

TABLE OF CONTENTS

EXECUTIVE COMMITTEE.....	2
EXECUTIVE COMMITTEE.....	3
2008–09 SEASON CALENDAR	4
A. PROGRAM OF EVENTS	5
GENERAL REGULATIONS.....	8
GENERAL REGULATIONS.....	8
A. MEMBERSHIP AND AGE	8
B. CONDUCT	8
C. COMPETITION PROGRAM.....	9
D. COMPETITION RULES	10
E. AGE GROUP, ACHIEVEMENT, MERIT and SPECIAL AWARDS	11
F. AWARD PRESENTATIONS	12
G. OFFICIALS DUTIES	12
H. VERIFICATION OF RECORDS.....	13
I. ON-TRACK PROGRAM.....	13
OPEN DAY	14
VLAA REGION AND STATE CHAMPIONSHIPS.....	15
A. RELAYS.....	15
B. TRACK AND FIELD	16
C. MULTI-EVENT	16
D. CROSS COUNTRY.....	16
2007–08 SEASON PERFORMANCE HIGHLIGHTS.....	17
A. AGE GROUP WINNERS	17
B. MERIT AWARDS	18
C. RECORD BREAKERS.....	19
D. SPECIAL AWARDS	20
E. STATE TRACK & FIELD REPRESENTATIVES.....	20
F. STATE RELAY REPRESENTATIVES.....	21
COMPETITION STANDARDS	22
PROPOSED CROSS COUNTRY 2008–09 SEASON PROGRAM...	24
CENTRE BEST PERFORMANCES	25
LIFE MEMBERS.....	32
2008 EASTERN METROPOLITAN REGION	33

Remember

When you are out in the sun,

Slip...,

Slop...,

Slap...

Collingwood Little Athletics Centre

recommends all participants wear

Sunsmart Hats



In line with Victorian Little Athletics Association policy, Collingwood Little Athletics Centre is a smoke free venue

**Little Athletics
Be Your Best!**

To find out more about Little Athletics see: www.vlaa.com.au (Victoria) and 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	Lee BRADLEY	0418 388 100
REGISTRAR	Vacant	
PUBLICITY OFFICER	Kevin JONES	0434 121 163
TRACK & FIELD MANAGER	Clare GARGANIS	0413 655 858
ASSISTANT T&F MANAGER	Andrew DODD	9486 7587
FUND-RAISING OFFICER	Nancy WAQAIRATU	0401 660 614
RECORDS & RANKINGS	Nick TAPP	9484 3128
WEB MANAGER	Chris JONES webmaster@collingwoodlittleathletics.org.au	
CANTEEN MANAGER	Kevin JONES Anne McMILLAN	9471 1553
Cross-Country Managers	Bev and Graeme SCOTT	9464 3571
On-Track Co-ordinator	Narelle SCOTT	9464 3571
Region Delegates	Graeme SCOTT Lee BRADLEY	9464 3571 0418 388 100
Centre Camp Co-ordinator	Graeme SCOTT	9464 3571
General Members	Angela CRAIG Robyn MAYNARD	9480 1086 9480 0176

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

2008–09 SEASON CALENDAR

August	Sat	30	<i>Registration Day</i>	9.00–11.00
September	Sat	6	Competition (Program A)	Week 1
	Fri	12	Competition (Program C)	Week 2
	Sat	20	Competition (Program D)	Week 3
October	Sat	27	No competition	
	Fri	3	Competition (Program B)***	Week 4
	Sat	11	Relay Fun Day	
	Fri	17	Competition (Program E)	Week 5
	Sat	25	Competition (Program B)	Week 6
November	Fri	31	Competition (Program A)	Week 7
	<i>Fri 7 to Sun 9</i>		<i>Coaching Camp U12–U15 (tbc)</i>	
	Sat	8	Competition (Program D)	Week 8
	Fri	14	Competition (Program C)	Week 9
	Sun	16	<i>Region Relays</i>	
	Sat	22	Competition (Program G)	Week 10
	Fri	28	Competition (Program E)	Week 11
December	<i>Fri 28 to Sun 30</i>		<i>Coaching Camp U10–U11 (tbc)</i>	
	Sat	6	Competition (Program H)	Week 12
	Sat	13	Competition (Program G)	Week 13
	Sun	14	<i>State Relays</i>	
M i d - s e a s o n b r e a k				
January	Fri	23	Competition (Program A)	Week 14
	Sat	31	Competition (Program B)	Week 15
February	<i>Sat/Sun 31/1</i>		<i>State Multi-Event (Warrnambool)</i>	
	Sun	8	<i>Open Day</i>	
	<i>Sat/Sun 14/15</i>		<i>Region Track & Field</i>	
	Sat	21	Competition (Program B)	Week 16
March	Sat	28	Competition (Program H)	Week 17
	Fri	6	Competition (Program C)	Week 18
	<i>Sat/Sun 14/15</i>		<i>State Track & Field</i>	
May	Sat	21	Presentation Day	Time tba
	Mon	4	AGM	8.00 pm

**Competition Times Saturday morning Warm-up 8.30 am
Events 8.45–12.30 pm
Javelin registration 7.30 am
Javelin event 7.45 am**

**Friday twilight Warm-up 5.30 pm
Events 5.45–9.00 pm**

*** Javelin on this program will be moved to Saturday 11 Oct (07:30am) which is Fun Relay Day

A. PROGRAM OF EVENTS

Program A				Boys	Girls
		Boys and Girls			
U6		OnTrack	60		
U7	60	70	300	SP	SP
U8	100	200	60	DISC	DISC
U9	400	200	100	TJ	TJ
U10	800	200	100	SP	SP
U11	1500	200	100	TJ	TJ
U12	1500	200	100	TJ	TJ
U13	1500	200	100	HJ	LJ
U14	1500	200	100	HJ	LJ
U15	1500	200	100	HJ	LJ

Program B							
		Boys and Girls		Boys		Girls	
U6		OnTrack	60 & SP				
U7	50	100	200	DISC	LJ	DISC	LJ
U8	70	200	100	SP	TJ	SP	TJ
U9	70	200	800	HJ	LJ	HJ	LJ
U10	70	200	800	DISC	TJ	DISC	TJ
U11	70	200	800	JAV	HJ	JAV	HJ
U12	70	200	800	JAV	SP	JAV	SP
U13	70	200	800	JAV	LJ	JAV	HJ
U14	70	200	800	JAV	LJ	JAV	HJ
U15	70	200	800	JAV	LJ	JAV	HJ

Program C					
		Boys and Girls		Boys	Girls
U6		OnTrack	50		
U7	60	100	300	SP	SP
U8	60	100	400	LJ	LJ
U9	70	100	60	DISC	DISC
U10	70	100	400	HJ	HJ
U11	70	100	400	LJ	LJ
U12	70	100	400	DISC	DISC
U13	800	100	400	SP	SP
U14	800	100	400	SP	SP
U15	800	100	400	SP	SP

Program D							
Boys and Girls				Boys		Girls	
U6		OnTrack	LJ				
U7	50	70	200	LJ	DISC	LJ	DISC
U8	60H	80H	400	SP	HJ	SP	HJ
U9	60H	80H	1100W	HJ	SP	HJ	SP
U10	60H	80H	1100W	LJ	TJ	LJ	TJ
U11	60H	80H	1500W	DISC	SP	DISC	SP
U12	60H	80H	1500W	LJ	HJ	LJ	HJ
U13	300H	80H	1500W	DISC	TJ	DISC	TJ
U14G	300H	80H	1500W	DISC	TJ	DISC	TJ
U14B	300H	90H	1500W	DISC	TJ	DISC	TJ
U15G	300H	90H	1500W	DISC	TJ	DISC	TJ
U15B	300H	100H	1500W	DISC	TJ	DISC	TJ

Program E							
Boys and Girls				Boys		Girls	
U6		OnTrack	300				
U7	60	70	100	SP		SP	
U8	70	200	400	DISC		DISC	
U9	400	200	100	SP		SP	
U10	800	400	100	SP		SP	
U11	1500	400	100	TJ		TJ	
U12	1500	400	100	TJ		TJ	
U13	1500	400	100	HJ		LJ	
U14	1500	400	100	HJ		LJ	
U15	1500	400	100	HJ		LJ	

Program G							
Boys and Girls				Boys		Girls	
U6		OnTrack	70 & DISC				
U7	60	100	300	SP	DISC	SP	DISC
U8	70	100	200	LJ	DISC	LJ	DISC
U9	70	100	400	DISC	TJ	DISC	TJ
U10	70	100	400	HJ	LJ	HJ	LJ
U11	70	100	400	LJ	SP	LJ	SP
U12	1500	100	400	DISC	HJ	DISC	HJ
U13	1500	100	400	SP	TJ	SP	TJ
U14	1500	100	400	SP	TJ	SP	TJ
U15	1500	100	400	SP	TJ	SP	TJ

Program H				Boys and Girls	Boys	Girls
U6		OnTrack	200			
U7	50	70	200	LJ	LJ	
U8	60H	80H	400	HJ	HJ	
U9	60H	80H	1100W	SP	SP	
U10	60H	80H	1100W	LJ	LJ	
U11	60H	80H	1500W	DISC	DISC	
U12	60H	80H	1500W	LJ	LJ	
U13	300H	80H	1500W	DISC	DISC	
U14G	300H	80H	1500W	DISC	DISC	
U14B	300H	90H	1500W	DISC	DISC	
U15G	300H	90H	1500W	DISC	DISC	
U15B	300H	100H	1500W	DISC	DISC	

GENERAL REGULATIONS

A. MEMBERSHIP AND AGE

1. All members must be financial with the Centre. Families with two or more children may arrange extended payments with the Registrar.
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 2008–09 Season
Children compete in age groups depending on their date of birth as listed.

	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003
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 on or after 1 October 2003 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.** The adult/s responsible for the supervision of the children at each meeting must 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. Coaching or 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).
4. In order to ensure safety, the Javelin competition will be conducted on Saturday mornings, as detailed on the weekly schedule in this handbook, at 7.45 am. This does not apply to the club 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

Athletes who compete, but who are disqualified or who fail to achieve a legal jump or throw, will be awarded 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 in this event.

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. Officiating at Open Day and Region and State events will count for purpose of calculating the bonus.
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 9)

- (b) Running out of lane, except in 800m, or 1,500m 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 coached or paced during an event
 - (g) Refusing any legitimate requests by officials.
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 (1 point) or equalling (0.5 points) previous personal best performances in each event. Each year, awards will be made to athletes who achieve 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 award is 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.

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 forty officials each week**. This includes at least three officials at each of the five field events, four 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 smooth the sandpit 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, Time Keepers, 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. Time Keepers 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 his/her event, this is not necessary for all the officials. Many of the duties do not require any technical knowledge or experience of the event being run, but are still essential for the event to be run smoothly, for example raking the sand pit after each long or triple jump.

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 2008–09.

The On-Track program is a specially designed program for younger athletes that

emphasises development of skills rather than competition. The On-track program is run in two segments of approximately 30 minutes each. Each meeting, in addition to the On-track program, one or two competitive events for the Under 6s will be run so they may have some experience of competition. Under 6s may take part in Open Day events under normal competition rules.

OPEN DAY

1. In 2008–09 CLAC will run an Open Day on Sunday 8 February 2009. 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 select to enter up to four events in their age group or in a higher age group. Entry to events will be charged at a rate to be announced. 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.

2007–08 SEASON PERFORMANCE HIGHLIGHTS

A. AGE GROUP WINNERS

Age Group		Girls			Boys		
Under 7	1	Stephanie Jones	699	1	Timothy Dodd	685	
	2	Matilda Maynard	667	2	Travis Milovac	564	
	3	Kate Rutherford	500	3	Joseph Vicino	414	
Under 8	1	Eleanor Cooney Hunt	585	1	Andrew Milne	714	
	2	Greta Torelli	569	2	Luke Garganis	569	
	3	Anna Rutherford	419	3	Robert Catalano	411	
Under 9	1	Alexandra Jones	697	1	William O'Neil-Shaw	630	
	2	Lauren Wright	625	2	Niccolò Torelli	527	
	3	Daniella Catalano	467	3	Jason King	482	
Under 10	1	Victoria Apostilidis	577	1	Miles Leyden	724	
	2	Olivia Cameron	466	2	Donovan Stuart	439	
	3	Amelia Poetter	399	3	Max Stella	356	
Under 11	1	Amy Hogan	510	1	Adam Garganis	721	
	2	Lucy Dodd	432	2	Jack Neale	610	
	3	Rebekah Corney	428	3	Maxwell Maynard	536	
Under 12	1	Jessica Neale	692	1	Charlie Cromb	724	
	2	Elinor Mills	575	2	Thomas Robinson	298	
	3	Kathryn Hall-Lucas	344	–	–	–	
Under 13	1	Hannah Garganis	608	1	Jacob McCormack	523	
	2	Verity O'Shanassy	598	2	Christopher Milne	466	
	3	Zoe McWhinney	573	3	Sean O'Neill	332	
Under 14	–	–	–	1	Dylan Craig-Darroch	669	
	–	–	–	2	Morgan Jones	662	
	–	–	–	3	Christopher Stuart	605	

B. MERIT AWARDS

Age Group	Girls	Boys
Under 7	Jordan Conroy-Benson	Samuel Combes
	Natasha Triandafillidis	Leon Foggiato
		Toby Morritt
		Gabriel Zabotto
Under 8	Evie Deasey	Christian Fabre
		Joseph Ford
Under 9	Esther Honybun	Damien Jones
	Josephine Laufer	Peni Waqairatu
	Pixie Starr	
	Ashley Triandafillidis	
	Isabelle Williams	
Under 10	Olivia Kirby	Nicholas Badrock
	Olivia Leyden	Max Delisle
		William Lyons
		Anthony Neale
		Benjamin Rutherford
		Oliver Tapp
		Sam Keogh
		Tae Louey
		Aidan Milovac
		Ryan White
Under 11	Carmen Craig-Darroch	Lazare Courage
	Rachel King	Benjamin Milne
	Hilary Mcadam	Miguel Predebon
		Patrick Smith

C. RECORD BREAKERS

Age group	Event	Athlete	New record	Date set
Under 10 boys	400 m	Miles Leyden	1:07.97	15/16-03-08
Under 11 girls	Javelin	Lucy Dodd	16.01 m	24-11-07
Under 12 boys	Javelin	Charlie Cromb	35.68 m	10-02-08
Under 12 boys	Triple Jump	Charlie Cromb	10.31 m	10-11-07
Under 13 boys	70 m	David Worthington	9.39	26-01-08
Under 13 boys	400 m	Sean O'Neill	59.60	15/16-03-08
Under 13 boys	300 m Hurdles	Jacob McCormack	47.26 m	15/16-03-08
Under 13 boys	High Jump	Sean O'Neill	1.65 m	15/16-03-08
Under 13 boys	Javelin	Jacob McCormack	34.29 m	1-03-08
Under 13 girls	100 m	Zoe McWhinney	13.39	15/16-03-08
Under 13 girls	200 m	Zoe McWhinney	28.26	1-03-08
Under 13 girls	400 m	Zoe McWhinney	1:06.77	5-10-07
Under 13 girls	80 m Hurdles	Zoe McWhinney	15.01	2-02-08
Under 13 girls	300 m Hurdles	Zoe McWhinney	51.98	2-02-08
Under 13 girls	High Jump	Zoe McWhinney	1.55 m	15/16-03-08
Under 13 girls	Long Jump	Zoe McWhinney	5.05 m	15/16-03-08
Under 13 girls	Triple Jump	Zoe McWhinney	10.78 m	15/16-03-08

D. SPECIAL AWARDS

Champion Boy 9–12	Charlie Cromb, Miles Leyden
Champion Girl 9–12	Alexandra Jones
Best First Year Boy	Timothy Dodd
Best First Year Girl	Stephanie Jones
Councillor Jell Encouragement Award	Damien Jones
Peter Tatarskyj Memorial Award for most Outstanding Achievement at Olympic Park	Sean O'Neill
Most Improved Boy	Jack Neale
Most Improved Girl	Daniella Catalano

E. STATE TRACK & FIELD REPRESENTATIVES

Age	Girls	Boys
Under 9	Alexandra Jones	
	Lauren Wright	
Under 10		Miles Leyden
		Declan Lambert
Under 11	Rebekah Corney	Max Maynard
	Lucy Dodd	Adam Garganis
	Rachel King	Jack Neale
	Amy Hogan*	
Under 12	Jessica Neale	Charlie Cromb
		Aidan Lambert
Under 13	Zoe McWhinney	Sean O'Neill
		Jacob McCormack
		David Worthington
Under 14		Fraser Maynard

* qualified but did not compete

F. STATE RELAY REPRESENTATIVES

Age	Girls	Boys
Under 10		Steven Papadopoulos
		Miles Leyden
		Declan Lambert
		Tae Louey
		Donovan Stuart
Under 11	Hilary McAdam	Maxwell Maynard
	Rebekah Corney	Jack Neale
	Lucy Dodd	Adam Garganis
	Keely Bradley	Nathan Fraser-Schmiki
	Sophie Miller	
	Amy Hogan	
Under 13		Tom Kellock
		Christopher Milne
		Jacob McCormack
		Jacob Fraser
		Sean O'Neill

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 11	1.22m x 0.5 m mat
Under 12 to Under 15	1.22m x 0.2m board

TRIPLE JUMP

Under 8 to Under 11	1.22m x 0.5 m mat
Under 12 to Under 15	1.22m x 0.2 m board

HIGH JUMP

Starting Heights

AGE	8	9	10	11	12	13	14	15
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	8	9	10	11	12	13	14	15
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, 7, 8	350g rubber
Under 9, 10	500g rubber
Under 11, 12	750g rubber
Girls Under 13	750g rubber
Girls Under 14, 15	1kg with metal rim
Boys Under 13, 14, 15	1kg with metal rim

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 2008–09 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	19	2008	Box Hill	Gardiners Crk	61B6	A
	26	2008	Nunawading	Koomba Park	63C8	B
May	3	2008	Camberwell–Malvern	Orchard Grove	61J3	A
	10	2008	Doncaster	Ruffey Creek	33F10	B
	17	2008	Ringwood	Quambie Res	36B12	A
	24	2008	Kew	Stradbroke Pk	45K5	B
	31	2008	Collingwood	WJ Cox Oval	2DD5	A
June	7	2008	Southern Peninsula	TBA		
	7	2008	Benalla	Benalla		
	14	2008	Box Hill (Open Day)	Wattle Park	60J2	B
	21	2008	REGION EMR	TBA		
July	28	2008	Camberwell–Malvern	Orchard Grove	61J3	A
	12	2008	Nunawading	Koomba Park	63C8	B
	19	2008	Ringwood (Open Day)	Quambie Res	36B12	B
	26	2008	STATE	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 Moocroft	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	P.Zahra	10.70	08-12-79
70m	B. Phillips	10.70	14-10-72

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	Miles Leyden	1.07.97	16-03-08
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
Charlie Cromb	35.68	10-02-08
I. Hamill	4.85	17-03-73
Gary Moorcroft	10.77	21-02-88
Charlie Cromb	10.31	10-11-07

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

David Worthington	9.39	26-01-08
Brendan Moore	12.40	16-03-91
Brendan Moore	25.80	24-02-91
Sean O'Neill	59.60	16-03-08
Bodin Pollard	2.28.90	12-03-88
Bodin Pollard	5.00.80	12-03-88
Colin Osborn	13.04	28-03-98
Jacob McCormack	47.26	16-03-08
Ergenekon Girgin	7.33.14	12-11-05
Gary Moorcroft	34.19	10-02-89
Sean O'Neill	1.65	16-03-08
Jacob McCormack	34.29	01-03-08
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

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

UNDER 9

GIRLS

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

UNDER 10

GIRLS

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

UNDER 11

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	Lucy Dodd	16.01	24-11-07
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	Zoe McWhinney	13.39	16-03-08
200m	Zoe McWhinney	28.26	01-03-08
400m	Zoe McWhinney	1.06.77	05-10-07
800m	Kate Burt	2.41.20	16-03-91
1500m	Marino Talamo	5.47.76	27-03-93
80m Hurdles	Zoe McWhinney	15.01	02-02-08
300m Hurdles	Zoe McWhinney	51.98	02-02-08
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	Zoe McWhinney	1.55	16-03-08
Javelin	Jamee-Leigh Colley	25.57	20-03-04
Long Jump	Zoe McWhinney	5.05	16-03-08
Shot Put	Tania Tatarskyj	10.60	12-03-88
Triple Jump	Zoe McWhinney	10.78	16-03-08

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. Mc Kenzie	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	David Johnson	2008

REGION

E. Wenckowoski		Mrs. B. Scott	2002
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*****PRINTER TO REPLACE**

2008 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, shot put and discus rings. Equipment including hurdles and high jump facilities is laid out for coaching sessions by level one and two accredited coaches. The spacious well maintained buildings can accommodate 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 such as supervised swimming, basketball, volleyball, canoeing etc. 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). Persons 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 arriving at Crystal Creek at 7.45 to a hot meal. Athletes will be returned at around 6.30 pm 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 \$100, 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. Applicants close on Saturday 21 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.