

ST GEORGE LITTLE ATHLETICS CENTRE



ST GEORGE LITTLE ATHLETICS CENTRE INC
On behalf of your Committee, welcome to the 2022/23 season of Little Athletics. We wish you every success and much enjoyment. See you 'round the Track!

Karen Tuqiri
President

2022/23

HANDBOOK

Issue: 29 Oct 2022



TABLE OF CONTENTS

DOCUMENT AMENDMENTS.....	ii
YOUR COMMITTEE FOR SEASON 2022/23.....	1
STAYING IN TOUCH	1
COMMUNICATION WITH MEMBERS	2
ABOUT LITTLE ATHLETICS.....	3
Beginnings.....	3
Philosophy.....	3
Mission.....	3
REGISTRATIONS & UNIFORMS	4
Registrations	4
Senior Club.....	4
Uniforms	4
Shoes.....	5
VOLUNTEERS, PARENT HELPERS & OFFICIALS	5
Age Group / event Officials.....	5
Age Manager.....	6
Other Parent Helper / Officials Roles.....	6
Learning Officiating Skills	6
Sign-Up.....	6
Tips and Assistance for Parent Helpers.....	6
ARRANGEMENTS AT OLDS PARK.....	6
Parking	6
Arrival / Departure.....	7
Timing of First Event	7
Spectators	7
Canteen.....	7
Health & Safety	7
Alcohol / Smoking	7
Injuries	7
First Aid	7
Infection Control	8
PROGRAM OF EVENTS	8
Age Groups & Events	8
Mixed ages/genders.....	8

Competition & 2-Weekly Cycle	8
Results Collection.....	9
Track Events	9
Field Events	9
Events to be Attempted Only Once	9
Results published	9
Protests	9
COACHING AND TRAINING	10
REPRESENTATIVE OPPORTUNITIES	10
Our Zone & Region Structure.....	11
AWARDS PROGRAM.....	11
Past Award Winners.....	11
2022/23 Awards Program	12
Participation.....	12
Representative & Service.....	12
Club Competition Age Group Awards.....	13
Perpetual Awards.....	13
Important Notes.....	14
RECORDS	15
Ground and Centre Records	15
When Can a Ground Record be Set?.....	15
Necessary Conditions to Set a Ground Record	15
Where Are Ground Records Listed?.....	15
Friday Night Results	15
ST GEORGE STATE TEAM REPRESENTATIVES.....	16
LIFE MEMBERS	17

DOCUMENT AMENDMENTS

29 Oct 2022 - Initial Release. Doc vsn is 1.0

YOUR COMMITTEE FOR SEASON 2022/23

Executive Committee

President	Karen Tuqiri**	0418 402 528
Vice President	Theo Latanis	
Secretary	Geoff Lindner	0414 559 310
Treasurer	Jayne Ng	
Registrar	Samantha Latanis	0413 433 253

General Committee

Competition & Records	Donna Lane	
Recorder	Donna Lane	
Championships Officer	Michelle Carati **	0408 763 345
Officer for Officials	Eleni Calavrias	0414 225 549
Coaching Co-ordinator	Samantha Latanis	0413 433 253
Equipment/Grounds Officer	Darryl Lane	
Uniforms Officer	Donna Lane	
General	Andrew MacPherson**	
General	Emma Wharton*	

* Child Protection Officer

** First Aid Officer

Committee Details are maintained on the website: <http://stgeorgelac.org.au/committee/>

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: Download the App to your Smartphone. Instructions on p2.

Facebook: www.facebook.com/stgeorgelittleathletics

Instagram: www.instagram.com/stgeorgelac/

COMMUNICATION WITH MEMBERS

All parents are asked to install the 'Team App' on their smartphone. 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 choose the access group "Parents".
6. Check your phone settings allow Notifications for Team App, and Go to Settings (in Team App) and ensure Notifications are "Enabled".

* At least one Parent/guardian must sign-up! And please use the same email address used when you registered with St George Little Athletics Centre.

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**

ABOUT LITTLE ATHLETICS

BEGINNINGS

The first Little Athletics 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 Australia, more than 100,000 boys and girls participate in Little Athletics.

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, 3000m
- 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 partner 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... FRIENDSHIP.... FUN... and... FITNESS”.

MISSION

“[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.”

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.

All registrations (including payment) must occur on-line and those registering late or unable to collect their bib numbers and age patches on the [pre-season advertised dates](#) (Orientation Days) may do so at the Olds Park clubhouse on nominated competition nights, usually from 5:30pm.

SENIOR CLUB

Athletes registered with a Little Athletics Centre in the U10 to U17 age groups are entitled to registration through Athletics NSW with a 'Senior Athletics Club' of their choice without having to pay a further registration fee. This enables them to compete in "Athletics NSW" events if they so choose.

Athletes may choose *which* Senior Athletics Club (if any) they join. **St George District Athletic Club** (SGDAC, www.sgdac.org) is our recommended Senior Athletics Club.

Athletes younger than the U10 age group are also welcome to run with SGDAC but are not 'Dual Athletes'.

If you wish to find out more about senior athletics and/or the SGDAC, contact Greg Breen, president@sgdac.org (0421 985 775).

UNIFORMS

Correct uniform must be worn, and this is a requirement for recognition of Records. Uniform prices are set out on the [Uniforms](#) page of our website as are the means to purchase uniform items.

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 photo(s) show correct presentation of the uniform including placement of the various patches.



SHOES

Shoes must always be worn during competition events. The following rules apply to spikes worn at St George Little Athletics Centre events:

- U11 - U12 may wear spikes in events conducted fully in lanes (100, 200m, 400m and Hurdles) only
- U13 - U17 may wear spikes in all track events
- U11 - U17 may wear spikes during Long Jump, Triple Jump, High Jump and Javelin
- For Long Jump / Triple jump (synthetic rubber surface) – you must **ONLY** wear Christmas Tree or Pyramid spikes with **maximum length 7mm**
- 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 programs rely heavily on parent involvement. In common with all Little Athletics Centres we require parents to volunteer regularly to fill a variety of roles (“duties”) including officiating at events, assisting in the canteen, placing and adjusting hurdles on the track and so on. This is a *commitment* every parent makes when registering their child(ren), and during the season you may be nominated for particular duties or asked to select and sign up for a duty, *at least every second week*, via our ‘Sign-up’ website.

We cannot deliver our program effectively if parents fail to honour this commitment. In the event that a parent(s) fails to volunteer for and undertake duties as required above, we reserve the right to remove or limit their children’s participation in the Little Athletics program.

The following sections outline the roles required of parents for each competition evening.

AGE GROUP / EVENT OFFICIALS

Each age group requires an Age Manager (& an assistant(s) if the group is large) to accompany the group from event to event. At each event, the Age Manager joins other parents to provide the key “Officiating” roles at each Field Event and assist in various capacities in the conduct of Track (race) events.

Ideally, a minimum of 4 persons fulfill the following duties for **Field Events**:

AGE MGR / OFFICIAL 1	OFFICIAL 2	OFFICIAL 3	OFFICIAL 4
<ul style="list-style-type: none"> • Lead Group • Call Next Athlete • Read & Record result 	<ul style="list-style-type: none"> • Judge Fouls • Pull Tape/Measure 	<ul style="list-style-type: none"> • Spike throws & judge Javelin landing • Set HJ bar in place 	<ul style="list-style-type: none"> • Retrieve Implement • Set HJ bar in place • Rake pit / spray water

For **Track Events**, the roles are as follows:

AGE MGR / OFFICIAL 1	OFFICIAL 2	OFFICIAL 3	OFFICIAL 4
<ul style="list-style-type: none"> • Lead Group • Keep order at the Start Line 	<ul style="list-style-type: none"> • Keep order at Start line • Assign Lanes to runners 	<ul style="list-style-type: none"> • Finish Line – For Laned Races – Keep runners in “lane order” and guide them to Recorder’s Table (if required). • Finish Line – For Pack Races - Hand out Place Numbers as runners finish and guide to Table. 	

AGE MANAGER

Age Managers wear an identifying vest & have several important roles (see also: [Role of Age Manager](#))

- Collect the Age Group Folder before the session starts.
- Stand at the Meeting Point (see below) for your age group and take the roll as children arrive.
- Get to know the children by name and encourage their progress.
- Fill in Result Recording sheets and return the folder.
- Provide the link between the Committee and your age group.

An Age Group *without an Age Manger will not be able to commence their events*. [Applications](#) for Age Manager positions are requested prior to season commencement.

OTHER PARENT HELPER / OFFICIALS ROLES

Most parents will be performing various other essential duties including: supervising at various Field Events or on the track, Canteen, BBQ cook, Race Starters and Hurdle Helpers. All of these roles are listed in our Sign-Up System.

LEARNING OFFICIATING SKILLS

Officiating at events is not difficult and we have provided extensive materials on our website including short videos and documents addressing individual events. You'll find these on the [Parent Helper Resources](#) page under the 'Resources' tab. Several of the Committee Members hold qualifications and provide support and guidance to parents assisting at events.

SIGN-UP

Please use the on-line [Sign-Up](#) system during the week to sign-up to the duty of your choice. Insufficient volunteers can lead to Events being cancelled and disappointment for the children impacted.

TIPS AND ASSISTANCE FOR PARENT HELPERS

There is much more information available on our website to help you understand how the various athletic events are to be performed and what you'll be doing as a parent helper.

Also available are easy to complete **on-line programs** for parents wishing to gain knowledge in a formalised way about officiating. The "[Australian Athletics Officials Education Scheme](#)" (AAOES) is a joint initiative of Athletics Australia and Little Athletics Australia and delivers training for athletics officials – including parents helping at Little Athletics Centres.

The needs of club and school athletics are met by the basic or "Level 1" component of AAOES program – which is delivered by very short on-line modules. The Level 1 (on-line) course for an Event, say, High Jump, takes about 75 minutes to complete. Why not consider undertaking just 1 or 2 of these? 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.

ARRIVAL / DEPARTURE

Arrive at Olds Park for each competition evening at least 15 minutes prior to the scheduled start time of your first event. For season 2022/23 this means: 5:15pm (TT, U6-7) and 5:45 for other groups. Assist your child to locate the "Age Manager" for their group.

At the completion of the night's events for your child's age group, please 'collect' your child(ren) and "sign-out".

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.

TIMING OF FIRST EVENT

Our goal is to commence the first events of the evening promptly on schedule. Note that some events (eg. 200/300m Hurdles) may be scheduled to start earlier than the standard weekly schedule.

SPECTATORS

The only persons to be moving about the main oval (inside the picket fence) are athletes & their Age Managers moving to or from their Event, and the Track Officials / Parent Helpers conducting track events. While parents might like to run beside their younger children during races – this is not permitted.

Spectators must avoid transgressing into areas used for field events.

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

In the interests of safety, and the orderly conduct of events - please comply with the above 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

Please report injuries sustained at a Little Athletics club event to a club representative. Little Athletics provide insurance which you can access if needed.

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.

INFECTION CONTROL

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 nosebleed) 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).

Specific [requirements](#) are set on our website for the management of COVID-related risks.

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) are defined by Little Athletics NSW for each Age Group / Gender and summarised in in the [Program Overview](#) section of the website.

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 2015 – or turning 7 in 2022 – are required to compete in the “under 8” age group in the 2022/23 season.

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 (or encourage) that age groups and/or genders are combined on a given Competition Night, or for a given event, to conduct the program of events more efficiently. In such circumstances, Ground Records may still be set subject to the usual conditions (see page 15). 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 another athlete(s) is not permitted and *Ground Records will not be recognised if the club concludes pacing was utilised*. Every athlete is expected to run their race only.

COMPETITION & 2-WEEKLY CYCLE

Competition Nights are scheduled from September to March as set out in the [Calendar](#) on the website.

Generally, we operate a 2-week cycle, meaning each age group (generally) 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 Week A and B Programs are set out on the website: [Weekly Programs](#).

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

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

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 ("Start Line Process"), 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 (eg. 300m, 500m, 700m and all greater distances), runners present *in the order in which they finished the race*.

In the interests of reducing the chances of errors in recording, the following practices are to be followed:

- Lanes are filled from Lane 1 up to Lane 8 and with no 'gaps' between runners
- Visitors or Trialists (where no results are captured) must occupy the highest numbered lanes

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, the start & finish time for the event noted, and the sheet is handed in upon event completion or prior to leaving the ground.

EVENTS TO BE ATTEMPTED ONLY ONCE

Athletes must undertake only their scheduled events, and only once on a given day. Practice throws or jumps may be offered to athletes, but once the event starts, each athlete may only have the specified number of attempts (ie. 3).

RESULTS PUBLISHED

All Event results are centrally stored in a database system called "ResultsHQ". Results are usually available within 24-48 hours, if not earlier.

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 track and field officials are to be accepted*.

COACHING AND TRAINING

Regular coaching is offered to members throughout the season according to a schedule and under conditions as set out on the website: [Coaching Schedule](#)

Coaching sessions are subject to confirmation each week and times may vary or sessions may be cancelled. Keep an eye on Facebook and/or Team App for updated information.

A small number of Coaching Clinics may be offered. The timing of clinics will be communicated to all Members via our website and other means. Clinics typically run from 9am to 3pm and cover skills across Throwing, Jumping & Running events, as well as fitness. Space is limited and Booking is essential.

REPRESENTATIVE OPPORTUNITIES

Participation in several Athletics Carnivals is open to St George Little Athletics athletes as set out in the following table. See the [Championships](#) page on our website for more details.

Event	Criteria to Enter
State Relay Championships	All events are conducted as team events.
Southern Metropolitan Zone Championships	The first carnival in the <i>Zone → Region → State</i> pathway. U12 to U17 – may enter up to 6 events per athlete. U7 to U11 – may enter up to 4 events per athlete.
Region 8 Championships	U8 – u17. Usually: First 6 place getters at Zone + next 4 best qualifiers (across the 2 Zones in our Region)
State Combined Event	U7 to u17 – all athletes
State Track & Field Championships	U9 – u17. 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**, may 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” is not considered ‘good cause’.*
2. Parent(s) of children attending Zone, Region & State championships will be expected to perform a duty to assist in the conduct of events at the Carnival. *Parents attending a carnival, whether or not pre-scheduled to perform a duty, must wear ‘enclosed’ shoes, not thongs or sandals.* A deposit is payable and refundable subject to performing a duty. There will be experienced officials present to show newcomers what to do. **Payment of Entry Fees & Deposit is a pre-requisite to participate in the championships.**
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. Athletes in the u15 group at the **State Combined Event**, and Athletes in the u13 group at **the State Track & Field Championships**, will be vying for selection into the 'LANSW State Team' to compete at the **Australian Little Athletics Championships** to be held on 21-23 April 2023, Lakeside Stadium, Melbourne.
5. Selection 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 (currently inactive), Helensburgh, Illawong, Port Hacking, Revesby Workers & Sutherland. Our "Zone" championships involve these clubs.

Our Zone, together with one other zone ("Inner City" – which also 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.

All up in NSW, there are 8 Regions comprising 23 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. The awards for the 2022/23 season are set out on pages 12 to 14.

In most cases, Awards will be presented on "Presentation Day (or Night)" following completion of the Season (unless otherwise noted). Awards for Tiny Tots may be presented during competition meet late in the season. 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.

PAST AWARD WINNERS

Winners of end of season awards are listed in in the [Annual Reports](#) posted on the website.

2022/23 AWARDS PROGRAM

PARTICIPATION

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 ⁺ .	

REPRESENTATIVE & SERVICE

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 Combined Event	As needed	Participation at the LANSW State Combined Event	
State Cross Country	As needed	Participation at the LANSW State Cross Country Championships	
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)	Prior year 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 (one-year term) and receive an Award at the end of the Season. In some circumstances, we may depart from the norm of 1 boy and 1 girl.

CLUB COMPETITION AGE GROUP AWARDS

DESCRIPTION	Number Awarded	ELIGIBILITY CRITERIA (All <u>must</u> be met)	ADJUDICATED CRITERIA
Friday Night Age Group Champion & Runner Up	2 per Age Group	Friday Night Participation Criterion ⁺ .	Highest points score based on 3 best performances in each event using LANSW Multi Points (IAAF) as calculated by ResultsHQ.
Friday Night Age Group Improvement Award	1 per Age Group	Friday Night Participation Criterion ⁺ . Not Champion or Runner Up.	Regular Improvement over the season based on a PB measure as calculated by ResultsHQ.

PERPETUAL AWARDS

An athlete may receive at most one Award from this category, in addition to the State Multi Award and/or Margaret Zerzvadse Sportsmanship Award.

DESCRIPTION	Number Awarded	ELIGIBILITY CRITERIA (All <u>must</u> be met)	ADJUDICATED CRITERIA
Middle Distance Runner	1	Friday Night Participation Criterion ⁺ .	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	Top 8 finish in one or more Events at Region Championships.	
Sprinter/Hurdler	1		
State Multi	1 (boy) 1 (girl)	Friday Night Participation Criterion ⁺ .	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 Junior Girl & R/U	2	Friday Night Participation Criterion ⁺ .	Performances achieved at club and representative levels. Progression through representative stages. Participation and performances at NSWLA Cross Country, NSW State Multi, NSW State Relays, & NSW State Team.
Champion Junior Boy & R/U	2	Top 8 finish in one or more Events at Region Championships.	
Champion Senior Girl & R/U	2		
Champion Senior Boy & R/U	2		

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

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.

IMPORTANT NOTES

1. All awards are subject to good sportsmanship and behaviour on and off the field.
2. The Committee may depart from elements of this program where to do so is deemed appropriate.
3. To satisfy the **“Friday Night Participation Criterion”**, an athlete, upon completion of the season, must have attempted at least 50% of the Events offered to his/her Age Group across the season, and at least 33% of the Events offered in the post-Christmas part of the season. Note that we may elect to exclude certain Fridays from this and/or other award calculations. The first week or two of the season may be excluded from the Participation Criterion and from the ‘Club Competition Age Group Awards’ assessment (see page 13) if deemed appropriate.
4. Where circumstances prevent application of the stated criteria, the club may substitute alternative criteria or make no award.

⁺ See the definition of this criterion at the end of the Awards section (page 14).

RECORDS

GROUND AND CENTRE RECORDS

“Ground Records” are best performances by our athletes at Olds Park². “Centre Records” are records set at various championship events by St George athletes. From time to time, new records are created because of changes in Event definitions. St George historically determined that the introduction of changes in timing methodology (e.g. Electronic vs. Manual timing) was grounds to introduce new track records.

WHEN CAN A GROUND RECORD BE SET?

Ground Records may only be set while competing in *scheduled* events during the athletic season (unless otherwise announced).

NECESSARY CONDITIONS TO SET A GROUND RECORD

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](#), or whose name has been placed on the Official's Panel by the club. Field Recording sheets must be signed by the witnessing official and one other adult supervising the event. At least one of these must have no familial connection to the athlete.
- For Track:** Where electronic timing³ is used, the time is verified by the Track Referee (or computer operator) after consulting with the starter to confirm no false start.
- For Both:** The athlete is competing in correct STGLAC uniform or an approved alternative.

In case of dispute, a final determination as to whether a record will be recognised is made by the Committee.

WHERE ARE RECORDS LISTED?

Ground Records are available on our website at: www.stgeorgelac.org.au/records/

Centre Records are available on our website at: <http://stgeorgelac.org.au/centre-away-records/>

LANSW State Records (U7-U17) are available on this webpage:

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

FRIDAY NIGHT RESULTS

Record attempts (successful or otherwise) made outside the regular scheduled program of events (*during years when this was permitted*) are NOT captured in ResultsHQ event results. Those (successful) attempts were entered directly into the Ground Record list (which is viewable via the website).

² ResultsHQ uses the terminology “Centre Records” to cover all types of records.

³ Where manual timing is used, there must be 3 timekeepers and the middle time is taken as the race time. The recording sheet is to be signed by 2 timekeepers.

ST 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
2019	Hobart	Dane Mitchell Team Captain
2020	No Team was selected due to cancellation of State Championships due to COVID-19.	
2022	Melbourne	Sienna Latanis Team Captain
		Dylan Lau

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	2019	Lisa Rios
⁺ Deceased					