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**Little Athletics**  
**Be Your Best!**

To find out more about Little Athletics,  
see: [www.littleathletics.com.au](http://www.littleathletics.com.au)  
(Victoria) and [www.emr.org.au](http://www.emr.org.au)  
(Eastern Metropolitan Region).

## EXECUTIVE COMMITTEE

PRESIDENT	Dean CROMB	9481 4606
VICE-PRESIDENT	Graeme SCOTT	9464 3571
SECRETARY	Bev SCOTT	9464 3571
ASSISTANT SECRETARY	Heather JARVIS	9486 7587
TREASURER	Robyn MAYNARD	9480 0176
REGISTRAR	Janice COVENTRY	9489 3231
TRACK & FIELD MANAGER	Lee BRADLEY	0418 388 100
ASSISTANT T&F MANAGER	Clare GARGANIS	9480 5449
PUBLICITY OFFICER	Anna CORNEY	9816 9692
FUNDRAISING MANAGER	Lil SCOTT	9419 3651
RECORDS & RANKINGS	Nick TAPP	9484 3128
CANTEEN MANAGER	Nancy WAQAIRATU	0401 660 614
WEB MANAGER	Chris JONES <a href="mailto:webmaster@collingwoodlittleathletics.org.au">webmaster@collingwoodlittleathletics.org.au</a>	
Cross-country Manager	vacant	
Conference Delegates	Bev and Graeme SCOTT	9464 3571
Region Delegates	Graeme SCOTT and Dean CROMB (res)	
Centre Camp Co-ordinator	Graeme SCOTT	
General Members	Kevin JONES, Tony LUCAS	

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Web: [www.collingwoodlittleathletics.org.au](http://www.collingwoodlittleathletics.org.au)

Address of venue:  
George Knott Athletic Field  
Heidelberg Road  
CLIFTON HILL

## 2007–08 SEASON CALENDAR

<b>September</b>	<i>Sat</i>	<i>1</i>	<i>Registration Day</i>	9.00–12.00
	<i>Sat</i>	<i>8</i>	<i>Competition</i>	Week 1
	<i>Sat</i>	<i>15</i>	<i>Competition</i>	Week 2
	<i>Sat</i>	<i>22</i>	<i>Competition</i>	Week 3
<b>October</b>	<i>Sat</i>	<i>29</i>	<i>No competition</i>	
	<i>Fri</i>	<i>5</i>	<i>Twilight competition</i>	Week 4
	<i>Sat</i>	<i>13</i>	<i>Relay practice day</i>	
	<i>Fri</i>	<i>19</i>	<i>Twilight competition</i>	Week 5
	<i>Sat</i>	<i>27</i>	<i>Competition</i>	Week 6
<b>November</b>	<i>Sun</i>	<i>28</i>	<i>Little Champions Day</i>	
	<i>Fri</i>	<i>2</i>	<i>Twilight competition</i>	Week 7
	<i>Fri 9 to Sun 11</i>		<i>Coaching Camp U12–U15</i>	
	<i>Sat</i>	<i>10</i>	<i>Competition</i>	Week 8
	<i>Fri</i>	<i>16</i>	<i>No competition</i>	
	<i>Sun</i>	<i>18</i>	<i>Region Relays (tbc)</i>	
	<i>Sat</i>	<i>24</i>	<i>Competition</i>	Week 9
	<i>Fri</i>	<i>30</i>	<i>Twilight competition</i>	Week 10
<b>December</b>	<i>Fri 30 to Sun 2</i>		<i>Coaching Camp U10–U11</i>	
	<i>Fri</i>	<i>7</i>	<i>Twilight competition</i>	Week 11
	<i>Sun</i>	<i>9</i>	<i>State Relays (tbc)</i>	
	<i>Sat</i>	<i>15</i>	<i>Competition</i>	Week 12
<b>M i d - s e a s o n   b r e a k</b>				
<b>January</b>	<i>Sat</i>	<i>19</i>	<i>Competition</i>	Week 13
	<i>Fri</i>	<i>25</i>	<i>Twilight competition</i>	Week 14
<b>February</b>	<i>Sat</i>	<i>2</i>	<i>Competition</i>	Week 15
	<i>Sun</i>	<i>10</i>	<i>Open Day</i>	
	<i>Sat/Sun</i>	<i>16/17</i>	<i>Region Track &amp; Field (tbc)</i>	
<b>March</b>	<i>Fri</i>	<i>22</i>	<i>Twilight competition</i>	Week 16
	<i>Sat/Sun</i>	<i>1/2</i>	<i>State Multi-Event (tbc)</i>	
	<i>Sat</i>	<i>1</i>	<i>Competition</i>	Week 17
	<i>Fri</i>	<i>7</i>	<i>Twilight competition</i>	Week 18
	<i>Sat/Sun</i>	<i>15/16</i>	<i>State Track &amp; Field (tbc)</i>	
<b>May</b>	<i>Sat</i>	<i>22</i>	<b>Presentation Day 10.00 am</b>	
	<i>Mon</i>	<i>5</i>	<b>AGM 8.00 pm</b>	

<b>Competition Times</b>	<b>Saturday morning</b>	<b>Registration 8.15 am</b>
		<b>Warm-up 8.30 am</b>
		<b>Events 8.45–12.30 pm</b>
		<b>Javelin registration 7.30 am</b>
		<b>Javelin event 7.45 am</b>
	<b>Friday twilight</b>	<b>Registration 5.00 pm</b>
		<b>Warm-up 5.30 pm</b>
		<b>Events 5.45–9.00 pm</b>

## A. WEEKLY CALENDAR OF EVENTS

### Week 1 Saturday 8 September 2007

	Boys and Girls			Boys		Girls
U6	50m			On-Track program		
U7	50m	70m	300m	SP		DIS
U8	60m	100m	200m	TJ		HJ
U9	100m	200m	400m	SP		DIS
U10	100m	200m	400m	TJ		HJ
U11	100m	200m	400m	SP		LJ
U12	100m	200m	400m	DIS		TJ
U13	100m	200m	400m	DIS		LJ
U14	100m	200m	400m	DIS		LJ
U15	100m	200m	400m	DIS		LJ

### Week 2 Saturday 15 September 2007

	Boys and Girls			Boys		Girls	
U6	60m			On-Track program			
U7	60m	100m	200m	LJ	SP	SP	DIS
U8	70m	100m	200m	LJ	HJ	LJ	SP
U9	70m	200m	800m	DIS	TJ	TJ	HJ
U10	70m	200m	800m	LJ	HJ	LJ	SP
U11	70m	200m	1500W	DIS	SP	TJ	DIS
U12	70m	200m	1500W	HJ	TJ	LJ	HJ
U13	200m	400m	1500W	HJ	TJ	SP	LJ
U14	200m	400m	1500W	HJ	TJ	SP	DIS
U15	200m	400m	1500W	HJ	TJ	SP	DIS

### Week 3 Saturday 22 September 2007

	Boys and Girls			Boys		Girls	
U6	70m			On-Track program			
U7	50m	70m	300m	LJ	DIS	LJ	SP
U8	70m	60H	80H	SP	DIS	DIS	TJ
U9	1100W	60H	80H	LJ	HJ	LJ	SP
U10	1100W	60H	80H	SP	DIS	DIS	TJ
U11	800m	60H	80H	TJ	JAV	HJ	JAV
U12	800m	60H	80H	LJ	JAV	SP	JAV
U13	800m	80H	300H	LJ	JAV	TJ	JAV
U14G	800m	80H	300H			TJ	JAV
U14B	800m	90H	300H	LJ	JAV		
U15G	800m	90H	300H			TJ	JAV
U15B	800m	100H	300H	LJ	JAV		

Note: Javelin registration 7.30 am

**Week 4 Friday 5 October 2007**

Boys and Girls				Boys	Girls
U6	On-Track program			DIS	DIS
U7	60m	100m	200m	LJ	SP
U8	100m	200m	400m	LJ	HJ
U9	100m	200m	400m	DIS	DIS
U10	100m	200m	400m	TJ	HJ
U11	100m	400m	1500m	SP	SP
U12	100m	400m	1500m	LJ	HJ
U13	100m	400m	1500m	LJ	TJ
U14	100m	400m	1500m	LJ	TJ
U15	100m	400m	1500m	LJ	TJ

**Relay practice day Saturday 13 October, program to be advised**

**Week 5 Friday 19 October 2007**

Boys and Girls				Boys	Girls
U6	100m			On-Track program	
U7	50m	70m	300m	LJ	SP
U8	70m	100m	200m	DIS	HJ
U9	70m	100m	200m	SP	DIS
U10	70m	100m	200m	TJ	HJ
U11	70m	100m	1500W	SP	HJ
U12	70m	100m	1500W	LJ	HJ
U13	100m	200m	1500W	LJ	SP
U14	100m	200m	1500W	LJ	TJ
U15	100m	200m	1500W	LJ	TJ

**Week 6 Saturday 27 October 2007**

Boys and Girls				Boys		Girls	
U6	On-Track program			SP		SP	
U7	60m	100m	200m	SP	LJ	LJ	DIS
U8	400m	60H	80H	SP	TJ	DIS	TJ
U9	800m	60H	80H	HJ	LJ	LJ	SP
U10	800m	60H	80H	HJ	DIS	DIS	TJ
U11	800m	60H	80H	DIS	JAV	TJ	JAV
U12	800m	60H	80H	HJ	JAV	DIS	JAV
U13	800m	80H	300H	HJ	JAV	SP	JAV
U14G	800m	80H	300H			DIS	JAV
U14B	800m	90H	300H	HJ	JAV		
U15G	800m	90H	300H			LJ	JAV
U15B	800m	100H	300H	HJ	JAV		

**Note: Javelin registration 7.30 am**

**Week 7 Friday 2 November 2007**

Boys and Girls				Boys	Girls
U6	200m			On-Track program	
U7	50m	70m	200m	SP	LJ
U8	60m	70m	200m	HJ	LJ
U9	70m	200m	800m	DIS	TJ
U10	70m	200m	800m	TJ	TJ
U11	70m	200m	1500m	HJ	TJ
U12	70m	200m	1500m	SP	LJ
U13	70m	200m	1500m	TJ	SP
U14	70m	200m	1500m	SP	SP
U15	70m	200m	1500m	SP	SP

**Week 8 Saturday 10 November 2007**

Boys and Girls				Boys		Girls	
On-Track program				DIS		DIS	
U6							
U7	60m	100m	200m	SP	DIS	DIS	SP
U8	60m	100m	400m	HJ	DIS	LJ	SP
U9	100m	400m	1100W	LJ	TJ	TJ	SP
U10	100m	400m	1100W	TJ	HJ	LJ	HJ
U11	100m	400m	800m	HJ	SP	LJ	DIS
U12	100m	400m	800m	SP	TJ	DIS	LJ
U13	100m	400m	800m	SP	TJ	HJ	LJ
U14	100m	400m	800m	SP	TJ	HJ	LJ
U15	100m	400m	800m	SP	TJ	HJ	LJ

**Region Relays Sunday 18 November**

**Week 9 Saturday 24 November 2007**

Boys and Girls				Boys		Girls	
				On-Track program			
U6	50m						
U7	60m	100m	200m	LJ	DIS	DIS	LJ
U8	100m	200m	400m	SP	LJ	DIS	TJ
U9	100m	200m	400m	HJ	TJ	DIS	HJ
U10	100m	200m	400m	SP	LJ	DIS	SP
U11	100m	400m	1500m	JAV	LJ	JAV	SP
U12	100m	400m	1500m	JAV	DIS	JAV	LJ
U13	100m	400m	1500m	JAV	DIS	JAV	LJ
U14	100m	400m	1500m	JAV	DIS	JAV	LJ
U15	100m	400m	1500m	JAV	DIS	JAV	LJ

**Note: Javelin registration 7.30 am**

**Week 10 Friday 30 November 2007**

Boys and Girls				Boys	Girls
U6	300m			On-Track program	
U7	50m	70m	300m	SP	LJ
U8	60m	60H	80H	SP	DIS
U9	400m	60H	80H	HJ	LJ
U10	400m	60H	80H	SP	DIS
U11	400m	60H	80H	LJ	SP
U12	400m	60H	80H	DIS	TJ
U13	400m	80H	300H	HJ	TJ
U14G	400m	80H	300H		TJ
U14B	400m	90H	300H	HJ	
U15G	400m	90H	300H		TJ
U15B	400m	100H	300H	HJ	

**Week 11 Friday 7 December 2007**

Boys and Girls				Boys	Girls
U6	60m			On-Track program	
U7	50m	70m	200m	DIS	LJ
U8	60m	100m	200m	HJ	LJ
U9	70m	100m	800m	DIS	TJ
U10	70m	100m	800m	HJ	TJ
U11	70m	100m	1500W	DIS	TJ
U12	70m	100m	1500W	HJ	LJ
U13	100m	400m	1500W	LJ	SP
U14	100m	400m	1500W	LJ	SP
U15	100m	400m	1500W	LJ	SP

**Week 12 Saturday 15 December 2007**

Boys and Girls				Boys		Girls	
U6	100m			On-Track program			
U7	50m	70m	300m	SP	DIS	DIS	SP
U8	60m	60H	80H	HJ	LJ	TJ	SP
U9	400m	60H	80H	DIS	LJ	HJ	SP
U10	400m	60H	80H	LJ	DIS	LJ	DIS
U11	400m	60H	80H	HJ	TJ	LJ	HJ
U12	400m	60H	80H	SP	LJ	DIS	SP
U13	400m	80H	300H	SP	LJ	HJ	TJ
U14G	400m	80H	300H			HJ	TJ
U14B	400m	90H	300H	SP	LJ		
U15G	400m	90H	300H			HJ	TJ
U15B	400m	100H	300H	SP	LJ		

**State Relays Sunday 16 December 2007**

**Mid-season break**

**Week 13 Saturday 19 January 2008**

Boys and Girls				Boys		Girls	
On-Track program				LJ		LJ	
U6							
U7	60m	100m	200m	LJ	SP	LJ	SP
U8	100m	200m	400m	TJ	DIS	HJ	SP
U9	100m	200m	1100W	TJ	TJ	LJ	DIS
U10	100m	200m	1100W	HJ	DIS	HJ	SP
U11	100m	200m	1500m	TJ	JAV	DIS	JAV
U12	100m	200m	1500m	HJ	JAV	SP	JAV
U13	100m	200m	1500m	SP	JAV	DIS	JAV
U14	100m	200m	1500m	HJ	JAV	DIS	JAV
U15	100m	200m	1500m	HJ	JAV	DIS	JAV

**Note: Javelin registration 7.30 am**

**Week 14 Friday 25 January 2008**

Boys and Girls				Boys		Girls	
On-Track program				On-Track program			
U6	100m						
U7	50m	70m	300m	LJ		SP	
U8	70m	100m	200m	DIS		HJ	
U9	70m	100m	200m	SP		DIS	
U10	70m	100m	200m	TJ		HJ	
U11	70m	100m	800m	SP		HJ	
U12	70m	100m	800m	LJ		HJ	
U13	100m	200m	800m	LJ		SP	
U14	100m	200m	800m	LJ		TJ	
U15	100m	200m	800m	LJ		TJ	

**Week 15 Saturday 2 February 2008**

Boys and Girls				Boys		Girls	
On-Track program				On-Track program			
U6	300m						
U7	50m	70m	300m	SP	LJ	DIS	SP
U8	60m	60H	80H	SP	LJ	TJ	DIS
U9	400m	60H	80H	TJ	LJ	HJ	SP
U10	400m	60H	80H	LJ	DIS	TJ	DIS
U11	400m	60H	80H	LJ	DIS	TJ	HJ
U12	400m	60H	80H	TJ	DIS	LJ	TJ
U13	400m	80H	300H	HJ	DIS	HJ	SP
U14G	400m	80H	300H			HJ	SP
U14B	400m	90H	300H	TJ	HJ		
U15G	400m	90H	300H			HJ	SP
U15B	400m	100H	300H	TJ	DIS		

**Collingwood Open Day Sunday 10 February 2008, program to be advised**

## Region Track and Field Saturday/Sunday 16/17 February 2008

### Week 16 Friday 22 February 2008

	Boys and Girls			Boys On-Track program	Girls
U6	200m				
U7	60m	100m	200m	SP	DIS
U8	60m	100m	200m	HJ	LJ
U9	100m	400m	1100W	DIS	TJ
U10	100m	400m	1100W	SP	LJ
U11	100m	400m	800m	HJ	LJ
U12	100m	400m	800m	SP	DIS
U13	100m	400m	800m	TJ	DIS
U14	100m	400m	800m	SP	LJ
U15	100m	400m	800m	SP	DIS

### Week 17 Saturday 1 March 2008

	Boys and Girls On-Track program			Boys LJ		Girls LJ	
U6							
U7	60m	100m	200m	LJ	DIS	LJ	SP
U8	70m	200m	400m	TJ	DIS	HJ	SP
U9	70m	200m	1100W	HJ	SP	LJ	DIS
U10	70m	200m	1100W	HJ	SP	DIS	SP
U11	70m	200m	1500m	TJ	JAV	DIS	JAV
U12	70m	200m	1500m	HJ	JAV	SP	JAV
U13	70m	200m	1500m	SP	JAV	DIS	JAV
U14	70m	200m	1500m	HJ	JAV	DIS	JAV
U15	70m	200m	1500m	HJ	JAV	DIS	JAV

Note: Javelin registration 7.30 am

### Week 18 Friday 7 March 2008

	Boys and Girls On-Track Program			Boys	Girls
U6				DIS	DIS
U7	60m	100m	200m	LJ	SP
U8	70m	100m	200m	LJ	HJ
U9	70m	100m	200m	DIS	DIS
U10	70m	100m	200m	TJ	HJ
U11	100m	200m	1500W	SP	SP
U12	100m	200m	1500W	LJ	HJ
U13	100m	200m	1500W	LJ	TJ
U14	100m	200m	1500W	LJ	TJ
U15	100m	200m	1500W	LJ	TJ

## State Track and Field Saturday/Sunday 15/16 March 2008

**S e a s o n c l o s e**

## GENERAL REGULATIONS

### A. GROUP AWARDS

1. All members must be financial with the Centre. Families with two or more children may arrange extended payments with the Registrar. The weekly competition fee is \$2.00 per athlete.
2. New members must produce proof of birth date prior to participation in competition days. This also applies to athletes who have not produced proof of birth date in previous seasons. Points will be withheld until proof of age is produced. Athletes have one week to produce proof of age.
3. AGE GROUP TABLES for 2007–08 Season  
Children compete in age groups depending on their date of birth as listed.

	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
Jan		15	14	13	12	11	10	9	8	7	6
Feb		15	14	13	12	11	10	9	8	7	6
Mar		15	14	13	12	11	10	9	8	7	6
Apr		15	14	13	12	11	10	9	8	7	6
May		15	14	13	12	11	10	9	8	7	6
Jun		15	14	13	12	11	10	9	8	7	6
Jul		15	14	13	12	11	10	9	8	7	6
Aug		15	14	13	12	11	10	9	8	7	6
Sep		15	14	13	12	11	10	9	8	7	6
Oct	15	14	13	12	11	10	9	8	7	6	
Nov	15	14	13	12	11	10	9	8	7	6	
Dec	15	14	13	12	11	10	9	8	7	6	

This season, children born after 1 October 2002 may register and compete in the Under 6 age group *only* after their 5th birthday.

### B. CONDUCT

1. Collingwood Little Athletics Centre recognises the right of all children to participate in an athletic activity in a friendly environment. The Centre therefore does not condone any form of discrimination or unsporting behavior and reserves the right to exercise disciplinary action where necessary.
2. Any concerns regarding the conduct of any person associated with this Centre, whether they are children, parents, or the management of the Centre, should be addressed, through the Secretary, to the Executive Council for consideration and appropriate action.
3. **Children attending a Centre meeting must be in the care of a responsible person at all times.** At the time of weekly registration, the adult/s responsible for the supervision of the children at that meeting must sign in and stay for the duration of the meeting. If the meeting is abandoned due to inclement weather

or completed before the scheduled time, unsupervised children could be left waiting alone.

4. The following areas are OUT OF BOUNDS to athletes:
  - a. Heidelberg Road
  - b. Merri Creek
  - c. The car park
  - d. The equipment room—this includes the climbing rope
  - e. In and around the equipment shed
  - f. The centre of the arena, unless competing, being marshalled for an event, or with parents who are officiating at an event
  - g. The back of the pavilion (around outside toilets)
5. Pacing of athletes, by parents or other competitors, is not permitted during competition.
6. Children wearing plaster casts or with stitches may compete provided a doctor's certificate is produced stating that it is safe for the child to compete.
7. Parents are generally NOT permitted on the Track and Field area unless officiating. This rule may be relaxed for parents of newly registered young children in their first two weeks of competition.
8. Smoking and the consumption of alcohol are not permitted anywhere inside the Knott Reserve, including the viewing area.

## **C. COMPETITION PROGRAM**

1. The competition program is set by the Executive Committee. The Track and Field Manager may change the competition program during the season.
2. The weekly program of events is determined by the Executive Committee. The Track and Field Manager may change the weekly program of events in accordance with inclement weather or track conditions.
3. In wet weather conditions a decision regarding competition will generally be made at the scheduled start of competition: 8.45 am for a Saturday morning competition and 5.45 pm for a Friday twilight competition. Once made, this decision will be promptly posted on the Centre website ([www.collingwoodlittleathletics.org.au](http://www.collingwoodlittleathletics.org.au)) and at a telephone number to be advertised during the season.
4. In order to ensure safety, the Javelin competition will be conducted only on Saturday mornings, as detailed on the weekly schedule in this handbook, at 7.45 am. This does not apply to the Open Day.
5. Athletes registered for the entire season must compete on 12 competition days to be eligible for Centre awards. Eligibility for athletes joining during the season will be on a pro-rata basis. The requirement will be adjusted as necessary to take into account any cancellations as a result of wet weather or other causes.

## D. COMPETITION RULES

1. Competition will be conducted under the rules laid down by the Victorian Little Athletics Association.
2. Any number of registered athletes may compete in an event in a particular age group. The competitors in age groups other than Under 6 will score points as follows:

1st placed	-	10 points
2nd placed	-	9 points
3rd placed	-	8 points
4th placed	-	7 points
5th placed	-	6 points
6th placed	-	5 points
7th placed	-	4 points
8th placed	-	3 points
9th placed	-	2 points
10th and beyond	-	1 point

Under 6 athletes will take part in the On-Track program (see item I). There will be one scheduled event on each competition day but no points will be awarded.

3. If any event has only one competitor, 9 points will be awarded for successful completion of the event.
4. Where there is more than one heat in an age group, all heats shall be combined as one event for the purpose of points allocation.
5. Ten additional points will be awarded for a new Centre record, and five additional points will be awarded for equaling a Centre record.
6. One hundred additional points will be allocated to athletes when their families (parents and carers) officiate on at least 8 occasions or pro-rata for those registering after the start of the season.
7. The Track and Field Manager or an official of an event may disqualify competitors from an event under the following conditions:
  - a. Two false starts in a track event (three for Under 6 to Under 9)
  - b. Running out of lane, except in 800m or 1500m events
  - c. Fighting or throwing stones or other items
  - d. Climbing onto the Discus safety cage
  - e. Distracting or interfering with another competitor
  - f. Being paced during an event
  - g. Refusing any legitimate request by an official.
8. Centre uniform, including registration tags, must be worn at all times during CLAC meetings and at Open Day. The Centre uniform must also be worn by athletes representing CLAC at region and state title meetings. Athletes must wear suitable shoes. Centre uniform consists of white or black shorts and the Centre singlet. A white or black tee shirt may be worn under the singlet. On completion of a track

event, all competitors must report to the time recording table near the finish line.

9. Any competitor arriving late for an event, unless delayed by a previous event, may be refused entry to the event.
10. Under 6 to Under 11 athletes are not permitted to use spikes for any event. Under 12 to Under 15 athletes are required to use a crouch start in track events up to and including 400m and may use starting blocks and/or wear spikes in these events. Starting blocks should not be used for distances beyond 400m.

## **E. AGE GROUP, ACHIEVEMENT, MERIT and SPECIAL AWARDS**

1. Gold, Silver and Bronze trophies shall be awarded to the first, second and third placed athletes in each age group from Under 7 to Under 15. These placings will be determined from total points allocated for each event during the designated competition days as laid out in General Regulations, Section C.
2. Under 6 athletes will receive Achievement awards for skills mastered in the On-Track program.
3. Athletes not receiving age group awards are eligible for Merit awards. Merit awards are based on individuals bettering previous personal best performances in each event. Each year, awards will be made to athletes achieving more than a certain number of personal best performances (the number is determined each year by the Records and Ranking Officer and endorsed by the Committee).
4. Champion boy and girl aged 9 to 12 awards are made to the boy and girl with greatest aggregate number of points. The best first year boy and girl awards are made to the best first year athletes with the highest number of points. The Peter Tatarskyj award is made to the athlete with the most outstanding achievement at the state track and field championships. The most improved boy and girl awards are made to the boy and girl with greatest number of personal best performances at CLAC meetings.

## **F. AWARD PRESENTATIONS**

1. All awards will be presented at the Centre's presentation function. All children are encouraged to attend this event to collect their trophies, medals, ribbons and achievement certificates. This is an opportunity for all children and parents to come together and celebrate the achievements of all athletes during the season.
2. Cross-country awards are presented at a separate ceremony following the close of the Cross-country season.
3. If children are unable to be present to receive their awards, arrangements should be made with the Secretary to collect the awards at a mutually convenient time and place. The Centre cannot guarantee safekeeping, nor be responsible for uncollected awards. Trophies will be kept by the Centre for one month only, following the presentation ceremony.

## **G. OFFICIALS DUTIES**

The weekly competition program at all Little Athletics Centres is run by the parents of the children. To ensure smooth running of the program **we will roster about 40 officials each week**. This includes at least three officials at each of the five field events, two timekeepers, six to eight place judges and ticket writers, five result recorders and two starter's marshals. As previously indicated, to meet this number one parent/carer per family is needed to officiate on at least 8 occasions during the season. When children are first registered, parents will be asked to nominate areas in which they are prepared to help. Parents of Under 6 children will be expected to help run the On-Track program.

### **Field Events**

Each field event has a Chief Official who is in control of the event. The Chief Official has the power to determine the order of competitors, the number of practice throws or jumps each athlete may attempt. The Chief Official will decide whether an attempt (a jump or throw) is valid or not. Two officials are required to measure the throw or jump (one of these may be the Chief Official) and one to record the results. One official is required to rake the sandpit smooth after each jump at the long jump and triple jump, and to replace and raise the bar at high jump.

### **Track Events**

For the track events to run we require starter's marshals, starter, recall starter, timekeepers, place judges and recorders and lane judges. The starter's marshal determines whether heats are necessary and places children in lanes ready for the start. The starter and recall starter ensure that all athletes have a fair start. Timekeepers measure the time from the start of the race until each competitor crosses the finish line. The start of the race is the first sign of smoke from the starter's gun (the sound of the gun may take up to 0.3 seconds to reach the finish line). The finish time is when the competitor's torso (i.e. the trunk, not the head, arms or legs) crosses the finish line.

Place judges determine the finishing order of competitors, and write place tickets. Lane judges ensure that competitors remain in their lanes during events run in lanes and that no interference occurs between athletes during longer events not conducted in lanes. While the Chief Official of each event must have a good understanding of the rules and technical requirements of the event, this is not necessary for all officials. Many of the duties do not require any technical knowledge or experience of the event being run—for example, raking the sand pit after each long or triple jump—but are still essential for the event to be run smoothly.

**Chief Officials in charge of field and track stations have the discretion to disqualify competitors who misbehave.**

## **H. VERIFICATION OF RECORDS**

Chief Officials at all field events should note the current record for the event they are conducting. This will be printed on the event form. A separate listing for all age groups

can be found in the recording folder. This listing may become out-of-date during the season, and in the case of a disagreement the event form should be used.

For a new or equal field record to be recognised, the distance or height must be verified by the Track and Field Manager or Assistant Track and Field Manager. For instance, for jumping events the sand should be undisturbed so the distance may be verified; for throwing events the javelin, discus or put should be left in place; and for the high jump the senior track official should be in attendance when a record height is attempted. If neither of the two senior officials can be found in reasonable time, a member of the Executive Committee may be called upon. The Executive Committee list can be found at the front of this book.

For a new or equal record to be recognised for a track event, the time must be recorded by TWO timekeepers and the slower of the two times shall be used to determine if a record has been broken. Both times must be entered on the recording sheet and signed by both timekeepers. For track events the display of stopwatches should not be zeroed. The Chief Timekeeper should be aware of the current record for the event being run. To avoid disappointment to an athlete, please refrain from telling them that they have broken a record. For all events, records are not valid until final confirmation by the Records and Rankings Officer.

## **I. ON-TRACK PROGRAM**

Most Victorian Little Athletics Clubs now run the On-Track program for age groups Under 6 to Under 8. CLAC introduced the program for Under 6s in 2004–05 and will continue to offer it for Under 6s during 2007–08.

On-Track is a specially designed program for younger athletes that emphasises development of skills rather than competition. The On-Track program is run in two 30-minute segments. Each meeting, in addition to the On-Track program, Under 6s will take part in one competitive event so they may have some experience of competition. Under 6s will take part in Open Day under normal competition rules.

## OPEN DAY

1. In 2007–08 CLAC will run an Open Day on Sunday 10 February 2008. This competition is open to registered Little Athletes from Collingwood and from other clubs, as individuals or in teams. It provides Collingwood athletes with the opportunity to gauge their performances against those of athletes from other clubs.
2. A schedule of events to be run will be made available six weeks before the competition. A program will be prepared showing the names of competitors and the timing of events.
3. Competitors may enter up to four events in their age group or in a higher age group. Entry to events will be charged \$6 per event or \$20 for four events. Entry forms may be obtained from the Open Day manager.
4. Entries must be received by a deadline a week prior to the staging of the competition. Late entries may be accepted early on the day of competition or before, at the discretion of the relevant officials and provided the timing of events is not affected by additional entries.

## VLAA REGION AND STATE CHAMPIONSHIPS

Victorian Little Athletics conducts four State Championships: Relays, Multi-Event, Track and Field and Cross-country. Progression to State Finals is through Regional heats. We compete in the Eastern Metropolitan Region (EMR).

All athletes in the Under 9 to 15 Age groups may be eligible to enter the Regional heats. Under 7 and 8 athletes may compete by invitation at the State Cross-country Championships.

There are no qualifying standards for most events at any of these championships. We urge all athletes to consider competing in these events, to represent their Centre and for the experience of competing in a different environment to the normal Centre meetings. Many athletes achieve their personal best performances at these events.

The Centre is required to supply a number of officials, including a Team Manager, if we have athletes competing at Region/State events. **It is a condition of entry that parents of athletes offer to officiate at Region/State events and registrations will not be accepted unless parents agree to do so.**

A fee is required for all Championship Events. This must be paid at the time the entry form is submitted.

**NO ENTRY FORM WILL BE ACCEPTED WITHOUT THE APPROPRIATE ENTRY FEES.**

### A. RELAYS

1. Relays are for athletes aged U9 to U15. The teams are organised by interested parents, and may compete at region level with the possibility of advancing to state relay finals.
2. Relay events include 4 x 100m, 4 x 200m, 2 x 100 + 200 + 400 medley and mixed age/sex medleys. An athlete may compete in a maximum of three events.
3. **The Centre management will not organise teams for the Relays.** The Centre will submit entry forms from teams organised by athletes and parents, provided that two parents are available to:
  - a. Supervise the team to ensure that all members are available for training
  - b. Officiate on the day of the competition.
4. The entry fee for relay events will be advised closer to the event.

### B. TRACK AND FIELD

1. Athletes must have competed in at least six Centre competition days prior to close

of entries with the Centre Secretary. On these days the athlete must compete in at least three of the events on the program for that day.

2. Athletes may enter up to four events in Track and Field Region and State Final Championships are conducted over two days in mid February and mid March.
3. Entry fee for Track and Field Championships will be advised closer to the event. (This covers both Region and State level Competition).
4. Progression to State Championships is through the Region structure.

### **C. MULTI-EVENT**

1. Multi-Event for all Age Groups consists of five events: 100m, 80m Hurdles, Long Jump, Discus and 800m. Points are awarded for results in each event and added to determine the overall placings in each age group. State Championships are usually held on the first weekend in March. Entry fee for the Multi-Event Championship will be advised closer to the event.

### **D. CROSS-COUNTRY**

1. Athletes must have competed in at least two of the Centre's designated Cross Country competition days prior to close of entries for Region Cross Country.
2. Entry fees for Cross Country Championships will be advised closer to the event. (This covers Region and State level competitions). Teams of three athletes only, will be entered.
3. Completed entry forms and fees must be received by the Cross Country Manager by the closing date, which will be notified during the Cross Country Season.

## 2006–07 SEASON PERFORMANCE HIGHLIGHTS

### A. AGE GROUP WINNERS

<b>Age</b>	<b>Girls</b>	<b>Boys</b>
<b>Under 7</b>	Eliza Watson	Harrison Grace
	Aisling Dawson	Andrew Milne
	Eleanor Cooney Hunt	James Muir
<b>Under 8</b>	Georgia Deacon	Matthew Lynas
	Alexandra Jones	William O’Neil-Shaw
	Olivia Muir	Peni Waqairatu
<b>Under 9</b>	Bonita Dowding	Miles Leyden
	Olivia Leyden	Declan Lambert
	Jemma Stavrakakis	Max Stella
<b>Under 10</b>	Hilary McAdam	Adam Garganis
	Carmen Craig-Darroch	Maxwell Maynard
	Rebekah Corney	Jack Neale
<b>Under 11</b>	Jessica Neale	Charlie Cromb
	Kathryn Hall-Lucas	Aidan Lambert
	Beatrice Moshis	Daniel Costanzo
<b>Under 12</b>	Verity O'Shanassy	Alexander Tran
	Hannah Garganis	Tom Kellock
	Zoe McWhinney	Sean O’Neill
<b>Under 13</b>	Gabrielle Henderson	Aodhan Madden
	Emma Byers	Dylan Craig-Darroch
	Kelly Langford	Gihan Coventry = Julian O’Donnell =
<b>Under 14</b>	Tahlia Stavrakakis	Dylan O’Neill
	Olivia Franco	Beau Dorian
	Kelly Karagiannis	

## B. MERIT AWARDS

Age group	Girls	Boys
<b>Under 7</b>	Matilda Lourey	Marc Amad
	Giulia Scopece	Luke Garganis
	Rachel Smith	
	Greta Torelli	
<b>Under 8</b>	Bridget Fraser	James Hall-Lucas
	Alice Hubbard	Thomas Hewitt
	Josephine Laufer	Darcy Pomeroy
<b>Under 9</b>	Olivia Cameron	Nicholas Badrock
	Julia Harrison	Jonty Leventis
	Amelia Scopece	Beau Moorcroft
	Emma Volard	Anthony Neale
		Oliver Smith
		Donovan Stuart
		Oliver Tapp
		Ryan White
	Celik Zenelovski	
<b>Under 10</b>	Scarlet Aylward	Julius DeAntonis
	Matilda Hubbard	
<b>Under 11</b>	Isabella Johnson	Stefan Siotos
	Danielle Jumeau	
	Elinor Mills	
<b>Under 12</b>	Alice Albon	Carl Badrock
		Ben Callahan
		Damien Delle-Vergini
		Jacob Fraser

## C. RECORD BREAKERS

	Name	Age	Event	Date	New record
<b>Girls</b>	Hilary McAdam	U10	400m	18/3/07	1.11.55
	Zoe McWhinney	U12	Triple Jump	18/3/07	10.45
	Zoe McWhinney	U12	Long Jump	10/3/07	4.7
<b>Boys</b>	Miles Leyden	U9	200m	18/2/07	31.63
	Charlie Cromb	U11	Javelin	18/3/07	30.03
	Aidan Lambert	U11	Triple Jump	10/3/07	9.66
	Alexander Tran	U12	Triple Jump	18/3/07	9.89
	Sean O'Neill	U12	Javelin	18/2/07	29.94
	Julian O'Donnell	U13	High Jump	10/3/07	1.56

## D. SPECIAL AWARDS

Champion Boy 9–12	Adam Garganis
Champion Girl 9–12	Verity O'Shanassy
Best First Year Boy	Miles Leyden
Best First Year Girl	Aisling Dawson
Councillor Jell Encouragement Award	Morgan Jones
Peter Tatarskyj Memorial Award for most Outstanding Achievement at Olympic Park	Zoe McWhinney
Most Improved Boy	Miles Leyden
Most Improved Girl	Verity O'Shanassy

## E. STATE TRACK & FIELD REPRESENTATIVES

Age	Girls	Boys
<b>Under 9</b>	Emma Volard	Declan Lambert
		Jonty Leventis
		Miles Leyden
<b>Under 10</b>	Lucy Dodd	Julius DeAntonis
	Hilary McAdam	Adam Garganis
<b>Under 11</b>	Beatrice Moshis	Charlie Cromb
	Jessica Neale	Aidan Lambert
<b>Under 12</b>	Zoe McWhinney	Ben Callahan*
		Damien Delle-Vergini
		Sean O'Neill
		Alexander Tran
<b>Under 13</b>		Julian O'Donnell

\* qualified but did not compete

## F. STATE RELAY REPRESENTATIVES

<b>Age</b>	<b>Girls</b>	<b>Boys</b>
<b>Under 9</b>		Declan Lambert
		Miles Leyden
		Oliver Smith
		Donovan Stuart
<b>Under 10</b>	Keely Bradley	Adam Garganis
	Rebekah Corney	Maxwell Maynard
	Carmen Craig-Darroch	Benjamin Milne
	Lucy Dodd	Jack Neale
	Amy Hogan	Jay Speak
	Hilary McAdam	
	Sophie Miller	
<b>Under 12</b>		Ben Callahan
		Jacob Fraser
		Christopher Milne
		Sean O'Neill
		Alexander Tran

## COMPETITION STANDARDS

### HURDLES Distances and heights

Age group	Race length	Height
G8, G9, B8, B9	60m	45cm
	80m	45cm
G10, G11, B10, B11	60m	60cm
	80m	60cm
G12, B12	60m	68cm
	80m	68cm
G13, G14, B13	80m	76cm
	300m	68cm
G15, B14	90m	76cm
	300m	68cm
B15	100m	76cm
	300m	68cm

### HURDLES Positions

Race length	Distance to first hurdle	Number of flights	Spacing of flights	Last hurdle to finish
60m	12m	6	7m	13m
80m	12m	9	7m	12m
90m	13m	9	8m	13m
100m	13m	10	8.5m	10.5m
300m	50m	7	35m	40m

300m hurdles finish at the end of the 100m straight.  
Other hurdles finish at the 90m mark (the other judges stand).

### LONG JUMP

Under 6 to Under 12                      1.22m x 0.5 m mat  
Under 13 to Under 15                    1.22m x 0.2m board

### TRIPLE JUMP

Under 8 to Under 12                    1.22m x 0.5 m mat  
Under 13 to Under 15                    1.22m x 0.5 m mat

## HIGH JUMP

### Starting Heights

AGE	U8	U9	U10	U11	U12	U13	U14	U15
Girls	0.65	0.75	0.85	0.90	1.00	1.05	1.10	1.15
Boys	0.65	0.80	0.90	0.95	1.05	1.20	1.25	1.30

Athletes wishing to compete at regional level or above must be able to clear the following heights.

AGE	U8	U9	U10	U11	U12	U13	U14	U15
Girls	0.70	0.90	1.00	1.05	1.15	1.25	1.30	1.35
Boys	0.75	0.95	1.05	1.15	1.25	1.35	1.40	1.45

## DISCUS

Age	Weight
Under 6	350g
Under 7, 8, 9, 10	500g
Under 11, 12	750g
Girls Under 13	750g
Girls Under 14, 15	1kg
Boys Under 13, 14, 15	1kg

## SHOT PUT

Age	Weight
G6, B6	1kg
G7, G8, B7, B8	1.5 kg
G9 G10, G11, G12, B9, B10, B11	2kg
G13, G14, G15, B12, B13	3kg
B14, B15	4kg

## JAVELIN

Age	Weight
G11, G12, G13, B11, B12	400g
G14, G15, B13, B14, B15	600g

## PROPOSED CROSS-COUNTRY 2007–08 SEASON PROGRAM

1. Registration fee for the summer competition also covers the cross-country season.
2. Cross-country attendance trophy will be awarded to athletes who compete in at least six cross-country competition days.
3. The cross-country season is seen as an extension of the summer track and field season and all athletes are welcome to attend.
4. For any further information regarding cross-country, contact the Cross-country Manager.

Date		Centre	Venue	Melway Ref.	Program
April	13	2008 Box Hill	Gardiners Crk	61B6	A
	20	2008 Nunawading	tba	tba	B
May	4	2008 Camberwell Malvern	tba	tba	A
	11	2008 Kew	Stradbroke Pk	45K5	B
	18	2008 Doncaster	Ruffey Creek	33F10	A
June	25	2008 Ringwood	Quambie Res	36B12	B
	1	2008 Collingwood	tba	tba	A
	8	2008 Benalla	Benalla		
	15	2008 Box Hill (Open Day)	Wattle Park	60J2	B
	22	2008 <b>REGION EMR</b>	tba	tba	
July	29	2008 Eastern 7 Day	tba	tba	A
	5	2008 Knox (Open Day)	tba	tba	
	20	2008 Ringwood (Open Day)	Quambie Res	36B12	A
	27	2008 <b>STATE</b>	tba	tba	

Time	Program A	Program B
10.00	2000m U11, U12	3000m U13, U14, U15
10.15	1500m U9, U10	1000m U7, U8
10.30	500m U6	500m U6
10.45	1000m U7, U8	1500m U9, U10
11.00	3000m U13, U14, U15	2000m U11, U12

## CENTRE BEST PERFORMANCES

### BOYS

50m	J. Harris	8.70	03-12-94
60m	J. Harris	11.20	03-12-94
70m	Thomas Bonson	12.20	12-02-93
70m	C. Munro	12.20	20-02-86
100m	Luke Croxford	18.20	09-02-85
200m	Corey Pennant	36.20	11-03-94
300m	C. Munro	1.06.90	20-02-88
Discus	Aaron Raymond	14.27	11-03-90
Long Jump	Aaron Raymond	2.72	11-03-90
Shot Put	Aaron Cooper	6.50	01-12-85

### UNDER 6

### BOYS

50m	S. Atkinson	8.10	03-12-94
60m	Adam Goodsir	9.90	20-11-82
70m	B. Schmidt	11.00	26-11-88
70m	Myles Munro	11.00	02-02-92
70m	Benjamin Goorie	11.00	12-02-94
100m	Adam Goodsir	17.30	30-10-82
100m	S. Fraser	17.30	06-11-82
200m	Aaron Fiddes	36.65	22-03-03
300m	Bobby Gray	58.90	15-02-86
Discus	Beau Moorcroft	15.73	4-03-05
Long Jump	Charlie Cromb	3.17	7-03-03
Shot Put	C. Munro	7.39	18-02-89

### UNDER 7

### BOYS

60m	Andrew Harris	9.30	20-11-82
70m	P. Sokilowske	11.30	20-03-76
100m	John Raymond	15.90	14-01-88
100m	Conor Dullard	15.90	05-02-94
200m	Myles Munro	33.50	19-03-93
400m	John Raymond	1.16.00	17-03-89
60m Hurdles	Aaron Fiddes	11.45	20-03-04
80m Hurdles	Aidan Lambert	15.84	07-02-04
Discus	B. Hooper	20.53	05-02-82
High Jump	Julian Iliff	1.12	04-02-89
Long Jump	John Raymond	3.77	04-03-89
Shot Put	Gary Moorcroft	9.68	10-03-84
Triple Jump	Aidan Lambert	7.6	20-03-04

### UNDER 8

### BOYS

70m	B. Phillips	10.70	14-10-72
70m	P. Zahra	10.70	08-12-79

### UNDER 9

70m	Andrew Hammond	10.70	17-03-84
100m	Oliver Mann	14.90	06-02-88
200m	Miles Leyden	31.63	18-02-07
400m	P. Daniliuc	1.09.30	02-03-86
800m	P. Daniliuc	2.32.90	23-03-86
60m Hurdles	Danny Lennon	9.50	01-12-89
80m Hurdles	Aaron Fiddes	14.44	06-02-05
1100m Walk	Timucin Girgin	5.34.73	17-03-01
Discus	K. Milroy	25.92	09-03-80
High Jump	Aaron Gaunt	1.34	21-03-93
Long Jump	John Raymond	4.08	27-01-90
Shot Put	Gary Moorcroft	9.15	17-03-85
Triple Jump	M. Cooper	8.26	29-03-79

### BOYS

### UNDER 10

70m	Danny Lennon	10.10	16-03-91
100m	Danny Lennon	14.10	09-03-91
200m	Danny Lennon	30.00	23-03-91
400m	William Johnson	1.09.61	17-03-01
800m	Bobby Gray	2.33.00	19-03-89
60m Hurdles	M. Wyburd	9.60	20-11-82
80m Hurdles	Thomas McLeod	15.20	12-02-95
1100m Walk	Timucin Girgin	5.38.79	20-10-01
Discus	Alex Marinis	32.88	02-03-86
High Jump	Bobby Gray	1.41	19-03-89
High Jump	John Raymond	1.41	16-03-91
Long Jump	P. Zahra	4.47	29-11-80
Shot Put	Gary Moorcroft	11.57	23-03-86
Triple Jump	Danny Lennon	8.86	10-02-91

### BOYS

### UNDER 11

70m	Daniel Buccianti	9.80	19-03-89
70m	D. Wood	9.80	20-03-76
100m	Daniel Buccianti	13.60	19-03-89
200m	I. Hamill	29.40	14-03-72
400m	A. Duniliuc	1.04.90	02-03-86
800m	A. Duniliuc	2.26.10	23-03-86
1500m	A. Duniliuc	5.04.20	22-02-86
60m Hurdles	Martin Gromotka	9.30	26-11-88
80m Hurdles	Thomas McLeod	14.50	12-03-96
1500m Walk	Timucin Girgin	7.44.21	12-10-02
Discus	Alex Marinis	33.10	21-02-87
High Jump	Bobby Gray	1.45	15-03-90
Javelin	Charlie Cromb	30.03	18-03-07
Long Jump	W. Burgess	4.50	14-12-74
Shot Put	Daniel Bass	10.03	23-03-98
Triple Jump	Aidan Lambert	9.66	10-03-07

**BOYS**

70m  
 100m  
 200m  
 400m  
 800m  
 1500m  
 60m Hurdles  
 80m Hurdles  
 1500m Walk  
 Discus  
 High Jump  
 Javelin  
 Long Jump  
 Shot Put  
 Triple Jump

**UNDER 12**

I. Hamill	9.50	14-10-72
N. Bristow	12.70	1972
N. Bristow	27.80	1972
P. Whitefield	1.05.20	08-12-67
D. Jones	2.24.00	17-12-79
Oliver May	4.59.00	20-02-91
Colin Osborn	10.10	08-03-97
Colin Osborn	13.85	15-02-97
Timucin Girgin	7.38.66	13-12-03
Gary Moorcroft	44.65	31-10-87
Bobby Gray	1.65	16-03-91
Sean O'Neill	29.94	18-02-07
I. Hamill	4.85	17-03-73
Gary Moorcroft	10.77	21-02-88
Alexander Tran	9.89	18-03-07

**BOYS**

70m  
 100m  
 200m  
 400m  
 800m  
 1500m  
 80m Hurdles  
 300m Hurdles  
 1500m Walk  
 Discus  
 High Jump  
 Javelin  
 Long Jump  
 Shot Put  
 Triple Jump

**UNDER 13**

Colin Osborn	9.43	07-03-98
Brendan Moore	12.40	16-03-91
Brendan Moore	25.80	24-02-91
Brendan Moore	1.00.70	26-01-91
Bodin Pollard	2.28.90	12-03-88
Bodin Pollard	5.00.80	12-03-88
Colin Osborn	13.04	28-03-98
Stuart Good	50.15	08-12-00
Ergenekon Girgin	7.33.14	12-11-05
Gary Moorcroft	34.19	10-02-89
Julian O'Donnell	1.56	10-03-07
Trent Scott	27.45	12-02-00
Brendan Moore	5.26	24-02-91
Gary Moorcroft	12.68	09-12-88
Brendan Moore	10.38	24-02-91

**BOYS**

70m  
 100m  
 200m  
 400m  
 800m  
 1500m  
 90m Hurdles  
 300m Hurdles  
 1500m Walk  
 Discus  
 High Jump

**UNDER 14**

Matthew Worn	8.80	23-03-91
Matthew Worn	12.50	23-03-91
Jason Goodsir	25.8	16-11-85
Jason Goodsir	56.80	22-03-86
Josh Fox	2.26.69	28-02-03
Gavin Dibbs	4.46.20	28-03-87
Colin Osborn	13.21	20-03-99
Colin Osborn	45.71	13-03-99
Timucin Girgin	7.11.04	06-02-05
Alex Marinis	40.19	25-02-90
Alex Marinis	1.65	23-02-90

Javelin	Jamie Pennant	32.88	12-03-05
Long Jump	Alex Marinis	5.68	25-02-90
Shot Put	Alex Marinis	12.74	23-02-90
Triple Jump	N. Jorgensen-Smith	11.59	16-03-96

## BOYS

70m	G. Lampropoulos	8.70	06-12-91
100m	Jason Goodsir	11.80	28-03-87
200m	Jason Goodsir	24.30	28-03-87
400m	Jason Goodsir	53.70	28-03-87
800m	Jason Goodsir	2.11.90	07-03-87
1500m	Steven Carmondy	4.58.00	24-02-91
100m Hurdles	Colin Osborn	14.55	18-03-00
300m Hurdles	Colin Osborn	41.71	19-03-00
1500m Walk	Jason Eames	7.21.30	04-02-90
Discus	Gary Moorcroft	41.64	03-02-91
High Jump	Paul Hristovski	1.63	08-12-90
Javelin	Jamie Pennant	33.00	17-09-05
Shot Put	Gary Moorcroft	14.68	01-02-91
Long Jump	B. Burt	5.87	12-03-88
Triple Jump	N. Jorgensen-Smith	11.79	08-03-97

## UNDER 15

## GIRLS

50m	Sarah Thorpe	9.87	21-02-98
60m	Renee Clarke	10.30	16-11-91
70m	Sarah Thorpe	12.04	22-11-97
100m	Zoe McWhinney	19.18	09-03-01
200m	Sarah Thorpe	41.82	21-02-98
300m	Zoe McWhinney	1.06.94	24-02-01
Discus	Melissa Laird	11.12	19-03-93
Long Jump	Sarah Thorpe	2.80	27-02-98
Shot Put	Kelly Allen	4.49	11-12-92

## UNDER 6

## GIRLS

50m	Elisa Tendelli	8.60	03-11-90
60m	C. McCraith	10.60	20-11-85
70m	Retta Berryman	9.30	25-02-92
100m	Houda Abou-eid	17.00	08-02-86
200m	Houda Abou-eid	37.50	09-02-86
300m	Houda Abou-eid	1.00.20	15-02-86
Discus	I. Engelder	17.65	30-01-98
Long Jump	C. McCraith	3.47	06-11-82
Shot Put	Kellie Moorcroft	5.72	09-02-85

## UNDER 7

## GIRLS

60m	Cindi Apostolidis	9.60	20-11-82
70m	Renee Clarke	11.00	05-02-94

## UNDER 8

100m	S. Potter	15.20	12-03-77
200m	S. Potter	35.00	19-03-77
300m	Kellie Moorcroft	1.01.00	01-02-86
400m	Cathy Cooper	1.22.00	19-02-78
60m Hurdles	Kellie Moorcroft	12.20	09-02-86
80m Hurdles	Sandra Lee	16.80	27-03-93
Discus	Sarah Hadjifotis	18.32	09-03-85
High Jump	S. Potter	1.02	06-03-77
Long Jump	Tania Tatarskyj	3.50	16-10-82
Shot Put	Kellie Moorcroft	7.42	25-01-85
Triple Jump	Melissa Laird	6.79	25-02-95

## **GIRLS**

## **UNDER 9**

70m	T. Jonah	10.80	19-11-88
100m	S. Potter	15.20	12-03-78
200m	S. Crofts	31.40	22-02-75
400m	Hilary McAdam	1.15.14	04-03-06
800m	Stella Anyaogu	2.53.10	21-03-98
60m Hurdles	M. Eastwood	11.00	20-11-82
80m Hurdles	Karina Thorpe	15.34	08-03-97
1100m Walk	Sarah Starr	5.43.00	29-06-85
Discus	Sarah Hadjifotis	23.15	25-03-86
High Jump	Grace Cotton	1.17	15-02-03
Long Jump	S. Crofts	3.90	07-12-74
Shot Put	Kellie Moorcroft	8.17	14-02-87
Triple Jump	Zoe McWhinney	8.37	14-03-04

## **GIRLS**

## **UNDER 10**

70m	C. Baird	10.20	06-03-77
100m	C. Baird	14.60	12-03-77
200m	C. Baird	30.50	12-02-77
400m	Hilary McAdam	1.11.55	18-03-07
800m	Adele Demarte	2.40.00	19-03-89
60m Hurdles	S. Crofts	10.40	22-11-75
80m Hurdles	Zoe McWhinney	16.04	04-12-04
1100m Walk	Kellie Moorcroft	5.30.80	13-03-88
Discus	Britt Richards	27.37	28-02-81
High Jump	Kellie Moorcroft	1.27	07-02-88
Long Jump	Kate Burt	4.08	21-02-88
Shot Put	Kellie Moorcroft	9.11	21-02-88
Triple Jump	Zoe McWhinney	8.78	21-03-05

## **GIRLS**

## **UNDER 11**

70m	S. Crofts	10.00	06-03-77
100m	S. Day	14.30	12-03-78
200m	Zoe McWhinney	29.48	04-03-06
400m	C. Baird	1.05.70	12-03-78

800m	Stella Anyaogu	2.43.98	18-03-00
1500m	Sarah Starr	5.35.80	01-03-87
60m Hurdles	R. Gray	10.70	20-11-82
80m Hurdles	Alex Stockdale	15.25	20-02-99
1500m Walk	Sarah Starr	7.43.20	29-03-87
Discus	Tania Tatarskyj	30.28	15-03-86
High Jump	Kellie Moorcroft	1.42	19-03-89
Javelin	Samantha Laird	14.54	04-12-99
Long Jump	Zoe McWhinney	4.39	04-03-06
Shot Put	Kellie Moorcroft	9.64	05-02-89
Triple Jump	Zoe McWhinney	9.53	04-02-06

## GIRLS

## UNDER 12

70m	Kate Burt	9.50	25-02-90
100m	C. Baird	13.40	14-10-78
200m	C. Baird	27.90	04-03-79
400m	C. Baird	1.05.50	04-03-79
800m	A. Buttifaint	2.32.70	24-03-73
1500m	Sinead Murray	5.15.43	14-03-04
60m Hurdles	K. Smith	10.40	22-11-69
80m Hurdles	Emily Stone	14.75	14-02-98
1500m Walk	Sarah Starr	7.26.10	03-04-88
Discus	Tania Tatarskyj	35.62	29-03-87
High Jump	S. Crofts	1.53	28-01-77
Javelin	Jamee-Leigh Colley	19.35	22-03-03
Long Jump	Zoe McWhinney	4.70	10-03-07
Shot Put	Tania Tatarskyj	10.33	05-03-87
Triple Jump	Zoe McWhinney	10.45	18-03-07

## GIRLS

## UNDER 13

70m	Meghan Hurley	10.00	10-10-87
70m	Kate Burt	10.00	10-11-90
100m	Kate Burt	13.50	03-02-91
200m	Kerryn Moore	28.89	16-02-02
400m	Stella Anyaogu	1.07.56	08-12-01
800m	Kate Burt	2.41.20	16-03-91
1500m	Marino Talamo	5.47.76	27-03-93
80m Hurdles	Emily Stone	15.15	14-02-99
300m Hurdles	Emily Stone	52.36	21-03-99
1500m Walk	Eda Girgin	7.46.11	13-12-03
Discus (1kg)	Tania Tatarskyj	31.77	12-03-88
Discus (750g)	Jamee-Leigh Colley	22.44	14-02-04
High Jump	Natalie Laird	1.43	18-02-95
Javelin	Jamee-Leigh Colley	25.57	20-03-04
Long Jump	Karina Thorpe	4.80	09-03-01
Shot Put	Tania Tatarskyj	10.60	12-03-88
Triple Jump	Kate Burt	9.59	16-02-91

**GIRLS**

70m	Meghan Hurley	9.90	19-11-88
100m	Meghan Hurley	13.90	08-10-88
200m	Kate Burt	29.00	15-11-91
400m	Stella Anyaogu	1.01.72	16-03-03
800m	Stella Anyaogu	2.36.63	16-03-03
1500m	Melinda Allen	5.48.70	17-03-90
80m Hurdles	Caitlin Woods	15.73	16-10-04
300m Hurdles	Emily Stone	53.33	27-11-99
1500m walk	Eda Girgin	7.37.40	06-02-05
Discus	P. Doneman	32.94	10-11-89
High Jump	Natalie Laird	1.45	17-11-95
Javelin	Jamee-Leigh Colley	23.31	12-03-05
Long Jump	Kate Burt	4.93	12-03-92
Shot Put	Tania Tatarskyj	11.20	26-02-89
Triple Jump	Kate Burt	9.91	06-12-91

**UNDER 14****GIRLS**

70m	Madeline Lantieri	9.95	26-02-03
100m	Natalie Laird	14.09	22-02-97
200m	Stella Anyaogu	29.17	04-10-03
400m	Stella Anyaogu	1.05.25	04-10-03
800m	Karina Thorpe	2.49.83	16-03-03
1500m	Melinda Allen	5.43.30	24-02-91
90m Hurdles	Maria Vouthas	16.10	10-02-94
300m Hurdles	Stella Anyaogu	52.53	29-11-03
1500m Walk	Eda Girgin	7.40.42	04-03-06
Discus	Tania Tatarskyj	33.20	04-02-90
High Jump	Natalie Laird	1.55	15-03-97
Javelin	Jamee-Leigh Colley	28.29	04-03-06
Long Jump	Sonya Hristovski	4.53	21-02-92
Shot Put	Kellie Moorcroft	11.51	27-03-93
Triple Jump	Maria Vouthas	9.51	12-11-93

**UNDER 15**

## LIFE MEMBERS

### CENTRE

W. Tunaley	1972	Mrs. V. Allpress	1976
E. Wenckowoski	1977	R. Miller	1979
Mrs. M. Nicholls	1979	Mrs. G. Jones	1980
Miss B. Webber (Scott)	1981	Mrs. D. McInroy	1982
R. Nicholls	1983	J. Bradley	1984
Mrs. S. Elms	1985	Mrs. L. Cooper	1985
Mrs. D. McKenzie	1986	R. Harbert	1987
Mrs. K. Tatarskyj	1989	Mrs. S. Eames	1990
Mrs. J. Moorcroft	1990	Mrs. L. Kearney	1991
G. Scott	1995	Mrs. J. Laird	2000
W. Drosdowsky	2000	I. Kirkland	2001
J. Lawson	2003	Bruce Pennant	2004
Susan Apostolidis	2005		

### REGION

E. Wenckowoski		Mrs. B. Scott	2002
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# 2007 EASTERN METROPOLITAN REGION

## COACHING CAMPS

**Under 12 – Under 15 athletes: Friday 9 to Sunday 11 November**

**Under 10 & Under 11 athletes: Friday 30 November to Sunday 2 December**

Crystal Creek Camp is located on the Goulburn River about 6 km from Alexandra. The venue is designed to allow for a variety of activities. A large oval caters for all our track and field needs including jump pits and shot put and discus rings. Equipment including hurdles and high jump facilities is laid out for coaching sessions by level 1 and 2 accredited coaches. The spacious, well-maintained buildings can house 100 athletes. Athletes are coached in their own age group. Full catering is provided in the well-equipped dining hall. At Crystal Creek various activities are available, including supervised swimming, basketball, volleyball and canoeing. The site is perfect for the cross-country runner and offers clean, unpolluted fresh country air.

Athletes sleep in bunks, 6–8 per cabin. Cabin allocation will be announced on Friday evening on arrival. Where possible, athletes will be grouped with friends or by Centre and age group.

Athletes are supervised by experienced camp co-ordinators and coaching is conducted by accredited coaches (min. level 1). People with first aid and swimming qualifications are in attendance. Staff ensure that athletes experience an enjoyable time as well as developing their skills and techniques from the coaching sessions.

Transport to and from the camp is provided. Athletes will be picked up at Camberwell, Doncaster, Nunawading, Ringwood, Croydon and Lilydale on Friday evening and will arrive at Crystal Creek at 7.45 to a hot meal. Athletes will be returned at around 6.30 pm on Sunday.

Saturday's program is: 7.00 early morning warm-up and jog followed by breakfast; 8.45 warm-up/flexibility exercises; 9.15–12 noon coaching; 12.15 pm free time; 12.45 pm lunch; 2.00–4.30 pm coaching; 4.30 group activity; 6.00 dinner; 7.00 orienteering; 8.30 activity followed by supper.

Registrations must be members of Little Athletics centres in the Eastern Metropolitan Region (registration forms available from Graeme Scott) and be accompanied by \$115, the total fee for the camp. You do not lose attendance points if you go on the camp.

Applicants selected to attend the camp will receive further information from Graeme Scott. Applications close on Saturday 27 October. Later entries may be accepted if there are vacancies. The Region Camp Co-ordinator is Lawrie Barnett, telephone 9882 8144 or mobile 0414 587 888.