

ST GEORGE LITTLE ATHLETICS CENTRE INC



2018/19 HANDBOOK

Issue: 22 February 2019



ST GEORGE LITTLE ATHLETICS CENTRE INC

On behalf of your Committee, welcome to the 2018/19 season of Little Athletics. We wish you every success and much enjoyment. See you around the Track!

Theo Latanis
President

coles



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YOUR COMMITTEE FOR SEASON 2018/19

Executive Committee

President	Theo Latanis	0414 920 008
Vice President	Avinash Sharma	
Secretary	Geoff Lindner	0414 559 310
Treasurer	Michelle Venturino	
Registrar	Cathy Hollamby*	0404 361 747

* Child Protection Officer

General Committee

Competition & Records	Avinash Sharma	0403 428 998
Championships Officer	Fleur Franich	
Officer for Officials	Karen Tuqiri**	0418 402 528
Coaching Co-ordinator	Samantha Latanis*	0413 433 253
Equipment/Grounds Officer	Andrew MacPherson**	
Uniforms Officer	Michelle Carati**	
Publicity / Sponsorships	Samantha Latanis & Geoff Lindner	
Canteen		
Supporters:	Elise Beck	
	Chris Mitchell	
	Matthew Murdock	
	Lisa Rios	
	Anna Rizzi	
	Lynne Whatman	

* Child Protection Officer

** First Aid Officer

Committee for the Construction of a New Athletics Track

Chair	Geoff Lindner	
	Lynne Whatman	
Consultant	Wendy Cook	

STAYING IN TOUCH

You can connect with St George Little Athletics Centre through the following channels:

Website: www.stgeorgelac.org.au
Email: info@stgeorgelac.org.au
Team App: <https://stgeorgelac.teamapp.com/>
Facebook: www.facebook.com/stgeorgelittleathletics
Instagram: www.instagram.com/stgeorgelac/

COMMUNICATION WITH MEMBERS

“Team App” is our primary tool for communicating with parents. **All parents are asked to install the app if they have a compatible mobile device.** Appropriately used (notifications enabled in the device & in the App), Team App provides enhanced communication capabilities for the club and for members. This brochure explains how to install the app and connect with St George Little Athletics.

ST GEORGE LAC HAS ITS OWN ‘TEAM APP’



Download our awesome app now and stay up to date with all the latest news, receive newsletters and gain easy access to our on-line results system.

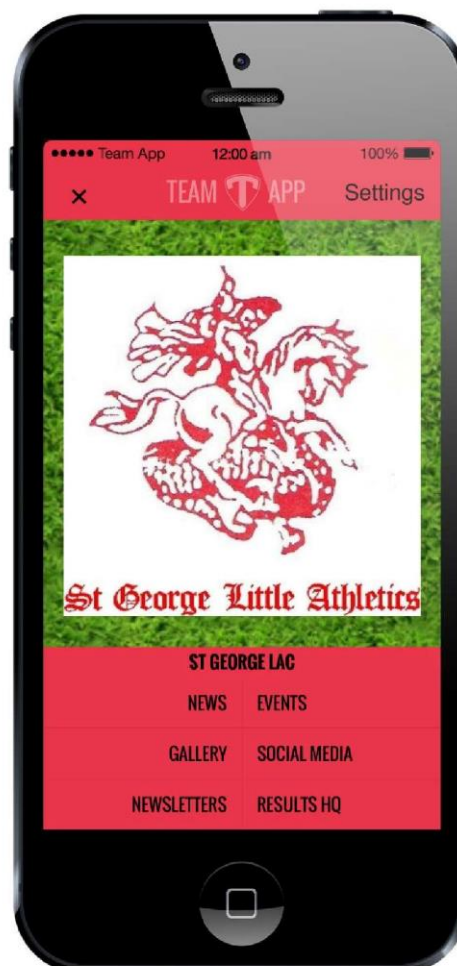
Install the St George LAC App on your smartphone or tablet now!

Follow these steps:

1. Download ‘Team App’ from the Apple or Google Play app store.
2. Sign up to Team App in your own name*. [If using an iPad, you may need the screen in ‘portrait’ mode to see the Login/Signup buttons.]
3. You will receive an email asking you to confirm your registration.
4. Return to Team App and log into the App and search for “St George LAC”.
5. Tap “Become a member of this team” and then choose your access group eg. “Parents and Friends”.
6. Check your phone settings allow Notifications for Team App, and Go to Settings (in Team App) and ensure Notifications are “Enabled”.

* All parents/guardians of athletes can and should sign-up!

Note: If you’re already a Team App user (e.g. for another sport), you can skip steps 1 to 3.



Need help? Email us at:
Info@stgeorgelac.org.au



St George Little Athletics Centre

2018/19 Season – Calender of Events



	September	October	November	December	January	February	March
Week 1	7	5 Friday Night Competition 1 Oct: Training Clinic 8 Oct: Training Clinic	2 Friday Night Competition 4 Nov: Trans-Tasman Trials (Campbelltown)	7 Friday Night Competition 30 Nov – 2 Dec: Zone Carnival Barden Ridge	4 Friday Night Competition* * Possible mini-Gala Evening	1 NO Friday Night Competition 2 – 3 Feb: Regional Carnival (Barden Ridge)	1 NO Friday Night Competition 2 – 3 Mar: State Multis (Dubbo)
Week 2	14 Friday Night Competition * * First Night of the Season	12 Friday Night Competition	9 Friday Night Competition	14 Friday Night Competition	11 Friday Night Competition 13 Jan: Trans-Tasman Challenge (Campbelltown)	8 Friday Night Competition	8 Friday Night Competition
Week 3	21 Friday Night Competition	19 Friday Night Competition	16 Friday Night Competition 17/18 Nov: State Relays (Sydney Olympic Park)	21 NO Friday Night Competition 21 Dec: Training Clinic	18 Friday Night Competition	15 Friday Night Competition	15 NO Friday Competition 16 – 17 Mar: State Championships (Sydney Olympic Park)
Week 4	28 Friday Night Competition	26 Friday Night Competition	23 Friday Night Competition	28 NO Friday Night Competition	25 Friday Night Competition	22 Friday Night Competition	22 Friday Night Competition* * Last Night of the Season
Week 5	----	----	30 NO Friday Competition 30 Nov – 2 Dec: Zone Carnival (Barden Ridge)	----	----	----	29

Dates subject to change – please check LANSW.com.au and keep an eye on our Team App  for updates or email info@stgeorgelac.com.au

ABOUT LITTLE ATHLETICS

BEGINNINGS

The concept of Little Athletics was the brain-child of Trevor Billingham and the first competition started in the 1960s in Victoria and commenced in NSW in 1968.

Little Athletics is a uniquely Australian sport for children aged 5-16 years. As the name suggests, it is based upon the sport of athletics (track and field) and the events are specially modified to suit the ages and abilities of children. A wide range of running, jumping, throwing and walking events is conducted.

Athletics provides a foundation for all sports. It offers young people activities and skills that will stand them in good stead for their sporting future.

Each year across NSW, approximately 40,000 boys and girls enjoy the activities that Little Athletics has to offer.

The track & field-based competition is conducted throughout the summer sports season and the events include (not all centres offer all events, and specific events are age-dependent):

TRACK

Sprints	- 50m, 70m, 100m, 200m, 400m
Distance	- 300m, 500m, 700m, 800m, 1500m, 3km
Hurdles	- 60mh, 80mh, 90mh, 100mh, 110mh, 200mh, 300mh
Walks	- 700m, 1100m, 1500m

FIELD

Jumps - Long Jump, Triple Jump, High Jump

Throws - Shot put, Discus, Javelin

During winter some centres operate cross country events – at St George Little Athletics, we encourage athletes interested in cross country to run with our senior club, St George District Athletic Club.

PHILOSOPHY

The philosophy for the Little Athletics movement is summed up in the slogan:

“LITTLE ATHLETICS... FOR... FAMILY... FUN... and... FITNESS”.

MISSION

The mission statement of Little Athletics NSW is: “[We] aspire to provide the community with recreational athletics activities that contribute to the healthy development of our children. Such activities will promote:

- Fun
- Fitness
- The development of skills
- The building of character and self-esteem
- The fostering of good sportsmanship in a safe, positive, family-friendly and inclusive environment.”

St George Little Athletics Centre adopts this Mission Statement as its own.

FAMILY – FUN - FITNESS

Little Athletics is a community-oriented organisation which enables the entire family to do something together.

Parents are involved in the program as voluntary helpers or officials. They share in many experiences with the children.

Little Athletics provides a vital communication bridge between parent and child. This link can have benefits far beyond the years spent in the centre. Society has, increasingly, produced subtle and damaging pressures on family and community relationships. The FAMILY CONCEPT approach to programming counteracts those pressures.

All children like fun! The weekly competition at St George Little Athletics provides fun through participation in an enjoyable sport, in a relaxed environment, with friends in the same age group.

Our community is increasingly aware of the value of physical fitness, particularly in the fight against obesity. A fit body contributes to an alert mind and a decrease in the incidence of injuries and physical ailments.

Fitness gained and maintained through an athletics program over the summer months can have a significant spin-off benefit for participation in the popular winter sports – football, netball, rugby and so on.

With FAMILY involvement... FITNESS can be... great FUN!

SENIOR CLUB

Athletes in the U12 to U17 age groups when registering with a *Little Athletics* Centre are automatically 'Dual Athletes' and are also registered to compete in "Athletics NSW" events if they so choose.

Athletes may choose *which* Senior Athletics Club they wish to join at the time of registering or subsequently. **St George District Athletic Club** is our recommended Senior Athletics Club.

Athletes younger than the U12 age group are also welcome to run with SGDAC but are not 'Dual Athletes'. Athletes may participate in club only runs as a Community Runner or also in Athletics NSW events (where the youngest age group is U12), where SGDAC pays \$30 of their Athletics NSW registration fee.

If you wish to find out more about senior athletics, here are the contact details:

David Kistle - SGDAC Secretary
Ph: 0438 246 363
secretary@sgdac.org
website: www.sgdac.org

REGISTRATIONS & UNIFORMS

REGISTRATIONS

Registration fees are set out in the [FAQ](#) section of our website. Please note that registration fees are collected by Little Athletics NSW and, in general, are *not* refundable.

The "normal" registration period runs from 1 August to 31 August however we do accommodate late registrations. All registrations (including payment) must occur on-line and those registering late or unable to collect their bib numbers and age patches on either 24 or 31 August may do so at the Olds Park clubhouse on

competition nights (but **not** our first night, Friday 14th September) between 5:30 and 6:00pm. We typically close registrations in January.

UNIFORMS

Correct uniform must be worn, and this is a requirement for recognition of a Ground Record. Uniform prices are set out in the [FAQ](#) section of our website as are the times when they may be purchased.

Registration numbers must be attached to the centre front of tops. The Age Patch is to be attached to the left front side of the uniform such that it is always visible. The Coles sponsor patch is placed on the top right hand side of tops. (Left & Right with respect to the wearer.)

The following photos show correct presentation of the uniform including placement of the various patches.



Uniform u6 – u11



Uniform u12 – u17

SHOES

Shoes must be worn at all times during competition events. Athletes in the U11 and above age groups may wear spikes if they choose, but this is by no means necessary. The following rules apply to spikes worn at St George Little Athletics Centre events:

- For Track Events, spikes may only be worn in events conducted fully in lanes (100, 200m, 400m and Hurdles);
- They may be worn during Long Jump, Triple Jump, High Jump and Javelin;
- Note that different spikes are made for grass vs synthetic surfaces – be sure you have the appropriate variant;
- Spikes must be removed and replaced with ordinary shoes at the end of a race or when completing the applicable Field Event;
- *Spikes are not to be worn anywhere except at the Track and at the nominated Field Events.*

Spikes can be hazardous. They must be carried in a protective spike bag.

VOLUNTEERS, PARENT HELPERS & OFFICIALS

Little Athletics is an amateur sport, organised and overseen at the club level by volunteers.

We cannot deliver our multi-event program without the assistance of parent helpers, and every parent makes a commitment, in the course of registering their children, to volunteer as a helper. Please respond generously – many hands really do make light work!

The following sections outline some of the many roles open to you to help in the delivery of the program.

AGE MANAGERS

Each Age Group / Gender (or a set of Age Groups where numbers are small) is assigned an Age Manager (which role may be shared between 2 people). The Age Manager's role is to:

- Sign in at the Volunteer table and collect the Age Folder before the session starts and wear an identifying fluoro vest.
- Stand at the cone for your age group and take the role as children arrive.
- Set-up Age Manager Assistants with necessary instructions and resources.
- Get to know the children by name and encourage their progress.
- Lead the age group through their scheduled program of events for the evening
- Oversee the recording of Field Events each week
- Finish any paperwork and return the folder to the Volunteer table.
- Provide the link between the Committee and your age group.

AGE MANAGER'S ASSISTANTS

Age Manager's Assistants assist the Age Manager in guiding a group of children (typically including their own child) through their events. Depending on your child's event program that evening, you may be involved in organising children at the track start and/or finish line, spiking or measuring throws & jumps, raking sand, retrieving throwing implements, setting up hurdles, etc. This provides a great way to be involved with your child's sporting activity. The Age Manager's Assistants role is to:

- Sign in at the Volunteer table before the session starts and wear the identifying vest.
- Report to the Age Manager to see what assistance they require for the evening.
- Assist at Events as required (e.g. measuring and recording)
- Provide 'crowd control' of the children
- Supervise bathroom breaks

Each Age Group requires typically 3 Assistants, and *an age group without enough Assistants will not be able to commence their events.*

OTHER ROLES

We ask parents to help **setup** equipment each evening and this needs to be completed prior to 6pm. We will roster Age Groups to help with setup and if your child's group is rostered for set-up, please arrive by 5:15pm. Assistance in packing up equipment at the end of the evening will also be greatly appreciated. Members of the Committee will guide Setup and Pack up tasks.

Other duties you may be interested in assisting with include the Canteen, BBQ cook, Data Entry and Race Starters.

We understand the diverse range of backgrounds, skills and experience that our parents can bring to Little Athletics. There is a place for everyone. Please reach out to any of the Committee Members if you can see an opportunity to assist in the running of our Centre. Help is always appreciated.

EVENT OFFICIALS

Officiating at most events is not difficult and we run sessions prior to the season commencing (and subsequently as required) to explain what's involved. Several of the Committee Members hold qualifications and provide support and guidance to parents assisting at events.

There is a great deal of online information available about the proper conduct and judging of events including [Event Guides](#), and easy to complete **on-line programs** for parents wishing to gain knowledge about officiating in a formalised manner. The "[Australian Athletics Officials Education Scheme](#)" (AAOES) is a joint initiative of Athletics Australia and Little Athletics Australia and delivers comprehensive training for athletics officials. *The needs of club and school athletics are met by the basic or "[Level 1](#)" component of this program* – which is delivered by very short on-line modules. Our entire Program of Events at St George Little Athletics is well covered by 8 courses. Why not consider undertaking just 1 or 2 of these courses – each takes perhaps 90 minutes or so. You'll find the added knowledge & confidence gained makes assisting your children and officiating so much more rewarding!

ARRANGEMENTS AT OLDS PARK

PARKING

The most convenient parking is the council parking area accessed via Holley Rd & Olds Park Lane, and adjacent to the Olds Park Sports Club parking area.

Parents must not drive beyond the car park and enter the grassed area or playing fields. Only authorised vehicles may enter.

SIGN-IN / OUT

Arrive at Olds Park for each competition night at about 5:45pm. Your first port of call will be to locate the "Age Mgr" for your child's age group & sign your child in.

At the completion of the night's events for your child's age group, please 'collect' your child(ren) and "sign-out" to indicate that you have done so.

It is a requirement that a parent (or guardian) remains at Olds Park from "sign-in" to "sign-out". If a child is found to be without a parent at the park, the parents will be called to collect the child.

AGE GROUPS MEET UP

By 5:55pm, all athletes should have assembled with their Age Manager. Keep an eye out for a flag pole showing your child's Age Group number.

SPECTATORS

Spectators must avoid transgressing into areas used for field events, and if entering the main oval, must remain within the designated viewing area(s). While parents might like to run beside their younger children during races – this is not permitted.

The only persons to be moving about the main oval (which is where Track events are conducted) are athletes & their Age Managers / Assistants moving to or from their Event, and the Track Officials & their assistants conducting track events.

Parents must provide adequate supervision of young children not competing and in their care for the evening.

In the interest of safety, and the orderly conduct of events - please comply with these restrictions.

CANTEEN

A canteen & BBQ operates during Friday evening competitions and provides cold drinks, hot foods and various snacks. This is an important source of funding for the club and we appreciate your support.

HEALTH & SAFETY

ALCOHOL / SMOKING

It is a requirement that **no alcohol be consumed** while competition events, training, training clinics or similar Little Athletics events are being conducted at Olds Park or at any event sanctioned by Little Athletics NSW.

In accordance with Little Athletics NSW [policy](#), **smoking is not permitted** in any competition or spectator area during any Little Athletics competition. Council conditions for use of the grounds **prohibit smoking** within 10m of any playground, car park, canteen, building or playing field where people may congregate. All premises and competition areas when used by St George Little Athletics are declared **smoke free zones**.

INJURIES

In the interests of avoiding the spread of infections, particularly blood-borne infections, all athletes must adopt strict personal hygiene by covering any cuts and abrasions with an impermeable waterproof dressing. Open cuts and abrasions occurring during an athletic event or training must be reported and treated immediately. Any athlete who has an open or bleeding wound (including nose bleed) must leave the event at which they are competing until the bleeding is controlled and the wound is covered or dressed. If the bleeding is not controlled, the athlete must not return to the event(s). The practice of spitting is not permitted.

FIRST AID

If first aid is required during a Competition Night, seek out one of the club's First Aid Officers (identified on page 1) or proceed to the Canteen area where the First Aid Kit is kept.

PROGRAM OF EVENTS

AGE GROUPS & EVENTS

Each Age Group performs events appropriate to the age of the children. The specific events, and event parameters (e.g. the weight of the shot put, the height of a hurdle) are defined by Little Athletics NSW for each Age Group / Gender and summarised in Appendix 1 on page 27.

The Age Group in which a child competes is determined by their year of birth (i.e. the age they turn in the calendar year in which the season commences). For example, children born in 2013 – or turning 5 in 2018 – are required to compete in the “under 6” age group in the 2018/19 season. The details of Age Group determination were changed by LANSW coming into the 2018/19 season and this has particular implications for athletes re-registering.

Little Athletics NSW has published a [handbook](#) explaining the Age Group determination process (particularly as it affects re-registering athletes) and this is available on our website and the LANSW website.

MIXED AGES/GENDERS

In general, each athlete competes with other athletes of the same age group/gender and no athlete is permitted to compete outside their age/gender group unless directed or approved to do so by a club official.

On occasions, we may direct that age groups and/or genders are combined on a given Competition Night, or for a given event, to more efficiently conduct the program of events. In such circumstances, Ground Records may still be set subject to the usual conditions (see page 17). Results will always be recorded for the age/gender of the individual participant.

It should be noted that athletes (or other persons) intentionally acting as a 'pacer' for other athletes is not permitted. Every athlete is expected to run their race only.

COMPETITION & 2-WEEKLY CYCLE

Competition Nights are scheduled from September 2018 to March 2019 as set out in the Calendar on page 3.

We operate a 2-week cycle, meaning each age group performs a complete set of Events over 2 consecutive competition nights – half the events in one week and the other half in the following week¹.

The cycle and the scheduling of events is designed to see younger age groups complete their events earlier in the evening.

RESULTS COLLECTION

TRACK EVENTS

All track events are electronically timed using timing gates and a software application called "RaceHQ" provided by the company "Timing Solutions". Each pair of adjacent poles defines a 'gate' at the finish line and the breaking of beams between the poles establishes the finish time of the runner. The start time is established by a hand-held start device operated by the Race Starter, and the Start Device and the gates communicate wirelessly to a track-side computer at the finish line to deliver race times for each runner.

The lane in which each runner is placed may be electronically recorded at the start line, or if this is not done, runners present themselves to the computer operator at the end of their race to have their bib number & lane recorded, **and it is important that they do so in the correct order**. On the Straight Track, this order is defined by the Lane Number. Lane 1 (toward the centre of the main oval) **must** present first, then Lane 2 and so on till Lane 8. On the Circular Track, where the event is run entirely within lanes (that is, the runner starts and finishes within the same lane), the same process applies. For events not run entirely within lanes (300m, 500m, 700m and all greater distances), runners present *in the order in which they finished the race*.

FIELD EVENTS

The results of all field events are recorded on Age / Gender / Event-specific recording sheets (or directly into a phone/tablet-based application called "CompetitionHQ"). Age Managers are responsible for ensuring sign-off sheets are properly filled up, the name of the person filling in the sheet clearly marked, and the sheet is handed to the Recorder/Recorder's Assistants ASAP upon event completion.

RESULTS PUBLISHED

All Event results are centrally stored in a database system called "ResultsHQ". Track results are usually uploaded from the Track computers ("RaceHQ" software) in "real-time", or if not, within 24-48 hours. Field Events recorded on paper are manually transcribed into ResultsHQ from the recording sheets or transferred electronically from "CompetitionHQ". Some results will be uploaded on the night, but it may be up to 48 hours before all results are available.

¹ We may depart from this pattern in some circumstances, e.g. to accommodate poor weather conditions or to optimise the flow of events.

Once this is done, each athlete's event results are available to parents through an on-line portal (also called "ResultsHQ"). This can report the results achieved on a given day, the trend over time in results for a given event, Personal/Season Best information and so on.

PROTESTS

Protests are not available at club level. While manifest errors may be drawn to the attention of the relevant officials (or queries subsequently raised by email to info@stgeorgelac.org.au), the decisions made & results recorded by the appropriate track and field officials are to be accepted.

COACHING AND TRAINING

REGULAR IN-SEASON TRAINING PROGRAM

Coach Samantha Latanis offers the following in-season training program:

Day	Time	Events	Cost*	Notes
Monday	4:30 – 5:30 pm	Long / Triple Jump	\$5	Please bring your water bottles, hats, sunscreen, appropriate shoes and your throwing implements if possible.
Wednesday	4 – 5:15 pm	Sprints / Fitness	\$5	
	5:15 – 6 pm	Shot Put	\$5	
Sunday	4 – 5:15 pm	Sprints / Fitness	\$5	
	5:15 – 6 pm	Discus	\$5	

* If this cost presents a difficulty, please speak with Sam.

Coaching sessions are subject to confirmation each week and times may vary. Keep an eye on Facebook for updated information.

TRAINING CLINICS

The following training clinics will operate this season:

Day	Time	Events	Cost	Notes
Monday 1 st October	8:45am – 3 pm	Sprints	\$40	Please bring your water bottles, hats, appropriate shoes and your throwing implements is possible.
Monday 8 th October	8:45am – 3 pm	Relays	\$40	
Friday 21 st December	8:45am – 3 pm	Throws	\$40	Note: Limited Spaces Available
		Jumps	\$40	
		Middle Distance	\$40	

Additional Training opportunities will be scheduled in the run up to State Relays and the Zone Championships and will be available at no cost.

REPRESENTATIVE OPPORTUNITIES

Participation in several Athletics Carnivals is open to St George members as set out in the following table. The Dates and Locations for each of these is set out in the Calendar on page 3. We'll forward more information as the time approaches.

Event	Criteria to Enter	More Information
Trans-Tasman Trials	Open to u11 and u12 ²	Keep an eye out on Team App and our Web Site for more information. LANSW also publishes information about these events on its Web Site.
State Relay Championships	Open to u8 to u17 Age Groups	
Southern Metropolitan Zone Championships	U13 to U17 – all athletes; max 6 events per athlete. U7 to U12 – up to 5 athletes per age group per event; max 4 events per athlete.	
Trans-Tasman Challenge	Performance at Trans-Tasman Trials	
Region 8 Championships	U8 – u17 only. First 6 place getters at Zone + next 4 best qualifiers (across the 2 Zones in our Region)	
State Multi-Event Championships	U7 to u17 – all athletes	
State Championship	U9 – u17 only. First 2 place getters at Region + next 8 best qualifiers judged across all Regions	

Important Notes

1. It is important that athletes nominating & selected to participate in a carnival arrive on time and compete in all stages of their applicable events. **Failure to compete without good cause is poor sportsmanship**, will see forfeit of any deposit paid and the club may incur a fine. *A decision to “skip” an event for which you are entered in order to focus on a “pet event” will not be accepted as ‘good cause’.*
2. Parent(s) of children attending Zone, Region & State championships will be required to perform a duty to assist in the conduct of events at the Carnival. There will be experienced officials present to show newcomers what to do.
3. Selections to attend Zone Championships & State Relays are determined by the Championships Officer, are based on merit and may require that athletes have recorded a sufficient number of results in the relevant events in Friday Night competitions prior to the selection deadline.
4. Selection to attend the NSW Trans-Tasman competition or to join the NSW State Team is determined by LANSW.

OUR ZONE & REGION STRUCTURE

St George Little Athletics Centre is one of 7 centres which make up the “Southern Metropolitan Zone”, the others being Bundeena, Helensburgh, Illawong, Port Hacking, Revesby Workers & Sutherland. Our “Zone” championships involve these clubs.

Our Zone, together with one other zone (“Inner City” – which comprises 7 Centres) make up Region 8. The best performers at Zone from the 14 clubs within these 2 zones compete in our Regional Championships.

² If you are born in 2008, you are eligible for selection as an U11 athlete. If you are born 1 Oct 2006 to 31 Dec 2007, you are eligible for selection as an U12 athlete.

All up in NSW, there are 8 Regions comprising 24 Zones and about 200 Centres.

AWARDS PROGRAM

The club offers several awards to encourage participation and to recognise those who have demonstrated a high level of commitment and achievement in their sport.

In most cases, Awards will be presented on “Presentation Day (or Night)” following completion of the Season (unless otherwise noted). All award recipients must be registered and paid up ‘Competitive Members’ of St George Little Athletics Centre.

Awards involving adjudicated criteria should be considered discretionary. They are given when the Committee judges they are warranted by the standard achieved. Parents of children to receive one or more awards on Presentation Day will be notified in advance.

The process for adjudication of awards is set out in the club’s By-Laws.

2017/18 MAJOR AWARD WINNERS

The following St George athletes received *major* awards from the Club at ‘Presentation Night’, 4 May 2018 held at Club Rivers, Riverwood.

AWARD		RECIPIENT
Senior Champion Boy	-	Kai Hammond
Senior Champion Girl	-	Lauren Carey
Senior Champion Boy – Runner Up	-	Joshua Hewitt
Senior Champion Girl – Runner Up	-	Andrea Marshall
Middle Distance	-	Dane Mitchell
Sprinter / Hurdler	-	Andrea Marshall
Field	-	Jasmine Franich
Multi-Event	-	Sienna Latanis
Junior Champion Boy	-	Bailey-Dean Latanis
Junior Champion Girl	-	Sienna Latanis
Rebecca Orr Encouragement – Boy	-	Jovan Leger
Rebecca Orr Encouragement – Girl	-	Jasmine Awad

Congratulations to all our Award Winners and good luck in the season ahead!

2018/19 AWARDS PROGRAM

ACHIEVEMENT AWARDS

DESCRIPTION	Number Awarded	ELIGIBILITY CRITERIA (All <u>must</u> be met)	ADJUDICATED CRITERIA
Zone Championships	As needed	Selection to attend, and participation at, Zone competition. Did not progress to Region.	
Region Championships	As needed	Qualification to attend, and participation at, Region competition. Did not progress to State.	
State Championships	As needed	Qualification to attend, and participation at, State Championships.	
State Multi Championships	As needed	Participation at the LANSW State Multi-Championships.	
State Cross Country	As needed	Participation at the LANSW State Cross Country Championships	
State Relays	As needed	Selection to attend, and participation.	
NSW Trans-Tasman Team	As needed	Selection to attend, and participation.	
NSW State Team	As needed	Selection to attend, and participation.	
5-Year Service Awards	As needed	5 years participation at St George LAC	
10-Year Service Awards	As needed	10 years participation at St George LAC	
Club Captains*	1 (boy) 1 (girl)	Friday Night Participation Criterion ⁺ met in the prior Season. At least 3 completed years at St G LAC (prior to appointment).	Commitment to regularly participate at Friday Night Competition. Commitment to <i>be present during</i> Representative Carnivals. Demonstrated maturity and leadership skills. A role model for younger athletes. Athletic accomplishments at representative levels.

* Club Captains are appointed at the start of a Season and receive an Award at the end of the Season.

⁺ See the definition of this criterion at the end of the Awards section (page 16).

PARTICIPATION AWARDS

DESCRIPTION	Number Awarded	ELIGIBILITY CRITERIA (All <u>must</u> be met)	ADJUDICATED CRITERIA
Participation in the Friday Night Competition Program	As needed	Friday Night Participation Criterion ⁺ .	

FRIDAY NIGHT FEATURED EVENT AWARDS

Each night of competition, an Age Group and Event is selected for a Feature Award. The Age Group & Event will be announced during the night. The Winners (1 boy, 1 girl) of the Featured Event receive an Award, *which will be announced and presented that evening*. Each Age group will be featured twice during the season, once with a Field Event and once with a Track Event.

DESCRIPTION	Number Awarded	ELIGIBILITY CRITERIA (All <u>must</u> be met)	ADJUDICATED CRITERIA
Friday Night Featured Event Award	1 (boy) & 1 (girl) per Night	First place in the relevant age group / gender for the Featured Event.	

PERPETUAL AWARDS

DESCRIPTION	Number Awarded	ELIGIBILITY CRITERIA (All <u>must</u> be met)	ADJUDICATED CRITERIA
Middle Distance Runner	1	Friday Night Participation Criterion ⁺ . Top 8 finish in one or more Events at Region Championships.	Progression through representative stages. Performances achieved at club, & all representative levels. Ground & Centre records set in the season. Middle Distance includes: 800m to 3000m. Sprinter/Hurdler includes: up to 400m. Field includes: SP, Discus, High/Long/Triple Jumps, Javelin.
Field Athlete	1		
Sprinter/Hurdler	1		

⁺ See the definition of this criterion at the end of the Awards section (page 16).

DESCRIPTION	Number Awarded	ELIGIBILITY CRITERIA (All <u>must</u> be met)	ADJUDICATED CRITERIA
State Multi	1 (boy) 1 (girl)	Friday Night Participation Criterion ⁺ . Top 8 finish (by age/gender) at the Carnival.	Awarded to the best 'placed' athletes. If places are tied, the athlete with the higher normalised* points is selected. If points are tied, achievements at other representative events will be considered. [*Normalisation will adjust for the case where older athletes perform more events and thus can earn more points.]
Champion & R/U Junior Girl	2	Friday Night Participation Criterion ⁺ . Top 8 finish in one or more Events at Region Championships.	Performances achieved at club and representative levels. Progression through representative stages. Performances achieved at club and all representative levels. Participation and performances at NSWLA Cross Country, NSW State Multi, NSW State Relays, Trans-Tasman & NSW State Team.
Champion & R/U Junior Boy	2		
Champion & R/U Senior Girl	2		
Champion & R/U Senior Boy	2		
Rebeca Orr Encouragement	1 (boy) 1 (girl)	Friday Night Participation Criterion ⁺ . At least 2 years participation at St G LAC Participated at Region Championships in the season just concluded	Performances at club and all representative levels. Potential to progress to State level.
Margaret Zerzvadse Sportsmanship	1 only	Friday Night Participation Criterion ⁺ .	Demonstrated the attributes of good sportsmanship including fair play, a positive attitude, respect and courtesy toward opponents, grace in defeat and respect for the rulings of officials.
Friday Night Encouragement	1 (boy) 1 (girl)	Friday Night Participation Criterion ⁺ . At least 2 years participation at ST G LAC Did not progress to Region	Commitment to regular Friday Night participation. Record of consistent improvement in performances.

IMPORTANT NOTES

1. All awards are subject to good sportsmanship and behaviour on and off the field.
2. To satisfy the **"Friday Night Participation Criterion"**, an athlete, upon completion of the season, must have an **"Adjusted Participation"** of at least 15* Friday Nights for a 22-week *scheduled* season, and have participated - on average across the season - in at least 3 events per Friday Night Competition attended; [15 weeks represents a 'nominal' 70% target.]
3. **Adjusted Participation** = [# Meets at which the Athlete Participated in Events] + [# Cancelled Meets] + [# Absences from Rescheduled Meets] + [# Absences due to illness/injury preventing participation & supported by a medical certificate].
4. * In *Special Circumstances* some leeway may be given. Contact the Awards Sub-Committee via info@stgeorgelac.org.au if you feel such applies.

⁺ See the definition of this criterion at the end of the Awards section (page 16).

RECORDS

GROUND AND CENTRE RECORDS

Ground Records are best performances by our athletes at Olds Park. From time to time, new records are created because of the introduction of changes in timing methodology (e.g. Electronic vs. Manual timing) or to changes in Event definitions. Records may only be set when appropriately qualified officials are present and when competing in the correct uniform.

The following requirements must be met to establish a Ground Record:

For Field: The performance is witnessed by a club representative who holds a qualification for the appropriate event corresponding to Level 1 or better under the [Australian Athletics Officials' Education Scheme](#).

For Track: Where electronic timing is used, the time is verified by the Track Referee. Where manual timing is used, there must be 3 timekeepers, and the middle time is taken as the race time, and the recording sheet is signed by 2 of the timekeepers.

For Both: The athlete is competing in the correct uniform.

A final determination as to whether a record will be recognised is made by the Competition & Records Officer.

The following sections detail St George Little Athletics Records. The following abbreviations are used in the Centre records:

- Z – record set at Zone Carnival.
- R – record set at Region Carnival.
- S – record set at State Championships.
- SME – record set at State Multi Event Carnival.

LANSW State Records (U7-U17) are available here:

[LANSW State Records.pdf](#)

And on this webpage:

<http://www.lansw.com.au/Competition>

UNDER 6 RECORDS

Ground Records

Boys U6

Event	Result	Athlete	Date
50m (ET)	9.38	I. Tolic	(21/02/09)
70m (ET)	13.09	B. Latanis	(14/03/14)
100m (ET)	18.39	J. Leslie	(17/09/04)
200m (ET)	42.23	B. Latanis	(14/03/14)
300m (H)	1:06.9	B. Latanis	(07/02/14)
300m (ET)	1:06.09	S. Miani	(16/03/18)
Long Jump	3.00m	B. Latanis	(10/01/14)
Shot Put	6.01m	B. Latanis	(28/02/14)
Discus	9.69m	K. Rayner	(16/03/18)

Girls U6

Event	Result	Athlete	Date
50m (ET)	10.0	S. Latanis	(11/03/16)
70m (ET)	13.58	S. Latanis	(12/02/16)
100m (ET)	18.90	S. Latanis	(12/02/16)
200m (ET)	42.80	S. Latanis	(04/09/15)
300m (HH)	1:05.9	S. Latanis	(12/02/16)
300m (ET)	1:23.78	I. Kirby	(16/03/18)
Long Jump	2.83m	S. Latanis	(15/02/16)
Shot Put	5.12m	G. Robinson	(25/02/05)
Discus	12.24m	S. Latanis	(19/02/16)

UNDER 7 RECORDS

Ground

U7 Boys

Event	Result	Athlete	Date
50m (ET)	8.96	B. Latanis	(27/02/15)
70m (ET)	11.84	A. Johnston	(08/03/02)
100m (ET)	16.93	A. Hinson	(12/02/99)
200m (ET)	37.97	B. Latanis	(28/11/14)
500m (H)	1:46.0	B. Latanis	(23/01/15)
500m (E)	2.03.2	L. Trajkovski	(16/03/18)
Long Jump	3.35m	B. Latanis	(28/11/14)
Shot Put	8.17m	M. Fong	(79/80)
Discus	23.94m	B. Latanis	(10/10/14)

Centre

Result	Athlete	Date
8.76	B. Latanis	(03/15) SME
11.89	B. Latanis	(12/14) Z
16.85	B. Latanis	(03/15) SME
36.07	B. Latanis	(12/14) Z
1:45.4	R. Paratore	(02/02) R
1:41.51	B. Latanis	(03/15) SME
3.26m	A. Johnston	(02/02) Z
6.59m	B. Latanis	(03/15) SME
19.11m	L. Byrnes	(02/07) SME

U7 Girls

Event	Result	Athlete	Date
50m (ET)	9.27	S. Latanis	(24/02/12)
70m (ET)	12.41	T. Fisher	(09/03/07)
100m (ET)	17.46	S. Latanis	(10/03/17)
200m (ET)	38.52	S. Latanis	(10/03/17)
500m (H)	1:51.1	K. Di Rosa	(88/89)
500m (E)	2.01.44	M. Moussa	(24/11/17)
Long Jump	3.30m	S. Latanis	(13/01/17)
Shot Put	7.00m	A. Schubert	(07/01/05)
Discus	17.46m	L. Carati	(09/03/18)

Result	Athlete	Date
9.22	R. Power	(12/14) Z
12.66	R. Power	(12/14) Z
17.63	R. Power	(12/14) Z
38.28	M. Moussa	(12/17) Z
1:58.7	S. Cibeil	(01/09) Z
1.45.55	S. Latanis	(03/17) SME
2.77m	D. Katzos	(01/09) Z
2.77m	L. Carati	(12/17) Z
6.92m	J. Taylor	(03/80)
17.59m	L. Carati	(03/18) SME

UNDER 8 RECORDS

Ground

U8 Boys

Event	Result	Athlete	Date
70m (ET)	11.22	B. Latanis	(25/02/16)
100m (ET)	15.90	B. Latanis	(11/03/16)
200m (ET)	34.80	B. Latanis	(11/03/2016)
400m (ET)	1:18.00	B. Latanis	(12/02/16)
60mH (ET)	11.3	A. Gambrell	(15/16)
Pack 700m (HT)	2:31.2	B. Latanis	(12/02/2016)
Pack 700m (ET)	2:58.00	K. He	08/12/2017)
Long Jump	4.02m	A. Hinson	(25/02/00)
Shot Put	10.30m	P. Wakely	(84/85)
Discus	26.01m	B. Latanis	(27/11/15)

Centre

Result	Athlete	Date
11.48	J. Batten	(01/17) R
15.65	J. Batten	(12/16) Z
32.6	B. Latanis	(12/15) R
1:14.8	B. Latanis	(01/16) R
11.15	B. Latanis	(01/16) R
2:23.2	R. Lister	(02/01)
2:23.17	B. Latanis	(02/16)
3.52 m	B. Latanis	(01/11) Z
7.67m	P. Toamotu	(02/07) R
25.74m	B. Latanis	(03/16)

U8 Girls

Event	Result	Athlete	Date
70m (ET)	11.3	R. Power	(04/03/16)
100m (ET)	16.58	S. Latanis	(03/11/17)
200m (ET)	36.81	S. Latanis	(15/09/2017)
400m (ET)	1:21.24	S. Latanis	(16/03/18)
60mH (ET)	11.30	S. Latanis	(05/01/18)
Pack 700m (HT)	2:23.0	C. Kostas	(01/03/04)
Pack 700m (ET)	2:43.9	S. Latanis	(05-01-18)
Long Jump	3.44m	S. Latanis	(24/11/17)
Shot Put	8.22m	N. Whatman	(91/92)
Discus	21.56m	G. Robinson	(02/03/07)

Result	Athlete	Date
11.84	A. Marshall	(02/12) R
16.42	T. Petkovski	(02/15) R
34.48	S. Latanis	(03/18) SME
1.15.87	S. Latanis	(02/18) R
11.35	T. La Coste	(20/02/10) R
02:28.2	C. Kostas	(01/04) Z
02:27.3	I. Stewart	(02/13) R
3.56m	D. Ferraro	(02/86)
8.48m	D. Nelson	(03/89)
20.11m	S. Latanis	(02/18) R

UNDER 9 RECORDS

Ground

U9 Boys

Event	Result	Athlete	Date
70m (ET)	9.91	B. Latanis	(02/12/16)
100m (ET)	14.64	B. Alessio	(09/03/07)
200m (ET)	32.58	B. Latanis	(23/09/16)
400m (ET)	1:13.00	B. Latanis	(10/03/17)
800m (HT)	2:42.2	T. Watson	(84/85)
800m (ET)	3:01.40	J. Tuqiri	(16/03/18)
60mH (ET)	10.47	B. Latanis	(24/02/17)
700mW (HT)	4:29.88	T. Menton	(10/10/03)
700mW (ET)			
Long Jump	4.10m	B. Latanis	(24/02/17))
High Jump	1.23m	A. Kehagias G. Duncan	(84/85) (78/79)
Shot Put	10.17m	P. Toamotu	(07/03/08)
Discus	29.45m	B. Latanis	(10/03/17)

Centre

Result	Athlete	Date
10.20	S. Noppen	(02/10)R
14.60	J. Samrani	(01/11)Z
30.24	S. Noppen	(21/03/10)S
1:09.26	K. Hammond	(03/12)S
2:46.7	A. Abdullah	(02/07)R
2:34.95	B. Latanis	(03/17)S
10.36	B. Latanis	(03/17)S
4:01.0	D. Taylor	(02/99)
5:29.1	J. Hughes	(02/10)R
4.10m	A. Nakousis	(02/95)
1.29m	S. Diakanastasis	(02/02)R
10.55m	P. Toamotu	(03/02/08)Z
32.38m	K. Landers	(02/80)

U9 Girls

Event	Result	Athlete	Date
70m (ET)	11.15	D. Katzos	(04/03/11)
100m (ET)	15.87	T. Fisher	(2008/2009)
200m (ET)	35.33	I. Stewart	(14/03/14)
400m (ET)	1:16.96	I. Stewart	(18/10/13)
800m (HT)	2:46.7	I. Stewart	(25/10/13)
800m (ET)	3:25.96	H. Rayner	(09/03/18)
60mH (ET)	11.43	T. La Coste	(11/02/11)
700mW (HT)	4:02.3	C. Dooley	(10/10/03)
700mW (ET)			
Long Jump	3.87m	R. Morrow	(11/94)
High Jump	1.16m	T. Terrey	(77/78)
Shot Put	8.77m	G. Robinson	(05/10/07)
Discus	27.21m	G. Robinson	(16/11/07)

Result	Athlete	Date
10.77	A. Marshall	(03/13)S
15.36	A. Marshall	(12/12)Z
33.50	D. Katzos	(01/11)Z
1:08.22	I. Stewart	(03/14)S
2:41.5	T. Zahra	(03/81)
2:36.35	I. Stewart	(03/14)S
10.78	A. Marshall	(03/13)S
4:01.6	M. Potente	(03/00)
3.51m	A. Tims	(02/11)R
1.21m	T. Terrey	(03/78)
9.08m	G. Robinson	(03/02/08)Z
26.42m	G. Latanis	(03/15)S

UNDER 10 RECORDS

Ground

U10 Boys

Event	Result	Athlete	Date
70m (ET)	10.22	B. Latanis	(04/03/05)
100m (ET)	14.41	S. Noppen	(11/03/11)
200m (ET)	30.7	B. Latanis	(05/01/18)
400m (ET)	1:09.63	B. Latanis	(09/02/18)
800m (HT)	2:34.9	M. Burgess	(82/83)
800m (ET)	2:39.68	B. Latanis	(19/01/18)
1500m (HT)	5:15.43	R. Lister	(28/02/03)
1500m (ET)	5:28.33	B. Latanis	(01/12/2017)
60mH (ET)	10.66	B. Latanis	(05/01/18)
1100mW (HT)	7:09.45	P. Upton	(21/02/97)
1100mW (ET)			
Long Jump	4.51m	C. Barakat	(03/96)
High Jump	1.37m	I. Herron	(80/81)
Shot Put	11.29m	P. Toamotu	(2008/2009)
Discus	36.60m	B. Latanis	(16/03/18)

Centre

Result	Athlete	Date
9.77	B. Alessio	(03/08)S
13.31	B. Alessio	(03/08)S
27.31	B. Alessio	(03/08)S
1:03.13	B. Alessio	(03/08)S
2:27.5	T. Watson	(02/86)
2:33.26	K. Hammond	(03/13)S
5:02.4	R. Lister	(03/03)S
5:43.87	A. Karaman	(12/14)Z
10.09	B. Latanis	(03/18)S
6:46.4	J. Dooley	(02/03)R
8:10.78	E. Hidalgo	(02/12)R
4.50m	A. Hinson	(03/02)S
1.38m	S. Diakanastasis	(03/03)S
11.35m	P. Toamotu	(03/09)S
36.66m	K. Landers	(03/81)

U10 Girls

Event	Result	Athlete	Date
70m (ET)	10.58	S. Momo	(07/11/97)
100m (ET)	14.61	S. Momo	(27/01/99)
200m (ET)	34.16	S. Cibeï	(11/11/11)
400m (ET)	1:16.90	G. Elliott	(14/15)
800m (HT)	2:41.6	L. Zammarrelli	(84/85)
800m (ET)	2:58.16	A. Spiropoulos	(02/03/18)
1500m (HT)	5:29.1	J. Berrell	(03/86)
1500m (ET)	6:34.23	G. Tsui	(22/09/2018)
60mH (ET)	10.90	E. Joseph	(17/09/04)
1100mW (HT)	6:53.0	M. Heap	(10/03/06)
1100mW (ET)			
Long Jump	4.21m	K. Green	(03/96)
High Jump	1.29m	K. Caccamo	(20/02/04)
Shot Put	11.75m	A. Iosefo	(20/02/04)
Discus	33.93m	G. Robinson	(2008/2009)

Result	Athlete	Date
10.25	A. Marshall	(03/14)S
14.56	T. Fisher	(20/2/10)R
31.10	T. Fisher	(02/10)R
1:11.84	G. Elliott	(03/15)S
2:33.0	L. Irving	(03/77)
2:38.47	G. Elliott	(03/15)S
5:10.4	T. Zahra	(03/82)
5:13.80	G. Elliott	(03/15)S
10.16	A. Marshall	(03/14)S
5:58.2	E. Paratore	(03/03)S
9:29.70	N. Jovanov	(02/10)R
4.00m	S. Cibeï	(03/12)S
1.38m	C. Bartlett	(01/94)
11.63m	G. Robinson	(03/09)S
35.30m	G. Robinson	(03/09)S

UNDER 11 RECORDS

Ground U11 Boys

Event	Result	Athlete	Date
100m (ET)	13.39	B. Alessio	(2008/2009)
200m (ET)	30.6	J. Hewitt	(15/16)
400m (ET)	1:09.12	J. Fong	(08/12/17)
800m (HT)	2:23.0	B. Newton	(77/78)
800m (ET)	2:37.82	J. Fong	(13/01/18)
1500m (HT)	4:57.8	B. Newton	(77/78)
1500m (ET)	5:27.52	J. Fong	(01/12/2018)
60mH (ET)	9.96	D. Taumata	(14/11/97)
1100mW (HT)	5:54.8	T. Spitz	(23/02/01)
1100mW (ET)			
Long Jump	4.90m	S. Noppen	(16/03/12)
Triple Jump	9.81m	J. Samrani	(15/03/13)
High Jump	1.50m	D. Taumata	(14/11/97)
Shot Put	13.17m	H. Sele	(22/02/08)
Discus	37.18m	H. Sele	(16/11/07)
TurboJav	23.21m	H. Ray	(14/15)
Javelin (400g)	17.70m	A.Markoski	(15/16)

Centre

Result	Athlete	Date
13.02	B. Alessio	(03/09)S
26.71	B. Alessio	(03/09)S
1:01.01	B. Alessio	(03/09)S
2:21.3	L. Hamer	(03/03)S
2:26.77	J. Fong	(12/17)Z
4:45.4	T. Auciello	(03/87)
5:04.43	J. Fong	(12/17)Z
9.72	B. Alessio	(03/09)S
5:44.8	J. Dooley	(03/04)S
6:40.10	J. Rios	(02/10)R
4.93m	S. Noppen	(03/12)S
10.05m	A. Johnston	(03/06)S
1.50m	S. Diakanastasis	(03/04)S
13.06m	P. Toamotu	(03/10)S
35.49m	H. Sele	(03/08)S

Ground U11 Girls

Event	Result	Athlete	Date
100m (ET)	14.12	J. Robson	(10/03/06)
200m (ET)	32.00	A. Marshall	(14/15)
400m (ET)	1:11.76	M. Sharma	(11/03/16)
800m (HT)	2:38.0	N. Orchard	(83/84)
		J. Berrell	(86/87)
800m (ET)	3:05.77	T. Petkovski	(25/09/17)
1500m (HT)	5:10.8	B. Lenne	(02/96)
1500m (ET)	6:03.62	T. Petkovski	(22/09/2017)
60mH (ET)	9.81	E. Dorrian	(14/11/97)
1100mW (HT)	5:54.1	K. Biteznik	(23/02/01)
1100mW (ET)			
Long Jump	4.49m	G. Atasoy	(15/02/97)
Triple Jump	9.48m	G. Atasoy	(15/02/97)
High Jump	1.36m	J. Gunn	(77/78)
Shot Put	14.4m	G. Robinson	(12/3/10)
Discus	37.89m	G. Robinson	(12/3/10)
TurboJav	14.52m	N. Gramatkovski	(14/15)
Javelin (400g)	19.30m	M. Chubb	(15/16)

Centre

Result	Athlete	Date
14.30	T. Fisher	(29/01/11)Z
29.20	T. Fisher	(30/01/11)Z
1:07.63	A. Foundotos	(03/17)S
2:25.6	N. Dawes	(78-79)
2:34.0	G. Elliot	(03/16)S
5:02.5	B. Lenne	(03/96)
05:09.3	G. Elliott	(03/16)S
9.94	T. La Coste	(03/13)S
5:19.8	E. Paratore	(03/04)S
6:24.80	J. Rios	(03/09)S
4.49m	G. Atasoy	(03/97)
9.48m	G. Atasoy	(03/97)
1.40m	K. Caccamo	(03/05)S
13.56m	G. Robinson	(20/02/10)R
39.03m	G. Robinson	(06/03/10)SME
26.10m	L. MacPherson	(02/17)RR

UNDER 12 RECORDS

Ground U12 Boys

Event	Result	Athlete	Date
100m (ET)	13.24	L. Hamer	(05/03/04)
200m (ET)	29.82	J. Samrani	(10/01/14)
400m (ET)	01:07.91	D. Mitchell	(24/01/18)
800m (HT)	2:19.2	T. Auciello	(87/88)
800m (ET)	2:25.92	D. Mitchel	(19/01/18)
1500m (HT)	4:49.6	T. Auciello	(87/88)
1500m (ET)	5:44.7	D. Mitchell	(23/02/18)
60mH (ET)	9.82	D. Tehuia	(12/02/99)
1500mW (HT)	7:48.0	P. Errington	(76/77)
1500mW (ET)			
Long Jump	5.30m	D. Tehuia	(20/11/98)
Triple Jump	10.61m	C. Barakat	(31/10/97)
High Jump	1.57m	A. MacGonigal	(87/88)
Shot Put	12.46m	A. Sefo	(07/10/05)
Discus	48.86m	H. Sele	(06/01/09)
Javelin (400g)	35.32m	L. Byrnes	(16/03/12)

Centre

Result	Athlete	Date
12.76	S.Noppen	(12/12)Z
26.20	B.Alessio	(02/10)R
01:01.7	K.Hammond	(03/15)S
2:14.7	B.Newton	(03/79)
02:18.7	K.Hammond	(03/15)S
4:37.2	T.Auciello	(03/88)
4:46.10	D. Mitchell	(02/18)R
10.10	N.Atkinson	(02/14)R
7:28.7	C.Sutton	(03/96)
9:57.10	B.Grosvenor	(01/10)Z
5.51m	C.Barakat	(97-98)
10.74m	A.Johnston	(03/07)S
1.58m	S.Diakanastasis	(03/05)S
12.75m	P.Toamotu	(30/01/11)Z
45.77m	H.Sele	(03/09)S
33.70m	P.Toamotu	(03/11)S

Note: U12B Javelin commenced as of 2010/2011 season.

Ground U12 Girls

Event	Result	Athlete	Date
100m (ET)	13.52	G. Atasoy	(28/11/97)
200m (ET)	30.38	I. Knezevic	(19/01/18)
400m (ET)	1:05.60	E. Petkovski	(14/15)
800m (HT)	2:29.5	B. Lenne	(08/11/96)
800m (ET)	2:36.00	G. Latanis	(15/09/17)
1500m (HT)	5:05.3	L. Zammarrelli	(03/87)
1500m (ET)	5:44.7	G. Latanis	(23/02/18)
60mH (ET)	10.56	T. La Coste	(25/10/13)
1500mW (HT)	8:09.5	K. Biteznik	(05/10/01)
1500mW (ET)			
Long Jump	4.78m	K. Caccamo	(24/02/06)
Triple Jump	10.30m	K. Caccamo	(17/02/06)
High Jump	1.52m	C. Bartlett	(01/96)
Shot Put	14.99	G. Robinson	(19/11/10)
Discus	45.17m	G. Robinson	(12/11/10)
Javelin(400g)	31.78m	L. MacPherson	(16/03/18)

Centre

Result	Athlete	Date
13.78	J. Johnston-Mitrevska	(12/13)Z
28.06	C. Tsui	(12/14)Z
1:01.85	E. Petkovski	(03/15)S
2:18.2	N. Dawes	(89/90)
2:25.65	G. Elliott	(03/17)S
5:00.1	B. Lenne	(02/97)
5:11.82	C. Kostas	(03/08)S
9.9	A. Marshall	(01/16)R
7:25.8	E. Paratore	(03/05)S
9:42.40	J. Rios	(01/10)Z
5.03m	G. Atasoy	(03/98)
10.35m	K. Caccamo	(03/06)S
1.58m	C. Bartlett	(03/96)
15.31m	G. Robinson	(02/11)R
43.06m	G. Robinson	(29/01/11)Z
29.52m	G. Robinson	(19/02/11)R

Note: U12G Javelin commenced as of 2010/2011 season.

UNDER 13 RECORDS

Ground U13 Boys

Event	Result	Athlete	Date
100m (ET)	12.17	L. Hamer	(07/01/05)
200m (ET)	28.50	C. Ryan	(09/03/18)
400m (ET)	1:02.55	C. Ryan	(09/03/18)
800m (HT)	2:03.5	T. Watson	(88/89)
800m (ET)	2:17.73	J. Hewitt	(16/02/18)
1500m (HT)	4:32.2	T. Auciello	(88/89)
1500m (ET)	4:42.41	J. Hewitt	(23/02/18)
3000m (HT)	10:32.9	A. Player	(02/03/01)
3000m (ET)	11:53.88	J. Hewitt	(16/02/18)
80mH (ET)	13.0	A. Howes	(29/10/99)
200mH (HT)	30.6	C. Barakat	(16/10/98)
200mH (ET)			
1500mW (HT)	7:24.1	S. Spitz	(23/02/01)
1500mW (ET)			
Long Jump	6.11m	H. Ly	(86/87)
Triple Jump	11.29m	C. Best	(91/92)
High Jump	1.67m	D. James	(85/86)
S.P.	16.70m	H. Sele	(12/03/10)
Discus	50.04m	H. Sele	(12/03/10)
Javelin(600g)	43.80m	H. Sele	(12/03/10)

Centre

Result	Athlete	Date
12.51	Z. Cameron	(12/12)Z
26.10	B. Alessio	(30/01/11)Z
01:00.7	B. Alessio	(02/11)R
2:06.8	L. Hamer	(03/05)S
2:16.50	K. Hammond	(03/16)Z
4:44.6	N. Currie-Nguyen	(03/03)S
4:35.61	J. Hewitt	(03/18)S
10:22.1	N. Currie-Nguyen	(03/03)S
9:51.13	J. Hewitt	(03/18)S
12.99	A. Gambrell	(03/17)S
28.1	S. Kirkman	(03/97)
29.7	N. Atkinson	(03/16)R
6:59.5	M. Lobbina	(89/90)
10:09.98	J. Rios	(02/12)R
5.64m	J. Caffyn	(03/03)S
11.40m	A. Howes	(03/00)
1.40m	G. Cibe	(02/12)Z
	A. Buchanan	(02/15)R
15.70m	G. Koliopoulos	(02/99)
48.32m	H. Sele	(02/10)R
44.47m	H. Sele	(30/01/10)Z

Ground U13 Girls

Event	Result	Athlete	Date
100m (ET)	13.18	K. Green	(20/11/98)
200m (ET)	28.81	M. Griffiths	(11/01/13)
400m (ET)	1:07.96	M. Sharma	(24/11/17)
800m (HT)	2:25.4	L. Zammarrelli	(87/88)
800m (ET)	2:39.85	E. Carey	(08/12/17)
1500m (HT)	5:03.7	L. Zammarrelli	(87/88)
1500m (ET)	5:19.05	E. Carey	(09/03/18)
3000m (HT)	11:44.7	S. Beck	(27/02/04)
3000m (ET)	16:10.51	E. Carey	(16/02/18)
80mH (ET)	13.92	G. Lister	(27/02/04)
200mH (HT)	32.5	G. Lister	(13/02/04)
200mH (ET)	34.2	M. Sharma	(16/02/18)
1500mW (HT)	8:18.2	K. Biteznik	(13/12/02)
1500mW (ET)			
Long Jump	5.36m	J. Johnson-Mitrevska	(14/15)
Triple Jump	10.42m	K. Caccamo	(01/12/06)
High Jump	1.55m	C. Bartlett	(06/12/96)
S.P. (3kg)	14.64m	G. Robinson	(16/03/12)
Discus(750g)	41.71m	G. Robinson	(04/11/11)
Javelin(400g)	33.55m	Z. Schubert	(31/01/07)

Result	Athlete	Date
13.3	E. Petkovski	(01/16)R
27.18	S. Cibe	(03/15)S
01:00.5	E. Petkovski	(03/16)Z
2:22.8	U. Rodway	
02:27.5	C. Tsui	(03/16)S
4:48.7	L. Zammarrelli	(03/88)
4:58.1	L. Carey	(03/16)S
10:54.4	J. Gavric	(03/01)
10:48.57	E. Carey	(03/18)S
12.95	A. Marshall	(03/17)R
29.8	G. Lister	(02/04)
29.69	T. La Coste	(03/15)S
7:33.6	E. Paratore	(03/06)S
10:23.7	J. Rios	(01/11)Z
5.09m	B. Otto	(01/89)
10.50m	K. Pemberton	(01/00)
1.63m	C. Bartlett	(03/97)
14.95m	G. Robinson	(24/03/12)S
47.28m	G. Robinson	(03/12)S
35.09m	Z. Schubert	(03/07)S

UNDER 14 RECORDS

Ground U14 Boys

Event	Result	Athlete	Date
100m (ET)	11.81	L. Hamer	(10/03/06)
200m (ET)	26.43	A. Hung	(14/03/14)
400m (ET)	1:00.07	A. Hung	(15/11/13)
800m (HT)	2:11.0	A. Degnan	(87/88)
800m (ET)	2:52.92	S. Tuqiri	(16/03/18)
1500m (HT)	4:28.8	J. Barker	(90/91)
1500m (ET)	7:16.21	C. Hadzinickitas	(23/02/18)
3000m (HT)	10:29.8	N. Currie-Nguyen	(28/01/04)
3000m (ET)			
90mH (ET)	13.15	C. Barakat	(21/01/00)
200mH (HT)	28.35	M. Ashton	(28/10/05)
200mH (ET)			
1500mW (HT)	7:10.6	A. Mellor	(12/02/99)
1500mW (ET)			
Long Jump	5.93m	D. James	(86/87)
Triple Jump	11.73m	S. Eccles	(24/01/96)
High Jump	1.67m	D. James	(86/87)
S.P. (3kg)	16.58m	P. Toamotu	(08/03/13)
Discus (1kg)	52.18m	H. Sele	(01/10/10)
Javelin (600g)	41.97m	H. Sele	(01/10/10)

Centre

Result	Athlete	Date
11.82	Z. Cameron	(12/13)Z
24.77	Z. Cameron	(12/13)Z
59.43	A. Hung	(12/13)Z
2:06.3	S. Delaney	(03/02)S
2:12.29	K. Hammond	(03/17)S
4:21.4	T. Auciello	(03/90)
04:32.9	K. Hammond	(03/17)S
9:16.3	J. Barker	(03/91)
9:42.85	K. Hammond	(03/17)S
14.25	A. Gambrell	(12/17)Z
25.4	C. Barakat	(03/00)
6:26.2	A. Mellor	(02/99)
9:52.81	J. Rios	(12/12)Z
5.05m	S. Holbeach	(03/07)S
12.57m	L. Stuart	(03/91)
1.72m	S. Eccles	(02/96)
18.08m	P. Toamotu	(02/13)R
55.22m	P. Toamotu	(03/13)S
45.32m	P. Toamotu	(03/13)S

Note: U14B Shot Put changed to 3kg from 4kg as of 2011/12 season.

Ground U14 Girls

Event	Result	Athlete	Date
100m (ET)	13.07	K. Green	(19/11/99)
200m (ET)	28.74	A. Marshall	(09/03/18)
400m (ET)	1:07.06	M. Griffiths	(18/10/13)
800m (HT)	2:24.8	L. Zammarrelli	(88/89)
800m (ET)	2:45.21	E. MacPherson	(16/03/18)
1500m (HT)	4:50.2	L. Zammarrelli	(88/89)
1500m (ET)	5:46.15	E. MacPherson	(23/02/2018)
3000m (HT)	11:19.9	B. Delaney	(04/10/02)
3000m (ET)			
80mH (ET)	13.1	A. Marshall	(16/02/18)
200mH (HT)	32.3	L. Kronemberger	(08/11/02)
200mH (ET)	32.25	A. Marshall	(16/02/18)
1500mW (HT)	7:57.8	K. Biteznik	(26/09/03)
1500mW (ET)			
Long Jump	5.19m	M. Zerzvadse	(85/86)
Triple Jump	11.17m	A. Di Rosa	(94)
High Jump	1.56m	M. Zerzvadse	(85/86)
S.P. (3kg)	14.72m	G. Robinson	(04/01/13)
Discus (1kg)	40.51m	Z. Giampietro	(23/11/01)
Javelin (400g)	30.87m	D. Bettega	(09/12/11)

Centre

Result	Athlete	Date
13.19	A. Marshall	(12/17)Z
27.3	A. Marshall	(12/17)Z
59.12	E. Petkovski	(03/17)S
2:16.4	L. Zammarrelli	(03/89)
2:22.25	C. Kostas	(03/10)S
4:48.1	B. Lenne	(02/99)
4:49.28	L. Carey	(03/17)S
10:09.0	J. Fisher	(03/12)S
10:09.98	J. Fisher	(23/03/12)S
12.35	A. Marshall	(03/18)S
29.8	K. Di Rosa	(02/96)
28.47	A. Marshall	(03/18)S
8:10.4	R. Moffitt	(??)
5.36m	R. Cox	(92/93)
10.74m	K. Caccamo	(03/08)S
1.68m	C. Bartlett	(03/98)
16.02m	G. Robinson	(03/16)S
42.19m	G. Robinson	(03/13)S
40.71m	E. Markoski	(03/16)S

Note: U14G Javelin changed to 400g from 600g as of 2011/12 season.

UNDER 15 RECORDS

Ground

U15 Boys

Event	Result	Athlete	Date
100m (ET)	11.35	K. Bezzina	(21/11/97)
200m (ET)	25.80	L. Bolger	(16/09/16)
400m (ET)	58.53	D. Williams	(24/02/12)
800m (HT)	2:06.4	S. Delaney	(04/10/02)
800m (ET)	2:38.68	D. Ford	
1500m (HT)	4:13.8	S. Delaney	(28/02/03)
1500m (ET)			
3000m (HT)	10:16.9	D. Dziedzic	(21/09/01)
3000m (ET)			
100mH (ET)	14.06	C. Barakat	(29/09/00)
200mH (HT)	28.05	H. Ahil	(03/12/04)
200mH (ET)			
1500mW (HT)	7:38.8	M. Lea	(87/88)
1500mW (ET)			
Long Jump	6.27m	C. Barakat	(22/09/00)
Triple Jump	12.83m	C. Barakat	(09/02/01)
High Jump	1.79m	G. Tims	
Shot Put (4kg)	17.38m	N. Kipriotis	(08/03/02)
Discus (1kg)	56.96m	P. Toamotu	(01/11/13)
Javelin (700g)	42.18m	P. Toamotu	(18/10/13)

Centre

Result	Athlete	Date
11.40	Z. Cameron	(02/15)R
23.07	Z. Cameron	(03/15)S
55.03	S. Holbeach	(03/08)S
2:00.2	S. Delaney	(02/03)R
2:11.90	R. Delaney	(01/10)Z
4:10.3	S. Delaney	(03/03)S
4:18.86	K. Hammond	(02/18)R
9:10.6	K. Hammond	(03/18)S
9:18.97	J. Shalala	(01/10)Z
15.50	W. Burgess	(01/11)Z
25.2	C. Barakat	(02/01)
29.81	J. Lay	(02/13)R
6:15.0	A. Mellor	(03/00)
6.38m	C. Barakat	(03/01)
12.41m	S. Holbeach	(02/08)Z
1.85m	S. Culkin	(03/95)
17.40m	P. Toamotu	(03/14)S
63.27m	P. Toamotu	(03/14)S
40.74m	P. Toamotu	(12/13)Z

Note: U15B Javelin changed to 700g from 600g as of 2011/2012 season.

Ground

U15 Girls

Event	Result	Athlete	Date
100m (ET)	13.30	K. Green	(27/10/00)
200m (ET)	28.97	S. Cibe	(07/10/16)
400m (ET)	1:08.93	L. Carey	(24/01/18)
800m (HT)	2:19.9	L. Zammarrelli	(89/90)
800m (ET)	2:26.01	L. Carey	(24/01/18)
1500m (HT)	4:54.9	L. Zammarrelli	(89/90)
1500m (ET)	4:44.72	L. Carey	(09/03/18)
3000m (HT)	11:20.8	B. Delaney	(06/02/04)
3000m (ET)	10:44.29	L. Carey	(24/01/18)
90mH (ET)	14.80	L. Kronemberger	(07/11/03)
200mH (HT)	30.22	L. Hamer	(19/11/04)
300mH (ET)			
1500mW (HT)	8:16.0	S. Cox	(10/96)
1500mW (ET)			
Long Jump	5.24m	K. Green	(23/02/01)
Triple Jump	10.87m	A. Di Rosa	(11/94)
High Jump	1.59m	M. Carroll	
S.P. (3kg)	16.12m	G. Robinson	(14/03/14)
Discus (1kg)	41.49m	G. Robinson	(14/03/14)
Javelin (500g)	33.66m	G. Robinson	(14/03/14)

Centre

Result	Athlete	Date
12.66	M. Griffiths	(02/15)R
25.55	M. Griffiths	(03/15)S
58.19	M. Griffiths	(03/15)S
2:14.5	L. Zammarrelli	(03/90)
2:15.98	L. Carey	(03/18)S
4:34.8	P. Gunning	(03/97)
4:36.56	L. Carey	(03/18)S
10:23.2	L. Zammarrelli	(03/90)
9:47.53	L. Carey	(03/18)S
17.34	D. Johnston	(12/12)Z
27.7	L. Bartlett	(03/02)S
7:33.5	A. Fehrenbach	(02/03)R
9:22.28	J. Kearsey	(12/12)Z
5.25m	B. Otto	(90-91)
10.97m	K. Hall	(03/90)
1.70m	C. Bartlett	(02/99)
15.25m	G. Robinson	(02/14)R
41.85m	G. Robinson	(03/14)S
37.17m	G. Robinson	(03/14)S

Note: U15G Javelin changed to 500g from 600g as of 2011/2012 season.

UNDER 17 RECORDS

Ground U17 Boys

Event	Result	Athlete	Date
100m (ET)	12.06	M. Ashton	(26/10/07)
200m (ET)	25.07	B. Alessio	(08/11/13)
400m (ET)	1:02.27	J. Pejoski	(6/10/2017)
800m (HT)	2:20.0	J. Rios	(14/15)
800m (ET)			
1500m (HT)	5:20.0	J. Shalala	(24/09/10)
1500m (ET)			
3000m (HT)	10:28.0	J. Award	(10/03/17)
3000m (ET)			
100mH (ET)	16.96	J. Shalala	(22/10/10)
110mH (ET)			
200mH (HT)	33.02	S. Wang	(11/01/13)
200mH (ET)			
1500mW (HT)			
1500mW (ET)			
Long Jump	5.79m	J. Anderson	(11/12/09)
Triple Jump	12	J. Rios	(07/10/16)
High Jump	1.75m	B. Grosvenor	(14/15)
Shot Put (5kg)	15.90m	P. Toamotu	(14/15)
Discus (1.5kg)	47.12m	P. Toamotu	(14/15)
Javelin (700g)	56.69m	B. Grosvenor	(14/03/14)

Centre

Result	Athlete	Date
11.25	B. Alessio	(12/13)Z
22.95	B. Alessio	(12/14)Z
56.38	J. Rios	(02/15)R
2:12.36	J. Rios	(02/15)R
5:28.06	D. Mauro	(02/15)R
09:56.54	J. Award	(03/17)S
27.70	W. Burgess	(02/12)R
5.75m	J. Pejoski	(12/17)Z
11.80m	W. Burgess	(02/12)R
1.80m	B. Grosvenor	(12/14)Z
16.74m	P. Toamotu	(12/14)Z
53.52m	P. Toamotu	(12/14)Z
49.40m	B. Grosvenor	(03/15)S

Ground U17 Girls

Event	Result	Athlete	Date
100m (ET)	13.73	N. Yarrow	(24/01/18)
200m (ET)	30.03	J. Di Palma	(03/02/17)
400m (ET)	1:07.37	C. Gentle	(10/11/17)
800m (HT)	2:41.13	C. Kostas	(15/03/13)
800m (ET)	3:33.85	A. Haller	(10/11/17)
1500m (HT)	5:48.58	C. Kostas	(15/03/13)
1500m (ET)			
3000m (HT)			
3000m (ET)			
100mH (ET)	16.85	E. Jones	(22/10/10)
200mH (HT)	33.22	E. Jones	(25/09/09)
200mH (ET)			
1500mW (HT)	9:49.0	J. Kearsey	(14/15)
1500mW (ET)			
Long Jump	5.05m	J. Johnston-Mitrevska	(11/03/11)
Triple Jump	10.84m	J. Johnston-Mitrevska	(30/10/09)
High Jump	1.40m	K. Caccamo	(30/10/09)
S.P. (3kg)	15.85m	G. Robinson	(14/15)
Discus (1kg)	36.72m	G. Robinson	(14/15)
Javelin (500g)	26.95m	G. Robinson	(14/15)

Centre

Result	Athlete	Date
13.05	J. Johnston-Mitrevska	(02/18)R
26.33	S. Cibeï	(03/18)S
1:00.58	C. Kostas	(03/13)S
2:20.84	C. Kostas	(03/13)S
5:13.78	C. Gentle	(12/17)Z
14.06	S. Cibeï	(03/18)S
32.11	J. Rios	(03/14)SME
9:37.10	J. Kearsey	(02/14)R
5.39m	S. Cibeï	(03/18)S
10.68m	J. Johnston-Mitrevska	(12/17)Z
1.42m	J. Johnston-Mitrevska	(02/18)R
15.31m	G. Robinson	(02/15)R
42.47m	G. Robinson	(03/15)S
39.74m	S. Cibeï	(02/18)R

*Note: U17G Shot Put changed to 3kg from 4kg as of 2011/12 season.
U17G Javelin changed to 500g from 600g as of 2011/12 season.*

SAINT GEORGE STATE TEAM REPRESENTATIVES

Year	Place	Athlete
1973	Melbourne	Andrew Scott
1974	Sydney	Sandra Perry
1975	Perth	Jenny Ironside
1976	Adelaide	Jacqueline Magnay Team Captain
1978	Canberra	Tim Sparkes Team Captain
		Melissa Babbage
1979	Perth	Brett Newton
1980	Darwin	Nicole Dawes Team Captain
1981	Brisbane	Chris Knight Team Captain
1983	Canberra	Alex Gray
1985	Melbourne	Daniel Walker
1986	Adelaide	John Romyn
		Samantha Martin
1988	Sydney	Tony Aucietto
		Toby Watson
1989	Brisbane	Lee Maszkowski
1990	Launceston	Clinton Pelham
		Danielle Ferraro
1991		Colin Best
1994	Adelaide	Rachelle Quiggin
1995	Darwin	Shannon Warren
1999	Canberra	Greg Koliopoulos Team Captain
		Kimberlee Green
2000	Perth	Alex Howes
		Kristie Pemberton
2001	Melbourne	Adrian Player
		Jessica Gavric
		Kimberlee Green – U15
		Christopher Barakat – U15
2002	Adelaide	Lauren Bartlett – U15
2005	Hobart	Luke Hamer
2007	Perth	Zoe Schubert
2010	Brisbane	Hame Sele
2012	Hobart	Grace Robinson
		Pita Toamotu

Year	Place	Athlete
2017	Sydney	Sophia Cibe
2018	Gold Coast	Joshua Hewitt

LIFE MEMBERS

Year	Name	Year	Name	Year	Name
1975	Fred Scott	1976	Bev Scott	1976	Peter Williams
1979	Mabs Errington	1981	Gwen Taylor	1981	Ray Horton ⁺
1982	Bob Molloy ⁺	1984	Byron Griffiths	1986	Paul Reeves
1986	Joe Watchorn	1986	Bonnie West	1987	Bill L'Estrange
1987	Bill Cruickshank	1988	Ian Sheerin	1988	Margaret Zerzvadse ⁺
1990	Lou Bulian	1991	Carol Berel	1991	Alex Oh ⁺
1991	Lindsay Watson	1991	Barbara Lea	1992	Albert Ferraro
1992	Coral Ferraro	1996	Graham Hawkes	1999	Terry O'Neill ⁺
1999	Ben Tinker	2000	John Dodson	2001	Gil Baes
2001	Roger Malcolm	2001	Lynne Whatman	2002	Glenda McLoughin
2003	Peter Tuziak ⁺	2010	Kim Delaney	2011	Ray Parkinson
2013	Wendy Cook	2015	Christopher Robinson		
⁺ Deceased					

DOCUMENT AMENDMENTS

- 8 Sep 2018 - Correct Life Member name 'Ray Horton'.
- 23 Sep 2018 - Add Monday Coaching session.
- 21 Oct 2018 - Amend Calendar to reflect 2-day programs for Region & State Carnivals.
- 20 Dec 2018 - Mark the passing of Life Members Ray Horton, Terry O'Neill.
Revision of the section on Mixed Ages/Genders (page 9).

APPENDICES

APPENDIX 1 – EVENTS BY AGE GROUPS

TRACK EVENTS BY AGE GROUP											
Age Grp	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Event	Centre Only	Centre & Zone Only	Centre, Zone & Region	These Age groups may attend Zone, Region and State Championships							
50 m	✓	✓	✓								
70 m	✓	✓	✓	✓	✓						
100m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m			✓	✓	✓	✓	✓	✓	✓	✓	✓
Pack	300m	500m	700m								
800m				✓	✓	✓	✓	✓	✓	✓	✓
1500m						✓	✓	✓	✓	✓	✓
3000m ¹								✓	✓	✓	✓
Walk ²				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m
Hurdles			60m	60m	60m	60m	60m	80m	G 80m B 90m	G 90m B 100m	G 100m B 110m
200m Hurdles ¹								✓	✓		
300m Hurdles ¹										✓	✓
Jnr Relay 4x100m ³				✓	✓	✓	✓				
Snr Relay 4x100m ³								✓	✓	✓	✓

¹ May be offered at the end of the night, from October, subject to demand. ² Walks are not offered. ³ Not currently planned to offer relays.

FIELD EVENTS BY AGE GROUP											
Age Grp	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
Event	Centre Only	Centre & Zone Only	Centre, Zone & Region	These Age groups may attend Zone, Region and State Championships							
High Jump				✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump						✓	✓	✓	✓	✓	✓
Discus Boys	350gm	350gm	500gm	500gm	500gm	500gm ¹	750gm	750gm ²	1kg	1kg	1.5kg
Discus Girls	350gm	350gm	500gm	500gm	500gm	500gm ¹	750gm	750gm	1kg	1kg	1kg
Shot Put Boys	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg ³ Orange	3kg White	3kg White	4kg Red	5kg Green
Shot Put Girls	500gm Pink	1kg Blue	1.5kg Yellow	2kg Orange	2kg Orange	2kg Orange	2kg Orange	3kg White	3kg White	3kg White	3kg White
Javelin Boys						400gm	400gm	600gm	600gm	700gm	700gm
Javelin Girls						400gm	400gm	400gm	400gm	500gm	500gm

¹ Reduced from 750g in 2017/18. New Records to be established from 2018/19.

² Reduced from 1kg in 2017/18. New Records to be established from 2018/19.

³ Reduced from 3kg in 2017/18. New Records to be established from 2018/19.

For more information, see Section E (Event & Specifications) of the LANSW Rules of Competition available at:

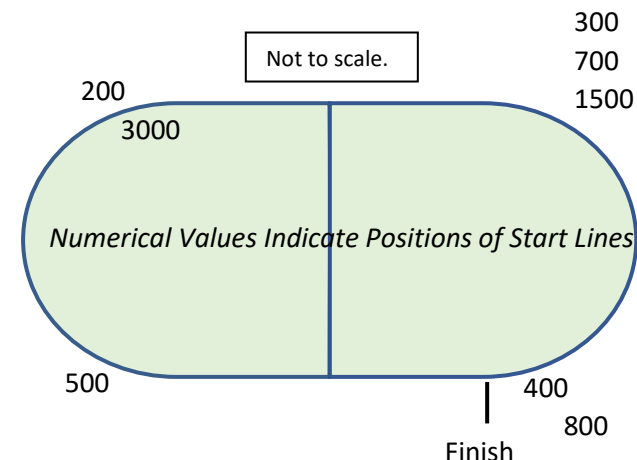
<http://www.lansw.com.au/Competition/Rules-of-Competition>

APPENDIX 2 – LAYOUT OF THE CIRCULAR TRACK AT OLDS PARK

Start Lines - Athletes must start fully behind the Start Line.

Start announcement:

- Event Entirely in Lanes: On your Mark, Set, 'GUN'
- Not Entirely in Lanes: On your Mark, 'GUN'.



Distance (m)	Start Arrangement	Run / Finish	Laps	Age Groups
50	Start in Lane	Fully in Lanes	Straight Track (Not Shown in Diagram)	U6 - 7
70				U6 - 10
100				U6 - 17
200	Start in Lane (Stagger)	Fully in Lanes	0.5	U6 - 17
400	Start in Lane (Stagger) ¹		1	U8 - 17
800	Start in Lane (Stagger) ¹ Up to 2 per Lane.	Stay in Lanes for ~100m till 'break line'.	2	U9 - 17
300	Curved Start Line	Immediate break	0.75	U6
500			1.25	U7
700			1.75	U8
1500	Curved Start Line	Immediate break	3.75	U11 - 17
3000			7.5	U13 - 17

¹ The 400m start lines are the "larger" of the staggers in each lane. The 800m start lines are the "smaller" stagger.