Drury A Hayes J Simpson	1992/1996	1.33.68	R Marsh A Hempo E Roberts B Black	1992/1993
Turbo Javelin				6.05	Kye Young	23/01/2009
High Jump	0.77	L Lawson & A Pitt	31/01/2014	0.78	Dane Hodson	31/01/2014
Event	Under 7 Girls			Under 7 Boys		
50 m	8.81	Skyla Lauch	2/12/2006	9.51	Aaron Jewell	3/11/2006
60 m Hurdles	11.62	Skyla Lauch	11/01/2007	12.99	Joshua Lacey	7/03/2008
80 m Hurdles				19.34	Elijah Owen	28/11/2008
400 m	1.35.28	Skye Stanway	1992/1993	1.29.88	M Bellamy	1991/1992
200 m Walk	1.19.78	J Lloyd	1991/1992	1.15.14	Matthew Black	1991/1992
300 m Walk	2.12.32	Georgia Goss	12/12/2014	2.00.23	Joshua Musso	14/03/2015
4 x 100 Relay	1.21.09	E Shingler A Bannick S Stanway A Krumeich	1992/1993	1.24.48	R Marsh T Fellows T Pratt S Roper	1994/1995
High Jump	0.95	Ashlee Vowles	4/03/2016	1.05	Cooper Hicks	23/01/2015
Turbo Javelin	9.72	Ciara Lesley	24/01/2014	12.57	Justin Barnes	1/12/2012
Event	Under 8 Girls			Under 8 Boys		
300 m	1.05.76	Rachelle Lee	2005/2006	1.06.13	Cooper Corbett	2005/2006
80 m Hurdles	17.91	Sophie Owen	29/11/2008	17.51	Joshua Lacey	29/11/2008
400 m Walk	2.14.38	Jade Cameron	1988/1989	2.21.70	Dean Ipavis	1991/1992
800m Walk	6.03.73	Emily Page	2000/2001			
1100 m Walk	8.22.00	J Lloyd	1992/1993			
4 x 100 Relay	1.16.93	E Laird R Rowley A Bannick H Suttie	1993/1994	1.14.18	C Allen M Payne M Bellamy M Black	1992/1993
Triple Jump	7.17	Megan Grace	1991/1992	7.4	M Peart	1991/1992
High Jump	1.05	M Woodlock	1987/1988	1.12	J Facey	1983/1984

(Flop)						
Event	Under 9 Girls			Under 9 Boys		
400 m Walk	2.07.40	Jade Cameron	1989/1990	2.18.21	J Stuart	1985/1986
1100 m Walk	6.25.29	Jade Cameron	1989/1990	7.07.00	M Corrin	1983/1984
4 x 100 Relay	1.09.72	E Laird S Stanway H Suttie R Rowley	1994/1995	1.09.77	N James R Cooper J Macarios J Wood	2000/2001
80 m Hurdles	15.43	Heidi Garac	18/01/2014	15.39	Jarrold Richards	7/03/2008
Triple Jump	8.04	Heidi Garac	15/03/2014	8.86	Jamal Grittens	1985/1986
Event	Under 10 Girls			Under 10 Boys		
80 m Hurdles	16.32	Emillie White	23/01/2015	15.92	Jarrold Richards	11/01/2009
Triple Jump	8.39	Meagan Moody	1993/1994	8.65	R Rzeznicek	1983/1984
400 m Walk	2.26.42	Shaye Fitzpatrick	3/12/2011	2.22.39	Liam Collett	8/12/2012
800 m Walk	4.48.53	Despina Polatidis	26/02/1992	4.35.67	Lachlan McDonald	1988/1989
1100 m Walk	6.46.39	Despina Polatidis	1991/1992	5.59.44	R Rzeznicek	1983/1984
4 x 100 Relay	1.07.59	T Gaskin J Simpson S Kellet S Hannah	1999/2000	1.04.46	R Baker T Fellows J Thomas L Boyle	1997/1998
Event	Under 11 Girls			Under 11 Boys		
70 m	10.33	Danielle Schmid	4/02/2006	10.16	Kyle Watson	2005/2006
80 m Hurdles	15.12	Emillie White	4/03/2016	15.18	Samuel Watson	31/03/2007
400 m Walk	2.14.04	Daisy Collett	17/03/2012	2.17.21	Bailey Corbett	17/03/2012
800 m Walk	4.34.32	T Doig	1986/1987	4.17.53	Lachlan McDonald	1989/1990
1500 m Walk	10.09.70	Amy Krieger	7/10/2000	7.36.15	J Rzeznicek	1983/1984
4 x 100 Relay	1.03.23	H Suttie R Rowley S Schaffer E Laird	1996/1997	1.01.78	J Cooper C James D Rogers K Swan	2000/2001
Event	Under 12 Girls			Under 12 Boys		
70 m	9.73	Sarah Hannah	2001/2002	9.88	Cody Hutchinson	11/12/2015
80 m Hurdles	13.53	Sarina Meuleman	31/03/2007	15.19	Samuel Watson	2/02/2008
400 m Walk	2.16.73	Skyla Lauch	22/10/2011	2.19.49	Bailey Corbett	20/10/2012
800 m Walk	4.09.91	Lauren Tuff	1989/1990	3.52.62	J Rzeznicek	1984/1985
1500 m Walk	8.54.62	Lauren Tuff	1989/1990	7.27.14	J Rzeznicek	1984/1995
4 x 100 Relay	59.94	S Mitchell A Moore	1994/1995	59.81	L Boyle M Orchin	1999/2000

		N Dunn J Laird			T Fellows G Brasser	
Event	Under 13 Girls			Under 13 Boys		
70 m	10.77	Olivia Byrne	20/12/2014	10.55	Caelum Hacking	29/11/2014
60 m Hurdles	12.03	Shaye Fitzpatrick	14/03/2015	10.51	Orbie Short	14/03/2015
300 m Hurdles	51.34	Jessica Way	1993/1994	47.49	Len Allan	1992/1993
400 m Walk	2.11.00	Jasmine Lind	19/01/2012	2.07.77	Tyler McKenzie	19/01/2012
800 m Walk	4.37.62	Josie Parkinson	1993/1994	3.10.68	R Rzezniczek	1986/1987
1500 m Walk	9.46.05	Emily Page	1/10/2005	8.11.35	Lachlan McDonald	1991/1992
4 x 100 Relay	1.00.29	S Mitchell A Moore N Dunn J Laird		57.62	L Boyle M Orchin T Fellows G Brasser	2000/2001
Event	Under 14 Girls			Under 14 Boys		
60 m Hurdles	11.54	Skyla Lauch	12/10/2013			
80 m Hurdles				14.15	Samuel Watson	11/11/2009
90 m Hurdles	16.64	Katherine Porter	1991/1992			
100 m Hurdles	14.57	Jessica Pope Young	14/11/2008			
300 m Hurdles	49	Jessica Way	1994/1995	45.06	T Busch	1994/1995
400 m Walk	2.32.32	Sarah Girvan	16/02/2013	2.03.66	Cooper Corbett	28/01/2012
800 m Walk	4.17.76	Lauren Tuff	1991/1992	3.42.49	J Rzezniczek	1986/1987
1500 m Walk	8.48.41	Lauren Tuff	1991/1992	7.49.16	Nathan Brill	27/03/2010
4 x 100 Relay	58.12	S Mitchell A Moore B Stanway J Laird	1996/1997	59.16	K Watson N Jackson J Nettlefold S Watson	2008/2009
Event	Under 15 Girls			Under 15 Boys		
60 m Hurdles	11.89	Izabella Woinarski	12/10/2013	10.4	Kyle Crespo	12/10/2013
80 m Hurdles	14.73	Sarah Hannah	16/10/2004	13.4	Kyle Watson	11/11/2009
				44.23	Shane Gowans	1992/1993
400 m Walk	2.42.80	Renee Van Hooff	17/03/2012	2.19.61	Cooper Corbett	2/03/2013
800 m Walk	4.43.39	Josie Parkinson	1995/1996	3.32.21	J Rzezniczek	1987/1988
1500 m Walk	11.03.41	Joanne Carroll	1991/1992	7.25.13	Lachlan McDonald	1993/1994

14. Arena Map



- | | | |
|-----------------------|-----------------------|----------------------|
| 1. BBQ & First Aid | 7. Shot Put 2 | 13. 200m Start |
| 2. Sprint Finish | 8. 1500m Start | 14. Turbo Javelin |
| 3. Round Track Finish | 9. Long Jump 1 & 2 | 15. Junior High Jump |
| 4. 800m Start | 10. Discus 1 | 16. 100m Start |
| 5. Senior High Jump | 11. Discus 2 | 17. 70m Start |
| 6. Shot Put 1 | 12. Triple Jump 1 & 2 | 18. Senior Javelin |