2016-2017 Season - Centre Records - Boys

Under 6 Boys				
60m	10.39	Dominic Bruno	Epping	02-Mar-2001
70m	11.97	Dominic Bruno	Epping	02-Mar-2001
100m	18.27	Alexander Curmi	Epping	30-Mar-2001
200m	39.80	Arjan Johal	Metro	18-Mar-2017
300m	1.07.77	Arjan Johal	Metro	15-Jan-2017
Discus	13.65	Zayne Adams	MPSM	21-Jan-2012
Long Jump	2.79	Robbie Heath	Metro	12-Mar-2005
Shot Put	5.50	Eamon Atoa	Tigers	26-Feb-2016

Under 7 Boys				
60m	10.20	Robbie Heath	Metro	10-Feb-2006
70m	11.58	Zane Thomson	Tigers	22-Jan-2005
100m	16.59	Nicholas Sandy	Epping	01-Jan-1999
200m	33.73	Vince Conte	N.Stars	24-Jan-2014
300m	55.92	Zane Thomson	Tigers	12-Mar-2005
400m walk	1:59.74	Daniel Cormio	Epping	03-Oct-1998
Discus	18.85	Ariyon Hakai	Metro	14-Mar-2014
High Jump	1.05	Zane Thomson	Tigers	26-Feb-2005
Long Jump	3.32	Nathan Andersen	Metro	14-Dec-2007
Shot Put	4.91	Abhijot Singh Malli	MPSM	05-Feb-2017

Under 8 Boys				
70m	10.93	Zane Thomson	Tigers	25-Nov-2005
100m	15.89	Robbie Heath	Metro	10-Mar-2007
200m	33.73	Vince Conte	N. Stars	24-Jan-2014
300m	55.97	Zane Thomson	Tigers	22-Oct-2005
400m	1:17.58	Zane Thomson	Tigers	03-Dec-2005
700m Walk	4:32.92	John W Gyftakis	Tigers	11-Feb-1995
60m Hurdles	11.61	Kruz Niutilli-Schmidt	MPSM	13-Mar-2010
80m Hurdles	15.60	Andrew Scott	Epping	01-Jan-1999
Discus	21.37	Judd Pene	Epping	26-Feb-2016
High Jump	1.04	Jagger Fenton	N.Stars	19-Mar-2017
Long Jump	3.67	Riley Dalton	Metro	24-Mar-2007
Shot Put	7.13	River Walker	N. Stars	01-Jan-2015

2016-2017 Season - Centre Records - Boys

Under 9 Boys				
70m	10.48	Isaac Malamatinas	N.Stars	18-Mar-2017
100m	14.73	Luke Rizio	MPSM	01-Mar-1996
200m	31.27	Isaac Malamatinas	N.Stars	04-Mar-2017
400m	1:11.47	Zane Thomson	Tigers	16-Dec-2006
800m	2:48.24	Raygan Tate	Epping	22-Mar-1997
700m Walk	4:47.79	Isaac Malamatinas	N. Stars	21-Jan-2017
1100m Walk	7:00.77	David Cusack	Tigers	03-Dec-1994
60m Hurdles	10.26	Isaac Malamatinas	N.Stars	18-Mar-2017
80m Hurdles	14.61	Matthew Loader	MPSM	24-Mar-1995
Discus	25.72	River Walker	N. Stars	26-Feb-2016
High Jump	1.28	Thomas Sims	MPSM	21-Feb-2015
Long Jump	4.15	Isaac Malamatinas	N.Stars	04-Mar-2017
Shot Put	8.28	River Walker	N. Stars	05-Mar-2016
Triple Jump	8.63	Jake Di Palma	MPSM	16-Mar-2007

Under 10 Boys				
70m	10.45	Luke Diclemente	MPSM	23-Mar-1997
100m	14.09	Adam Siciliano	Epping	09-Dec-1996
200m	30.38	Frank Kondis	Tigers	24-Mar-1996
400m	1:11.11	Alex Mcpherson	N. Stars	30-Nov-2012
800m	2:41.35	Alex Mcpherson	N. Stars	16-Mar-2013
1100m Walk	5:59.27	David Cusack	Epping	23-Mar-1997
60m Hurdles	10.90	Simon Milan	MPSM	06-Mar-1999
80m Hurdles	14.41	Jake Di Palma	MPSM	08-Mar-2008
Discus	29.40	River Walker	N. Stars	19-Mar-2017
High Jump	1.43	Thomas Sims	MPSM	26-Feb-2016
Long Jump	4.52	Nathaniel Audino	MPSM	19-Mar-2017
Shot Put	11.93	River Walker	N. Stars	18-Dec-2016
Triple Jump	9.48	Denny Kalajdzic	N. Stars	24-Nov-2012
Turbo Javelin	15.83	Archer Fenton	N. Stars	26-Feb-2017

2016-2017 Season - Centre Records - Boys

Under 11 Boys				
70m	10.08	Shane Spooner	Epping	01-Jan-1999
70m	10.08	Ryan Woods	Epping	25-Feb-2000
100m	13.89	Jagmandip Gill	MG/L	21-Jan-2006
200m	29.27	Daniel Annetta	MPSM	15-Mar-2014
400m	1:06.72	Kane Johnson	Metro	06-Mar-2015
800m	2:36.5	Mitchel Langborne	Metro	28-Nov-2015
1500m	5:13.9	Mitchel Langborne	Metro	14-Nov-2015
1100m Walk	6:20.1	Zayne Adams	MPSM	18-Mar-2017
1500m Walk	8:56.50	Ethan Wright	Epping	17-Mar-2012
60m Hurdles	10.41	Alex Mcpherson	N. Stars	07-Mar-2014
80m Hurdles	13.51	Jake Di Palma	MPSM	11-Oct-2008
Discus	30.06	Zayne Adams	MPSM	27-Nov-2016
High Jump	1.50	Thomas Sims	MPSM	19-Mar-2017
Javelin	32.06	Michael Poulter	MG/L	01-Jan-1999
Long Jump	3.81	Thomas Sims	MPSM	15-Jan-2017
Shot Put	9.64	Daniel Annetta	MPSM	15-Mar-2014
Triple Jump	9.94	Zane Thomson	Tigers	04-Oct-2008

Under 12 Boys				
70m	9.61	Ryan Anderson	MPSM	25-Feb-2000
100m	12.82	Luke Ng	Epping	03-Feb-2001
200m	27.26	Patrick Mills	MPSM	24-Mar-2002
400m	1:03.43	Shane Spooner	Epping	17-Feb-1996
800m	2:31.54	Frank Kondis	Tigers	15-Mar-1998
1500m	4:55.34	Emmanuel Vili	Tigers	07-Feb-2015
1500m Walk	8:50.46	Aaron Gardner	Metro	24-Mar-2007
60m Hurdles	10.10	Jake Di Palma	Epping	24-Oct-2009
80m Hurdles	13.30	Jake Di Palma	Epping	05-Dec-2009
Discus	32.78	Aagaash Murugathas	MPSM	15-Mar-2014
High Jump	1.52	Khaled El-Leissy	MG/L	06-Mar-2016
Javelin	37.96	Michael Poulter	MG/L	23-Mar-1997
Long Jump	5.05	Thomas Wilson	Metro	06-Feb-2010
Shot Put	9.40	Michael Coco	N. Stars	14-Mar-2009
Triple Jump	10.61	Luke Ng	Epping	24-Mar-2001

2016-2017 Season - Centre Records - Boys

Under 13 Boys				
100m	12.17	Scott Evans	Tigers	21-Jan-2006
200m	25.80	Jacob Galati	Epping	09-Mar-2008
400m	58.92	Jagmandip Gill	MG/L	08-Dec-2007
800m	2:23.62	Aidan Roberts	Metro	21-Mar-2015
1500m	4:53.00	Aidan Roberts	Metro	22-Mar-2015
1500m Walk	8:29.87	Aaron Gardner	MPSM	08-Mar-2007
200m Hurdles	29.08	Brodie Driscoll	MPSM	11-Dec-2016
300m Hurdles	44.55	Shane Spooner	Epping	14-Dec-1996
80m Hurdles	12.77	Jake Di Palma	Epping	12-Mar-2011
Discus	33.37	Micheal Coco	N. Stars	13-Mar-2010
High Jump	1.57	Khaled El-Leissy	MG/L	05-Feb-2017
Javelin	46.21	Michael Poulter	MG/L	22-Mar-1997
Long Jump	5.44	Shane Spooner	Epping	14-Dec-1996
Shot Put	12.00	Michael Coco	N. Stars	14-Mar-2010
Triple Jump	12.35	Jagmandip Gill	MG/L	29-Feb-2008

Under 14 Boys				
100m	11.87	Jacob Galati	Epping	24-Oct-2008
200m	24.79	James Golob	Epping	18-Mar-2017
400m	56.14	James Golob	Epping	19-Mar-2017
800m	2:13.04	James Hunnam	Epping	01-Jan-1999
1500m	4:41.5	Aidan Roberts	Metro	14-Nov-2015
1500m Walk	7:40.19	Andrew Duff	MG/L	01-Apr-1995
200m Hurdles	28.21	James Golob	Epping	19-Mar-2017
300m Hurdles	41.89	Daniel Zivanovic	MPSM	14-Mar-1999
90m Hurdles	13.17	Jake Di Palma	Epping	04-Feb-2012
Discus	39.88	Aagaash Murugathas	MPSM	28-Nov-2015
High Jump	1.71	Jake Di Palma	Epping	12-Nov-2011
Javelin	45.73	Kurt D'Lasselle	Metro	12-Mar-2006
Long Jump	5.87	Angus Wiseman	MG/L	04-Feb-2011
Shot Put 4kg	12.34	Jake Di Palma	Epping	03-Feb-2012
Shot Put	11.93	Aagaash Murugathas	MPSM	24-Oct-2015
Triple Jump	12.69	Jake Di Palma	Epping	21-Feb-2012

2016-2017 Season - Centre Records - Boys

Under 15 Boys				
100m	11.38	Lachlan Lamb	Metro	22-Mar-2015
200m	23.87	Lachlan Lamb	Metro	21-Mar-2015
400m	51.68	Ryan Woods	Epping	21-Mar-2004
800m	2:08.35	Jake Di Palma	Epping	08-Mar-2013
1500m	4:25.12	Caden Murray	Epping	19-Mar-2017
1500m Walk	7:04.59	Andrew Duff	MG/L	23-Mar-1996
100m Hurdles	13.77	Jake Di Palma	Epping	30-Nov-2012
300m Hurdles	42.05	Damien Furlong	Metro	11-Dec-2016
Discus	47.09	Sasho Lumakovski	Tigers	07-Dec-2015
High Jump	1.85	Brandon Austin	MG/L	18-Jan-2014
Javelin	50.09	Kurt D'Lasselle	Metro	10-Mar-2007
Long Jump	6.63	Jake Di Palma	Epping	01-Mar-2013
Shot Put	14.02	Michael Coco	N. Stars	18-Mar-2012
Triple Jump	13.56	Brandon Austin	MG/L	24-Jan-2014

Under 16 Boys				
100m	11.57	Jake Di Palma	Epping	05-Oct-2013
200m	23.63	Lachlan Lamb	Metro	30-Oct-2015
400m	54.02	Jake Di Palma	Epping	07-Dec-2013
800m	2:13.66	Brandon Austin	MG/L	30-Jan-2015
1500m	4:46.17	Brice Campbell	MPSM	10-Feb-2012
1500m Walk	9:34.24	Andrew Rushton	MPSM	12-Mar-2011
100m Hurdles	14.15	Jake Di Palma	Epping	26-Oct-2013
300m Hurdles	41.19	Brandon Austin	MG/L	23-Jan-2015
Discus	46.25	Sasho Lumakovski	Tigers	28-Nov-2015
High Jump	1.95	Brandon Austin	MG/L	15-Nov-2014
Javelin	46.69	Adrian Coco	N. Stars	13-Mar-2010
Long Jump	6.32	Thomas Wilson	Metro	13-Dec-2013
Shot Put	13.10	Sasho Lumakovski	Tigers	05-Feb-2016
Triple Jump	13.65	Brandon Austin	MG/L	18-Oct-2014

General Information

Registrations

Whittlesea City LAC, via one of its 6 Affiliated Clubs, accepts registrations from boys and girls in the age groups U6-U16. The athlete's age, in years, on 1st October determines the age group in which they will be entered. Children turning 5 during the season may register on their 5th birthday. Athletes may only compete in one age group. Registration will only take effect after payment of the appropriate fee, completion of the registration form, and in the case of new registrations, proof of age of athlete. Registration allows the child to compete in all summer track and field events (Oct-Mar) and Cross Country (Apr-Aug).

Competition

Normal Saturday morning competition starts at 8.30am. Twilight competitions are held on Friday evenings and start at 6.00pm. Dates of competition, times and special events are listed on the Season Calendar page.

Parental or Guardian Attendance required at all times

Children are not to be dropped off at the track; they must have a parent/guardian present at all times. Children found without supervision will not be permitted to compete. Should a child be left unattended for an extended period of time the police may be called.

Club Uniform

During weekly competition approved club uniform must be worn. All athletes must have the Subway registration patch and Coles badge attached to their uniforms. T-shirts may be worn under club singlet but must be the predominant colour of the club uniform. Tracksuits or other warm clothing may be worn to the event but must be removed prior to the start of the event. With the permission of the Arena Manager, in extreme weather conditions athletes may be permitted to wear track pants to compete in field events only. Leggings were recently approved for use in competition except for Walks. The leggings must be the same colour as the clubs shorts colour. In line with our sun-smart policy athletes may wear their hats in events, especially on the hot days. **Footwear** is compulsory for **ALL** athletes in **ALL** events.

Registration/Chest Patches

Little Athletics Victoria (LAVic) requires all athletes to wear the provided chest patch at all times during Centre activities. This is a safety and sponsorship requirement. It allows our centre officials and the parents of other athletes to quickly know your child's name and age group. In case of accident or emergency the child's name can be accessed quickly.

Parents must detail any medical problems on the registration form and it also recommended that they list these on the back of the Chest patch, to help first aid and committee members identify if an athlete has a medical condition or allergies.

To ensure long life of the patch, it is recommended that you contact patch to prevent fading and either attach with Velcro or safety pins so the patch can be removed without damage and the clothing washed. If it is lost or damaged, please see the Club Registrar for a replacement. There may be a cost involved. Athletes without a chest patch may be prevented from competing as they are in breach of the LAVic Competitive Members' membership requirements (section 1.8).

General Information (continued)

PATCH and BIB

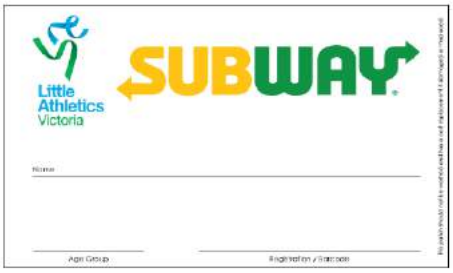
By wearing your patches every week it keeps your registration costs down & helps your Centre record results.

SUBWAY CHEST PATCH

To be worn at all levels of competitions within Victoria.

COLES SEW ON PATCH

This needs to be sewn onto all uniforms. The large size is the preferred badge; the small size is used for smaller crop tops.



All athletes must wear their SUBWAY registration patch to the weekly Whittlesea City LAC competitions.

If an athlete competes without the SUBWAY and Coles patches then their results will not be captured and they will not receive any points towards their end of season results.

Replacement patches can be purchased from the centre registrar on a weekly basis at a cost of $5 per patch with all monies raised contributing to the Royal Children's Hospital Good Friday appeal.

Centre Uniform

Centre uniform must be worn at Region & State Events. Uniforms are available for purchase through the Centre Uniform Manager. Plain black shorts, bike shorts, leggings with NO POCKETS or bloomers are worn with the Whittlesea City top. These must be plain black and not feature logos/branding, or other colours.

General Information (continued)

Little Athletics Victoria

CHAMPIONSHIP UNIFORM GUIDELINES

APPROVED CENTRE TOP

Your approved Centre top must be worn at Region & State events. Club tops won't be accepted.

LOGOS

No unapproved branding or logos larger than 30mm x 30mm.

UNDERGARMENTS

Leggings, tights, t-shirts and long sleeves of **any colour** may be worn **under** the approved Centre uniform. Undergarments must not have any logos.

LEGGINGS

Leggings or tights of any colour may be worn **UNDER** the approved Centre shorts.

Leggings or tights **MAY BE** worn by themselves , **BUT MUST** be the same colour of the approved Centre bottoms.

Shorts with pockets are not permitted.

Logos larger than 30mm x 30mm are not acceptable.

Exceptions

In **Race Walking** events, shorts must stop above the knee.

For Cross Country events black leggings may be worn instead of the approved Centre colour.

General Information (continued)

CHAMPIONSHIP FOOTWEAR GUIDELINES

Footwear is compulsory for ALL athletes in ALL events.

Footwear with blades or cleats made of hard plastic will not be acceptable.

Spikes are permitted for certain age groups and events as per the below chart.

Age Groups	Track Events	Field Events	Relays	Cross-Country	Road Relays
U9, U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events & Javelin	All events	No spike shoes allowed	No spike shoes allowed
U13, U14, U15	All events except Race Walks	All jump events & Javelin	All events	No spike shoes allowed	No spike shoes allowed

SPIKE LENGTH AND SHAPE

Spikes must not exceed 7mm EXCEPT for Jump and Javelin specialist footwear which must not exceed 9mm.

The venue will determine which shape of spike is or is not permitted.

Most venues (including Lakeside Stadium) don't allow needle spikes. Pictured right.

Spikes may only be put on at the marshalling area of each event and must be removed at the completion of the event. Athletes must NOT walk around in their spikes. Spot checks will be made by team managers and officials. Any misuse of spikes will result in the withdrawal of permission to compete in spikes.

General Information (continued)

Parent Helper Duties / Officials

No program of Little Athletics competition can be held without the help of parents to act as Officials/helpers.

As a condition of registering your child/children with your nominated club it is expected that you will help out at club level on various occasions throughout the season. The tasks assigned are not difficult and can be as simple as raking the sand in the pits or retrieving the discus after it has been thrown.

If you are interested in getting more involved i.e. becoming a chief of an event, please ask your club, as there are various courses available from LA Vic that you can attend. The officials' course is free of charge and will take up one day of your weekend.

It is very rewarding when you can gain an understanding of events and then be out there to assist your aspiring future Olympians. Without enough help it is possible that events may be cancelled.

Set Up and Pack Up

All clubs must share this responsibility. At least one representative from each club each week is required to assist the Technical Official, and Assistant Technical Officer, in setting up and putting equipment away **before and after** competition. Duty helpers must be at the stadium at 7.00am Saturdays and 5.00pm for Fridays. The clubs MUST organise who is rostered on for the set up and pack up.

Out of Bounds

During the hours of competition and training the outside of the perimeter fence, playground, Skate Park, all bark and new growth areas are out of bounds. Parents will be held responsible for their children's behaviour. Any damage to property, plants etc. will be replaced at the parent's expense. Any competitor found out of bounds will not be permitted to take any further part in the day's competition. **Climbing trees is also considered OUT OF BOUNDS. Please respect all public and private property in the area.** The use of bikes, skateboards and scooters and ballgames are not permitted inside the stadium.

- **Parents take full responsibility for athletes who are outside of the track. I.e. Skate Park.**
- **Unless you are officiating at an event you must not be inside the track fence.**
- **Athletes who are not competing in an event must not be inside the track fence.**

Hot and Inclement Weather

In the lead up to each weekly competition, the Competition Director will monitor the weather forecast to assess the likelihood of adverse weather impacting the program.

Decisions regarding the delay, cancellation or abandonment of scheduled events will be made with primary consideration given to the safety and wellbeing of athletes, volunteers, officials, parents and other attending family members.

Wherever possible, when adverse (hot or extremely weather is forecast, email notifications will be sent to parents during the days prior to competition stating any known changes to the program start/finish times.

General Information (continued)

Where extremely hot or inclement weather threatens the start of a competition program a decision will be made at the earliest convenience as to whether the scheduled program will proceed.

The decision will be made by the Competition Director, or a nominated delegate, in consultation with other members of the Whittlesea City LAC Executive. If the decision is to NOT proceed or to delay the start of the competition, then the following will occur:

- We will communicate via WCLAC Team App, Facebook & the Centre Website and convey to clubs as soon as practical, advising of the action being taken (i.e. cancellations) and if a competition is not proceeding on any given morning or twilight period
- Your club should be your first point of contact should you be unsure of a cancellation, so keep an eye on your clubs Team App, Facebook & Website for updates also.

Should adverse weather force the abandonment of a program whilst it is in progress, no communication will be sent to parents as each athlete should have at least 1 nominated guardian at the centre at all times whilst competition is in progress, it is therefore important that your child / children are not left unattended at the track as Clubs/Centre cannot be held responsible for children left behind.

The Centre reserves the right to adjust and or modify weekly competition programs at short notice to ensure that adverse weather and ground conditions are taken into account. Wherever possible the Centre will endeavour to provide a program / event of some description, may continue to run a modified track only program so that those who are interested can still compete. There will be no points of official results from an official "wet weather" program.

Photographs

Children in families who have elected NOT to allow publication of photos must wear the Centre designated wrist band.

No Centre member, Club member or member of the public can allow the publication of a photo, either hardcopy or digital, of a child wearing the Centre designated wristband.

It is the responsibility of the family, or their representative, to ensure their child is wearing the wristband. The Centre or Club cannot be held responsible for the publication of any photo containing that child if they fail to wear the wristband. If a photo is found to contain a child wearing a Centre designated wristband, the photo is to be removed immediately.

Centre Newsletter / Results

A newsletter will be available at each competition giving details of current and social events. Weekly Competition results will be posted online and available via ResultsHQ. Should results not be posted by 8.00pm on the Monday following weekly competition please contact your Club Team Manager who will follow up with the Centre Records & Rankings Manager.

We are also on Facebook; "Whittlesea City Little Athletics Centre". This is a private group and most of our photos will be uploaded to the Facebook page. This is a positive page and the Centre will not respond to any negative posts or comments. Should you have any concerns or issues please follow our complaints procedures. Those in breach of this will be blocked from the page.

General Information (continued)

Lost Property

Lost property should be handed in at the Recording Room and may be claimed at the conclusion of the meeting. Lost property (other than money, watches, keys etc.) unclaimed at the end of the season will be stored for one month, if still not claimed will be forwarded to the Brotherhood of St. Laurence.

Clean Venue

Clubs and families are responsible for keeping their surrounding club areas clear of littler/rubbish

Fundraising

The Centre provides a weekly roster for clubs to fundraise. Please support clubs when they come around. We all operate as non-profit organisations so every little bit helps.

Complaints

Complaints concerning competition events **MUST** be directed through your **Club Team Manager**. If your complaint cannot be dealt with immediately, you will be requested to put the complaint in writing.

Under NO circumstances are you to approach a chief, age group team manager or any other official in a public forum (See Code of Behaviour).

The longer you leave your complaint, the harder it will be for the committee to investigate. Complaints about the general running of the Centre should be referred to the Centre Secretary in writing.

Please do not write or phone Little Athletics Victoria, your complaint will only be referred back to the Centre. There are set procedures for handling complaints but they must start at the appropriate level.

When considering whether a complaint is justified, please remember that we are all volunteers and our priority is for the enjoyment of all children at the Centre.

Little Athletics Victoria Website

The Association's website contains a wealth of information. It can be accessed at www.lavic.com.au.

Little Athletics Victoria

General Information (continued)

LITTLE ATHLETIC'S STRUCTURE

LITTLE ATHLETICS AUSTRALIA

THERE ARE 7 AFFILIATED STATES AND TERRITORIES

BOARD of MANAGEMENT
STANDING COMMITTEES
OFFICE AND SUPPORT STAFF

THERE ARE 104 CENTRES ACROSS THE STATE IN 7 REGIONS

EASTERN METROPOLITAN
EMR
SOUTHERN METROPOLITAN
SMR
WSTERN METROLPOLITAN
WMR

Northern Metropolitan Region NMR

NORTHERN COUNTRY
NCR
WESTERN COUNTRY
WCR
GIPPSLAND COUNTRY
GCR

THERE ARE 11 CENTRES IN THE NMR

Coburg LAC
Craigieburn LAC
Diamond Valley LAC
Essendon LAC
Hume LAC

Whittlesea City Little Athletics Centre

Keilor LAC
Kilmore & District LAC
Lancefield/Romsey LAC
Preston/Reservoir LAC
Sunbury LAC

WCLAC CONSISTS OF 6 AFFILIATED CLUBS

EPPING	METRO	MEADOWGLEN /LALOR	MPSM MUSTANGS	NORTHERN STARS	TIGERS

ATHLETES JOIN THE CLUBS AS COMPETITIVE MEMBERS
PARENTS SIGN UP TO CLUBS AS ORDINARY MEMBERS
& THE CENTRE AS ASSOCIATE MEMBERS
(FOR INSURANCE PURPOSES AND MEMBERSHIP RIGHTS)

THE MEMBERS

Squad Coaching

Squad coaching gives athletes access to specialised coaching that Club Training may have difficulty catering for. This is often in smaller groups catering for individual event development skills.
Squad Coaches are accredited with Athletics Australia, well trained and experienced. All Coaches hold Working with Children Check Cards.

The nature of squad coaching necessitates that places are limited and Squad Coaches will assess each athlete for a number of factors to determine their suitability into a training group.

If squad training does interest your family, or you would simply like to have a chat about what opportunities might best suit your children with their athletics development, please don't hesitate to contact our Coaching Coordinator, Andrea Kewish.

Andrea Kewish - Coaching Coordinator WCLAC
Level 2 AEGS - Jumps, Sprints, Hurdles and Relays
Level 1 Strength & Conditioning Coach
Coaches all event groups except throws
ATFCA member
M: 0409 023 230

Jim Bannan
Level 3 AEGS - Throws
Coaches all event groups
ATFCA member

Craig Chapman
Level 2 AEGS - Jumps, Sprints, Hurdles and Relays
Level 1 Strength & Conditioning Coach
IAAF Kids Athletics Coach
Coaches all event groups
ATFCA member

Thomas Wilson
Level 1 Community Athletics Coach

Maureen Reynolds
International Standard Senior Level 5 Coach
Sprints & Hurdles
ATFCA life member
Ph: 9379 7482 Mob: 0412 945 111
www.runningcoach.com.au

AEGS - *Advanced Event Group Specific*
ATFCA - *Australian Track & Field Coaches Association*

On Track Program - Under 6's & Under 7's

The On Track Program is an athletic skills development program that will provide all children with increased instruction, practise opportunities and motivation.

The program focuses on the fundamental motor skills, all the way through to the athletic skills.

Children will participate in games, activities and drills that will help them develop their athletic skills for competing in all events.

The Under 6 athletes will participate in the On Track Program each week for approximately one hour and, subject to track availability, may participate in an untimed race or unmeasured jump or throw event.

The Under 7 athletes will participate in the On Track Program each week for approximately 25 minutes in addition to competing in 3 events - one run, one jump and one throw.

What do kids want?

- Available evidence confirms children want:
- Active participation
- To learn and improve
- To have fun
- To experience excitement

Competition is ranked low on children's priority list.

Vaheni Sivakumar
On Track Coordinator

Warm up exercises and throwing drills in the "on track" program

Policies & Procedures

Working with Children Checks

On 1 July 2005 the Victorian Government through the Department of Justice introduced the Working with Children Check, which is covered under the Act of Parliament. It is now compulsory for anyone officiating when their child is not competing to have a WWC. Other roles within the Centre that require the checks are as follows: All Centre & Club Executive Committee Members, all Centre & Club Team Managers, all Age Group Team Managers, First Aid Officers, Chiefs of Events and anyone who officiates but does not have a child competing.

Applications can be obtained from any Post Office and it is free. It is the responsibility of all clubs to ensure that the appropriate people have these checks in place, a register MUST be kept and a copy is to be handed to the Centre Secretary. When completing a WWC please put in the following details:

Little Athletics Victoria - Whittlesea City 112,
Address: Locked Bag 1011,
Port Melbourne Vic 3207
Phone No: 03 9676 3600

Insurance

A Little Athletics Victoria insurance policy covers all Little Athletes from the date that registration any payment is completed. All Little Athletes and Officials are covered during the period of Official club, Centre, Division, Region and State Competition, training and Official activities. Parents and non-competing members are required to sign the "Ordinary Members Sheet" to be eligible for insurance cover; this will be organised by your club. Notice of injuries must be advised to the Centre Secretary as soon as practical, with supporting documentation (e.g. medical certificate).

First Aid

A First Aid attendant will be in available at each weekly competition. The First Aid room a Meadowglen International Athletics Stadium is located next to the canteen. All accidents MUST be reported to the First Aid Officer who will keep a record. Returning to competition after an accident or injury will be at the discretion of the Official First Aid attendant on duty. There is a defibrillator available.

Alcohol Free Zone

Alcohol is not permitted to be consumed either within the grounds or outside the grounds at any competition. Whittlesea City LAC holds a very strong stance on this issue and the breaking of this rule will result in the offender/s being asked to leave the venue. The Centre will not accept any alcohol related sponsorships or advertising.

Where alcohol is consumed at a Centre function the following steps will be taken: Alcohol will not be served to minors, Alcohol will not be served to anybody that is clearly intoxicated, safe transport options will be encouraged.

Smoke- Free Policy

Meadowglen International Athletics Stadium is a smoke free venue at all Little Athletics Events. Smokers are advised to smoke outside the gates in the car park area behind the amenities block. Smokers are also requested to dispose of their butts thoughtfully.

Sun Smart Policy

Whittlesea City LAC is a sun smart Centre. Shade Shelters will be erected to protect athletes from the sun. Sun screen will be provided to all clubs and athletes and officials are advised to wear hat and carry drink bottles to events.

Codes of Conduct

Little Athletics Victoria expects all members to comply with the Code of Conduct. Appropriate action may be taken in the case of any breaches of the Code of Conduct.

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. They will ensure that all persons are included, protected and not discriminated against in any manner.

Little Athletics Victoria is registered as an Incorporated Association as protection for its Centres, Committees and its Members.

Jetstar

Little Athletics Victoria

Codes of Conduct Policy

of

Little Athletics Association of Victoria Incorporated

Policy T

Registration Number: A0003260D
UPDATED July 2015

DISCLAIMER: While all care has been taken in the preparation of this material, no responsibility is accepted by the author(s) or our community, its staff or volunteers, for any errors, omissions or inaccuracies. The material provided in this resource has been prepared to provide general information only. It is not intended to be relied upon or be a substitute for legal or other professional advice. No responsibility can be accepted by the author(s) or our community for any known or unknown consequences that may result from reliance on any information provided in this publication. Copyright 2015 Little Athletics Association of Victoria Inc.

Codes of Conduct (continued)

Codes of Conduct
of
LITTLE ATHLETICS ASSOCIATION OF VICTORIA INC
Registration Number: A0003260D

1. 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
VII. Create a mandatory minimum checking standard to keep children safe by ensuring Working with Children Checks are in place

Play by the Rules
making sport inclusive, safe and fair.

Codes of Conduct (continued)

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.

Codes of Conduct (continued)

Coaches Code of Conduct

Play by the Rules

making sport inclusive, safe and fair.

- Be reasonable in your demands on young 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 sound coaching principles and the principles of growth and development of children.
- Demonstrate appropriate social behaviour, by not harassing athletes, other coaches or officials, smoking on the arena or being intoxicated.
- Not publicly criticise or disagree with the work of other coaches.
- Hold a current Working with Children Check

  Avoid use of bad language.

Codes of Conduct (continued)

Officials Code of Conduct

Play by the Rules

making sport inclusive, safe and fair.

- 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 your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Make a personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
- Hold a current Working with Children Check
- Avoid use of bad language.

Codes of Conduct (continued)

Administrators Code of Conduct

Play by the Rules

making sport inclusive, safe and fair.

- 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.

Codes of Conduct (continued)

Parents Code of Conduct

Play by the Rules

making sport inclusive, safe and fair.

- 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.

Codes of Conduct (continued)

Spectators Code of Conduct

Play by the Rules

making sport inclusive, safe and fair.

- 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.

Centre Track & Field - Rules & Regulations

The competition regulations for the conduct of Little Athletics Victoria Championships will be used as a guide for Centre competition. See LA Vic Regulation 8 Competition Rules 2017/18 V4.2, located on the LA Vic web site. Any variations made will be due to the age and skill level of the children, time restraints and lack of officials. Unless otherwise specified in this section, the official LA Vic Competition Regulations will apply.

All Affiliated Clubs must be under the control of a Team Manager.

Affiliated Clubs consist of any group of Competitive Members granted affiliation by the Centre.

The Affiliated Club must follow all directives and requirements of the Centre.

All competitors must be registered with an Affiliated Club with the Whittlesea City Little Athletics Centre (See Registrations).

Each club must provide officials at their rostered events.

Approved Club uniform must be worn with the official LA Vic Registration patch attached intact to the front of the competition top as well as the Coles patch positioned as per the image below. Athletes will be disqualified from their event if correct uniform or Registration tag is not worn.

Centre Track & Field - Rules & Regulations

Footwear is compulsory for ALL athletes in ALL events. Athletes U6–U10 must wear suitable runners. U11–U16 may wear runners OR spikes. Spikes are only permitted in laned track events, Long Jump, High Jump, Triple Jump, and Javelin. The maximum length is 7mm, all spike positions must be filled with a spike or a blank (no more than 2 two blanks will be installed in a shoe). Specialist High Jump and Javelin footwear with heel spikes must not exceed 9mm and may only be worn at these events. The only acceptable spike for Little Athletics is either pyramid (Christmas tree) or conical. Needles are **NOT** permitted.

In line with our sun-smart policy athletes may wear their hats in events, especially on the hot days.

1.8 If there is some factor that would normally result in disqualification of a competitor (e.g. incorrect uniform), but the competitor passed by the starter's Marshall and the starter, then the competitor may not later be disqualified from the event on that occasion.

1.9 Athletes will be called at least 5 minutes prior to the start of an event; athletes are NOT to report to their scheduled events until called by the Competition Director over the PA system.

1.10 Athletes (with the exception of the U6 age groups) must make their way to their events through the designated witches' hats. Under no circumstance are athletes to cross the track or the Centre of the field to get to their events. U6 age groups will meet their Age Group Team Managers at a designated area and they will be escorted to their event.

1.11 Competitors for track events will be graded into heats at the discretion of the Age Group Team Managers.

1.12 If competitors are late for a field event they will be permitted to compete provided that one other competitor has not completed the first round of the event. In the case of track events, if a competitor misses his/her heat they will not be allowed to run, unless permission is given by the Competition Director or Arena Manager. At the discretion of the Competition Director or Arena Manager repeat offenders can be immediately disqualified.

1.13 Pacing of competitors is not permitted. The Competition Director or Arena Manager may stop the person doing the pacing and the competitor/team in the event concerned, risks disqualification. Any competitor impeding another competitor during an event will be removed from the track and will be disqualified from that event.

1.14 Competitors must return to their clubs upon completion of event. Competitors found playing on equipment or in out of bounds areas between events may be disqualified from their next event.

1.15 Only officials and Athletes are permitted inside the arena during competition. Parents, who break this rule, may have their child/ Children disqualified from the event.

1.16 Chief of Officials, Event Chiefs, Age Group Team Manager, Arena Manager and Centre Executives have the authority to send competitors (or groups of competitors) back to their clubs due to misconduct. This may result in the competitor(s) concerned not completing the event in progress at the time or incurring a suspension for a period to be decided on the day.

1.17 Chief of Officials and Event Chiefs may take any discretionary action to ensure the safety of competitors and spectators.

1.18 Event Chiefs and other officials are NOT required to handle disputes that may arise with Club Officials/Parents. All disputes and protests are to be referred to the Club Team Managers (See complaints).

1.19 If a disagreement arises at an event, the chief of the event will stop the event immediately. The Competition Director/Arena Manager will be called and will discuss the situation with the Chief and Age Group Team Manager. The final decision of the dispute will be made by the Competition Director and Arena Manager.

1.20 Upon a competitor equalling or breaking a Centre record in any event (Track or Field) the Chief Official must ensure that the record is verified **immediately** by the Competition Director, Centre Chief of Officials OR a member of the Centre Executive.

1.21 Events may be cancelled/altered at the discretion of the Competition Director due to time constraints, technical issues or weather.

1.22 Competitors are not permitted to have mobile phones or electronic games at events. If a competitor is found playing on or talking on mobile phone that disrupts the event, they will be disqualified from the event.

EVENT RULES

In all competition Athletes must use equipment supplied by the venue.

A THE START

1) The start of a race will be denoted by a line 5cm in width. In all races not run in lanes the start line will be curved, so that all the athletes start the same distance from the finish.

2) The commands used by the starter will be:

a) For events up to and including the 400 metres and all relay events:
   * ”On your marks”
   * “Set
   * When all athletes are steady, the audible starting device will be activated.

b) For events longer than 400 metres:
   * “On your marks”
   * When all athletes are steady, the audible starting device will be activated.

3) On the command “On your marks” or “Set” as the case may be, all athletes must without delay assume their full and final set position.

4) If the starter is not satisfied that all athletes are ready for the start to proceed, the Starter will order all athletes to stand up and the start procedure will recommence.

5) Any athlete making a false start will be warned. Any athlete who is responsible for a false start will be disqualified as follows:

a) U9 Athlete: for three (3) false starts

b) In all other cases: for two (2) false starts

c) Athletes in the U7-U8 Age groups will receive warnings and may be disqualified at the discretion of the starter should the athlete have an excessive amount of false starts.

6) The Starter or Recall Starter, who is of the opinion that the start was not a fair one, will recall the athletes by using an audible starting device.

STARTING TECHNIQUES

7) **Standing Start**: Except as specified for crouch start a standing start may be used by all athletes in all events. A standing start will be used in 800m & 1500m race events.

a) After the "On your marks" command, an athlete shall approach the start line and assume a starting position behind the start line.

b) An athlete shall not touch any part of the ground with his hand or hand and/or the start line or the ground in front of it with his/her feet when on his marks.

c) Once the starter is satisfied that all athletes are steady in the correct starting position, the audible starting device will be activated.

8) **Crouch Start,** except where physically or medically impossible/impracticable for an athlete to use this technique, a crouch start will be used for all races up to and including the 400 metres (including the first leg of all relays) by all athletes in the under 12 and above age groups. Medical certificate must be presented to the Centre Secretary.

9) After the "On your marks" command an athlete shall approach the start line, assume a position completely within his/her allocated lane and behind the start line. An athlete shall not touch either the start line or the ground in front of it with his/her hands or his/her feet when on your marks. After the "Set" command, an athlete should immediately rise to his/her final starting position. Once the starter is satisfied that all athletes are steady the audible starting device will be activated.

a) One knee and both hands must be in contact with the ground/or plates of the starting blocks in the "On your marks" position.

b) Both hands must be in contact with the ground when the athlete is in the "Set" position.

10) As a consequence the crouch start is mandatory for athletes in these age groups for Region and State Multi Event Championships, Region and State Track & Field Championships and Region and State Relay Championships.

11) In laned events, competitors must stay within their lane throughout the entire race. Failure to do so may result in disqualification.

12) In unlaned events, competitors must not cause interference to another competitor. Anyone who does this may be disqualified.

B HURDLES 60m, 80m, 90m, 100m, 110m, 200m & 300m

1) Standing start will be used by U8 – U11 in all sprints. Crouch start will be used, as per **A.8** by all other age groups; starting blocks will be used if spikes are worn.

2) All races will be run entirely in lanes and each athlete must remain entirely within their own lane throughout the race. An athlete who trails a foot or leg alongside any hurdle, or jumps any hurdle not in their own lane or in the opinion of the Referee, deliberately knocks down any hurdle by hand or foot will be disqualified. The unintentional knocking down of hurdles may not disqualify nor prevent a record being set.

3) **Dimensions:** The standard distances and heights of the hurdles for age groups will be:

Age Group	Distance	Height	Distance	Height
U8, U9	60m	45cm		
U10, U11	60m	60cm		
U12	60m	68cm		
U13	80m	76cm	200m	68cm
U14G	80m	76cm	200m	76cm
U14B	90m	76cm	200m	76cm
U15G,U16G	90m	76cm	300m	76cm
U15B, U16B	100m	76cm	300m	76cm

C SPRINTS - 60m, 70m, 80m, 100m, 200m & 400m

1) Standing start will be used by U6 - U11 age groups in all sprints. Crouch start will be used, as per **A.8** by all other age groups; starting blocks will be used if spikes are worn.

2) The race will run entirely in lanes and each athlete must remain entirely within their own lane throughout the race. Failure to do so may result in disqualification.

D 800m & 1500m Races

1) Standing Start will be used by all age groups.

2) 800m will start in lanes with a maximum of 2 athletes in each lane. Athletes will run in lanes until the designated crossover has been reached, after which the athlete may run in any lane.

E LONG JUMP

1) The Long Jump is the action of a single jump preceded by a run up. The jump is made by the athlete placing the take-off foot on the mat/board and landing in the pit, usually on both feet.

2) If the athlete approaches and stops short of the back edge of the take-off area, then the athlete will be entitled to start their run up again; without penalty.

3) The pit and the take-off area must be levelled after each jump.

4) **FAILURES**

a) If the athlete places any part of the take-off foot over the edge of the take-off area closest to the pit, this will be deemed as a FAILURE.

b) If the athlete approaches the take-off area and swerves to the side and passes the back edge of take-off area, this will be declared a FAILURE.

5) **TIES**

a) The second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this rule, it shall be determined to be a tie.

b) Each athlete shall be credited with the best of all his trials, including those achieved in resolving a tie for first place.

6) **U6-U8 Athletes**

a) Will be entitled to 2 jumps, (unless otherwise directed by the Arena Manager or by a Centre Executive).

b) Will jump from a mat measuring 1.00 x 1.00 covered with sand.

c) All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the imprint made by the take-off foot. The tape is then straightened and drawn tight so it lies over and is in contact with imprint made by take-off foot and the distance must be measured to the nearest whole centimetre below the distance jumped.

d) In the case of an athlete taking off before reaching the take-off area, the jump is measured back from the landing area imprint to the back edge of the take-off area, i.e. furthermost from the landing area. This allows a jump to be recorded without unduly penalising the athlete.

7) **U9-U10 Athletes**

a) Will be entitled to 3 jumps, (unless otherwise directed by the Arena Manager or by a Centre Executive).

b) Will jump from a mat measuring 1.22m x 0.5m covered with sand

c) All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the imprint made by the take-off foot. The tape is then straightened and drawn tight so it lies over and is in contact with imprint made by take-off foot and the distance must be measured to the nearest whole centimetre below the distance jumped.

d) In the case of an athlete taking off before reaching the take-off area, the jump is measured back from the landing area imprint to the centre point at the back edge of the take-off area, i.e. furthermost from the landing area. This allows a jump to be recorded without unduly penalising the athlete.

8) **U11-U16 Athletes**

a) Will be entitled to 3 jumps, (unless otherwise directed by the Arena Manager or by a Centre Executive).

b) The take-off board must measure 1.22m x 0.2m.

c) U11 athletes will jump from the first take-off board from the pit, U12 & above athletes will jump from the second take-off board from the pit.

d) All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the take-off board (extended as necessary). The tape is then straightened and drawn tight so it lays perpendicular, i.e. 90° to the take-off board or its extension. The distance must be measured to the nearest whole centimetre below the distance jumped.

F TRIPLE JUMP

1) The Triple Jump shall consist of a hop, a step and a jump in that order.

2) The hop shall be made so that an athlete lands first on the same foot as that from which he has taken off; in the step he shall land on the other foot, from which, subsequently, the jump is performed. It shall not be considered a failure if an athlete, while jumping, touches the ground with the “sleeping” leg.

3) If the athlete approaches and stops short of the back edge of the take-off area, then the athlete will be entitled to start their run up again; without penalty.

4) Each competitor will be entitled to (3) jumps (unless otherwise directed by the Arena Manager or by a Centre Executive).

5) The pit and the take-off area must be levelled after each jump.

6) An athlete may change their take-off board during competition. Athletes must notify the chief of the change prior to the commencement of the jump.

7) **FAILURES**

a) If the athlete touches the ground beyond the take-off line with any part of his/her body, whether running up without jumping or in the act of jumping; it will be considered a FAILURE.

b) If the athlete takes off from outside either end of the board, whether beyond or before the extension of the take-off line; it will be considered a FAILURE.

c) If the athlete approaches the take-off area and swerves to the side and passes the back edge of take-off area, this will be declared a FAILURE.

8) **TIES**

a) The second best performance of the athletes having the same best performances shall determine whether there has been a tie. Then, if necessary, the third best, and so on. If the athletes are still equal following the application of this rule, it shall be determined to be a tie.

b) Each athlete shall be credited with the best of all his trials, including those achieved in resolving a tie for first place.

9) **U11 - U16 Athletes**

a) The take-off board must measure 1.22m x 0.2m.

b) All jumps will be measured from the nearest break in the sand (made with any part of the body or limbs) to front edge of the imprint made by the take-off foot. The distance will be measured to the nearest whole centimetre.

c) All jumps must be measured from the nearest break in the landing area (made by any part of the body or limbs) to the front edge of the take-off board (extended as necessary). The tape is then straightened and drawn tight so it lays perpendicular, i.e. 90° to the take-off board or its extension. The distance must be measured to the nearest whole centimetre below the distance jumped.

G HIGH JUMP

1) U6 and U7 age groups compete in “On-track” high jump.
There will be no points or scoring kept. This is considered a fun event.

2) U8 and U9 age groups are only allowed the scissor jump attempt. The athlete’s foot must make contact with the mat first to be considered a legal attempt which will be adjudged by the chief official of the event.

3) Competitors are allowed two (2) attempts at each height (unless otherwise directed by the Arena Manager or Centre Executive).

4) Competitors will be entitled to (3) attempts if they are attempting the Centre Record.

5) Unless there is only one athlete left competing and they have won the event

a) The bar must never be raised by less than 2cm in the High Jump after each round of trials

b) The increment of the raising of the bar must never increase

c) The bar must be raised after each round of trials in increments depending on the number of athletes remaining in the competition, as per the following table.

No of Athletes	Increment
Greater than 3	5cm
3 or Less	2cm

These Rules 5 (a), (b) and (c) will not apply once the athletes still competing agree to raise it to the Centre Record. After an athlete has won the competition, the height or heights to which the bar is raised will be decided by the athlete, in consultation with the relevant Chief Judge or Referee.

Note: This does not apply for a Multi-Events Competition.

6) Starting Heights for each age group:

AGE GROUP	BOYS	GIRLS	AGE GROUP	BOYS	GIRLS
U8	70	65	**U13**	1.10	1.05
U9	80	75	**U14**	1.15	1.10
U10	90	85	**U15**	1.20	1.15
U11	1.00	95	**U16**	1.25	1.20
U12	1.05	100			

7) An athlete may commence jumping at any height above the starting height as announced by the chief at the start of the event.

8) All measurements shall be made, in whole centimetres, perpendicularly from the ground to the lowest part of the upper side of the bar.

9) Any measurement of a new height shall be made before athletes attempt such height. In all cases of Records, the Judges shall also recheck the measurement before each subsequent Record attempt if the bar has been touched since last measured.

10) **FAILURES - An athlete fails if:**

a) After the jump, the bar does not remain on the supports because of the action of the athlete whilst jumping; or

b) The athlete touches the ground including the landing area beyond the vertical plane through the nearer edge of the crossbar, either between or outside the uprights with any part of his body, without first clearing the bar. However, if when the athlete jumps and touches the landing area with their foot and in the opinion of the Judge, no advantage is gained; the jump for that reason should not be considered a failure; or

c) The athletes takes longer than 60 seconds to attempt a jump; or

d) The athlete baulks (after a run up has begun) for a second time.

e) The athlete takes off with 2 feet.

11) Two consecutive failures at a height disqualifies the athlete from further jumping.

12) After all athletes have failed, the remaining athlete is entitled to keep jumping until he/she has forfeited his/her right to continue jumping.

13) **PLACINGS**: (**Note:** It is a "Least Failures" System, *NOT* a "Count Back" System)

If two or more athletes clear the same final height the procedure to decide the places will be the following:

a) The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place.
b) If the athletes are equal following the application of Rule G.12 a), the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.
c) If the athletes are still equal following the application of Rule G12 b), the athletes concerned shall be awarded the same place unless it concerns the first place.
d) If it concerns the first place, a jump-off between these athletes shall be conducted in accordance with Rule G.11 unless otherwise decided, either in advance according to the Technical Regulations applying to the competition, or during the competition but before the start of the event by the Technical Delegate or the Referee if no Technical Delegate has been appointed. If no jump-off is carried out, including where the relevant athletes at any stage decide not to jump further, the tie for first place shall remain.

14) **TIES – First Place Only – Jump Off**
a) Athletes concerned must jump at every height until a decision is reached or until all of the athletes concerned decide not to jump further.
b) Each athlete shall have one jump at each height.
c) The jump-off shall start at the next height determined in accordance with Rule G.3 c) after the height last cleared by the athletes concerned.
d) If no decision is reached the bar shall be raised if more than one athlete concerned were successful, or lowered if all of them failed, by 2cm.
e) If an athlete is not jumping at a height he/she automatically forfeits any claim to a higher place. If only one other athlete then remains he/she is declared the winner regardless of whether he/she attempts that height.

15) Each athlete shall be credited with the best of all their trials, including those achieved in resolving a tie for first place.

H SHOT PUT
1) The shot shall be put from the shoulder with one hand only. At the time an athlete commences a put, the shot shall touch or be in close proximity to the neck or the chin and the athlete takes a stance in the circle the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

2) In the Shot Put, implements shall be thrown from a circle. In the case of trials made from a circle, an athlete shall commence his/her trial from a stationary position inside the circle. An athlete is allowed to touch the inside of the rim. In the Shot Put, he/she is also allowed to touch the inside of the stop board.

3) Athletes must not use any substances on their hands or the throwing implement to obtain a better grip on the throwing implement.

4) A distinctive flag or marker will be provided to mark the best throw of each athlete; it will be moved after each throw providing that subsequent throws are further than the previous. Measurements will be taken from the marker at the end of competition. **(This is Centre Ruling Only. For Region and State events each throw will be measured and recorded)**

a) All distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

b) From the nearest mark made by the fall of the shot, to the inside of the circumference of the circle along a line to the centre of the circle.

5) An athlete shall not leave the circle until the implement has touched the ground.

a) When leaving the circle, an athlete's first contact with the top of the rim or the ground outside the circle shall be completely behind the white line, which is drawn outside the circle running, theoretically, through the centre of the circle. Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.

6) **FAILURES: It shall be a failure if an athlete in the course of a trial:**

a) Releases the shot other than as permitted under Rules H.1

b) After he/she has stepped into the circle and begun to make a throw, touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle,

c) If the athlete, touches with any part of his body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top)

d) It shall be a failure if the shot, in contacting the ground when it first lands touches the sector line, the ground or any object outside the sector line.

7) Weights for each age group:

Age Group	**Weight**
U6	1.00kg
U7, U8	1.50 kg
U9, U10, U11, U12**G**	2.00 kg
U12**B**, U13, U14**G**, U15**G**, U16**G, U14B**	3.00 kg
U15**B**	4.00 kg
U16**B**	4.50 kg

8) U6 - U8 will be entitled to (2) throws. (Unless otherwise directed by the Arena Manager or by a Centre Executive).

9) U9 - U16 will be entitled to (3) throws. (Unless otherwise directed by the Arena Manager or by a Centre Executive).

Centre Track & Field - Rules & Regulations

I DISCUS

1) All discus throws shall be made from an enclosure or cage to ensure the safety of spectators, officials and athletes.

2) Athletes must not use any substances on their hands or the throwing implement to obtain a better grip on the throwing implement.

3) A distinctive flag or marker will be provided to mark the best throw of each athlete; it will be moved after each throw providing that subsequent throws are further than the previous. Measurements will be taken from the marker at the end of competition**. (This is Centre Ruling Only. For Region and State events each throw will be measured and recorded)**

4) All distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

b) From the nearest mark made by the fall of the Discus, to the inside of the circumference of the circle along a line to the centre of the circle.

5) An athlete shall not leave the circle until the implement has touched the ground.

a) When leaving the circle, an athlete's first contact with the top of the rim or the ground outside the circle shall be completely behind the white line which is drawn outside the circle running, theoretically, through the centre of the circle. Note: The first contact with the top of the rim or the ground outside the circle is considered leaving.

6) **FAILURES: It shall be a failure if an athlete in the course of a trial:**

a) After he/she has stepped into the circle and begun to make a throw, touches with any part of his body the top (or the top inside edge) of the rim or the ground outside the circle,

b) If the athlete, touches with any part of his body any part of the stop board other than its inner side (excluding its top edge which is considered to be part of the top)

c) It shall be a failure if the shot, in contacting the ground when it first lands touches the sector line, the ground or any object outside the sector line.

Note: It will not be considered a failure if the discus strikes the cage after release provided that no other Rule is infringed.

7) Weights for each age group:

Age Group	Weight	Construction
U6, U7, U8	350g	Compound
U9 & U10	500g	Compound
U11, U12, U13**G**	750g	Compound; Plastic or wood with metal rim
U13**B**, U14, U15, U16	1kg	Compound; Plastic or wood with metal rim

8) U6 - U8 will be entitled to (2) throws. (Unless otherwise directed by the Arena Manager or by a Centre Executive).

9) U9 - U16 will be entitled to (3) throws. (Unless otherwise directed by the Arena Manager or by a Centre Executive).

J JAVELIN

1) All Javelin throws shall be made from a runway.

a) The javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.

b) A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin.

c) Until the javelin has been thrown, an athlete shall not at anytime turn completely around, so that his back is towards the throwing arc.

2) A distinctive flag or marker will be provided to mark the best throw of each athlete; it will be moved after each throw providing that subsequent throws are further than the previous. Measurements will be taken from the marker at the end of competition. **(This is Centre Ruling Only. For region and State events each throw will be measured and recorded)**

a) All distances shall be recorded to the nearest 0.01m below the distance measured if the distance measured is not a whole centimetre.

b) From where the tip of the javelin first struck the ground to the inside edge of the arc, along a line to the centre of the circle of which the arc is part.

3) An athlete shall not leave the runway until the implement has touched the ground.

a) In the case of the Javelin Throw, when an athlete leaves the runway, the first contact with the parallel lines or the ground outside the runway shall be completely behind the white line of the arc or the lines drawn from the extremities of the arc at right angles to the parallel lines. Once the implement has touched the ground, an athlete will also be considered to have left the runway correctly.

6) **FAILURES: It shall be a failure if an athlete in the course of a trial:**

a) Releases the javelin other than as permitted under Rules J.1.

b) Touches with any part of his body the lines which mark the runway or the ground outside.

c) It shall be a failure if the Javelin, in contacting the ground when it first lands touches the sector line, the ground or any object outside the sector line.

7) Each competitor shall be allowed (2) throws (unless otherwise directed by the Arena Manager or by a Centre Directive)

8) Weights for each age group:

Age Group	**Nominal Weight**
U11, U12, U13**G**, U14**G**	400g
U15**G**, U16**G**	500g
U13**B**, U14**B**, U15**B,**	600g
U16**B**	700g

Centre Track & Field - Rules & Regulations

K RACE WALKING

1) This season we will again have optional walks for some age groups. This will be announced on competition days.

2) Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

3) **Chief Judge:** Prior to the start time of each race, the Chief Judge or their appointed assistant will identify themselves to the athletes and explain the technicalities of walk judging.

4) **Yellow Paddle**: When a judge is not completely satisfied that an athlete is fully complying with Rule L.2, the judge should, where possible, show the athlete a yellow paddle indicating the offence and also call out the athlete's number, use the term caution and the offence observed e.g. "Number 77 caution contact". An athlete cannot be shown a second yellow paddle by the same Judge for the same offence. Having shown a yellow paddle to an athlete, the Judge will inform the Chief Judge of the action after the race.

Note: Cautions may be given anytime during a race.

5) **Red Card Reports**: When a Judge observes an athlete failing to comply with Rule L.2 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge will for:

a) U9 - U10 Athletes: verbally red card athletes. The judge will call out, athlete's number, use the term report and the offense observed e.g. "Number 77 report contact". If a Judge believes that an athlete may not have heard the verbal report, the Judge should repeat the verbal report at the next sighting of the athlete.

b) U11 - U15 Athletes: not verbally red card athletes. The judge will note the report/red card on their judging sheet along with their name/signature and hand it to the Chief Judge after the race. An athlete can only be reported/red carded by a judge once. If a Judge reports an athlete more than once, only one report/red card will be accepted by the Chief Judge.

6) Disqualification:

a) The following number of reports/red cards for disqualification will apply for the number of Judges officiating in the race:

NUMBER OF JUDGES	NO. OF REPORTS/RED CARDS NEEDED FOR DISQUALIFICATION
4 to 7	**3**
3	**2**

b) At the conclusion of the race, if an athlete is disqualified, the Chief Judge will indicate this to the athlete verbally and give the reason for disqualification. The result of an event will only become final on the clearance of the Chief Judge and Track Referee.

Cross Country

At the conclusion of the Track and Field season, a cross country program runs from April to the end of August. As with the Track and Field season cross country also has Region, State and open events for those who wish to enter. Details will be available throughout the cross country season.

Cross country is open to all summer registered athletes (there is a small fee involved) and any new athletes who meet the age requirements as set out in registrations. Your club or Centre uniform must we worn along with the Subway registration tag when competing at Whittlesea City/Diamond Valley event days. Centre uniform only for Region, State and open events along with your Subway registration Tag. Coles Patch must be sewn onto your Whittlesea City Uniform.

The venue will be advised closer to the start of the season. All information regarding the calendar of events and the venue for the races will available on the Centre website closer to the start of the new cross country season Events commence at 9.30am on Saturday morning. Athletes run the following distances:

U6 Boys & Girls	500m
U7 Boys & Girls	1000m
U8 Boys & Girls	1000m
U9/10 Boys & Girls	1500m
U11/12 Boys & Girls	2000m
U13 - U16 Boys & Girls	3000m

Awards as presented for placing in genders and age groups, handicap races, team events and personal best performances. Every child receives a trophy. There are also a number of theme days such as Mad Hair Day, Footy Day, and Rainbow Day and so on. It is a fun program and we love to see you there.

NOTES:

Special Event Information

Centre Track and Field Championship Weekend
Saturday 17th March 2018 and Sunday 18th March 2018

1. The ***Centre Track and Field Championships*** are held over two consecutive days for Under 7 to Under 16 Age Groups (see WCLAC Calendar for Season 2017/18).
2. **To be eligible to enter children must have competed in at least 4 weekly competition days** up to and including the closing date for entries for Centre Championships.
3. Centre Executive reserve the right to reject entries of children whose parents/guardians have not met their rostered commitments to their clubs throughout the season. (Refer to your clubs helping requirements).
4. Competitors may enter no more than 4 events in their age group. All must enter on the official entry form issued by the Centre, with the fee payable at time of lodgement. Entries must be received by the date specified on the entry form. **LATE ENTRIES WILL NOT BE ACCEPTED.**
5. When completing your entry form please read the instructions carefully. If there is an error or you enter your child in the wrong event, the Executive Committee reserves the right to substitute another event without consulting you. Please understand that each year a large number of incorrect entries are received. It is not practical to make contact with all parents whose children have been incorrectly entered. If you are unhappy with your alternative event you are welcome to withdraw your child and your money will be refunded.
6. Please make your events clear, if you are doing a Walk or a Hurdle please make sure you mark your form clearly. Forms are to remain intact until checked and signed by WCLAC Executive.
7. Championship Weekend cannot run without the support of everyone. It is a condition of each child's entry that their parent/guardian undertakes some rostered duty over the weekend as directed by their club.
8. Parents are **NOT** to enter the track unless they are officiating at an event. If this rule is broken your child could be disqualified.
9. Approved Club Uniform must be worn with the official LA Vic Registration tag attached, intact to the front of the T/Shirt or singlet. Details of the costs and availability of Club Uniform are available from your club. Suitable footwear must be worn. Refer Centre Track & Field Rule 1.7.
10. Any issues on the day should be directed to your **CLUB Team Manager** immediately, who will seek clarification from Executive Committee. **DO NOT** approach anybody in the club rooms as you will be directed back to your club.
11. Place getters in Championships will be awarded Gold/Silver/Bronze medals. Others who competed will receive ribbons in finals only.
12. The Executive Officer/s for the Centre Championships shall be the Director of Special Events, Competition Director, and Arena Manager & Centre President.

Special Event Information (continued)

13. The program will be handed out prior to the competition. Any changes will be at the discretion of the Competition Director and Director of Special Events. Changes may be necessary due to unforeseen circumstances on either day i.e. weather conditions, equipment failure, time delays.
14. Events will run in time blocks as specified on the program. Club Team Managers will be responsible for ensuring that athletes report to their events on time. If a competitor is required to leave a field event to compete in a track event, the Chief Official in charge of the event must be notified by means of a completed "Release form" signed by the Club Team Manager.
15. Depending on the number of entries for each event, competitors will be divided into heats at the discretion of the Special Events Director. The number of athletes progressing from heats to finals will be by the Competition Director and Director of Special. Based on track lanes available.
16. Competitors in field events will be allowed 3 attempts/throws/jumps, except for high jump where competitors will be allowed up to three attempts at each height. Three consecutive failures will deem an end to their competition. Two consecutive baulks will be considered an attempt.
17. Competitors should report to the marshalling area before track events commence. If a competitor does arrive late for a field event, the competitor may still compete providing at least one other competitor has not completed the first round of the event. In the case of track events, a competitor who arrives late and misses out on his/her heat shall not be allowed to run.
18. No protests are permitted.
19. Centre Track & Field rules of competition will apply, with the exception of Field events. Competitors in field events will be entitled to 3 jumps/throws except for high jump where competitors will be allowed up to three attempts at each height. Three consecutive failures will deem an end to their competition. Two consecutive baulks will be considered an attempt
20. **IT IS IMPORTANT THAT YOU REMAIN IN YOUR CLUB AREAS TO ENSURE THAT YOUR CHILD DOES NOT MISS THEIR IF YOU ARE NOT IN YOUR CLUB AREA IT WILL BE YOUR RESPONSIBILTY TO ENSURE THAT YOUR CHILD GETS TO HIS/HER EVENT ON TIME – NOT THE CLUBS.**

Centre Open Days

From time to time other Centres within Little Athletics Victoria hold open days. All registered athletes are invited to compete, usually for a fee. Whittlesea City Uniform or Club Uniform must be worn to open days. Entry forms will be available from the Centre website or LA Vic web site.

Bring a Friend Day

Throughout the season, registered athletes are encouraged to bring friends who are not members. The friends take part in the normal Centre Activities and get a taste for "Little Athletics". Prior to attending competition the friend must complete online registration so they are covered for insurance purposes. They simply select the "Register Only" option. If they decide to join they need to complete payment before attendance at next weekly competition.

LA Vic - State & Region Championships

All enquiries for State and Region Championship events are to be directed to the Centre Team Manager, Mr Craig Chapman 0413 345 504.

Region Track & Field Entries & State Multi Entries are to be submitted via the LAVic Website & paid online via www.lavic.com.au.

Region Multi's and Region Relay Entries are to be submitted via the Whittlesea City Website and paid online via www.whittleseacity.com.au.

Please note: Parents of athletes attending these events will be rostered to assist at our designated events when requested. All tasks are easy and experienced people will explain the roles. Enclosed footwear must be worn when supporting an event.

Athletes competing in Region and State Championship events are required to wear a Centre uniform. Centre Uniforms are available for purchase from the Uniform Manager Heidi Colson.

All information regarding entries, events, rules and eligibility are to be found on the Little Athletics Victoria website @ **www.lavic.com.au**.

Region Relay Championships

Event information will be available on the Centre Web site, your Club, the Centre Team Manager, or in the club rooms. For those of you who are new to little athletics, Region Relays are held for U/9 to U/15 athletes only (U6 - U8's do not compete in relays).

To compete in relays **under 9 to 15 athletes must be available for both the Region and State events** and should be available for training with the team. Training times will be notified by the Centre Team Manager

Region Multi Event Championships

Region Multi's - Sunday 12th November 2017@ Broadmeadows Valley Park, Meadow Heights
To enter this event please visit www.whittleseacity.com.au - this is an U9 - U15 competition.

Event information will be available on the Centre website, your Club, the Centre Team Manager, or in the club rooms.

Athletes can compete in a Multi-event day which comprises of set events at Region Multi's. Northern Metro Region will be running a modified program to the LAVic program. Athletes are awarded points for their performance in each event. At the end of the day, the 3 highest point score's from each age group are awarded medals.

Athletes **do not** need to compete in Region Multi's to be eligible to compete in State Multi's.

Events for REGION Multi-Event Championships (Note. These may not be the same events as at State)

Rules and events for each age group can be downloaded from the Northern Metropolitan Region website access through www.lavic.com.au (Tab – REGIONS) or go to http://www.lavic.com.au/Northern-Metro-Region/NMR-Resources-and-Results and download the PDF file of all the Region competition rules.

LA Vic - State & Region Championships

Whittlesea City Region Multi Athletes bringing home the BERNADETTE BARNETT MEMORIAL TROPHY for the 4th year in a row. Well done team!

State Multi Event Championships

State Multi Event Championships 27th & 28th January 2018
Casey Fields (Entry online at www.lavic.com.au)
This is an Under 9 to Under 15 competition.

Any athlete in the U9 to U15 age group can compete in the State Multi Event; you do not have to qualify this event.

Rules and events for each age group can be downloaded from the Little Athletics Victoria website at www.lavic.com.au (Tab - COMPETITION / CHAMPIONSHIP EVENTS) or go to http://www.lavic.com.au/Competition/Championship-Events and download the relevant information on events for each age group. The Competition Rules and Regulations are also found at this site. **Event Schedule and Registration information will become available closer to the date**

Entry must be done via LA Vic web site by the closing date.

TABLE CODES: X1 – Day1 event X2 – Day 2 -event

2014 Event Tables

BOYS

Discipline	Age Group							
	U9	U10	U11	U12	U13	U14	U15	U16
100m	X	X	X	X	X	X	X1	X1
800m	X	X	X	X	X	X	X2	X2
80mH	X	X	X	X	X			
90mH						X		
100mH							X2	X2
High Jump						X	X2	X2
Long Jump	X	X	X	X	X	X	X1	X1
Discus	X	X	X	X	X	X	X1	X1
Shot Put								X1
Javelin							X2	X2

GIRLS

Discipline	Age Group							
	U9	U10	U11	U12	U13	U14	U15	U16
100m	X	X	X	X	X			
200m						X	X1	X1
800m	X	X	X	X	X	X	X2	X2
80mH	X	X	X	X	X	X		
90mH							X1	X1
High Jump						X	X1	X1
Long Jump	X	X	X	X	X	X	X2	X2
Shot Put	X	X	X	X	X	X	X1	X1
Javelin							X2	X2

Under 6 to Under 8 State Carnival
3rd December 2017 at Doncaster

This year Little Athletics Victoria is introducing an athletic carnival aimed at the every young athlete. The current information suggests it should be a very enjoyable day with a number of activities included beyond normal track and field events.

As further information is released about the day it will be posted on the Centre website. You can also check the Little Athletics Victoria website for updates at www.lavic.com.au

LA Vic - State & Region Championships

Region and State Track and Field Championships

Region: Saturday, 17th February 2018 & Sunday, 18th February 2018
Essendon Athletics Track, Moonee Valley
(Under 9 to Under 15 entry and payment online at www.lavic.com.au)

State: Saturday, 10th March 2018 & Sunday, 11th March 2018
Lakeside Stadium - Albert Park
(Under 9 to Under 15 may progress to State from Region competition)

Rules and events for each age group can be downloaded from the Little Athletics Victoria website at www.lavic.com.au (Tab – COMPETITION / CHAMPIONSHIP EVENTS) or go to http://www.lavic.com.au/Competition/Championship-Events and download the relevant information on events for each age group. The Competition Rules and Regulations are also found at this site.

Entry must be done via LA Vic website by the closing date.

Event Schedule and Registration information will be available closer to the date.

Athletes must attain participation requirements to enter Region and State Track and Field.

There is a fee per event with a maximum of 4 events.

Athletes in U/9-U/15 compete for a spot at State Track & Field to be held at Albert Park on 10th & 11th March 2018.

Qualifying standards apply to high jump and the walks. Check online for this information.

Australian Little Athletics Championships (ALAC) - State Squad

Each year a State Team is chosen from the under 13 and under 15 age groups.

Twenty two U13 athletes make up the final team, and three U15 athletes contest the multi-event championship.

Little Athletics Victoria appoints an ALAC Management team to oversee the State Team activities. This Team consists of a State Coach, a Team Manager and an ALAC coordinator.

The championships are held in a different state each year.

The U15 Multi Event Athletes' are chosen from the Gold and Silver medallists at the State Multi Event Championships.

The U13s are chosen for their rounded ability and maximum point score.

For more information go to www.lavic.com.au

Whittlesea City Athletics Club (Seniors)

Hi there Whittlesea City Little Athletes & Families,

Do you love competing and love athletics or do your watch your child and wish you could give it a try?

Would you like to participate as part of a Team as well as an Individual?

Why not come and have a chat with us about the Athletics Victoria Shield Competition.

This competition is open to athletes of all skill levels between the ages of 12 and 112.

It is not just about running.

There is the Hammer throw.....

High Jump.....

and Shot Put too

For more information please contact:

Robert Rudston-Brown, President on 0404624111

Weights and Measures

WHITTLESEA CITY LITTLE ATHLETIC CENTRE EVENT MATRIX. (INCLUDING WEIGHTS AND MEASURES) v160924

WCLAC	60m	70m	100m	200m	400m	800m	1500m	Walk	60H	80H	90H	100H	200H	300H	LJ	TJ	HJ	JAV	DIS	SHOT
BOYS									cm	cm	cm	cm	cm	cm			cm	g	g/kg	kg
6	S	S	S	S											M1		n/a		350	1.0
7	S	S	S	S											M1		65		350	1.0
8		S	S	S	S				45	45					M1		70		350	1.5
9		S	S	S	S	S		700	45						M2		80		500	2.0
10		S	S	S	S	S		1100	60						M2		90		500	2.0
11			S	S	S	S	S	1100	60						B*	B*	100*	400*	750	2.0
12			C*	C*	C*	S	S	1500	68*						B*	B*	105*	400*	750	3.0
13			C*	C*	C*	S	S	1500		76*			68*		B*	B*	110*	600*	1 kg	3.0
14			C*	C*	C*	S*	S*	1500			76*		76*		B*	B*	115*	600*	1 kg	3.0
15			C*	C*	C*	S*	S*	1500				76*		76*	B*	B*	120*	700*	1 kg	4.0
16			C*	C*	C*	S*	S*	1500				76*		76*	B*	B*	125*	700*	1 kg	4.0
GIRLS																				
6	S	S	S	S											M1		n/a		350	1.0
7	S	S	S	S											M1		60		350	1.0
8		S	S	S	S				45	45					M1		65		350	1.5
9		S	S	S	S	S		700	45						M2		75		500	2.0
10		S	S	S	S	S		1100	60						M2		85		500	2.0
11			S	S	S	S	S	1100	60						B*	B*	95*	400*	750	2.0
12			C*	C*	C*	S	S	1500	68*						B*	B*	100*	400*	750	**2.0**
13			C*	C*	C*	S	S	1500		76*			68*		B*	B*	105*	400*	750	3.0
14			C*	C*	C*	S*	S*	1500		76*			76*		B*	B*	110*	400*	1 kg	3.0
15			C*	C*	C*	S*	S*	1500			76*			76*	B*	B*	115*	500*	1 kg	3.0
16			C*	C*	C*	S*	S*	1500			76*			76*	B*	B*	120*	500*	1 kg	3.0

TRACK EVENTS: **S** – Standing start **C** – Crouch start **.** Athlete disqualified on 2nd individual false start.
u9-u11: NO starting blocks. Must do standing starts for all races.
u12-u16: Must crouch start races up to and including 400m. *Blocks must be used if wearing spikes*

SPIKES - *No needle spikes.* Asterisk (*) indicates spikes may be worn in these events. (u12/13 asterisk events event must be in lanes) .

ATTEMPTS FIELD: **U6/7/8** - two (2) jumps/throws **U9-16** - three (3) jumps/throws - Jav 2 throws **SHOTS:** (1.0-Blue) (1.5 -Yellow) (2.0-Orange) (3.0-White) (4.0-Red)

LONG JUMP: **M1** - mat 1.00mx1.00m **M2** – mat 1.22m x0.5m **B** – board takeoff **Mats only** to be covered with thin sand layer.

TRIPLE JUMP: **M1** - mat 1.00mx1.00m **M2** – mat 1.22m x0.5m **B** – board takeoff **TRIPLE JUMP BOARDS** at 4m, 5m, 6m, 7m, 8m, 9m, 11m, & 13m only

HIGH JUMP: Grid indicates starting height for each age group **Scissor action ONLY** for u6,u7 and u8. (**Note:** u9 scissor only from 2017/18 and u9/u10 from 2018/19)

HURDLES Color Mark/ Flights/Run in – Space - Run out **60H** - 0RANGE/ 6 flights / 12m-7m-13m **80H** - BLACK/ 9 flights / 12m-7m-12m
90H – WHITE / 9 flights / 13m-8m-13m **100H** – YELLOW/ 10 flights / 13m-8.5m-10.5m **200H** - GREEN/5 flights / 20m-35m-50 **300H** - GREEN/7 flights / 50m-35m-50

WHITTLESEA CITY LAC
NOW HAS ITS OWN APP

TEAM APP
Your Team. Your App.

Download our awesome new app now and stay up to date with all the latest information!

Install the Whittlesea City LAC App on your smartphone or tablet now!

Follow these steps:

1. Download Team App from the Apple or Google Play app store.

   Available on the App Store | Google play

2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "Whittlesea City LAC".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to whittleseacitylac.teamapp.com to sign up and view this App online.

Need help?

Contact: Tony Newstead (Secretary WCLAC)
Email: whittleseacity@lavic.com.au
Phone: 0431 665 350

teamapp.com

LA Vic Partners & Official Suppliers

THANKING OUR PARTNERS IN SEASON 2017/18

NATIONAL PARTNER

coles

NATIONAL GOLD PARTNER

Jetstar

STATE GOLD PARTNERS

SUBWAY

OFFICIAL SUPPLIERS

Allegra allegra.com.au

TELSTRA STORE

NORDIC SPORT AUSTRALIA

OTB OUT THERE BRANDING

timing SOLUTIONS

GAME DAY APPAREL

LYON

SUPPORT PARTNERS

Athletics Victoria

VICTORIA State Government

SportsTG Let's Win

TEAM APP

DESIGNATED CHARITY

goodfridayappeal

www.whittleseacitylac.com.au

@Whittlesea City Little Athletics Centre

whittleseacity@lavic.com.au

If you are posting your own photos please use our hastags:

#wclac or #whittleseacitylac