

LITTLE ATHLETICS CENTRE

EDENHOPE

158

Family, Friends, Fun and Fitness

CENTRE HANDBOOK

Season

2014/2015



Edenhope Little Athletics Centre Inc.

<http://www.edenhopelac.com.au>

<https://www.facebook.com/EdenhopeLittleAthletics>

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LITTLE ATHLETICS EDENHOPE CENTRE DETAILS

Centre Name	Little Athletics Edenhope
Location	Edenhope Multisport Facility, 36 Lake Street, Edenhope 3318
Postal Address	PO Box 8, Edenhope 3318
Email Address	edenhope@lavic.com.au
Web Address	www.edenhopelac.com.au
Facebook Address	www.facebook.com/EdenhopeLittleAthletics
Team App	Download 'Team App' from the Apple or Google play store.
Centre Number	158
Colours	white, purple and orange top with navy shorts

CENTRE EXECUTIVE MEMBERS

President	Shane Adams
Treasurer	Nikki Fawell
Secretary	Lynden Fielding

CENTRE COMMITTEE MEMBERS

Chanelle Duggan	Annabel Hawkins	Kym Adams
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CENTRE POSITIONS

Vice President	Chanelle Duggan
Registrar & Assistant Secretary	Nikki Fawell
Chief of Officials	Shane Adams
Results & Records	Kym Adams
Equipment	Kym Adams
Uniforms	Nikki Fawell
First Aid	Chanelle Duggan
Assistant First Aid	Nikki Fawell & Shane Adams
Program	Kym Adams & Nikki Fawell
Cross Country	Shane Adams



CENTRE WELCOME

Little Athletics Edenhope commenced in October 2011. We are now entering our fourth year of operation and welcome you to our 2014/2015 Summer Season.

If you are reading this, then you are now part of an incredible team that had the vision and foresight to produce something special for our kids. We hope you now enjoy the Local program and maybe go on to participate in District, Regional and State level activities.

The Committee

IMPORTANT INFORMATION FOR PARENTS

GETTING STARTED

Registration

The centre competition is open to all children who, *as at the 30th September 2014*, have attained the age of five years and have not turned 16 by that date.

Children who turn five after this date can still register for the 2014/2015 season after their birthday. Please see Nikki Fawell, Registrar, for further clarification or information.

All children must be registered by paying the registration fees. These fees cover our Little Athletics Victoria (LAVic) (\$64.60 per athlete) and Western Country Region (\$63 per Centre) affiliation fees, insurance and facility hire (\$3 per athlete each week to \$1,500 Centre season maximum).

Fee Structure

The fee structure is \$85 for the first child (\$64.60 LAVic / \$20.40 LAEdenhope), \$80 for the second child (\$64.40 LAVic / \$15.40 LAEdenhope), \$75 for the third child (\$64.40 LAVic / \$10.40 LAEdenhope) and then \$70 for each further child (\$64.40 LAVic / \$5.40 LAEdenhope).

Regular Competition Venue, Time & Dates

There are 14 weeks of competition within the Centre. 8 weeks before Christmas and 6 weeks after Christmas. Presentation Day will be on 24th March 2015.

Competitions take place at the Edenhope Multisport Facility (36 Lake Street, Edenhope) on Tuesdays from 5.30 pm to 7.00 pm.

Parental Assistance and Guardianship

We have all experienced being new at Little Athletics and understand a hesitancy to help. Please be assured that you do not require experience in athletics to help out.

Little Athletics is a sport that requires parent/guardian participation to ensure the smooth running of the weekly competition programs. It is vital that parents/guardians participate with equipment set up and pack up and during the event e.g. raking the sand pit for long jump, recording results, timing, assisting with the high jump, adjusting the hurdles, looking after an age group, etc.

There must be a parent/guardian present for each child at every Edenhope Little Athletics Centre weekly competition session in order for the child to participate. Parents/Guardians are responsible for their child(ren), NOT the Edenhope Little Athletics Centre. **Athletes who have no supervising parent/guardian will be instructed to observe only.**

A parent who is unable to be present for the FULL duration of each Edenhope Little Athletics Centre event needs to authorise a responsible adult to act in the capacity of Guardian of their child(ren). The Guardianship Declaration form must be completed, signed by the parent and the guardian and submitted to the Centre President before the child(ren) may participate in a weekly competition.

[CLICK HERE](#) to access the Guardianship Declaration form or go to 'About Us' on Web.

GENERAL INFORMATION

Uniform

Please note that uniforms are compulsory. Each participant must wear a centre uniform polo top with navy shorts and a broad brimmed sun hat during each weekly competition. The cost of the uniform polo top is \$30. Each participant needs to provide navy shorts and appropriate footwear.

Competing at Other Centres

If children are elsewhere in Victoria on holidays and they would like to run with a centre in the area, they may do so by approaching the Centre Secretary.

Registration Patch

The Jetstar patch (sew on) has not been provided by Little Athletics Australia and will be distributed at a later date. In the interim please ensure the IGA patch is removed.

Registration Pack

Items received per member: Registration Bag, Ruler Sweatband, 2 Shoelaces, Registration Patch, Sticker, Achievement Book, McDonald's Voucher *and per family:* Championship Flyer (A5), LAVic Calendar (A3), Parent Information Flyer & Compulsory Uniform Requirements Flyer (A5).

Weather Policy

Cancellation of weekly competition programs can occur throughout the season due to wet weather or excessive heat conditions. The President or his delegate will make this decision by 3.00 pm so that students can be told and know before they head home. The decision to cancel a program is not taken lightly and is made by Centre Executive with the safety of athletes and officials as their prime concern.

On a Tuesday, if you think that the program may be cancelled check the Centre Website Home Page and Facebook Page after 3.00 pm.

First Aid

A qualified first aider will be in attendance at all meetings.

Working with Children Checks

The Working with Children Act 2005 (WWCA) helps protect children from sexual or physical harm by requiring a person who does 'child-related work' to apply for a WWC Check (WWCC). The person's criminal record is screened for serious sexual, violence and drug offences, as well as findings made by certain disciplinary bodies such as the Victorian Institute of Teaching.

People working or volunteering in connection with Little Athletics from July 2009 must have completed a WWCC. It is compulsory for each LA Centre to maintain a register of completed checks. Nikki Fawell is responsible for this task at the Edenhope Little Athletics Centre. The WWCC Check is free. However, you will need to pay for the cost of an ID photo e.g. West Wimmera Shire (\$15).

The following persons' need to obtain a Working With Children Check:

- Committee Members
- Coaches
- Officials and Team Managers
- Volunteers without children at the Centre
- First Aid Officers
- Other roles associated with Regional and State bodies.

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

Western Country Region

Little Athletics Victoria is divided into eight regions – four country and four metropolitan. Little Athletics Edenhope Centre is one of twenty centres in the Western Country Region www.lavic.com.au/Western-Country-Region.

Suggestions

We welcome any ideas that athletes or parents may have. Please submit them to a Committee member.

CODES OF CONDUCT

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 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 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.



LITTLE ATHLETES' CODE OF CONDUCT

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team 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. Your Centre's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre, 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.



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 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 as required by LAVic.
- Avoid use of bad language.

CODES OF CONDUCT

COACHES' CODE OF CONDUCT

- 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.



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 event.
- 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.



POLICIES

HEALTHY FOOD CHOICE POLICY

The Centre is aware that healthy eating is a vital part of good health. We recognize that lifestyle diseases such as heart disease, stroke, certain cancers, non-insulin dependent diabetes and obesity are all associated with the food we eat.

We acknowledge that healthy eating can have an impact on the lives of our members, and that the provision of healthy foods will contribute to better health for all. Enjoying a variety of foods from the different food groups is the key to healthy eating.

The Centre will ensure that a variety of healthy food choices are available for all its activities. This applies to all meetings, competitions, functions and events and to all members, officials, players, volunteers, spectators, visitors and any others taking part in activities.

The following strategies have been adopted to ensure that a variety of healthy food choices are available at all Centre Activities.

1. The Centre canteen (where applicable) will provide a variety of healthy food choices.
2. Healthy food choice will be available at all Centre events and functions.
3. The enjoyment of healthy eating and the role of food in relation to health will be promoted at Centre activities and in Centre publications.
4. Healthy food choices will be displayed more prominently than other foods.
5. Healthy food choices will be priced competitively.
6. The variety of confectionery, potato chips, soft drinks and ice creams will be limited.
7. The Centre will attempt to introduce at least two new healthy food choices to the Centre, each season (as applicable).



SMOKEFREE POLICY

The Centre is aware that smoking endangers health and believes that all Little Athletics venues and function should be SmokeFree. In an open park the venue is defined as “the area inside an imaginary boundary 50 metres from the outside perimeter of the circular track”. **As the Little Athletics Edenhope venue is a schools’ facility, smoking is not allowed anywhere within the school fence boundaries of Edenhope College and St Malachy’s School, including the whole of the Edenhope Multisport Facility.**

The following strategies have been adopted to promote a SmokeFree environment:

1. Cigarettes shall not be sold at any venue used by the Centre.
2. Executive members, coaches and officials shall not smoke in view of the public or athletes during the lead-up to and conduct of Little Athletics events.
3. All Centre meetings and functions shall be SmokeFree.
4. All areas within the Centre will be SmokeFree, including: the toilet blocks, spectator areas, and competing arenas.
5. The Centre will place no smoking signs in prominent positions and remove ashtrays from all no smoking areas.
6. The Centre will ensure that smokers have a place outside the venue or out of public view, where they can smoke, and provide them with ashtrays/bins.
7. Reference will be made to the SmokeFree policy in Centre publications.
8. Regular announcements will be made to ensure that members and visitors are aware of the Centre’s SmokeFree policy. Signs provided by the Association will be placed in the venue.
9. All visitors will be required to observe this policy.

Non-compliance with the policy will be handled by an explanation of the Centre’s SmokeFree policy to the person, including the identification of areas in which smoking is allowed. In the case of continue non-compliance with the policy, Centre officials will use their discretion as to the steps to be taken, which may include asking the person to leave the premises or function.

POLICIES

SUN PROTECTION POLICY

The Centre is aware that children are especially susceptible to the sun's rays and that skin cancer can be prevented.

The following strategies have been adopted:

1. Wherever possible competition and training shall be scheduled outside the hours of 11.00 am and 3.00 pm (daylight saving time).
2. The Centre will maximise the use of natural shade provided by trees and buildings.
3. Individuals will be encouraged to bring their own shade structures to Centre and Region activities.
4. Where possible, portable shade will be provided at all field event venues and track marshalling areas.
5. Officials shall promote the wearing of sun protective clothing: shirts with sleeves and a collar, wide brimmed or legionnaire hats and sunglasses.
6. Athletes will be advised to take umbrellas, drink bottles and sunscreen to events. Hats and sunglasses may be worn during competition.
7. SPF 15+ or higher sunscreen will be promoted and made available by the Centre.
8. Event programs, newsletter and public announcement will be used to maintain awareness of and promote sun protection.
9. Centre officials and coaches will act as sun protection role models.



RESPONSIBLE ALCOHOL MANAGEMENT POLICY

The Centre is aware that alcohol, when misused can cause harm to the drinker and others. A responsible drinking policy has been adopted so as to reduce risks and avoid problems.

The following strategies have been adopted:

1. There will be no sale or consumption of alcohol during the conduct of any Little Athletics events.
2. Where alcohol is consumed at a Centre function the following measures will be taken:
 - (i) Alcohol will not be served to minors, or in front of minors.
 - (ii) Alcohol will not be served to any person who is intoxicated.
 - (iii) Low alcohol and non-alcoholic drinks will be available and promoted.
 - (iv) Water will be available at no cost at functions where alcohol is served.
 - (v) Healthy food options will be available when alcohol is served.
 - (vi) Members who have been drinking will be encouraged to use safe transport options.
3. There will be no alcohol advertising at any venue used by the Centre.
4. The Centre will not accept any alcohol related sponsorship or use alcohol as a prize for fundraising activities.
5. The Centre will comply with Liquor Licensing Victoria (LLV) regulations.



COMPETITION PROGRAM

2014/15

Our competition dates are:

14 th Oct	Program 1	10 th Feb	Program 1
21 st Oct	Program 2	17 th Feb	Program 2
28 th Oct	Program 3	24 th Feb	Program 3
4 th Nov	Melbourne Cup No competition	3 rd March	Program 4
11 th Nov	Program 4	10 th March	Program 1
18 th Nov	Program 1	17 th March	Program 2
25 th Nov	Program 2	24 th March	Presentation Afternoon No competition
2 nd Dec	Program 3		
9 th Dec	Program 4 Christmas Breakup		

EXAMPLE PROGRAM 1 – 2015 PROGRAM WILL BE PUBLISHED ON REGISTRATION FINALIZATION

U/6 B & G	U/7 G	U/8-9 G	U/7-8-9-10 B	U/10 G	U/11-12 G	U/11-12 B	U/13 B
50M	50M	70M	70M	70m	HJ	LJ	SP
LJ	SP	HJ	Disc	LJ	100m	100m	100m
100M	100M	200m	200m	200M	SP	SP	LJ
SP	LJ	Disc	LJ	SP	200M	200m	200m

EXAMPLE PROGRAM 2 – 2015 PROGRAM WILL BE PUBLISHED ON REGISTRATION FINALIZATION

U/6 B & G	U/7 G	U/8-9 G	U/7-8-9-10 B	U/10 G	U/11-12 G	U/11-12 B	U/13 B
60mH	60mH	LJ	SP	TJ	Disc	HJ	Disc
HJ	Disc	60mH	TJ	60mH	LJ	Disc	HJ
DISC	HJ	SP	60mH	HJ	60mH	TJ	TJ
LJ	LJ	Disc	HJ	Disc	SP	60mH	60mH

EXAMPLE PROGRAM 3 – 2015 PROGRAM WILL BE PUBLISHED ON REGISTRATION FINALIZATION

U/6 B & G	U/7 G	U/8-9 G	U/7-8-9-10 B	U/10 G	U/11-12 G	U/11-12 B	U/13 B
100m	100m	100m	100m	SP	TJ	SP	LJ
SP	SP	HJ	Disc	100m	100m	100m	100m
200m	200m	200m	200m	LJ	HJ	LJ	SP
HJ	Disc	SP	LJ	400m	400m	400	400

EXAMPLE PROGRAM 4 – 2015 PROGRAM WILL BE PUBLISHED ON REGISTRATION FINALIZATION

U/6 B & G	U/7 G	U/8-9 G	U/7-8-9-10 B	U/10 G	U/11-12 G	U/11-12 B	U/13 B
60mH	60mH	LJ	SP	TJ	Disc	HJ	Disc
HJ	Disc	60mH	TJ	60mH	LJ	Disc	HJ
DISC	HJ	SP	60mH	HJ	60mH	TJ	TJ
LJ	LJ	Disc	HJ	Disc	SP	60mH	60mH

CENTRE AWARDS

AGGREGATE AWARD

Aggregate Awards are presented to athletes in each age group who accumulate the most points throughout the season and can be achieved by any competitor whether they are a champion or someone who attends regularly.

4 points for a 1st placing

3 points for a 2nd placing

2 points for a 3rd placing

1 point is allocated for each event completed



PERSONAL BEST AWARD

Personal Best Awards are presented to athletes in each age group who accumulate the most personal bests throughout the season. A personal best is an improvement in any event over the previous best for that event.

ATTENDANCE

Athletes must attend 70% of available Centre meetings to be eligible for Aggregate and Personal Best Awards.



DUAL REGISTRATION

Athletics Victoria & Little Athletics Victoria



Athletics Victoria (AV) and Little Athletics Victoria (LAVic) have designed a transitional program for young athletes to introduce them to a senior club and competition structure.

Athletes in the U12 – U15 age groups can take advantage of this program. You can compete as an invited athlete, trying out the competition before you join. Athletes compete in their Little Athletics uniform.

The AV membership year runs from 1st April to 31st March each year. Registration forms are available from the AV website <http://www.athsvic.org.au/>.

COMPETITION RULES

SHOT PUT AND DISCUS

Competitors must not place their feet outside the ring while throwing. Competitors must leave from the back half of the ring. Breach these rules and it will be classed as a no throw. In shot put, the shot must be put from the neck and not released as a throw.



Shot Put Weights

Age	Boys	Girls
U6	1 kg	1 kg
U7	1 kg	1 kg
U8	1.5 kg	1.5 kg
U9	2 kg	2 kg
U10	2 kg	2 kg
U11	2 kg	2 kg
U12	3 kg	2 kg
U13	3 kg	3 kg
U14	4 kg	3 kg
U15	4 kg	3 kg
U16	4 kg	3 kg



Discus Weights

Age	Boys	Girls
U6	350 g	350 g
U7	350 g	350 g
U8	500 g	500 g
U9	500 g	500g
U10	500 g	500g
U11	750 g	750 g
U12	750 g	750 g
U13	1 kg	750 g
U14	1 kg	1 kg
U15 – U16	1 kg	1 kg

HIGH JUMP



Jumpers must jump off one foot only, in either a scissor style jump or Fosbury Flop. Height is measured via the middle of the bar.

Starting Heights

Age	Boys	Girls
U6	40 cm	40 cm
U7	50 cm	50 cm
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 m	1.00 m
U14	1.15 m	1.10 m
U15 – U 16	1.25 m	1.20 m

JAVELIN

The javelin must be thrown with one hand and land with the point of the javelin touching the ground first and making a mark. If this does not happen, it will be classed as a 'no throw'.



Javelin Weights

Age	Boys	Girls
U11	400 g	400 g
U12	400 g	400 g
U13	600 g	400 g
U14	600 g	400 g
U15	600 g	500 g
U 16	700 g	500 g

COMPETITION RULES

LONG JUMP

You will take a run up and take off one foot from or before the mat or board and land on both feet. If your take off foot goes over the front of the mat or board it will be a “no jump”. Distance is measured from the front of the foot or board to back mark in the sand.

Mat & Board Size

Mat size	U6 – U8	1.2 m x 1,0 m
	U9 – U11	1.2 m x 0.5 m
Board size	U12 – U15	1.2 m x 0.2 m

TRIPLE JUMP

Similar to Long Jump. This is a hop, step and jump. Aim for an even rhythm through the three phases. The knee of the lead leg is held high in the step phase.



SPIKES

Spikes are permitted for U12 to U15 age groups in events up to and including 400 m. Spike must be conical or pyramid and blocks must be used for all starts where spikes are worn. U14 and U15 athletes may wear spikes in the 800 m and 1500 m events.

STARTING

Crouch starts are **compulsory** for all athletes from U12 to U15 in all track events up to and including 400 m. Athletes must have one knee on the ground in “on the marks” position. Blocks are available for athletes’ use.

HURDLES



Hurdling must be thought of as a sprint race over obstacles. There are nine hurdles in some under-aged events and five in Little Athletics races under the age of 12 years. The hurdle action is one continuous movement with the aim being to reach the ground in a sprint position as quickly as possible.

Hurdle Heights

Age	Boys	Girls
U6	30 cm	30 cm
U7 – U9	45 cm	45 cm
U10 – U11	60 cm	60 cm
U12	68 cm	68 cm
U13 – U 15	76 cm	76 cm

300m Hurdles Boys/Girls = 68 cm

LANES

Competitors must stay in their lanes for laned events.

FINISH LINE

Timing is taken from the start of the gun to the athlete’s chest crossing the finish line.



REGION & STATE CHAMPIONSHIPS

WESTERN COUNTRY REGION: <http://www.lavic.com.au/Western-Country-Region/WCR-Events>

23 November Relays North Park, Stawell
21/22 February Track & Field Llanberris Reserve, Ballarat



STATE: <http://www.lavic.com.au/Calendar>

13 December Relays Lakeside Stadium, Albert Park
18 – 21 January Junior Development Squad Camp Ormond College, Melbourne
31 Jan – 1 Feb Multi Event Moe Age groups with more than 5 events conducted over 2 days: U14 – 6 events, U15 7 events & U16 – 8 events
28 – 29 March Track & Field Lakeside Stadium, Albert Park
July date tbc Cross Country venue tbc



Events available:	MAXIMUM OF 4 EVENTS CAN BE ENTERED
U6 – U8 AGE GROUPS	<i>to be advised</i>
U9 & U10 AGE GROUPS	70m, 100m, 200m, 400m, 800m, 60m hurdles, 80m hurdles, 1100m walk, long jump, triple jump, high jump, shot put, discus
U11 & U12 AGE GROUPS	70m, 100m, 200m, 400m, 800m, 1500m, 60m hurdles, 80m hurdles, 1500m walk, long jump, triple jump, high jump, shot put, discus, javelin
U13 & U15 AGE GROUPS	100m, 200m, 400m, 800m, 60m hurdles, 80m hurdles (13G&B, 14G), 90m hurdles (14B, 15G), 100m hurdles (15B), 300m hurdles, 1500m walk, long jump, triple jump, high jump, shot put, discus, javelin

Those Athletes that qualify from Regions in the U9 – U15 age groups will go on to compete at the State Track & Field Championships.

All age groups can enter, but only U9 – U15 can progress to State.

There is a minimum participation requirement set out in the VLAS Regulations

Minimum Participation Requirements

An athlete who wishes to compete in either Track & Field or Multi Event Championships shall have competed in at least 50% of the available normal centre competitions since the date of registration.

Additionally, an athlete is expected to have participated in 50% of the available events on each competition day.

Furthermore, the minimum number of competition meetings competed in shall not be less than two prior to the closing date of entries.

Entry Conditions

- **Parents of athletes MUST complete a duty as an official on each of the days their child competes.**
- Athletes must be registered with Edenhope Little Athletics Centre.
- Edenhope Little Athletics Centre uniform must be worn.

Failure to agree to this condition may eliminate the athlete from competing.



TROPHY AWARDEES 2013/2014 SEASON

PERSONAL BEST WINNERS

Under 6
ISABEL PAYNE

Under 7
SIENNA BULL

Under 8
MOLLY PAYNE

Under 9
THOMAS BARNES

Under 10
IMOGEN HOLLIS

Under 11
CLEMENTINE LEES

Under 12
ANGUS CALDOW

Under 13
JACOB DUGGAN



AGGREGATE WINNERS

Under 6 Girls
HUNTER ADAMS

Under 6 Boys
RYLEY MUNRO

Under 7 Girls
MATTEA HOLLIS

Under 8 Girls
TRINITY HOLLIS

Under 8 Boys
ADAM HOOD

Under 9 Girls
EDWINA LEES

Under 9 Boys
RORY CALDOW

Under 10 Girls
ISABELLA HAWKINS

Under 10 Boys
CHARLEY FALLA-JONES

Under 11 Girls
GEORGIA BAXTER

Under 12 Girls
PENELOPE LEES

Under 12 Boys
JEREMY TODD

Under 13 Boys
HENRY HAWKINS

The 2013-2014 Quiet Achiever Award was donated by Cheryle and Tony Williams, Cheryle's Coffee Blitz, and includes payment of the next season's registration fees.

Cheryle and Tony's association with Little Athletics goes back many years to when their own children participated.

The 2013-2014 Club Personal Best Champion award trophy was donated by Nicole Robinson.

QUIET ACHIEVER

RACHEL DUGGAN

CLUB PERSONAL BEST CHAMPION

HENRY HAWKINS

CENTRE RECORDS

70M

U8 Girls	Isabella Hawkins: 11.90
U8 Boys	Adam Hood: 10.94 NEW
U9 Boys	Rory Caldow: 11.12 NEW
U9 Girls	Georgia Baxter: 12.46
U10 Girls	Isabella Hawkins: 10.36 NEW
U10 Boys	Charley Falla-Jones: 11.00 NEW
U11 Girls	Penelope Lees: 12.45
U11 Boys	Samuel McDonald: 11.49

100M

U6 Girls	Trinity Hollis: 19.53
U6 Boys	Marcus Ferluga: 20.82
U7 Girls	Edwina Lees: 19.08
U7 Boys	Rory Caldow: 18.94
U8 Girls	Isabella Hawkins: 17.34
U8 Boys	Joe Cooper: 16.63
U9 Boys	Rory Caldow: 16.28 NEW
U9 Girls	Isabella Hawkins: 17.87
U10 Girls	Isabella Hawkins: 16.22 NEW
U10 Boys	Charley Falla-Jones: 15.96 NEW
U11 Girls	Georgia Baxter: 16.40 NEW
U11 Boys	Angus Caldow: 15.99
U12 Girls	Tiffany Cardnell: 14.94
U12 Boys	Corey Williams: 14.34
U13 Girls	Tiffany Cardnell: 14.68
U13 Boys	Corey Williams: 13.75
U14 Girls	Jasmine Derrington: 14.75
U15 Boys	Sam McClure: 11.80
U16 Boys	Sam McClure: 12.62

200M

U6 Girls	Trinity Hollis: 49.38
U6 Boys	Josh Robinson: 46.65 NEW
U7 Girls	Sienna Bull: 43.15 NEW
U7 Boys	Sam Caldow: 43.24
U8 Girls	Isabella Hawkins: 38.07
U8 Boys	Adam Hood: 36.47 NEW
U9 Girls	Georgia Baxter: 39.46
U9 Boys	Rory Caldow: 35.82 NEW
U10 Girls	Isabella Hawkins: 35.52 NEW
U10 Boys	Charley Falla-Jones: 34.72 NEW
U11 Girls	Georgia Baxter: 36.53 NEW
U11 Boys	Jeremy Todd: 35.77
U12 Girls	Sharni Julian: 35.40
U12 Boys	Corey Williams: 30.96
U13 Girls	Jasmine Derrington: 33.50
U13 Boys	Lachlan Middleton: 30.72
U14 Girls	Jasmine Derrington: 32.28
U15 Boys	Sam McClure: 25.06
U16 Boys	Lachlan Rokebrand: 32.30

400M

U9 Girls	Isabella Hawkins: 1.36.51
U9 Boys	Joe Cooper: 1.30.22
U10 Girls	Isabella Hawkins: 1.31.02 NEW
U10 Boys	Joe Cooper: 1.30.22
U11 Girls	Georgia Baxter: 1.24.85 NEW
U11 Boys	Samuel McDonald: 1.41.68 NEW
U12 Girls	Paschale Sheriff: 1.32.48
U12 Boys	Corey Williams: 1.15.79
U13 Girls	Tiffany Cardnell: 1.19.80
U13 Boys	Lachlan Middleton: 1.11.38
U14 Girls	Jasmine Derrington: 1.19.18
U15 Boys	Sam McClure 56.71
U16 Boys	Sam McClure: 59.21

TRIPLE JUMP

U7 Boys	Oluwatosin Ogunaye: 3.10 NEW
U8 Boys	Adam Hood: 5.81 NEW
U9 Girls	Imogen Hollis: 5.52
U9 Boys	Joe Cooper: 6.15
U10 Girls	Lavinia Fox: 7.82
U10 Boys	Kane Williams: 7.04
U11 Girls	Georgia Baxter: 6.74 NEW
U11 Boys	Jeremy Todd: 6.54
U12 Girls	Paschale Sheriff: 7.03
U12 Boys	Angus Caldow: 6.90
U13 Boys	Corey Williams: 8.94
U13 Girls	Tiffany Cardnell: 7.96
U16 Boys	Sam McClure: 11.22

DISCUS

U6 Girls	Hunter Adams: 7.52 NEW
U6 Boys	Josh Ryan: 10.90
U7 Girls	Madison Munn: 9.54 NEW
U7 Boys	Brock Summerhayes: 18.10
U8 Girls	Imogen Hollis: 10.70
U8 Boys	Adam Hood: 16.76 NEW
U9 Girls	Imogen Hollis: 14.25
U9 Boys	Rory Caldow: 15.30 NEW
U10 Girls	Rachel Duggan: 15.67 NEW
U10 Boys	Tyler Hateley: 14.31
U11 Girls	Georgia Baxter: 12.27 NEW
U11 Boys	Angus Caldow: 15.37
U12 Girls	Paschale Sheriff: 14.25
U12 Boys	Henry Hawkins: 17.40
U13 Girls	Tiffany Cardnell: 17.89
U13 Boys	Henry Hawkins: 20.96 NEW
U14 Girls	Jasmine Derrington: 13.25
U15 Boys	Sam McClure: 28.96
U16 Boys	Sam McClure: 32.45

CENTRE RECORDS

HIGH JUMP

U6 Girls	Hunter Adams: 0.80 NEW
U6 Boys	Josh Robinson: 0.80 NEW
U7 Girls	Sienna Bull: 0.87 NEW
U7 Boys	Brock Summerhayes: 1.02
U8 Girls	Imogen Hollis: 0.95
U8 Boys	Rory Caldwell/Adam Hood*: 1.00 * NEW
U9 Girls	Georgia Baxter/Imogen Hollis: 1.05
U9 Boys	Rory Caldwell: 1.11 NEW
U10 Girls	Georgia Baxter: 1.19
U10 Boys	Kane Williams: 1.15
U11 Girls	Georgia Baxter: 1.23 NEW
U11 Boys	Angus Caldwell: 1.20
U12 Girls	Tiffany Cardnell: 1.17
U12 Boys	Wyatt Tucker: 1.30
U13 Girls	Jasmine Derrington: 1.35
U13 Boys	Corey Williams: 1.37
U14 Girls	Jasmine Derrington: 1.37
U15 Boys	Sam McClure: 1.66
U16 Boys	Sam McClure: 1.67

60MH not yet up-dated for 2013/2014

U6 Girls	Trinity Hollis: 13.21
U6 Boys	Darcy Sambell: 11.84
U7 Girls	Trinity Hollis: 10.21
U7 Boys	Sam Caldwell/Rory Caldwell: 12.28
U8 Girls	Amber McClure: 12.12
U8 Boys	Joe Cooper: 11.31
U9 Girls	Georgia Baxter: 11.41
U9 Boys	Kane Williams: 11.40
U10 Girls	Lavinia Fox: 12.15
U10 Boys	Cody Honner: 11.02
U11 Girls	Penelope Lees: 14.18
U11 Boys	Angus Caldwell: 12.37
U12 Girls	Tiffany Cardnell: 10.93
U12 Boys	Henry Hawkins: 12.43
U13 Girls	Jasmine Derrington: 10.56
U13 Boys	Corey Williams: 11.59
U14 Girls	Jasmine Derrington: 11.18
U15 Boys	Sam McClure: 9.81
U16 Boys	Lachy Rokebrand: 10.59

JAVELIN

U12 Girls	Sacha McDonald: 14.00
U12 Boys	Wyatt Tucker: 19.75
U13 Girls	Jasmine Derrington: 10.45
U13 Boys	Lachlan Middleton: 17.60
U14 Girls	Stefanie Bull: 11.12
U15 Boys	Lachlan Rokebrand: 25.50

SHOT PUT

U6 Girls	Hunter Adams: 4.40 NEW
U6 Boys	Josh Ryan: 4.20
U7 Girls	Trinity Hollis: 4.30
U7 Boys	Brock Summerhayes: 6.50
U8 Girls	Edwina Lees: 4.87
U8 Boys	Adam Hood: 5.55 NEW
U9 Girls	Edwina Lees: 5.43 NEW
U9 Boys	Thomas Barnes: 5.95 NEW
U10 Girls	Tahlia Cardnell: 6.14 NEW
U10 Boys	Kane Williams: 5.88
U11 Girls	Georgia Baxter: 5.66 NEW
U11 Boys	Adrian Ferluga: 5.91
U12 Girls	Sacha McDonald: 7.43
U12 Boys	Corey Williams: 6.40
U13 Girls	Jasmine Derrington: 6.09
U13 Boys	Lachlan Middleton: 7.61
U14 Girls	Jasmine Derrington: 6.57
U15 Boys	Xarn O'Brien: 10.40
U16 Boys	Sam McClure: 11.70

LONG JUMP

U6 Girls	Trinity Hollis: 2.25
U6 Boys	Ryley Munro: 2.13 NEW
U7 Girls	Trinity Hollis: 2.41
U7 Boys	Brock Summerhayes: 3.07
U8 Girls	Edwina Lees: 2.85
U8 Boys	Adam Hood: 3.34 NEW
U9 Girls	Georgia Baxter: 3.60
U9 Boys	Joe Cooper: 3.26
U10 Girls	Isabella Hawkins: 3.32 NEW
U10 Boys	Kane Williams: 3.70
U11 Girls	Georgia Baxter: 3.61 NEW
U11 Boys	Jeremy Todd: 3.20
U12 Girls	Tiffany Cardnell: 3.48
U12 Boys	Corey Williams: 3.95
U13 Girls	Jasmine Derrington: 3.78
U13 Boys	Lachlan Middleton: 4.27
U14 Girls	Jasmine Derrington: 4.10
U15 Boys	Sam McClure: 5.42
U16 Boys	Sam McClure: 5.59

50M

U6 Girls	Trinity Hollis: 9.97
U6 Boys	Ryley Munro: 10.81 NEW
U7 Girls	Edwina Lees: 9.59
U7 Boys	Rory Caldwell: 9.29

800M

U13 Boys	Lachlan Middleton: 2.51.00
U15 Boys	Sam McClure: 2.34.10

SPONSORS & DONORS



Horsham

There will be further acknowledgement online and to members, as Sponsorship & Donation Pledges for the 2014/2015 season are received and finalized. Thank you to all for your generosity.

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