



# LITTLE ATHLETICS NUNAWADING



## LAN HANDBOOK

### 2023 – 2024 TRACK & FIELD & 2024 CROSS-COUNTRY

**BILL SEWART ATHLETICS TRACK  
EAST BURWOOD RESERVE**

**Rear 330 BURWOOD HIGHWAY, EAST BURWOOD, Vic., 3151**



[www.littleathleticsnunawading.com](http://www.littleathleticsnunawading.com)





# Little Athletics Nunawading Centre



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# LITTLE ATHLETICS NUNAWADING, PRESIDENT'S MESSAGE

## "Family Fun and Fitness"

On behalf of the Little Athletics Nunawading committee and in my first year as President, I extend a warm welcome to both our new athletes and those returning for another season. The 2023-2024 summer season sees some exciting changes to our club and I look forward to sharing in the success that all our athletes will no doubt experience throughout the season.

Please take the time to read through this handbook as it contains vital knowledge that will ensure our athletes and families are able to fully engage with the Little Athletics program on offer. The handbook contains valuable information on how Little Athletics runs, the club email address, scheduled dates & times of committee meetings (where everyone is welcome), Centre Records and guide to Rules of Competition.

If you can't find the answer you are searching for in the handbook, please reach out to a member of our committee who will be happy to assist. A copy of this handbook in PDF format and further information is available via our website [www.littleathleticsnunawading.com](http://www.littleathleticsnunawading.com).

In 2023/24 Little Athletics Nunawading will be using 'Team App' as our main form of communication to families. We encourage you to download this app ([www.teamapp.com](http://www.teamapp.com)) to phones, tablets and/or PC's. Please look for us using 'Little Athletics Nunawading.' Notifications regarding the weekly program and other important messages throughout the season will be sent using this app; it will make your life a lot easier spending a few moments setting it up prior to the season commencing.

Little Athletics Nunawading prides itself on its inclusive nature and as such, we welcome feedback and input from all our families. If you have any ideas on how to add value to our club or wish to become more involved, please reach out to me or another committee member. Without the support and involvement of parents on Saturdays and as part of our committee, our little athletes cannot participate in a varied program which encourages them to be their best. We run a duty roster on a weekly basis and require parent helpers every week. You do not need experience to do this, we will assist you and make sure you are confident. If you do have athletics experience, please let us know. The more knowledge we have, the more our athletes benefit.

As a non-for-profit organisation, we wish to recognise and thank our sponsors for their ongoing support in ensuring our athletes can participate in a sport that values "Family, Fun and Fitness." If you or a business you know can further support the Club, please do not hesitate to let me know.

We take great pride in our Club and the opportunities it provides for our athletes. This year, we see a relaunch of our coaching program under a very experienced Head Coach and we encourage all athletes to attend if they wish to improve their skill acquisition and general fitness. We recognise the importance of focusing on achieving a personal best however, we also acknowledge that having fun along the way is just as important and we hope that each of our athletes leaves on a Saturday with a smile on their face and with a sense of accomplishment.

As we commence the season, I wish to offer my thanks in advance to our very supportive and dedicated committee and all of you who immerse yourself within the Little Athletics Nunawading Club. Without you all, there is no club.

Wishing all of our little athletes a very successful season ahead, filled with PB's and fun!

Go Nuna!

Jana Walter

**President**

**Little Athletics Nunawading**

**2023/24**

# LITTLE ATHLETICS NUNAWADING 2023/24 CENTRE COMMITTEE

**Jana Walter**  
President

**Jo Daly**  
Secretary

**Carla Di Loreto**  
Vice President

**Rob Coombes**  
Treasurer

Registrar - **Anna Davidson**  
Child Safety Officers - **Jana Walter / Jo Daly**  
Uniform Coordinator - Vacant  
T & F Team Manager - Vacant  
Relays Team Manager - Vacant  
Cross-Country Manager - Vacant  
Coaching Administrator - **Jana Walter / Carla Di Loreto**  
Coaching Coordinator - **Angela Phillips**  
Age Group Coordinator - **Craig Leetham**  
Records/Data Coordinator - **Carla Di Loreto**  
Results Coordinator - **Carla Di Loreto**  
On Track Coordinator - **Erica Church**  
Computer Coordinator - **Rebecca Gorrell**  
Program Coordinator - **Carla Di Loreto**  
Presentation Day Coordinator - **Rhonda Campbell**  
Photographer - Vacant  
Sponsorship & Publicity - Vacant  
Social Media Coordinator - **Carla Di Loreto**  
Website Coordinator - Vacant  
Equipment Manager - **Michael FitzGerald**  
Chief Starter - **Michael FitzGerald**  
Canteen Coordinator - Vacant  
First Aid - Vacant  
General Committee - **Sam Ford / Janet Ley**  
BSAT Delegates - **Tanya Papillo / Michael FitzGerald**  
EMR Delegates - **Kate Higgins**

# welcome to LITTLE ATHLETICS NUNAWADING



Little  
Athletics  
Victoria

**Welcome to Little Athletics at Nunawading!** Through the enjoyment of athletics, we promote positive attitudes, fitness and fun for our children, families and community.

**We are proud of our inclusive environment where children learn to run, jump and throw, while having fun and making friends.**

**We have listed some important information to help you navigate how we function at Little Athletics Nunawading.**

**When:** We meet Saturday mornings - 8.45am to approx. 11.30am. Summer Track & Field Season runs from October through to March. (Term 4 and Term 1).

**Where:** Bill Sewart Athletics Track, 330 Burwood Hwy, Burwood East. (also known as: BSAT)

**Parent Duty:** Parents assist our club with weekly duty. You can rake sand, enter data or measure distance and assist with set up and pack down. We cannot operate our events without parents helping. Please sign up via TEAM APP.

**Age Group Managers:** Age Group Managers guide the athletes through the event program each week. Spectators are not to enter the competition field for safety reasons, unless they are performing a duty.

**First Aid:** A First Aid Officer is on site every Saturday.

**Committee Members:** Our Committee Members are readily available to answer any of your questions. You'll identify them in green "Committee" shirts, similar to the children's uniform.

**Training:** Tuesday & Thursday evenings from: 5:30pm to 6:30pm. (Yet not compulsory) Trainers help guide children with techniques for track and field.

**Uniform Shop:** Our Shop is open each Saturday.

**ID Patch:** Each child wears a "patch" with their name and barcode. It's scanned after track events to record their time. A receipt of time will be given at the event. Please ensure your child wears this every week. Replacement patches are \$5.

**Season Calendar:** Our calendar outlines the events that are held each Saturday. Our event program rotates to allow all age groups to complete every event.

**Region Carnivals, State Championships & Relay events (optional).** There is the opportunity to compete against athletes from other clubs in both relays & individual events. (U9 age groups and above)

**Parents on site:** It is compulsory that one parent/ guardian stays at LAN for the duration of events. They are responsible for the behaviour and welfare of their child or children.

**Weather:** Occasionally, we have poor weather conditions. Please keep checking TEAM APP for updates or cancellations.

**Toddler Race:** A 50m race for the 'little legs' (3-5 yo) that admire their siblings. Held mid-morning Saturday.

**Results HQ:** Check your child's weekly achievements at: Results HQ - [www.resultshq.com.au](http://www.resultshq.com.au)

**Apps to download:** Club and competition information is shared via "Team App". Please download Team App to your PC & phone to receive updated information, event cancellations, etc.

**WWCC:** A Working With Children Check is required for all parent/guardian volunteers, and should be carried with you at all times. Just like a drivers licence.

**What to Bring:** Appropriate clothing for the season. Named water bottle. Sunscreen and hat for hot days.

**What to Wear:** Nunawading Uniform - green top and black shorts/leggings. Running shoes or waffles. Running shoes with spikes - U11 and above only.

#### Acronyms you will hear:

**BSAT :** Bill Sewart Athletics Track  
**EMR :** Eastern Metropolitan Region  
**LAN :** Little Athletics Nunawading  
**LAV :** Little Athletics Victoria  
**PB:** Personal Best

#### Contact us:

**Email:** [admin@LittleAthleticsNunawading.com](mailto:admin@LittleAthleticsNunawading.com)  
**Facebook** @LittleAthleticsNunawading  
**Instagram** @littleathsnunawading  
**Twitter** @NunaLittleAths  
**Web:** [www.littleathleticsnunawading.com](http://www.littleathleticsnunawading.com)

**At LAN, we aim to make families feel welcome. It's a great way to meet other parents and watch your children's excitement as they achieve their best.**

**Please do not hesitate to ask a Committee Member if you have any questions.**



**SCAN ME!**  
For more information  
on our website

# ENROLMENTS IN LITTLE ATHLETICS

Enrolments at the Nunawading Centre only become official when entered into the Little Athletics Victoria online registration system. This requires parents to complete the registration process at the LAVic website ([www.lavic.com.au](http://www.lavic.com.au)). Payments can be made by credit card and PayPal. Enrolments can be received at any time throughout the season. Please contact the Centre for further information. If you are unable to access the LAVic online registration system, please contact the Nunawading Centre Registrar for assistance.

**For the 2023/24 season an athlete's age group is based on their age on 31 December, 2023.**

**Proof of age is required for all new registrations.** Examples of acceptable proof of age documents include birth certificate, passport or immunisation certificate.

- **U6s:** 4-year-old athletes can commence in U6 from the start of the track & field season so long as they turn 5 years old on, or prior to, 31st December that year.

Those athletes born after 31 December must turn 5 years old before they can register and compete in Little Athletics. This group of athletes will remain in U6 for the subsequent season.

## CENTRE UNIFORM

Athletes are required to wear the Little Athletics Nunawading Centre uniform, with Coles sponsorship patch and athlete registration patch with barcode, when competing.

LAN Centre uniform is: the green and black top, plain black shorts (no pockets, must cover hip bones), and white socks (below knee). The top is LAVic approved. (Any unapproved branding must be less than 40 x 40 mm square.)

The Little Athletics Nunawading Centre tops can be purchased for \$35.00 from the Uniform Coordinator. We also have a limited number of LAVic shorts available for purchase

Failure to wear the correct uniform at a Region or State event may result in the athlete or team being disqualified.

A limited edition Little Athletics Nunawading cap is also available for purchase.

**LAVic SPONSOR PATCH (sew-on) & LAVic REGISTRATION PATCH (pin-on).**

Both patches are part of the approved Centre uniform.

**Both patches must be worn at all competitions.**



## JAVELIN

The Javelin event is available for athletes Under 11 and above.

For safety reasons this event is conducted before the main program commences. Javelin is usually scheduled for an 8:15am start each Saturday meeting, or for 5:30pm at twilight meetings – late arrivals will not be accepted.



## TRACK & FIELD EVENTS CALENDAR - 2023/24

Date	Event	Day(s)	Program
30 <sup>th</sup> September	Patch Collection/Uniform Sales	Saturday 9-10.30	(nil)
7th October	Centre Meeting	Saturday	Program A
14th October	Centre Meeting	Saturday	Program B
21st October	Centre Meeting	Saturday	Program C
28th October	Centre Meeting	Saturday	Program A
3rd November	Centre Meeting	Friday	Program B
11th November	Centre Meeting	Saturday	Program C
12th November	Box Hill Relays U8-U17	Sunday	Box Hill Athletics Track
18th November	EMR Region Relay Carnival	Saturday	Ringwood LAC
25th November	Centre Meeting	Saturday	Program A
2nd December	Centre Meeting Multi Round (Armstrong Shield)	Saturday	Multi Event Program
9th December	Centre Meeting	Saturday	Program B
15th December	Centre Meeting	Friday Twilight	Twilight Program
16th December	LAVic State Relay Championships	Saturday	Lakeside Stadium
<b>Break for Christmas &amp; New Year</b>			
13th January	Inter Centre Round – Four Pillars (Nunawading, Ringwood, Doncaster, Box Hill)	Saturday	Ringwood LAC
20th January	Centre Meeting	Saturday	Program C
20th and 21st January	State Combined Event U9-U17 only	Saturday & Sunday	Lakeside Stadium
27th January	Centre Meeting	Saturday	Program A
3rd February	Centre Meeting	Saturday	Program B
10th & 11th February	EMR Track & Field Region Carnival U9-U17 only	Saturday & Sunday	Doncaster LAC -Tom Kelly Athletics Track
17th February	Centre Meeting – PB Round	Saturday	Program C
24th February	Centre Meeting	Saturday	Program A
2nd March	Centre Meeting	Saturday	Program B
9th March	Centre Meeting	Friday Twilight	Twilight Program
10th & 11th March	State Track & Field Championship U9-U17	Saturday/Sunday	Casey Fields
16th March	Centre Meeting	Saturday	Program C
23rd March	Centre Presentation	Saturday	Centre Awards



# SUMMER EVENTS CALENDAR - 2023/24

Calendar as at 22.08.2023



## OCTOBER

Sun 1 <sup>st</sup>	Introduction to Teaching Little Athletics Skills	Edenhope
Sun 1 <sup>st</sup>	OnTrack Training	Oakleigh
Sun 8 <sup>th</sup>	Junior Development Squad - Day 1	Doncaster
Sun 15 <sup>th</sup>	Introduction to Teaching Little Athletics Skills	Geelong
Sun 15 <sup>th</sup>	Introduction to Starting Course	Albury
Sun 15 <sup>th</sup>	Introduction to Starting Course	Oakleigh
Sun 15 <sup>th</sup>	Centre Helper and Volunteer Training (Formerly ITOC)	Diamond Valley
<i>Thurs 19<sup>th</sup></i>	<i>Entries Open - LAVic Region Relay Carnivals</i>	<a href="#"><i>Member Portal</i></a>
Sun 22 <sup>nd</sup>	Junior Development Squad - Day 2	Yarra Ranges
Sat 28 <sup>th</sup> /Sun 29 <sup>th</sup>	Athletics Victoria – State All Schools Track & Field Champs	Lakeside Stadium
Mon 30 <sup>th</sup>	<i>11am - Entries Close - LAVic Region Relay Carnivals</i>	<a href="#"><i>Member Portal</i></a>

## NOVEMBER

Sat 4 <sup>th</sup> /Sun 5 <sup>th</sup>	Athletics Victoria – State All Schools Track & Field Champs	Lakeside Stadium
Wed 8 <sup>th</sup> -Tue 21 <sup>st</sup> (TBC)	Coles Community Round (Dates to Be Confirmed)	Various
Sun 12 <sup>th</sup>	Junior Development Squad - Day 3	Williamstown
Sun 12 <sup>th</sup>	Mentone LAC Relay Day	Mentone
Fri 17 <sup>th</sup>	<i>Entries Open - LAVic State Combined Event Championships</i>	<a href="#"><i>Member Portal</i></a>
<i>Sat 18<sup>th</sup>/Sun 19<sup>th</sup></i>	<i>LAVic Commonwealth Bank Region Relay Carnivals</i>	<i>Various</i>
Sat 25 <sup>th</sup>	Athletics Victoria - State Relay Champs	Venue TBC
Sun 26 <sup>th</sup>	Introduction to Teaching Little Athletics Skills	Dandenong

## DECEMBER

Sat 2 <sup>nd</sup>	Athletics Victoria – Zatopek 10	Lakeside Stadium
Fri 8 <sup>th</sup> - Sun 10 <sup>th</sup>	Athletics Australia – National All Schools T&F Champs	Perth (WA)
Sat 9 <sup>th</sup>	Wodonga LAC Combined Events Open Day	Wodonga
Sun 10 <sup>th</sup>	Albury LAC Open Day	Albury
Thurs 14 <sup>th</sup>	<i>11am - Entries Close - LAVic State Combined Event Champs</i>	<a href="#"><i>Member Portal</i></a>
Fri 15 <sup>th</sup>	<i>Entries Open - LAVic Region Track &amp; Field Carnivals</i>	<a href="#"><i>Member Portal</i></a>
Sat 16 <sup>th</sup>	<i>LAVic State Relay Championships</i>	<i>Lakeside Stadium</i>

## JANUARY

Sat 6 <sup>th</sup> - Sun 7 <sup>th</sup>	Athletics Victoria - Combined Event Champs	Venue TBC
Sun 14 <sup>th</sup>	Whittlesea City LAC Open Day	Whittlesea City
Sun 14 <sup>th</sup>	Mornington LAC Open Day	Mornington
Sat 20 <sup>th</sup> – Sun 21 <sup>st</sup>	LAVic State Combined Event Championships	Lakeside Stadium
Mon 22 <sup>nd</sup>	<i>11am - Entries Close - LAVic Region Track &amp; Field Carnivals</i>	<a href="#"><u>Member Portal</u></a>
Fri 26 <sup>th</sup> – Sun 28 <sup>th</sup>	Athletics Victoria – Victorian Country Championships	Ballarat
Sun 28 <sup>th</sup>	Pakenham LAC Open Day	Pakenham

## FEBRUARY

Sun 4 <sup>th</sup>	Junior Development Squad - Day 4	Ringwood
Sun 4 <sup>th</sup>	Maryborough LAC Open Day	Maryborough
Sat 10 <sup>th</sup> - Sun 11 <sup>th</sup>	LAVic – Coles Region Track & Field Carnivals	Various
Mon 12 <sup>th</sup>	<i>Entries Open - LAVic Stawell Gift Events</i>	<a href="#"><u>Member Portal</u></a>
Fri 23 <sup>rd</sup> - Sun 25 <sup>th</sup>	Athletics Victoria - Track & Field Championships (Weekend 1)	Lakeside Stadium

## MARCH

Fri 1 <sup>st</sup> - Sun 3 <sup>rd</sup>	Athletics Victoria - Track & Field Championships (Weekend 2)	Lakeside Stadium
Sun 3 <sup>rd</sup>	Seaford LAC Open Day	Seaford
Mon 4 <sup>th</sup>	<i>11am - Entries Close – LAVic Stawell Gift Events</i>	<a href="#"><u>Member Portal</u></a>
Sat 9 <sup>th</sup> - Sun 10 <sup>th</sup>	LAVic – State Track & Field Championships	Casey Fields
Sun 24 <sup>th</sup>	LAVic – ALAC Team Training	Ringwood
Sun 24 <sup>th</sup>	Cranbourne LAC Open Day	Cranbourne
Sat 30 <sup>th</sup> – Mon 1 <sup>st</sup> Apr	Stawell Gift	Stawell

## APRIL

Thurs 11 <sup>th</sup> – Fri 19 <sup>th</sup>	Athletics Australia – National Championships	Adelaide (SA)
Sat 21 <sup>st</sup>	LA Vic – ALAC Team Training	Williamstown
Fri 26 <sup>th</sup> - Sun 28 <sup>th</sup>	Coles Australian Little Athletics Championships	Adelaide (SA)

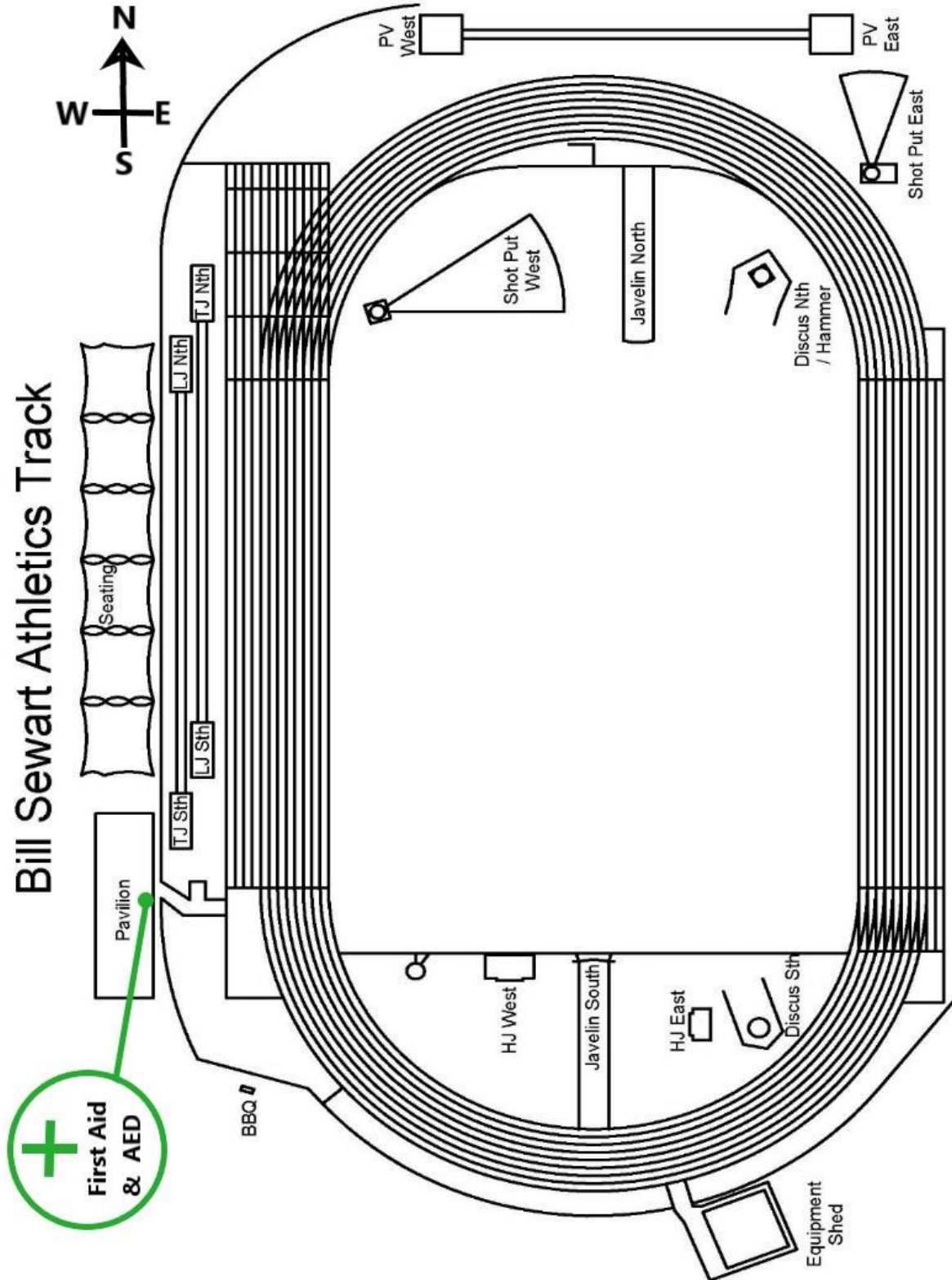
Please note Athletics Victoria information may change. For further details visit [www.athsvic.org.au](http://www.athsvic.org.au)

Calendar as at 22.08.2023

# BSAT VENUE MAP

BILL SEWART ATHLETICS TRACK – EAST BURWOOD RESERVE  
REAR 330 BURWOOD HIGHWAY, EAST BURWOOD, Vic 3151 (Melways Ref: 62.C8)

**PARENTS & SPECTATORS DO NOT WALK ON THE INSIDE OF THE TRACK.  
PLEASE MOVE AROUND OUTSIDE OF THE ARENA PERIMETER FENCE.**



## FIRST AID & AED

The first aid room is located next to the canteen in the Pavilion.

# LOCAL COMPETITION RULES

**Centre Records** are only recognised at events held at the BSAT venue or the designated Nunawading competition venue. This includes the regular weekly program and any special competition days.

**Centre Uniform** – Athletes must wear Centre uniform with their Registration patch on the front of their uniform. Due to sponsorship obligations, athletes who regularly do not wear their registration patch will not have their results recorded. The meaning of Competition Uniform has been clarified to include both the top and the shorts.

Footwear is compulsory for ALL athletes in ALL events.

**Spikes** – Needle or Pin Spikes are NOT allowed at BSAT (same applies at most other venues). Generally, the two preferred types of spikes are (1) conical and (2) Castle or Xtree.

Spike length: track & field event spikes must not exceed 7 mm, except for HJ, LJ, TJ, and JAV where spikes must not exceed 9 mm. All holes must be filled, maximum of two studs per shoe. Spike shoes must be removed when not competing and before leaving the defined field of play, unless the spikes are suitably covered. (Also refer Rules of Competition section)

**Starting blocks** should be used when spikes are worn for all events that are run entirely within lanes up to and including 400 m and for all relay events.

Only starting blocks provided by the venue (BSAT) or the competition organising committee are permitted to be used.

( Refer to Rules of Competition section in this book for LAVic specific details regarding blocks. )

**Arena** - Only Officials are permitted on the arena. Parents not on duty are requested to stay outside the track and field fence/area.

**Control** - Athletes in competition in field events shall be under the complete control of the Event Marshall and shall only leave the event on their instructions.

**Misbehaviour** of athletes should be referred to the relevant Age Group Manager and escalated, if necessary, to the Centre Committee.

**Protests** will not be accepted. Problems arising during the course of a meeting which require further action will be considered to be complaints and will be heard by the Committee if made in writing and posted to the Centre Secretary, to be received by the Wednesday following the alleged infringement.

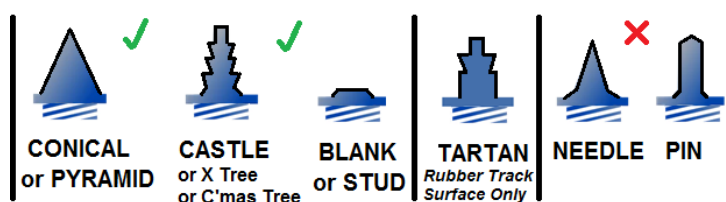
**Chalk** - Do NOT use chalk to mark take-off points on the track, runways or jump areas.

**Tape** can be used to mark take-off points.

**# DOGS are NOT PERMITTED within BSAT venue at any time.**

**# DOGS are NOT PERMITTED at any LAVic sanctioned event: local, region, & state.**

LAVic Rules for SPIKE USAGE	Track Events	Field Events	Relays	Cross-Country	Road Relays
U6, U7, U8, U9, U10	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed	No spike shoes allowed
U11, U12	All events run entirely in lanes	All jump events & Javelin	All events	No spike shoes allowed	No spike shoes allowed
U13, U14, U15, U16, U17	All events except Race Walks	All jump events & Javelin	All events	No spike shoes allowed	No spike shoes allowed



- Conical, Castle, and Blank types are permitted at BSAT - (Rekortan surface).
- Tartan type spikes recommended only for specific rubber tracks - (Tartan surface).
- Needle and Pin types are not permitted at BSAT – also applies for most other venues.

Image shows popularly accepted names for spike types.

See LAVic Rule 143 for details about shoes & spikes. (In the past, LAVic has referred to castle spikes as pyramid.)

## OFFICIALS AND PARENT RESPONSIBILITIES

Athletic officiating is very important to ensure all our event meets are conducted safely & fairly and to encourage the best outcome for current athletes and respect the integrity of previous record holders at LAN. It can be rewarding to assist athletes as they compete at Club, Regional, State & National level. Please contact [admin@littleathleticsnunawading.com](mailto:admin@littleathleticsnunawading.com) if you would like to learn more.

## EQUIPMENT SETUP & PARENT WEEKLY DUTIES

At least 80 officials are required each Little Athletics meeting. Each parent must take on a duty role regularly in order for the program to run. Our Officials Coordinator will roster parents to help. No previous athletic experience is required for officials. You will be taught on the job – most duty positions are quite simple. You will be able to submit your name for a specific duty via Team App

**All parents or representatives of an attending family must perform at least 7 duties per season for their child(ren) to be eligible to receive an end of season award.**

## COACHING AND DEVELOPMENT SEASON 2023/24

A special welcome to Angela Phillips, our new coaching coordinator. Angela has over 20 years experience as an athlete and coach. We also welcome Kai, Elise and Aidan as junior coaches who bring their own experiences competing as Nunawading athletes in previous years.

## LITTLE ATHLETICS NUNAWADING TRAINING

**LAN COACHING @BSAT Tuesday from 5.30-7pm U9-U17  
& Thursday Nights @ BSAT, from 5.30pm – 6.30pm U6-U17**

Tuesday night coaching is available for all athletes from U9-U17 who wish to improve their techniques as well as their fitness and will be particularly beneficial to those athletes wishing to compete at meets such as the Box Hill Relays, EMR, 4 Pillars, Open Days and State competitions.

Thursday night training is available for all age groups , U6~U17 and will be general skills and conditioning training to assist athletes to compete on Saturday mornings.

To ensure the coaching team is able to provide a high-quality program, catering for all athletes in attendance, athletes must sign up the day prior to the coaching sessions. Parents must also remain on site for the duration of the session.

More information on how to sign up and specific coaching information will be available closer to the season start date. Please check team app for training updates and scheduling.

There will be no training if temperature is forecast to reach 33°C or in event of wet weather. If training is cancelled, families will be notified via Team App. All children are required to bring a hat, drink bottle, sunscreen and appropriate warm clothing to each session.

## **GUIDELINES FOR AGE GROUP MANAGERS**

Age Group Managers (AGMs) fulfil a vital role in the successful running of weekly track and field competition at LAN, from getting children to and from organised events, to assisting officials and even coaching athletes.

- It is important the AGMs are encouraging of all athletes, helping them to enjoy their activities and events, and to try their best, hopefully achieving PBs. They should encourage good sportsmanship and a friendly attitude and ensure that events are being conducted safely.
- All AGMs and assistants are required to hold a valid Working with Children Check and provide details to the Centre Secretary. They should also make themselves aware of the Codes of Conduct for Officials, Coaches, Athletes, Parents and Spectators.
- AGMs may be supported in accessing introduction to Coaching Courses, run by LAVic, to support their role in coaching athletes during weekly competition.
- While many age groups may only require a single AGM, larger groups, particularly amongst the younger age groups, may benefit from having 1-2 permanent assistants working as a team. Casual assistants can also be rostered as needed.

Duties typically performed during weekly competition may include:

- Meeting with the AGM coordinator prior to the commencement of competition. This usually takes place in the marshalling area during the athletes warm up and may also be joined by other LAN committee members as the need arises.
- Marshalling for events at the start of the day and as needed prior to events. For U6-U10 this usually occurs in the marshalling area beyond the front straight finish and for older age groups at the event.
- Ensuring appropriate and safe movement around the venue, including walking around the outside of the fence, crossing the track at the designated safe crossing points and avoid crossing the grass infield.
- Communicating with the event announcer at the completion of each event and awaiting announcements before proceeding to the next event. If there are unusual delays in the program communicate with the announcer and/or AGM coordinator who may be able to assist with adjustments to the overall flow. Keep in mind that occasionally a particular event experiences unusual delays and yours may not be the only group adversely affected. AGMs are NOT to make changes to the order of the program.
- Remember, we are all volunteers, doing our best to provide an enjoyable healthy activity for our children. If you have any concerns please raise them with either the AGM coordinator or any other LAN committee member.

**OUR AIM IS TO PROMOTE *FAMILY, FUN, AND FITNESS.***

## WORKING WITH CHILDREN CHECK – WWCC

It is LAVic and Little Athletics Nunawading policy that **ALL** centre committee members, key officials and coaches must have a valid Working with Children Check. Below is an excerpt from the LAVic website: <https://lavic.com.au/child-safe/> .

The WWCC applies to adults who work with children or are engaged in volunteer roles involving children (under 18 years of age). The WWCC applicable in Victoria is the mandatory minimum standard for a range of child-related industries.

The WWCC is constantly being reviewed and new legislation with amendments to the Act now covers all areas of administration, officiating, coaching and overnight supervision at camps and clinics. People working or volunteering in connection with Little Athletics are required to have their WWCC if they fall into a category listed below.

**If you are asked to apply for the WWCC through your connection with Little Athletics, then it is considered that your work as an employee or volunteer is vital to the ongoing success of your Region or Centre. We thank you for your ongoing assistance to provide safe environments for our children to grow.**

To ensure that the Association, Regions and Centres are protected under the system; it has been decided that the following persons need to obtain a Working with Children Check, (WWCC).

- Board of Directors - LAVic
- LAVic employees
- Members of Committees / Working Parties - LAVic
- Region Committee members
- Centre Committee members
- Club Committee members
- Volunteers involved in communication activities via any means, including oral, written or electronic (emails, social media, video conferencing)
- Child Safety Officers
- COVID-Safe Officials
- Coaches & Assistant Coaches
- Member Protection Information Officers
- Appointed Officials at State and Region level – (not parent helpers who have a child participating on the day)
- Team Managers & Assistant Team Managers
- Volunteers without children registered at the Centre
- Overnight Supervisors at camps/clinics/functions
- Selectors for State Teams / Squads
- First Aid Personnel
- Development Officers (DO) working in schools
- Presenters of clinics, workshops, seminars
- Appointed volunteers at official LAVic (not centre) sanctioned activities
- Officially appointed photographers at Region & State events.

**Parents**, who have a child registered at the Centre where they work or volunteer, are **exempt** from the WWCC, **unless** they fall under one of the categories listed above. (contin. ...)

**If a WWC Check application is not lodged, it is an offence to undertake any child-related work, paid or voluntarily in connection with Little Athletics.**

You can now apply online from anywhere in Australia at <https://www.workingwithchildren.vic.gov.au/individuals/applicants/how-to-apply-1> . The first step is proving your identity. You can do this online by using a smartphone to take photos of your identity (ID) documents and your face.

Volunteers receive their WWC Check **FREE**, paid employees cost \$128.20, effective July 2023.

The name & address of the organization on the application form is LAVic. CENTRE ADDRESSES ARE NOT TO BE USED. Please use the details below when filling out the application form.

“Little Athletics Victoria” – “Centre” and “Centre number”

e.g.: Little Athletics Victoria – Nunawading 33

The Address is: **Locked Bag 1011, Port Melbourne, Vic, 3207**

Phone number: **03 9960 8600**

Once you have submitted your application form, please advise your Centre or Region the following information.

- Full name
- Application Receipt number

When you receive your WWCC card, please advise the Centre or Region the following additional information, as well as showing your card.

- WWCC card number
- WWCC expiry date

A WWC Check is valid for 5 years (unless revoked). Employees and volunteers must apply for a renewal 28 days prior to the expiry date of the WWCC. The Renewal process is now done online through the MyCheck portal, from the link below. If registered for MyCheck, you will receive a renewal email. The details of the renewed WWCC must then be provided to the Centre.

<https://online.justice.vic.gov.au/wwccu/login.doj?next=mycheck>

Similar to a license, persons who hold a WWCC must advise the Department of Justice changes of their circumstances: including Surname, Address and any additional Organisations that they work or volunteer for.

The following Code numbers relate to activities within Little Athletics.

- Overnight Camps – Code 10
- Sporting Clubs & Associations – Code 42
- Coaching / Private tuition – Code 28
- Educational Institutions – Code 44 & 46 (refer application form)

These codes should be considered when the application form is being submitted.

### **Child Safety Officers for LAN**

Our child safety officers for the 2023/24 season are **Jana Walter and Jo Daly**. They can be contacted by email at: [admin@littleathleticsnunawading.com](mailto:admin@littleathleticsnunawading.com).



## NUNAWADING CENTRE POLICIES

Little Athletics Nunawading Centre aims at all times to conduct its program for the safety and enjoyment of athletes, parents and the many volunteers. Accordingly, Little Athletics Nunawading has adopted the following Healthy Lifestyle Policies:

- Smoke Free - the track and surrounds are smoke free
- Responsible Alcohol Management - no alcohol is permitted at the track
- Sun Protection - children and officials are encouraged to wear a hat and apply sun block; Shade tents will be erected as necessary.
- First Aid - a qualified and trained First Aider will attend all competition meets
- Blood Spillage - anyone bleeding will be immediately taken from the event to the First Aid room for dressing and treatment prior to returning to competition.



# **CODES OF CONDUCT**

## **Athletes' Code of Conduct**

1. Play by the rules.
2. Never argue with an official. If you disagree, ask your Team Manager to deal with the matter.
3. Control your temper. Verbal abuse of officials, coaches, parents or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
4. Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
5. Be a good sport. Applaud all good results whether they be by your Centre/Club, opponent or the other Centre/Club.
6. Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
7. Co-operate with your coach, club mates and other participants. Without them there would be no competition.
8. Participate in Little Athletics for "the fun of it" and not just to please parents and coaches.
9. Avoid use of bad language.

## **Coaches' Code of Conduct**

1. Be reasonable in your demands on young athlete's time, energy and enthusiasm.
2. Teach athletes the rules of the sport are mutual agreements, which no one should evade or break.
3. Whenever possible, group athletes to give a reasonable chance of success.
4. Avoid over-coaching the better performing athletes, the "just average" athletes need and deserve equal time.
5. Ensure any physical contact with athletes is appropriate to the situation and necessary for the athlete's skills development.
6. Avoid situations with your athletes that could be construed as compromising.
7. Remember that children participate for fun and enjoyment and that winning is only part of their enjoyment. Never ridicule or yell at the children for making mistakes or losing an event.
8. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
9. Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.
10. Coaches should never solicit, whether overtly or covertly, or by actively recruiting athletes who are already being coached to join their squad.
11. Develop respect for the ability of opponents as well as for the judgement of officials and coaches.
12. Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition.
13. Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
14. Demonstrate appropriate social behaviour, by not harassing athletes, other coaches or officials, smoking on the arena or being intoxicated.
15. Not publicly criticise or disagree with the work of other coaches.
16. Hold a current Working with Children Check
17. Avoid use of bad language.

## **Parents' Code of Conduct**

1. Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
2. Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
3. Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
4. Encourage children to always participate according to the rules.
5. Never ridicule or yell at a child for making a mistake or losing an event.
6. Remember children are involved in Little Athletics for **their** enjoyment, not yours.
7. If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
8. Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
9. Recognise the value and importance of being a volunteer official and/or coach. They give of their time and resources to provide recreational activities for the children and deserve your support.
10. Demonstrate appropriate social behaviour, by not harassing athletes, parents, coaches or officials, smoking on the arena or being intoxicated.
11. Avoid use of bad language.

## **Officials' Code of Conduct**

1. Compliment all participants on their efforts.
2. Be consistent, objective and courteous in calling all infractions.
3. Condemn unsporting behaviour and promote respect for all opponents.
4. Ensure that the "spirit of the game" for children is not lost by using common sense and not over-emphasising errors.
5. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
6. Publicly encourage rule changes which will reinforce the principles of participation for fun and enjoyment.
7. Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
8. Make personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
9. Hold a current Working with Children Check as required by LAVic.
10. Avoid use of bad language.

## **Spectators' Code of Conduct**

1. Compliment all participants on their efforts.
2. Be consistent, objective and courteous in calling all infractions.
3. Condemn unsporting behaviour and promote respect for all opponents.
4. Ensure that the "spirit of the game" for children is not lost by using common sense and not over-emphasising errors.
5. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
6. Publicly encourage rule changes which will reinforce the principles of participation for fun and enjoyment.
7. Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
8. Make personal commitment to keep yourself informed of sound officiating principles and the principles of growth and development of children.
9. Hold a current Working with Children Check as required by LAVic.
10. Avoid use of bad language.

## EMR TRACK & FIELD REGION CARNIVAL

Athletes in the U9 ~ U17 age groups have the opportunity to compete against athletes from other Centres within the Eastern Metropolitan Region (EMR).

All Nunawading athletes U9 and over, regardless of ability, are encouraged to enter the EMR Carnival. Currently a maximum of 5 events is allowed per athlete.

This is a fantastic opportunity for athletes of all skill levels to test their capability. The Eastern Metropolitan Region is one of the strongest regions in the state and many athletes from this region go on to become State Champions. The beauty of the Region Carnival is that there are no restrictions on who can enter.

The meet is a wonderful weekend that athletes enjoy immensely. It takes competition to a higher level and is a well-run event.

Registration and payment will be done through the LAVic website.

The EMR Carnival will be held on the weekend of 10-11th February, 2024.

The best athletes at EMR then go to compete in the LAVIC State Championships.

## LAV STATE COMBINED EVENT CHAMPIONSHIPS

This is an event consisting of between 5-8 events depending on the athlete's age group.

Refer to the LAVic website for the details of events offered for each age group.

The Championships to be held at Lakeside Stadium on the weekend of January 20th -21st, 2024.

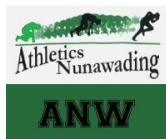
## LAV JUNIOR DEVELOPMENT SQUAD (JDS)

The Development Squad is a Little Athletics Victorian initiative aimed at athletes in the U12 ~ U17 age groups. Athletes can qualify at Region, State and Centre competitions by achieving the qualifying standard. Contact Little Athletics Nunawading Secretary (Jo Daly) for more details or refer to the LAVic website:

<https://lavic.com.au/education/athletes/junior-development-squad/>

## ATHLETICS NUNAWADING – ANW (Seniors)

Athletics Nunawading (ANW) is our senior club and trains at BSAT. Track & Field competition for seniors is held on Saturday afternoons and rotates through various venues: BSAT, and white Zone participating clubs. The competition caters for all standards from U14 to 50+; you might see Olympians compete like athlete Brooke Buschkuehl (nee Stratton). Several of the senior athletes have come from LAN and many of the underage athletes competing for the seniors hold dual membership with LAN. Once you reach the older age-groups with LAN, consider coming down and continuing your athletics career with the seniors at Athletics Nunawading. Whatever your ability, U14 ~ U17 there is a category for your standard.



**Want more details?** Contact Athletics Nunawading President, Andrew May on (9808 3878) or email [athleticsnunawading@googlegroups.com](mailto:athleticsnunawading@googlegroups.com).

Check out the Athletics Nunawading website at <http://athleticsnunawading.asn.au/>.

## EAST BURWOOD MASTERS ATHLETICS (30 +)

Masters run events every Thursday evening from 7pm in a Friendly Safe environment at BSAT and have a cuppa after the meet. Masters caters for the novice right up to the professional athletes who compete at the World Masters Championships.

For more details contact Christopher Worsnop (EBM) on 0403 910 183 email:

[EastBurwood@VicMastersAths.org.au](mailto:EastBurwood@VicMastersAths.org.au)



# RELAY COMPETITIONS

Relays are an integral part of the Little Athletics Victorian (LAV) program. Our Centre is committed to this program which includes participation in the Box Hill relays, Eastern Metropolitan Region and State relays. This program is for the U9 to U17 age groups in single sex, mixed sex and mixed age events.

**Events are:**    **4 x 100m**  
                  **4 x 200m**  
                  **Medley (100m, 300m, 200m, 400m)** ... [Swedish Medley format introduced 2020/21]

At Little Athletics Nunawading, the aim is to have as many athletes as possible join in the relay program. Each age group needs to have one or more Relay Team Manager(s). Ideally this person(s) is a mum or dad of one of the children who is part of the relay team for that age group. Their role is to manage the relay team, making sure that training times and the relay schedule/locations are well known, liaising with the LAN Relay Centre Team Manager(s), and generally looking after the relay runners on the day of the relays.

Athletes run in the Nunawading team uniform and members are required to wear the green and black top, black shorts and white socks of the Nunawading Centre.

Relays are a team event and so there is an expectation that team members will attend training sessions to learn and improve on their relay techniques. Baton changing is one of the keys to success and training of these techniques is essential for athletes to achieve their best.

Every child in the U9 – U17 age groups is encouraged to join the relay squads and we endeavour to make it an enjoyable and rewarding experience for the athlete.

At Region Carnivals and State Championships, parents of relay runners are required to fulfil duty rosters of approximately 2-3 hours on the day.

## Dates for Season 2023/24 are as follows:

- Box Hill Relays U8 – U17    Sun 12th November, 2023    Hagenauer Reserve, Box Hill
- Region Relays U9-U17     Sat 18th November, 2023    Proclamation Park, Ringwood
- LAVic State Relay         Sat 16th December, 2023    Lakeside Stadium

The Nunawading Centre pays the team entry cost for those participating in the relays.

The Nunawading Relay Team Manager can be contacted by email at ...

[admin@littleathleticsnunawading.com](mailto:admin@littleathleticsnunawading.com).



## 2024 EASTERN 7 CROSS COUNTRY SEASON

Centres participating in Cross-Country are BOX HILL, CAMBERWELL/MALVERN, COLLINGWOOD, DONCASTER, KEW, NUNAWADING and RINGWOOD.

There is no additional charge for existing summer members. All athletes are welcome to attend the Sunday Competition. Uniform to be worn for the Cross-Country season is the Nunawading Centre uniform: green and black top with black shorts and white socks. Traditionally, this competition is conducted April – August, some may refer to this as the “winter competition”.

The Calendar for the Cross-Country Season will be published on the Little Athletics Nunawading website [www.littleathleticsnunawading.com](http://www.littleathleticsnunawading.com) when finalised.

The events are hosted by each of the centres on Sunday mornings during winter and training is held one night a week. Further information about Region and State events can be found at the Little Athletics Victoria website [www.lavic.com.au](http://www.lavic.com.au) and will also be promoted via Team App posts.

At the end of the competition, one award is presented to an athlete who has participated in a majority of the regular events and placed the highest in their age group; not all age groups will necessarily have an award winner as there are fewer overall athletes in this competition.



## CROSS COUNTRY RESULTS 2022

Our 2022 Cross Country season saw Nunawading participants running with EMR on Sundays throughout the season and training on Wednesday nights with coach Holly Cocking at BSAT.

We had a great turnout when we hosted our Cross Country run at BSAT on 15 May 2022. Thanks to all the parent volunteers who helped us host a successful event.

The State Cross Country Relay Championships were held at Cruden Farm in June with 16 Nunawading participants. Five teams were all Nunawading athletes and one athlete ran with an EMR team.

We had 25 athletes registered for the Regional Cross Country Carnival held in June at Jells Park. State Cross Country Championships in August were well attended at Lake Dewar with five individuals and three teams finishing on the podium.

Individual results at the 2022 State Championships were:

Josh Carlin	U15B 3000m	1st Place
Aaron Williams	U12B 2000m	2 <sup>nd</sup> Place
Oscar Wright	U13B 3000m	2 <sup>nd</sup> Place
Jack Field	U12B 2000m	3 <sup>rd</sup> Place
William Leslie	U14B 3000m	3 <sup>rd</sup> Place

Team results at the 2022 State Championships were:

U12B 2000m	1 <sup>st</sup> Place	Connor Buckley, Aaron Williams, Jack Field
U9G 1500m	2 <sup>nd</sup> Place	Heidi O'Donnell, Mackenzie Ford, Hayley Cant, Sophie Flint
U10G 1500m	3 <sup>rd</sup> Place	Taya Herath, Selini Galhindarachchi, Gemma Marrone, Scarlet Eisenegger, Aimee Cheng

Well done to all athletes who participated and thanks to all the parents/families for braving the cold, making sure our athletes were there on time and helping with our designated duties.

First place trophies were presented to the athletes at the end of the 2022 season who completed a required number of Nunawading race days.

	Girls	Boys
Under 6	Olivia Flynn	Maxwell Church
Under 7	.	.
Under 8	.	Anthony Seow
Under 9	Heidi O'Donnell	Jonas Taubenheim
Under 10	Selini Galhindarachchi	.
Under 11	.	.
Under 12	Amaya Thalakada	Jack Field
Under 13	.	Lucas Porter
Under 14	.	.
Under 15	Samantha Port	.
Under 16	.	.

## CROSS COUNTRY RESULTS 2023

First place trophies were presented to the athletes at the end of the 2023 season who completed a required number of Nunawading race days.

	<b>Girls</b>	<b>Boys</b>
<b>Under 6</b>	Sharee Herath	Cooper McKenzie
<b>Under 7</b>	.	Kenneth Purvis
<b>Under 8</b>	.	Liam Williams
<b>Under 9</b>	Lily Iva	.
<b>Under 10</b>	Sophie Flint	Aaron Pound
<b>Under 11</b>	Scarlett Eisenegger	Mason Cato
<b>Under 12</b>	.	.
<b>Under 13</b>	.	.
<b>Under 14</b>	.	.
<b>Under 15</b>	.	.
<b>Under 16</b>	Elise Huxtable	.

**Janet Ley**  
**Cross Country Manager 2021/22 and 2022/23**



# CENTRE AWARDS SYSTEM

**Achievement Awards** – PB Awards Certificates: Bronze 5 PB, Silver 10 PB, Gold 15 PB  
If athletes achieve 20 PB or greater then they receive a LAN PB medal.

Where a Personal Best (PB) is equalled, the PB is only counted once for all centre awards.  
Athletes attending EMR Crystal Creek coaching camp and LAV State Multi Events are allocated an additional 50 points only if they miss the regular Nunawading meet.

**Stuart Gould Memorial Award** Presented to the overall Most Improved Centre athlete.  
This is the athlete who has recorded the highest number of Personal Bests in the Centre.

**Most Outstanding Little Athlete (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>)** Presented to Girls and Boys in each of the Under 6 to Under 17 age groups, who demonstrate consistence in the pursuit of achieving high standards every time they compete. Broad participation in events and a good attendance record will contribute to success in this category. These Award winners are ineligible to receive their age group Most Improved Athlete Award.

These are based on a points system: 1<sup>st</sup> place 10 pts, 2<sup>nd</sup> place 9 pts, 3<sup>rd</sup> place 8 pts, 4<sup>th</sup> place 7pts, 5<sup>th</sup> place 6 points, 6<sup>th</sup> place and all remaining athletes awarded 5pts.

**Most Improved Athlete Award** Presented to a Girl and Boy in each of the Under 6 to Under 17 age groups who attain the greatest number of Personal Bests (PB) points, having not already received the corresponding age group Most Outstanding Athlete Award.

**Les Plummer Award** Presented to a Girl and Boy in the Under 13 to Under 17 age groups who have achieved high standards, participated in events and a good attendance record. These awards are based on a points system.

**Bruce Wensor Encouragement Award** Presented to a Little Athlete who typifies the "Little Athletics spirit" of sportsmanship, demonstrates they try their very best always to achieve their goals and ambitions, have a good attendance record, actively participate in weekly events (not selective) and also potentially regionals, training etc. They are encouraging of others and at all times helpful, courteous, and respectful to athletes and officials. All age groups are eligible for this award. This award is nominated by Centre and Age Group Managers.

**Armstrong Multi-Event Day** This replaces the interclub Pentathlon Competition. Presented to the boy and the girl who obtain the highest number of points in our Multi-Event Competition.

ALL Age Groups: Long Jump, 70m (u6-u7) or 100m (u8-u17), Shot Put (M) or Discus (F) **PLUS**

Under 6 : 60 mH & 300 m.

Under 9 – 10 : 60 mH & 800 m.

Under 7 : 60 mH & 500 m

Under 11 – 13 : 80 mH & 800 m.

Under 8 : 60 mH & 700 m

Under 14 – 17 : 80/90/100/110 mH & 800 m.

## **Brian Searle Junior Spirit of Little Athletics Award**

A new award presented to a junior athlete from the U6 to U8 age groups that demonstrates the values of Little Athletics, being "Family, Fun & Fitness" and an enthusiasm for little athletics; that shows encouragement and care for others within the age group; that shows respect for AGM's and overall good behaviour with a willingness to learn and take direction from AGM's, coaches and officials. Award is nominated by Age Group Managers and the Centre Committee.

# 2022/23 SEASON AWARDS

## 2022/23 LAN TRACK & FIELD AWARDS

**Stuart Gould Memorial Trophy**

Overall Most Improved Little Athlete

**ELIZABETH LIOULIAKIS U/12G**

**Les Plummer Award**

Most Outstanding Little Athlete U13-U17  
Achievement of High Standards, Participation and Attendance

**SAMANTHA PORT U/16G**

**LUKE COLLINS U/15B**

**Bruce Wensor Encouragement Award**

Nominated by Age Group Managers for the Athlete who has  
tried his/her best to achieve their goals

**ELISE HUXTABLE U/16G**

**Armstrong Shield Multi-Event Day**

**SELINI GALHINDARACHCHI U/11G**

**CONNOR BROWN U/16B**

**Brian Searle Junior Spirit of Little Athletics Award**

**LEONARD COPELAND U/7B**

Inaugural winner 2022/23

## NUNAWADING CENTRE AWARDS 2022/23

The recipients of the Nunawading Centre 2022/23 Track & Field Centre Awards were:

### OUTSTANDING LITTLE ATHLETE

Age Group	Placing	Female	Male
Under 6	1	Ella Wass	Cooper McKenzie
	2	Eliza Court	George Barker
	3	Sharee Herath	Derek Yong
Under 7	1	Leilani Betham	Samson Tonga
	2	Olivia Silvers	Theodore Li
	3	Emma Xu	Lucas Brush
Under 8	1	Kitty Chapman	Travis McCarthy
	2	Madison Morris	Alvin Moschetti
	3	Cyara Kladakis	Campbell Altube
Under 9	1	Lily Iva	Dhanusha Weerasinghe
	2	Lois Silvers	Andreas Selemidis
	3	Rose Bele	Liam Snowden
Under 10	1	Sophie Flint	Aaron Pound
	2	Leela Purvis	Benjamin Field
	3	Mackenzie Ford	Olovalu Betham
Under 11	1	Selini Galhindarachchi	Lucca Walter
	2	Gemma Marrone	Liam Buckley
	3	Madeleine Selemidis	Benjamin Higgins
Under 12	1	Elizabeth Liouliakis	Lachlan Cumming
	2	Sahana Loganathan	Harvey Leetham
	3	Brooke Noviello	Clive Donkin
Under 13	1	Lily Davidson	Connor Buckley
	2	Viktoria Kohlmann	Archie Chapman
	3	Abigail Hill	Joshua Brown
Under 14	1	Abbey Roberts	Jason Papillo
	2	Liyana Welagedara	Thomas Bennett
	3	Maya Carnegie-Mehrtens	Jesse Noviello
Under 15	1	Amber Martin	Luke Collins
	2	Isabella Argenti	Matthew McGregor
	3	.	Ben Pidgeon
Under 16	1	Samantha Port	Connor Brown
	2	Elise Huxtable	Jay Taubert
	3	Layla Collins	Adam Weymouth
Under 17	1	Evelyn FitzGerald	Thomas Placella
	2	.	.
	3	.	.

## MOST IMPROVED LITTLE ATHLETE 2022/23

Age Group	Female	Male
Under 6	Raia Ward	.
Under 7	Denali Weerasinghe	Leonard Copeland
Under 8	Alize Cavell	Lucas Shen
Under 9	Quinn Zhang	Lachlan Papillo
Under 10	Emily Flynn/Mia Dawson	Awn Alnaser
Under 11	Sophie Davidson	Cameron Vat
Under 12	Tiasha De Silva	Eric O'Brien
Under 13	Sarah Ferns	Lachlan Dineen
Under 14	Meggie Witcombe	Terrence Simonds
Under 15	.	ZacharyBrown

( Requires at least four athletes within an age group/gender, otherwise not awarded. )



## NEW NUNAWADING CENTRE RECORDS 2022/23

This year we saw the setting of eleven (11) new records across the disciplines of throws and jumps events. Well done to all the following athletes who now hold the current Centre records.

Name	Age Group	Event	Date	NEW Record	Previous Record
Thomas Placella	U17B	110m Hurdles	19-Nov-22	18.64 seconds	New
Aidan Pidgeon	U17B	Discus 1.5kg	26-Nov-22	38.43 metres	New
Aidan Pidgeon	U17B	Shot Put 5kg	28-Jan-23	10.78 metres	New
Evelyn FitzGerald	U17G	100m Hurdles	19-Nov-22	24.67 seconds	New
Layla Collins	U16G	Javelin 500g	16-Dec-22	27.20 metres	17.70 metres
Luke Collins	U15B	Javelin 700g	25-Feb-23	43.36 metres	38.44 metres
Gemma Marrone	U11G	Discus 500g	16-Dec-22	28.96 metres	17.69 metres
Lily Iva	U9G	High Jump Scissor	21-Jan-23	1.17 metres	1.03 metres
Nyah Turner	U8G	High Jump Scissor	11-Feb-23	1.09 metres	1.08 metres
Leonard Copeland	U7B	Discus 350g	19-Nov-22	11.79 metres	10.87 metres
Lucas Brush	U7B	Discus 350g	11-Feb-23	16.79 metres	11.79 metres



## RELAY RESULTS 2022/23

This season saw the resumption of relay competition following their postponement in 2021/22 due to Covid-19.

Nunawading had teams compete at the Box Hill Relay Day in November.

At EMR relay carnival held on Saturday, 4 December 2022 at Ringwood, Nunawading had 28 teams across most age groups compete with 13 teams qualify for State Championships.

The State Relay Championships were held on Saturday, 4 February 2023.

Nunawading had five age groups compete in 11 events. The results were:

U10 Girls	4x100m	19 <sup>th</sup>
U11 Boys	4x100m	10 <sup>th</sup>
U11 Mixed	4x100m	11 <sup>th</sup>
U11 Mixed	4x200m	5 <sup>th</sup>
U13 Boys	4x200m	14 <sup>th</sup>
U13 Boys	Medley	6 <sup>th</sup>
U16 Boys	4x100m	3 <sup>rd</sup>
U16 Boys	4x200m	4 <sup>th</sup>
U16 Boys	Medley	4 <sup>th</sup>
U16 Mixed	4x100m	3 <sup>rd</sup>
U17 Girls	4x100m	8 <sup>th</sup>





A special thank you to the team managers for all age groups (Alex Argenti, Russell Flint, Troy Williams, Jana Walter, Carla Di Loreto, David Fakhry, Nerhys Dineen and Angela Brown)

**Garry Port**  
**Little Athletics Nunawading**  
**2022/23**

# NUNAWADING TRACK AND FIELD RESULTS 2022/23

Track & Field competitions are an integral part of the Little Athletics Victoria program for age groups U9 through to U17. This season the Nunawading Centre's T&F program was very well attended with very many enthusiastic young athletes participating every week.

Nunawading athletes also competed in external Little Athletics Victoria Track & Field events for the 2022/23 season as per below:

- LAVic – State Combined Events Championships, held at Lakeside Stadium Albert Park, 12–13 November 2022
- Eastern Metropolitan Region (EMR) Track & Field Carnival, held at Tom Kelly Athletics Track Doncaster, 18–19 February 2023
- LAVic – State Track & Field Championships, held at Lakeside Stadium Albert Park, 11-12 March 2023

## LAVic – State Combined Events Championships Albert Park, 12–13 November 2022

This season the State Combined Event was held at Albert Park. Nunawading had five athletes challenge themselves over multiple disciplines and in a field of up to 70 athletes per age group.

Congratulations for their excellent performances in representing Nunawading.

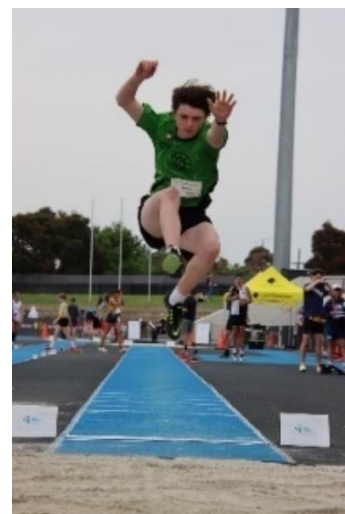
Athletes who competed:

Under 9 – Lily Iva (18th) , Dhanusha Weerasinghe (30th)

Under 10 – Sophie Flint (34th)

Under 11 – Selini Galhindarachchi (15th)

Under 15 – Luke Collins (8th)





## Eastern Metropolitan Region (EMR) Track & Field Carnival

18-19 February 2023

The Eastern Metropolitan Region (EMR) Track & Field Carnival was held at Tom Kelly Athletics Track, Doncaster. We had two great days of competition with many outstanding performances and improved PB's achieved over the weekend.

We had 48 athletes in the under 9-17 age groups participating in 139 events.

Whilst not all athletes can be the best in each event, it is unquestionable that Nunawading athletes tried their best in all events. All athletes put in strong performances and it was great to see the athletes enjoying the experience of competing at the EMR Carnival.

### Breakdown of athletes who registered for EMR:

		U9	U10	U11	U12	U13	U14	U15-17	Total
Number of Athletes per Age Group	<b>Boys</b>	6	6	6	2	3	2	7	32
	<b>Girls</b>	1	3	8	2	2	0	0	16
	<b>Total</b>	7	9	14	4	5	2	7	48

Our results at EMR T&F were excellent with 16 Gold, 7 Silver and 9 Bronze.

This gave a total of 32 medals. We also had a huge number of athletes achieving PB's over the two days.

We had some notable performances from several athletes, including Aidan Pidgeon (3 Gold ,1 Silver) Lucca Walter (2 Gold, 1 Silver) Jay Taubert (2 Gold), Lily Iva (1 Gold & 1 Silver).

### Outstanding Performance

While we had several fantastic performances, under 16 athlete Connor Brown with 1st in the 100m, 200m, 300m Hurdles, High Jump & 3rd in the Long Jump was the highlight. Connor took home 4 Gold & 1 Bronze medal and was the outstanding performance for the weekend.



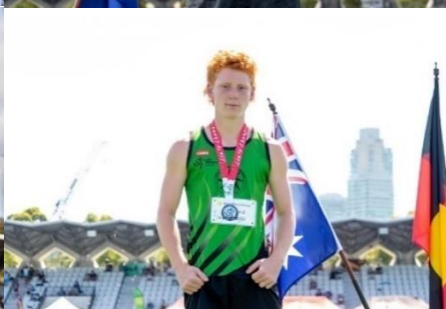
## LAVic – State Track & Field Championships

### Albert Park 11 - 12 March 2023

State Track and Field Championship was held at Albert Park. Nunawading had 5 Girls and 17 Boys who qualified through to the State Finals. Each one of these athletes should be very proud they made it through to state competition.

Our medal tally was 2 Silver and 4 Bronze. Congratulations to our medal winners listed below.

G11 Javelin:	Gemma Marrone	23.21m	(2 <sup>nd</sup> ) (bettering the current Nunawading Centre record)
B11 100m:	Lucca Walter	13.73	(3 <sup>rd</sup> )
B15 High Jump:	Ben Pidgeon	1.76m	(3 <sup>rd</sup> )
B15 Javelin:	Luke Collins	41.46m	(3 <sup>rd</sup> )
B16 300m Hurdles:	Connor Brown	40.16	(2 <sup>nd</sup> )
B17 Discus:	Aidan Pidgeon	38.75m	(3 <sup>rd</sup> )



**Congratulations and thank you:**

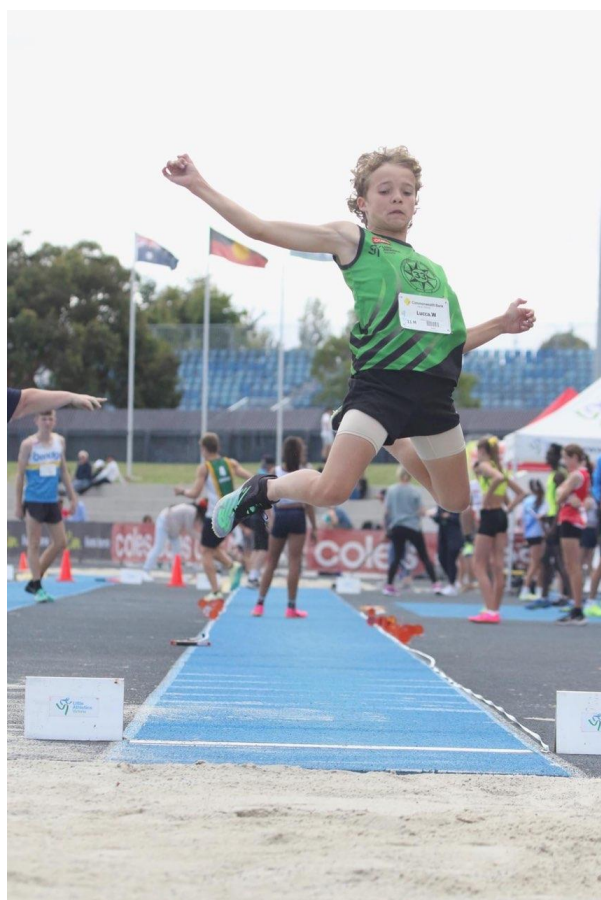
Congratulations to all athletes who represented Nunawading with pride, they did their very best to achieve great results and personal bests.

To all those many parents and volunteers who assisted with preparations and fulfilled duty roles, HUGE thanks go out to you. Thank you to those who performed Team Manager roles over the three events. Special mention also to Danny Mayes & John Collins for being our Chief High Jump Officials at the EMR Carnival for the two days.

**Carla Di Loreto & Jana Walter**

**Little Athletics Nunawading**

**Track & Field Team Managers 2022/23**



## CENTRE RECORDS AT REGION AND STATE EVENTS

We would like to recognise those athletes who equal or better a Nunawading Centre record at Region and State events. (Performance recognition persists whilst equal to or better than current LAN centre record.)

( VBP : Victoria Best Performance, [\* at the time] )

AGE GROUP / GENDER	EVENT	ATHLETE	NUNAWADING CENTRE RECORD (current)	CHAMPIONSHIP PERFORMANCE	YEAR
<b>U9 B</b>	100m	Jordan Gilbert	14.4s	14.34s	2016
	200m	Jordan Gilbert	30.5s	30.29s	2016
	400m	Oscar Wright	1min 09.7s	1min 08.9s	2018
	800m	Josh Carlin	2min 38.2s	2min 35.62s	2017
	800m	Oscar Wright	2min 38.2s	2min 35.92s	2018
	700 m Walk	Remy Pandey	4min 19.00s	4min 02.37s	2017
	60m Hurdles	Storm Africa	10.9s	10.79s	2017
<b>U10 B</b>	100m	Jordan Gilbert	13.7s	13.58s	2017
	200m	Jordan Gilbert	29.2s	28.28s	2017
	800m	Josh Carlin	2min 33.0s	2min 32.52s	2018
	60m Hurdles	Storm Africa	11.1s	10.11s (VBP*)	2018
<b>U10 G</b>	High Jump	Sonia Prescott	1.28m	1.29m	2016
	Discus – 500g	Gemma Marrone	24.56m	25.34m	2022
<b>U11 B</b>	100m	Jordan Gilbert	13.4s	13.22s	2018
	200m	Jordan Gilbert	27.6s	26.75s (VBP)	2018
	60m Hurdles	Nathan Philactides	10.15s	9.85s	2016
	80m Hurdles	Nathan Philactides	13.9s	13.51s	2016
	Shot Put - 2kg	Hugh Bailey	10.87m	11.07m	2017
<b>U11 G</b>	Javelin – 400g	Gemma Marrone	22.92m	23.21m	2023
	Discus – 500g	Gemma Marrone	28.96m	31.36m	2023
	80m Hurdles	Elena Tyers	14.92s	14.64s	2016
<b>U12 B</b>	400m	Noah Wright	1min 03.4s	1min 01.83s	2016
	800m	Noah Wright	2min 20.5s	2min 19.04s	2016
	1500m	Noah Wright	4min 56.8s	4min 42.73s	2016
	60m Hurdles	Nathan Philactides	9.9s	9.67s	2017
<b>U13 B</b>	80m Hurdles	Nathan Philactides	13.5s	13.08s	2018
	200m Hurdles	Nathan Philactides	31.03s	30.18s	2018
	200m Hurdles	Lachlan Curtis	31.03s	30.49s	2018
	400m	Oscar Wright	56.8s	56.46s	2022
	800m	Oscar Wright	2min 18.7s	2min 10.60s	2022
	800m	Oscar Wright	2min 18.7s	2min 07.56	2022
	1500m	Oscar Wright	4min 46.0s	4min 32.73s	2022
<b>U14 G</b>	200m	Stefanie Chevalier	26.8s	26.6s	2017
<b>U14 B</b>	300m Hurdles	Harrison Broadbent	44.4s	42.3s	2016
<b>U15 B</b>	1500m	Ben Collins	4min 25.5s	4min 18.78s	2018
	800m	Joshua Carlin	2min 05.4s	2min 04.85s	2022
	1500m	Joshua Carlin	4min 25.5s	4min 18.12s	2022
<b>U15 G</b>	Shot Put	Sana Lutui	10.64m	11.47m	2018
	Discus - 1 kg	Isabel Falconer-Boag	31.47m	31.95m	2021
<b>U16 B</b>	300m Hurdles	Connor Brown	40.8s	40.16s	2023
<b>U17 B</b>	Discus – 1.5kg	Aidan Pidgeon	38.43m	38.75m	2023

# NUNAWADING CENTRE RECORDS

UNDER 6	BOYS	PERF	YEAR	GIRLS	PERF	YEAR
50 metres*	M Hammerstein (LAN)	9.4*	16	D Eastwood (M)	9.7*	97
	.			B Stratton (BH)	9.7*	99
	.			K Stratton (BH)	9.7*	01
	.			A Lafferty (M)	9.7*	14
70 metres	T Forster (V)	12.8	97	R Cole (V)	12.8	97
100 metres	T Forster (V)	18.3	97	R Cole (V)	19.0	97
200 metres*	J Gilbert (B)	38.9*	13	B Stratton (BH)	39.1*	99
300 metres	O Wright (B)	1.06	15	L Iva (LAN)	1.09.2	20
Long Jump	T Forster (V)	2.92	97	R Cole (V)	2.78	97
Shot Put 1kg	E Tsatas (B)	5.94	11	R Cole (V)	5.07	97
Discus 350g	L Copeland (LAN)	10.19	22			
60m Hurdles	(nil record event at LAN)	(n/a)	-	(nil record event at LAN)	(n/a)	-
UNDER 7	BOYS	PERF	YEAR	GIRLS	PERF	YEAR
50 metres*	A Magree (M)	8.5*	03	C James (BH)	8.8*	05
70 metres	A Weir (SB)	11.1	81	L Marrone (M)	11.3	97
	A Dunstan (BH)	11.1	82	.		
100 metres	J Seah (P)	16.0	84	K Mahony (V)	16.7	82
200 metres	A Dunstan (BH)	33.8	82	S Woolcock (V)	36.1	99
300 metres*	A Dunstan (BH)	57.0*	82	K Dean (BH)	57.2*	90
500 metres						
400m Walk*	P Kennedy (BE)	2.28.0*	80	M Worland (V)	2.26.2*	83
Long Jump	A Weir (SB)	3.41	81	R Cole (V)	3.27	99
Discus 350g	L Brush (LAN)	16.79	23	.		
Shot Put 1kg	C Broadbent (.)	7.35	15	J Peters (.)	5.31	16
60m Hurdles	G Danatzis (BH)	11.4	99	R Cole (V)	12.2	99
	M Mullett (V)	11.4	04	.		
UNDER 8	BOYS	PERF	YEAR	GIRLS	PERF	YEAR
50 metres*	M Mullett (V)	8.1*	05	B Stratton (BH)	8.3*	01
	J Gilbert (B)	8.1*	14	.		
70 metres	R Breeden (BH)	10.6	78	R Cole (V)	11.2	00
	S Morrison (P)	10.6	85	.		
100 metres	R Breeden (BH)	15.0	78	R Cole (V)	15.8	00
200 metres	A Medhurst (V)	32.4	88	S Rooney (V)	33.4	77
	R Wendt (M)	32.4	88	.		
300 metres*	A Mullett (V)	55.9*	02	S Lockwood (BH)	58.1*	01
400 metres*	A Medhurst (V)	1.14.4*	89	K Dean (BH)	1.19.9*	90
700 metres	F Cocking (B)	2.32.1	13	A Tempany (LAN)	2.41.9	18
700m Walk	B Campbell (FH)	3.57.5	83	R McCann (BH)	4.07.0	81
Discus 350g*	C Joseph (B)	23.88*	11	S Maxwell (M)	18.21*	11
Discus 500g	A Arun (LAN)	13.57	19	G Marrone	12.92	20
Shot Put 1.5kg	O Slawinski (M)	7.34	11	K Dean (BH)	6.26	90
High Jump (Sc.)	L Walter (LAN)	1.02	20	N Turner (LAN)	1.09	23
Long Jump	M Stockton (V)	3.74	82	B Stratton (BH)	3.66	01
60m Hurdles	M Mullett (V)	11.2	05	S Woolcock (V)	11.9	00

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 (B) Blackburn, (BE) Blackburn East, (BL) Blackburn Lake, (BH) Burwood Heights, (FH) Forrest Hill, (MB) Mirabooka, (M) Mitcham,  
 (P) Parkmore, (SB) Springburn, St.John's, St.Luke's, St.Timothy's, (T) Tunstall, (V) Vermont, (VS) Vermont South, (WW) Warrawong.

## NUNAWADING CENTRE RECORDS (Continued)

UNDER 9	BOYS	PERF	YEAR	GIRLS	PERF	YEAR
70 metres	R Kendrick (M)	10.1	82	S Pratt (V)	10.6	71
	J Taylor (V)	10.1	82	.		
100 metres	M Dear (V)	14.4	77	S Rooney (V)	14.4	78
	G Reidy (BL)	14.4	78	.		
200 metres	L Deanne (MB)	30.5	77	P Kennedy (MB)	31.4	80
400 metres	R Wendt (M)	1.09.7	90	K Marriott (MB)	1.13.4	81
800 metres	C Roberts (BH)	2.38.2	86	R Cole (V)	2.53.2	01
700m Walk	K Stewart (.)	4.19.0	16	S Port (.)	4.09.8	16
1100m Walk*	M Kristan (SB)	6.12.8*	83	C Doherty (B)	6.16.8*	88
Discus 500g	C Joseph (B)	24.69	11	N Pratt (V)	22.77	78
Shot Put 2kg	W Wozniak (B)	8.01	92	R Cole (V)	6.64	01
High Jump (Sc.)	J Cruse (LAN)	1.11	20	L Iva (LAN)	1.17	23
High Jump*	C Brennan (V)	1.27*	99	S Prescott (B)*	1.17	15
Long Jump	S Ralphsmith (MB)	4.23	76	B Stratton (BH)	4.05	01
Triple Jump*	H Doherty (BL)	8.90*	86	R Cole (V)	8.69*	01
60m Hurdles	S Africa (LAN)	10.9	17	E McLeod (M)	10.7	01
80m Hurdles*	M Mullett (V)	14.7*	06	E McLeod (M)	14.9*	01
	B Dobay (V)	14.7*	09	.		

UNDER 10	BOYS	PERF	YEAR	GIRLS	PERF	YEAR
70 metres	S Patterson (M)	9.8	78	L Kirk (V)	10.0	74
100 metres	B Irvine (V)	13.7	79	T Nemicic (BH)	14.2	77
	B Irvine (V)	29.2	79	R Wallis (P)	29.8	83
200 metres	A Aumair (V)	29.2	84	.		
	A Medhurst (V)	1.05.4	91	L Kirk (V)	1.10.3	75
400 metres	G King (BH)	2.33.0	86	R Cole (V)	2.51.6	02
800 metres	W Beere (M)	5.43.4	01	K Hassett (V)	5.56.0	82
1100m Walk	R Smith (BH)	31.96	80	G Marrone (LAN)	24.56	22
Discus 500g	S Eddy (BH)	10.19	79	N Pratt (V)	7.85	78
Shot Put 2kg	S Maredia (LAN)	1.22	20	A Thalakada (LAN)	1.18	20
High Jump (Sc.)	D Summerton (B)	1.39*	71	P Kennedy (MB)	1.28*	81
High Jump*	S Ralphsmith (MB)	4.85	77	B Carach (M)	4.19	75
Long Jump	S Ralphsmith (MB)	10.04*	77	P Kennedy (MB)	9.05*	81
Triple Jump*	C Gerbes (V)	11.1	93	K Herbert (B)	11.40 [E]	11
	C Brennan (V)	11.1	00	.		
60m Hurdles	C Brennan (V)	11.1	00	.		
	D Cram (B)	15.2*	95	K Herbert (B)	14.44 [E]*	11

UNDER 11	BOYS	PERF	YEAR	GIRLS	PERF	YEAR
70 metres	A Ralphsmith (MB)	9.6	78	S Pratt (V)	9.9	73
	R Wendt (M)	9.6	91	.		
100 metres	S Ralphsmith (MB)	13.4	77	T Barnett (BH)	13.8	84
	G Reidy (B)	13.4	79	.		
200 metres	P Ryan (V)	27.6	82	D Glenane (P)	28.6	71
400 metres	J Gilbert (LAN)	1.02.77 [E]	18	E Walker (V)	1.07.8	03
800 metres	D Gould (M)	2.26.7	80	J Holdsworth (V)	2.29.8	02
1500 metres	J Zammit (P)	5.02.7	87	M Moyle (V)	5.27.2	94
1100m Walk	P Costanzo (LAN)	6.35.8	17	S Prescott (LAN)	6.52.9	16
1500m Walk*	J Cocking (WW)	7.37.3*	80	H Brazel (V)	8.09.8*	05
Discus 500g	O Wright (LAN)	24.05	20	G Marrone (LAN)	28.96	22
Discus 750g*	R Maxwell (MB)	28.73*	82	N Pratt (V)	25.29*	80
Shot Put 2kg	H Bailey (LAN)	10.87	17	H Warr (M)	9.64	96
Shot Put 3kg*	S Eddy (BH)	9.67*	80	N/A		
High Jump	V Meagher (M)	1.48	10	P Kennedy (MB)	1.44	82
Long Jump	D Campbell (BH)	4.85	82	D Glenane (P)	4.51	71
Triple Jump	S Ralphsmith (MB)	10.23	77	P Kennedy (MB)	9.64	82
60m Hurdles*	J Gilbert (LAN)	10.15 [E]*	18	A Smith (V)	10.9*	03
	N Magree (M)	13.9	98	S Orr (LAN)	14.92 [E]	20
80m Hurdles	V Meagher (M)	13.9	10	.		
	F Wood (B)	29.22	11	K Eddy (B)	22.92	08

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 (P) Parkmore, (SB) Springburn, St.John's, St.Luke's, St.Timothy's, (T) Tunstall, (V) Vermont, (VS) Vermont South, (WW) Warramong.

## NUNAWADING CENTRE RECORDS (Continued)

UNDER 12	BOYS	PERF	YEAR	GIRLS	PERF	YEAR
70 metres	S Randall (BH)	9.0	72	R Wallis (P)	9.5	85
	S Nankervis (BH)	9.0	83	H Basic (B)	9.5	07
100 metres	M Cima (MB)	13.0	80	B Mullen (SB)	13.0	78
200 metres	D Gould (M)	26.2	80	L Kirk (V)	27.1	77
400 metres	A Medhurst (V)	1.03.4	93	E Sigmont (B)	1.03.9	95
800 metres	S Nankervis (BH)	2.20.5	83	T Bruce (P)	2.19.5	85
1500 metres	J Zammit (P)	4.56.8	87	C Neilson (BH)	5.06.0	78
1500m Walk	J Cocking (WW)	7.28.9	81	R Lamble (V)	7.23.5	04
Discus 750g	S Eddy (BH)	39.93	81	C Murdoch (FH)	27.29	87
Shot Put 2kg	C Cruse (LAN)	9.23	21	K Gilliver (M)	11.15	84
Shot Put 3kg*	H Judge (M)	12.95*	00	N/A		
High Jump	E Nicholls (MB)	1.52	78	S Orr (LAN)	1.49	21
Long Jump	S Nankervis (.)	5.01	83	H Basic (B)	4.97	07
Triple Jump	A Baxter (BH)	10.69	80	K Baumgartner (BH)	9.96	80
60m Hurdles*	N Philactides (.)	9.90 [E]*	17	C Chifuntwe (BH)	10.5*	95
80m Hurdles	B Dobay (V)	13.71 [E]	11	A Pang (V)	13.5	09
Javelin 400g	P Hauser (V)	33.50	11	K Eddy (B)	26.27	09

UNDER 13	BOYS	PERF	YEAR	GIRLS	PERF	YEAR
70 metres	J Fildes (BH)	8.5	96	N Henwood (FH)	9.5	85
	.			E Turner (B)	9.5	07
100 metres	J Fildes (BH)	12.1	96	T Barnett (BH)	13.2	85
	.			H Basic (B)	13.2	08
200 metres	J Fildes (BH)	24.8	96	T Barnett (BH)	28.2	85
	.			E Turner (B)	28.2	07
400 metres	J Fildes (BH)	56.8	96	Z Brito-B (B)	1.01.7 [E]	13
800 metres	P O'Brien (V)	2.18.7	08	Z Brito-B (B)	2.23.1	13
1500 metres	D King (BH)	4.46.0	85	Z Brito-B (B)	5.08.4	13
1500m Walk	W Kennish (BH)	6.57.6	05	R Lamble (V)	7.11.4	05
Discus 750g	A Pidgeon (LAN)	33.88	19	N Manning (BH)	29.81	97
Discus 1kg*	H Lane (LAN)	36.96*	16	N/A		
Shot Put 3kg	H Lane (LAN)	12.66	16	S Walls (M)	10.10	09
High Jump	C Brennan (V)	1.70	03	S Mayes (BH)	1.60	14
Long Jump	V Dang (M)	5.39	96	H Basic (B)	5.20	08
Triple Jump	V Dang (M)	11.65	96	R Marchant (B)	10.5	06
80m Hurdles	H Broadbent (BH)	13.5	15	A Pang (V)	13.4	10
200m Hurdles	C Brown (LAN)	31.03 [E]	20	E Tyers (LAN)	33.31 [E]	18
300m Hurdles*	J Fildes (BH)	44.8*	96	Z Brito-B (B)	49.5 [E]*	13
Javelin (G:400g)	N/A			R Pickens (BH)	25.90	06
Javelin (B:600g)	P Hauser (V)	39.06	11	N/A		

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## NUNAWADING CENTRE RECORDS (Continued)

UNDER 14	BOYS	PERF	YEAR	GIRLS	PERF	YEAR
70 metres	J Fildes (BH)	8.6	97	K Johns (VS)	9.3	88
100 metres	J Fildes (BH)	11.8	97	L Zammit (P)	13.0	87
	S Lyon (B)	11.8	02	H Basic (B)	13.0	09
	.			K Moesbergen (BH)	12.89 [E]	10
200 metres	J Fildes (BH)	24.6	97	K Moesbergen (BH)	26.8	11
400 metres	J Fildes (BH)	54.9	97	Z Brito-B (B)	1.00.69 [E]	14
800 metres	A Vernal (M)	2.10.4	10	Z Brito-B (B)	2.24.9	14
1500 metres	P O'Brien (V)	4.31.1	08	Z Brito-B (B)	5.04.7	14
1500m Walk	L Fawkes (M)	6.43.1	02	R Lambie (BH)	6.56.0	06
Discus 1kg	C Hibgame(FH)	42.68	92	I Falconer-Boag (LAN)	27.71	20
Shot Put 3kg	C Brown (LAN)	9.94	21	S Walls (M)	10.76	09
Shot Put 4kg*	K Herbert (BH)	11.34*	14	N/A		
High Jump	C Brennan (V)	1.79	03	I Ewert (B)	1.58	14
Long Jump	L Innes (M)	5.71	04	H Basic (B)	5.26	10
Triple Jump	T Cheah (B)	12.01	08	R Marchant (B)	11.04	07
60m Hurdles*	A Williams (BH)	9.6*	90	B Lewis (P)	10.2*	88
80m Hurdles	N/A			N Manning BH)	13.4	98
90m Hurdles	N Philactides (LAN)	13.04 [E]	19	N/A		
200m Hurdles	N Philactides (LAN)	28.46 [E]	19	S Hillberg (LAN)	34.79	16
300m Hurdles*	P Lee (V)	44.4*	94	Z Brito-B (B)	48.4 [E]*	13
	J Fildes (BH)	44.4*	97	.		
Javelin (G:400g)	N/A			I Falconer-Boag (LAN)	28.29	20
				T Bleachmore (BH) 500g*	33.52*	13
				R Pickens (BH) 600g*	26.96*	06
Javelin (B:600g)	P Hauser (V)	41.35	12	N/A		
UNDER 15	BOYS	PERF	YEAR	GIRLS	PERF	YEAR
70 metres	J Fildes (BH)	8.3	98	L Zammit (P)	9.0	88
	.			H Basic (BH)	9.00 [E]	10
100 metres	J Fildes (BH)	11.4	98	H Basic (BH)	12.39 [E]	10
200 metres	M Mullett (V)	23.0	11	D Powell (MB)	26.5	85
	.			K Moesbergen (BH)	26.26 [E]	11
400 metres	A Medhurst (V)	52.9	96	Z Brito-B (B)	57.8	15
800 metres	A Pyke (V)	2.05.4	11	Z Brito-B (B)	2.15.7	15
1500 metres	A Pyke (V)	4.25.5	10	Z Brito-B (B)	4.50.8	14
1500m Walk	R Antidormi (V)	6.32.7	10	N Laurie (M)	6.52.6	06
Discus 1kg	M Duriska (B)	52.28	96	C Adams (BH)	31.47	14
Shot Put 3kg	N/A			S Walls (M)	10.64	11
Shot Put 4kg	M Duriska (B)	16.68	96	N/A		
High Jump	T Maher (B)	1.82	14	R Marchant (B)	1.59	08
Long Jump	T Cheah (B)	6.01	09	H Basic (BH)	5.47	10
Triple Jump	T Cheah (B)	12.61	08	B Burkitt (B)	10.96	09
90m Hurdles	N/A			C Chifuntwe (BH)	14.3	97
100m Hurdles	A Pidgeon (LAN)	14.44 [E]	20	N/A		
300m Hurdles	A Medhurst (V)	40.8	96	Z Brito-B (B)	48.6 [E]	14
Javelin (G:500g)	N/A			T Bleachmore (BH) 500g	36.11	14
Javelin (B:700g)	L Collins (LAN)	43.36	23	N/A		
	S Browne (V) 600g*	56.87*	11			

**Centre Records** are only recognised at events held at the BSAT venue or the designated Nunawading competition venue. This includes the regular weekly program and any special competition days.

[E] : Indicates Electronic Record through Timing Gates. \* : Indicates a discontinued event for that age group/gender. (Sc.) : indicates scissor technique for high jump. N/A : specification not applicable for that age group's gender.

(LAN) Little Athletics Nunawading – upon incorporation of NLAC when all clubs became one centre. Past NLAC Clubs were: (B) Blackburn, (BE) Blackburn East, (BL) Blackburn Lake, (BH) Burwood Heights, (FH) Forrest Hill, (MB) Mirabooka, (M) Mitcham, (P) Parkmore, (SB) Springburn, St.John's, St.Luke's, St.Timothy's, (T) Tunstall, (V) Vermont, (VS) Vermont South, (WW) Warrawong.



## NUNAWADING CENTRE RECORDS (Continued)

UNDER 16	BOYS	PERF	YEAR	GIRLS	PERF	YEAR
70 metres		8.3			9.00	
100 metres		11.4			12.39	
200 metres		23.0			26.26	
400 metres		52.9			57.8	
800 metres		2.05.4			2.15.7	
1500 metres		4.25.5			4.50.8	
1500m Walk		6.32.7			6.52.6	
Discus 1kg		52.28			31.47	
Shot Put 3kg	N/A				10.64	
Shot Put 4kg		16.68		N/A		
High Jump		1.82			1.59	
Long Jump		6.01			5.47	
Triple Jump		12.61			10.96	
90m Hurdles	N/A				14.3	
100m Hurdles		14.44		N/A		
300m Hurdles		40.8			46.8	
Javelin (G:500g)	N/A			L Collins (LAN)	27.20	22
Javelin (B:700g)		38.44		N/A		
<b>UNDER 17</b>	<b>BOYS</b>	<b>PERF</b>	<b>YEAR</b>	<b>GIRLS</b>	<b>PERF</b>	<b>YEAR</b>
70 metres		8.3			9.00	
100 metres		11.4			12.39	
200 metres		23.0			26.26	
400 metres		52.9			57.8	
800 metres		2.05.4			2.15.7	
1500 metres		4.25.5			4.50.8	
1500m Walk		6.32.7			6.52.6	
Discus 1kg	N/A				31.47	
Discus 1.5kg	A Pidgeon (LAN)	38.43	22	N/A		
Shot Put 3kg	N/A				10.64	
Shot Put 5kg	A Pidgeon (LAN)	10.78	23	N/A		
High Jump		1.82			1.59	
Long Jump		6.01			5.47	
Triple Jump		12.61			10.96	
100m Hurdles	N/A			E FitzGerald (LAN)	24.67	22
110m Hurdles	T Placella (LAN)	18.64	22	N/A		
300m Hurdles		40.8			46.8	
Javelin (G:500g)	N/A				27.20	
Javelin (B:700g)		38.44		N/A		

### UNDER 16 RECORDS:

To establish a new Under 16 record performance, the athlete must improve upon the current Under 15 record performance. Once an Under 16 record is established then that will become the performance benchmark.

Prior to 2018/19, LAV considered the Under 16 age group as 'complimentary' and the few athletes who competed in this age group may have had results recorded for personal use, but no record performances were established.

Additionally, prior to 2018/19, Under 16 athletes were not entitled to compete at Region or State level competitions.

### UNDER 17 RECORDS:

To establish a new Under 17 record performance, the athlete must improve upon the current Under 16 record performance or if not yet established then improve upon the current Under 15 record. Once an Under 17 record is established then that will become the performance benchmark.

Under 17 was first introduced at the commencement of 2022/23 Track & Field season.

**Centre Records** are only recognised at events held at the BSAT venue or the designated Nunawading competition venue. This includes the regular weekly program and any special competition days.

[E] : Indicates Electronic Record through Timing Gates. \* : Indicates a discontinued event for that age group/gender.  
 (Sc.) : indicates scissor technique for high jump. N/A : specification not applicable for that age group's gender.

(LAN) Little Athletics Nunawading – upon incorporation of NLAC when all clubs became one centre. Past NLAC Clubs were:  
 (B) Blackburn, (BE) Blackburn East, (BL) Blackburn Lake, (BH) Burwood Heights, (FH) Forrest Hill, (MB) Mirabooka, (M) Mitcham,  
 (P) Parkmore, (SB) Springburn, St.John's, St.Luke's, St.Timothy's, (T) Tunstall, (V) Vermont, (VS) Vermont South, (WW) Warrawong.

## ACHIEVEMENT GUIDE – GIRLS

Events	60H	50m	70m	100m	200m	400m	300m & Hdl	700m 800m	1500m	Walk	Shot Put	Discus	HJ	LJ	TJ	Jav
<b>Under 6</b>							<b>300m</b>				<b>1kg</b>					
Blue	14.1	10.2	15.1	22.1	48.0*		1.16.0				2.70			2.09		
Red	16.6	12.0	19.0	26.0	56.7*		1.22.8				1.85			1.56		
Green	19.6	14.0	23.5	32.8	1.11.0*		1.39.1				1.24			1.12		
<b>Under 7</b>																
Blue	14.3	10.0	13.1	18.6	39.0		1.04.0				3.40			2.45		
Red	16.5	11.5	14.5	21.4	45.5		1.14.0				2.45			2.10		
Green	18.0	13.0	16.1	24.6	52.0		1.26.0				1.80			1.55		
<b>Under 8</b>								<b>700m</b>		<b>700m</b>	<b>1.5kg</b>	<b>500g</b>	<b>scissor</b>			
Blue	13.5	9.5	12.5	17.8	38.4	1.32.0		2.59.0		4.47.0	3.95	10.3	0.80	2.60		
Red	14.8	11.0	13.6	19.7	42.5	1.41.0		3.09.0		5.22.0	3.05	7.7	0.70	2.30		
Green	16.0	12.5	15.1	22.4	48.1	1.56.0		3.22.0		6.00.0	2.10	5.2	0.60	1.70		
<b>Under 9</b>								<b>800m</b>		<b>700m</b>	<b>2kg</b>		<b>scissor</b>			
Blue	12.2		11.5	16.9	36.2	1.26.2		3.15.0		4.40.0	4.50	11.60	0.90	3.20		
Red	13.8		13.2	18.5	39.6	1.34.4		3.35.0		5.10.0	3.65	9.20	0.80	2.68		
Green	15.4		14.5	21.3	45.0	1.46.0		4.00.0		6.00.0	2.65	5.00	0.70	2.10		
<b>Under 10</b>										<b>1100m</b>			<b>scissor</b>			
Blue	12.8		11.4	16.0	34.5	1.21.0		3.10.0		6.58.0	5.54	12.05	1.00	3.35		
Red	13.9		12.3	17.4	37.6	1.28.0		3.25.0		7.46.0	4.25	9.30	0.90	2.92		
Green	15.2		13.8	19.0	44.0	1.43.0		3.52.0		9.20.0	3.40	7.00	0.80	2.37		
<b>Under 11</b>	<b>80H</b>									<b>1100m</b>	<b>2kg</b>	<b>500g</b>				<b>400g</b>
Blue	16.3		11.3	15.6	33.0	1.17.5		2.56.0	6.00.0	7.45.0	6.33	14.50	1.15	3.60	7.80	10.00
Red	18.8		12.3	17.0	36.0	1.26.0		3.17.0	6.30.0	8.56.0	5.15	10.90	1.00	3.12	6.85	8.00
Green	22.3		13.4	18.7	40.5	1.37.5		3.45.0	7.35.0	9.45.0	4.10	8.30	0.85	2.55	5.86	6.00
<b>Under 12</b>										<b>1500m</b>	<b>2kg</b>	<b>750g</b>				<b>400g</b>
Blue	15.5		10.6	14.9	31.4	1.14.5		2.49.0	5.55.0	9.05.0	7.60	20.00	1.20	3.78	8.60	13.00
Red	17.9		11.8	16.1	34.4	1.21.0		3.00.0	6.09.0	10.00.0	6.07	16.00	1.15	3.52	7.60	11.00
Green	21.3		13.4	18.2	39.0	1.37.0		3.38.0	7.02.0	11.20.0	4.26	12.00	0.95	2.84	6.10	8.00
<b>Under 13</b>							<b>200H</b>				<b>3kg</b>	<b>750g</b>				<b>400g</b>
Blue	16.3		10.4	14.7	31.0	1.12.0	37.45	2.48.0	5.40.0	9.00.0	7.40	23.00	1.25	3.98	8.78	13.00
Red	18.9		11.3	16.0	33.3	1.19.5	39.45	3.08.0	6.09.0	10.00.0	6.07	19.00	1.15	3.52	7.60	11.00
Green	20.3		12.2	17.6	36.8	1.28.0	42.39	3.30.0	6.58.0	11.10.0	5.00	15.00	1.05	3.00	6.50	9.00
<b>U14, U15</b>	<b>U14 80H</b>	<b>U15 90H</b>					<b>300H</b>				<b>3kg</b>	<b>1kg</b>				<b>U15 500g</b>
Blue	17.5	16.2	10.0	14.0	29.2	1.08.0	52.5	2.41.0	5.35.0	8.55.0	7.50	18.00	1.35	4.10	9.40	15.00
Red	19.5	18.0	10.8	15.5	32.4	1.17.0	56.5	3.00.0	6.00.0	9.55.0	6.30	14.00	1.20	3.80	8.30	12.00
Green	20.9	20.5	11.5	16.8	34.4	1.26.0	1.03.0	3.25.0	6.40.0	11.05.0	5.50	11.00	1.10	3.35	7.30	10.00

# Table provided as reference only. #

Some events discontinued or have changed specifications. Some newer events may not be included.

Use these tables as a guide for U9~U15 athletes to assist with event selection for EMR event(s).

## ACHIEVEMENT GUIDE – BOYS

Events	60H	50m	70m	100m	200m	400m	300m & Hdl	700m 800m	1500m	Walk	Shot Put	Discus	HJ	LJ	TJ	JAV
<b>Under 6</b>							<b>300m</b>				<b>1kg</b>					
Blue	13.8	10.2	14.2	20.8	44.3*		1.14.0				3.45			2.30		
Red	16.0	12.0	15.5	23.0	51.2*		1.21.0				2.50			1.80		
Green	19.0	14.0	19.0	29.3	1.01.0*		1.35.0				1.80			1.20		
<b>Under 7</b>																
Blue	13.6	10.0	12.9	18.4	39.0		1.04.0				4.15			2.60		
Red	15.5	11.5	14.3	20.6	45.0		1.13.2				3.20			2.20		
Green	18.6	13.0	15.4	23.9	51.7		1.25.7				2.20			1.70		
<b>Under 8</b>								<b>700m</b>		<b>700m</b>	<b>1.5kg</b>	<b>500g</b>	<b>scissor</b>			
Blue	12.3	9.5	12.2	17.4	37.5	1.27.3		2.57.0		4.41.0	4.95	13.8	0.90	2.85		
Red	13.9	11.0	13.4	19.4	42.0	1.36.4		3.07.0		5.22.0	4.05	10.3	0.80	2.46		
Green	15.8	12.5	15.0	22.0	48.0	1.51.0		3.20.0		6.00.0	3.43	7.1	0.65	1.90		
<b>Under 9</b>								<b>800m</b>		<b>700m</b>	<b>2kg</b>		<b>scissor</b>			
Blue	11.8		11.5	16.2	34.9	1.19.5		3.03.0		4.40.0	5.40	14.7	1.00	3.40		
Red	12.8		12.8	17.0	39.0	1.27.5		3.28.0		5.10.0	4.40	11.35	0.90	2.88		
Green	14.7		14.1	20.7	45.0	1.39.0		3.54.0		6.00.0	3.43	7.85	0.75	2.44		
<b>Under 10</b>										<b>1100m</b>			<b>scissor</b>			
Blue	11.7		11.0	15.6	33.1	1.18.0		2.57.0		6.54.0	6.40	16.70	1.10	3.57		
Red	12.5		12.0	17.0	36.5	1.26.0		3.15.0		7.40.0	4.96	13.35	0.95	3.10		
Green	13.7		13.7	19.0	42.2	1.36.5		3.40.0		8.49.0	3.90	9.85	0.85	2.56		
<b>Under 11</b>	<b>80H</b>									<b>1100m</b>						<b>400g</b>
Blue	15.7		10.8	15.2	31.9	1.14.0		2.50.0	5.36.0	7.35.0	6.25	17.20	1.18	3.75	8.00	18.00
Red	17.0		11.5	16.5	34.4	1.20.0		3.05.0	6.08.0	8.48.0	5.25	13.20	1.05	3.30	7.20	15.00
Green	21.1		12.9	18.8	38.5	1.34.0		3.38.0	6.59.0	9.38.0	4.19	9.85	0.95	2.90	6.10	12.00
<b>Under 12</b>										<b>1500m</b>		<b>750g</b>				<b>400g</b>
Blue	15.3		10.4	14.7	30.6	1.10.0		2.45.0	5.28.0	9.00.0	7.60	20.70	1.29	4.05	8.95	20.00
Red	17.4		11.3	15.9	33.5	1.17.0		3.01.0	6.05.0	10.00.0	5.86	15.15	1.15	3.64	7.81	15.00
Green	19.7		12.7	17.6	37.9	1.30.9		3.31.0	6.58.0	11.15.0	4.68	11.60	1.00	3.10	6.65	12.00
<b>Under 13</b>							<b>200H</b>				<b>3kg</b>					<b>600g</b>
Blue	15.3		10.1	14.0	29.2	1.08.0	31.45	2.41.0	5.20.0	8.50.0	8.40	20.20	1.33	4.38	9.40	23.00
Red	17.2		11.0	15.2	32.0	1.15.5	34.45	2.58.0	5.55.0	9.50.0	6.80	15.50	1.20	3.77	8.28	18.00
Green	19.0		11.8	16.8	35.0	1.23.5	38.39	3.22.0	6.40.0	11.00.0	5.80	12.00	1.05	3.30	7.33	15.00
<b>U14, U15</b>	<b>U14 90H</b>	<b>U15 100H</b>					<b>300H</b>				<b>U15 4kg</b>	<b>1kg</b>				<b>U15 700g</b>
Blue	16.5	17.0	9.6	13.5	28.0	1.06.0	48.2	2.33.0	5.12.0	8.45.0	9.79	22.30	1.40	4.60	10.0	25.00
Red	17.8	19.6	10.3	14.7	30.8	1.15.0	54.2	2.44.0	5.48.0	9.45.0	7.90	17.80	1.28	4.00	9.00	20.00
Green	20.0	22.0	11.0	15.8	32.3	1.21.0	1.00.6	2.59.0	6.29.0	10.55.0	6.20	14.00	1.15	3.50	8.25	15.00

# Table provided as reference only. #

Some events discontinued or have changed specifications. Some newer events may not be included.

Use these tables as a guide for U9~U15 athletes to assist with event selection for EMR event(s).

## LITTLE ATHLETICS VICTORIA & ROLE OF THE REGION

Little Athletics Victoria (LAV , VLAA Inc.) is divided into seven regions. These Regions are: Northern Country (NCR), Western Country (WCR), Gippsland Country (GCR), Northern Metropolitan (NMR), Western Metropolitan (WMR), Southern Metropolitan (SMR), and Eastern Metropolitan (EMR).

The Little Athletics Nunawading (LAN) is a member of the Eastern Metropolitan Region (EMR).

The Region Executive is made up of representatives from Centres in the Regions.

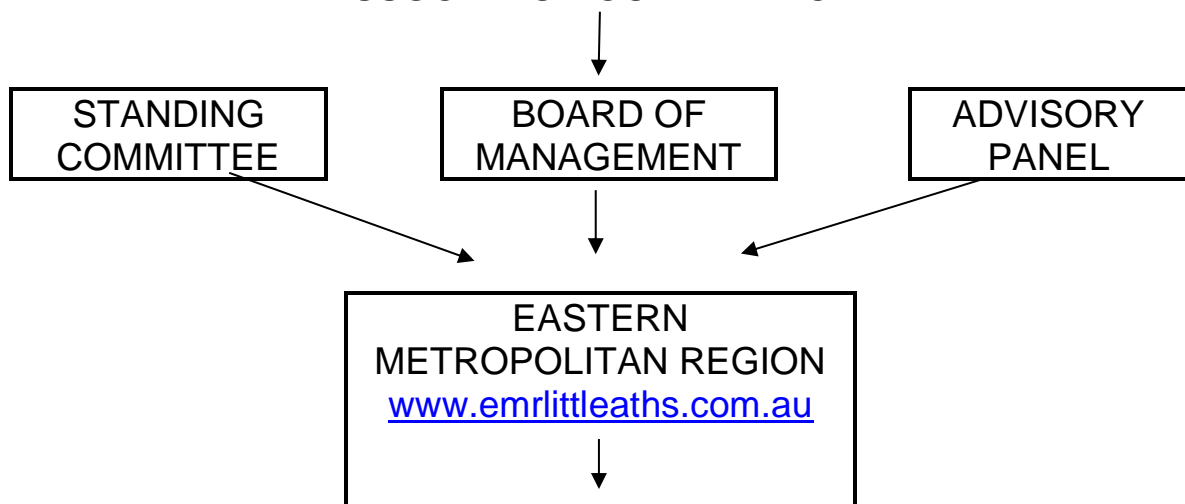
The tasks at Region level include the organisation of Championships at Region level for Cross-Country, Relays and Track & Field competition, as well as providing assistance throughout the region with educational and developmental programs, assistance, advice and support for all new and existing Centres, and also with State events.

## LITTLE ATHLETICS VICTORIA (VICTORIAN LITTLE ATHLETICS ASSOCIATION INC)

[www.lavic.com.au](http://www.lavic.com.au)



### ASSOCIATION CONFERENCE



Box Hill Camberwell/Malvern Cockatoo Collingwood Croydon Doncaster  
Kew Knox Nunawading Ringwood Sherbrooke Yarra Ranges

## LAVIC INSURANCE

Little Athletics Nunawading is incorporated with LAVic (Victorian Little Athletics Association Inc.). As such, all Clubs, registered athletes, voluntary workers, officials, employees and members of the Board of Management and Executive are insured in activities relating to:

ATHLETICS ORGANISATION comprising Administration, Promotion, Participation and Organisation of Non-Profit Sport, Recreation and Craft Pursuits including Training, Coaching, the rendering of First Aid, provision of Food, publication of Newsletters, Property Owners and Property Occupiers.

## LITTLE ATHLETICS NUNAWADING LIFE MEMBERS

Any person who has been involved with the Centre, either on the Centre Committee or with one of the Clubs, for not less than seven years and has performed meritorious service to the Centre shall be eligible for recommendation by the Executive as a Life Member. The seven year period may be varied in exceptional cases to honour outstanding services rendered.

Name	Club/Centre	Year
Ken Amy	Blackburn Lake	1985
Pat Downey	Mirrabooka	1985
Neville Armstrong *	Springburn	1985
Brenda Armstrong	Springburn	1985
Doug Bosworth	Blackburn Lake	1985
Les Plummer	St John's / Mitcham	1985
Jim Boucher *	Springburn	1985
Tony Bradshaw	Vermont	1985
Brian Maslin *	Mitcham	1985
Brian Marriott *	Mirrabooka	1985
Bob Kirkwood	Burwood Heights	1985
Murray Baxter	Burwood Heights	1985
Bruce Wensor	Burwood Heights	1985
Ray McDonald	Blackburn Lake	1985
Dorothy Maxwell	Mirrabooka	1985
Ron Chapman	Vermont	1988
John Doherty	Blackburn Lake	1988
Golda Cain	Burwood Heights	1991
Harry Janssen *	Blackburn	1991
Val Cormack	Burwood Heights	1994
Sandra Goding	Mitcham	1994
Phil Ramsay	Burwood Heights	1994
Rick Ashlin	Mitcham	1995
Campbell Cain	Burwood Heights	1995
Pat McIntosh	Mitcham	1997
Maurice Mahony	Burwood Heights	2001
Helen Brennan	Vermont	2001
Det Eimermacher	Vermont	2001
Peter Dawson	Burwood Heights	2002
Peter Adam	Blackburn	2002
Wayne Killender	Blackburn	2008
Peter Wright	Vermont	2010
Vicki Stone	Blackburn	2010
John Magree	Mitcham	2010
Michael Brazel	Vermont	2011
John Schultz	Mitcham	2012
Brian Searle	Burwood Heights / LAN	2015
Andrew May	Blackburn / LAN	2016
Peta Turner	Blackburn / LAN	2017
Kent Ballan	Burwood Heights / LAN	2017
Stephanie Adamopoulos	LAN	2019
Michael FitzGerald	Vermont / LAN	2021
Rhonda Campbell	Vermont / LAN	2022
John Collins	Vermont / LAN	2023

\*deceased

# RULES OF COMPETITION (summary)

See LAVic website for full documentation of Competition Rules.

The following **abridgement from Official Regulations, based on World Athletics rules (WA, formerly IAAF) and from LAA & LAVic rules**, for the conduct of all Victorian Little Athletic Championships and are primarily for the guidance of the athlete, although some details of duties and requirements of officials are also noted. These rules also apply for Centre competition. Also refer to the Local Competition Rules section listed previously in this book – particularly entries for ‘Spikes’ and ‘Starting blocks’. (Check LAVic website for updates.)

## FOOTWEAR

**Footwear is compulsory for ALL athletes in ALL events.** Athletes competing in any event must wear suitable shoes. Also applies to all officials.

**SPIKE-SHOES** (*review images on Local Rules page.*)

NOTE: Needle or Pin Spikes NOT allowed to be worn.

Spike shoes must be removed when not competing and before leaving the defined field of play - unless the spikes are suitably covered. Spike length is LAVic and Venue specific. (Also refer to Local Comp. Rules.)

U 6~ U10 : must not use spike shoes for any event.

U11 ~ U12 : athletes may use spikes for events run entirely in lanes up to and including 400 m, all track relays, and for all jump events & Javelin.

U13 ~ U17 : athletes may use spikes in all track events (except race walks) and all jump events and Javelin.

Spikes not allowed for any cross-country or road relay.

## INTERFERENCE

Any athlete jostling or obstructing another athlete so as to impede progress can be liable for disqualification. In any field event where an athlete is hampered for any reason, the athlete shall have a substitute trial.

## TRACK EVENTS

### STARTER'S MARSHALL

The Starter's Marshall(s) shall check that athletes are competing in the correct race or heats. They will place the athletes in their correct lane, bring assembled athletes for each race to three metres behind the starting line. When the Starter has ordered the athletes to come up to their marks, the Starter's Marshall(s) no longer has control over the athletes.

### THE STARTER

The Starter shall have entire control of the athletes on their marks and together with the recall starter (if any) shall be the sole judge of any fact connected with the start of the race. The Starter shall ensure that the Timekeepers and Judges are ready before initiating the start process.

### THE START

At all competitions: For all events run entirely within individual lanes up to and including 400 m, the Starter shall use the words "ON YOUR MARKS", then "SET", followed by the start signal;

For all other race events, the Starter shall use the words "ON YOUR MARKS", followed by the start signal.

**Start Signal:** All races shall be started by firing a starting gun or similar suitable device into the air, but not before all athletes in the race are steady on their marks and set.

If for any reason the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, the Starter shall order all athletes to "STAND UP" and the athletes must be reassembled for the start.

Upon the command "SET" or "ON YOUR MARKS", as the case may be, all athletes shall at once assume their full and set position and hold still & steady, behind the start line and completely within their allocated lane.

A false start occurs when:

(a) An athlete disturbs others through sound or otherwise after the command "ON YOUR MARKS".

(b) An athlete leaves his mark after the words "ON YOUR MARKS" or "SET" but before the start signal is sounded (by cap gun or other suitable device).

Any athlete making a false start must be warned.

Any athlete who is responsible for **two (2)** individual false starts shall be disqualified from that race.

### STARTING STANCE

***ALL athletes are allowed to perform a standing start for ALL track events.***

Races not run entirely in lanes, must use standing start

U6 ~ U10 : Encouraged to make all starts from a standing position (standing start), during which the athlete's hand(s) or knee(s) must not touch the ground.

U11 ~ U17 : MAY perform crouch starts for all events run entirely within lanes up to and including 400 m and the 1<sup>st</sup> leg of all track relay races. (*Crouch with blocks is the preferred start technique.*)

### STARTING BLOCKS

U6 ~ U10 must not use starting blocks for any race.

U11 ~ U17 may use starting blocks only for all races run entirely within individual lanes up to and including 400 m and the 1<sup>st</sup> leg of all relay races.

If spikes are worn for these 'laned' events then starting blocks must be used.

If performing crouch start and not wearing spikes then athletes may use starting blocks.

(Also refer to Local Competition Rules section.)

## TIMEKEEPING & PLACE JUDGING

At LAN, both fully electronic and hand timers are used.

Timing Judges must operate from the same side of the Track and shall decide the order in which athletes finish. The Judges should be placed within 5 metres of, and in line, with the finish line. An elevated stand should be provided.

Judge the **TORSO** of the athlete as he/she crosses the finish line, NOT hands, feet or the head. The Torso is the part of the body between the shoulders and the waist.

Timekeepers shall be in line with the finish and outside of the track lane area. Timekeepers shall use hand-held stop watches, manually operated electronic timer or fully electronic timers. Three timekeepers (one being the Chief Timekeeper), shall time the winner of every event. Each timekeeper shall act independently, without showing his watch to, or discussing the time with any person, other than the Chief Timekeeper, who may examine watches to verify times.

For all track events, the time is started from the flash or smoke from the gun and is stopped when any part of the athlete's torso reaches the vertical plane of the finishing line edge that is nearest the start line. Use the index finger to start the clock, NOT the thumb. In the event of a false start, do not forget to reset your watch. If you miss the start of a race notify the Chief Timekeeper immediately.

At Nunawading:

Fully **electronic timing** recorded to 1/100 of a second;

All **hand timing** should be in TENTHS OF a SECOND. If three clocks are on first place, the middle one is accepted as the correct time. If two clocks are used, then the slowest is accepted.

**Clocks are always rounded up, never down!**

You cannot give an athlete a faster time than he/she has actually been timed at. For example: ...

9.80 seconds becomes 9.8 ;

9.81 seconds becomes 9.9 ;

9.90 seconds becomes 9.9 ;

1 min 24.30 seconds becomes 1.24.3 ; and

1 min 24.39 seconds becomes 1.24.4 .

Finally, it is possible for children to achieve the same times despite their placing. In a 100 metre sprint, one tenth of a second can mean one to one and half metres, and while it is possible to isolate placings, the times will be the same and should be recorded as such.

## RUNNING LANES

All races up to and including 400 m (except U6: 300 m) are conducted entirely in lanes, each athlete must keep within his/her allotted lane from start to finish.

The group start 300m, 500m, 700m, 800m & 1500m races and all Walks are "unlaned" events.

(Note for 800m, the first 100m may be in lanes until the 'break line' then athletes merge to the inside two lanes.

If an athlete runs outside their lane, unintentionally or otherwise, and gained an unfair advantage, then that athlete may be disqualified or the order of the finish changed to adjust the unfair advantage.

## HURDLES

Boys / Girls	Height of hurdle	Distance to 1 <sup>st</sup> hurdle	Distance between hurdles	Distance to finish
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### 60 METRE HURDLES – Track Mark **ORANGE**

There shall be SIX flights in each lane, set out in accordance with the following table:

U/6	Steeple (20 cm)	12 mtrs	7 mtrs	13 mtrs
U/7	Steeple (30 cm max)	12 mtrs	7 mtrs	13 mtrs
U/8 & U/9	45 cm	12 mtrs	7 mtrs	13 mtrs
U/10	60 cm	12 mtrs	7 mtrs	13 mtrs

### 80 METRE HURDLES – Track Mark **BLACK**

There shall be NINE flights in each lane, set out in accordance with the following table:

U/11	60 cm	12 mtrs	7 mtrs	12 mtrs
U/12	68 cm	12 mtrs	7 mtrs	12 mtrs
U/13	76 cm	12 mtrs	7 mtrs	12 mtrs
U/14 Girls	76 cm	12 mtrs	7 mtrs	12 mtrs

### 90 METRE HURDLES – Track Mark **WHITE**

There shall be NINE flights in each lane, set out in accordance with the following table:

U/14 Boys	76 cm	13 mtrs	8 mtrs	13 mtrs
U/15&16 Girls	76 cm	13 mtrs	8 mtrs	13 mtrs

### 100 METRE HURDLES – Track Mark **YELLOW**

There shall be NINE flights in each lane, set out in accordance with the following table:

U/15+16 Boys	76 cm	13 mtrs	8.5 mtrs	10.5 mtrs
U/17 Girls	76 cm	13 mtrs	8.5 mtrs	10.5 mtrs

### 110 METRE HURDLES – Track Mark **BLUE**

There shall be NINE flights in each lane, set out in accordance with the following table:

U/17 Boys	76 cm	13.72 mtrs	9.14 mtrs	14.02 mtrs
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### 200 METRE HURDLES – Track Mark **GREEN**

There shall be NINE flights in each lane, set out in accordance with the following table:

U/13	68 cm	20 mtrs	35 mtrs	40 mtrs
U/14	76 cm	20 mtrs	35 mtrs	40 mtrs

### 300 METRE HURDLES – Track Mark **GREEN**

There shall be NINE flights in each lane, set out in accordance with the following table:

U/15,16,17	76 cm	50 mtrs	35 mtrs	40 mtrs
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## RELAYS

### Baton Changes

The baton must be carried in the hand during an event. The change must take place within a 30 metre Change-Over zone. Two exceptions are the unlaned changes for medley and 3<sup>rd</sup> change for 4 x 200m where the takeover zone is 20 metres only (to be confirmed by LAVic).

**The position of the baton alone is decisive** – not the athlete's torso, head, shoulders, arms, legs or feet.

### Track Layout

4 X 100 metre Relay – run wholly in lanes

4 X 200 metre Relay – first full lap run in lanes, third athlete shall keep to the lane until the 'Cross-Over Line' at the beginning of the back straight, and then the race is completed within the inside lane(s).

Medley Relays (100, 300, 200, 400). The first 100m is laned. Once the first takeover occurs the 2<sup>nd</sup> athlete can leave their lane at the exact same breakline as the previous medley on the front straight, then all other legs are unlaned.

(Also refer to separate Relay Competition section.)

## RACE WALKING

Race Walking is a progression of steps so taken that the walker maintains contact with the ground, so that **NO VISIBLE LOSS OF CONTACT** occurs.

At each step, the advancing foot of the athlete must make contact before the other foot leaves the ground. During the period of each step in which a foot is on the ground, the advancing leg must be **STRAIGHT** (i.e. not bent at the knee) from the moment of first contact with the ground until leg is in the vertically upright position.

**Reports (red)** are given by a Judge who determines that an athlete's way of walking does not comply with the above definition. Up to U12 the report is given verbally and visually when the Judge detects the infringement. Non-verbal reports are for U13 upwards. If a Judge believes an athlete may not have heard the report, the Judge should repeat the report at the next sighting of the athlete.

**Cautions (yellow)** are given by a Judge who believes an athlete may shortly incur an infringement if the athlete does not correct the action being cautioned. A Judge may caution an athlete twice, once for (loss of) contact and once for (bent) knee. However, once a Judge has reported the athlete for an infringement, a caution may not be applied by the Judge for the same offence.

No cautions are allowed in the last lap of an event.

**Judges** The maximum number of Judges for an event is six (6) – including the Chief Judge. All Judges must act in an independent capacity. Once a Judge has reported an athlete, that Judge shall not report the same athlete again. (if more than once, only one is counted).

**Disqualification** from a Race Walking event occurs when an athlete receives reports from different judges during an event, as per below:

The following shall apply for a disqualification:

- when 4, 5 or 6 judges – 3 reports needed.
- when 2 or 3 judges – 2 reports needed.

If an athlete is disqualified after an event but before issue of placing, the Chief Judge shall indicate this to the athlete and where possible give reasons for the disqualification.

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## FIELD EVENTS

### Check Marks in Field Events.

These may be used by athletes to mark their starting point for Long, Triple and High Jump. These marks must not obstruct any other athlete.

**Local BSAT rule: CHALK must NOT be used** as a marker. Please use tape or other object (water bottle).

### Delays by athletes in Field Events.

Athletes in ALL field events must commence their trial in the time period listed in the table below. The official responsible shall indicate to an athlete that all is ready for the trial to begin, and the period for the trial shall commence from that moment.

	High Jump	Other Field Events
All rounds competition	60s	60s
When 2-3 athletes left	1 min 30s	N/A
When 1 athlete left	3 mins	N/A
Consecutive trials	2 mins	2 mins

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## HIGH JUMP

### Baulks

In the **High Jump**, 3 consecutive baulks (running up to the bar but not actually jumping) will constitute a failure at the height of the third baulk occurs.

### Judges

In Field events, the Judge shall judge each trial and determine the validity of each trial by each athlete.

### RULES FOR HIGH JUMP

#### IMPORTANT NOTE:

- **U8, U9 and U10 : must only use scissor technique for high jump. See LAVic Rules for full details.**
- *All parents and athletes should be aware that the technique commonly known as the 'FOSBURY FLOP' is inherently dangerous when used by athletes untrained or are unable to perform it properly, particularly on the landing. Athletes who use this or other techniques should advise officials before each competition and request that jump bags be placed in a position best suited to their style of jumping. Officials likewise will be requested to inform children before each competition that they are to be advised of any changes to the jump bags before that child jumps.*



1. The competitor may approach the bar from any angle. The maximum length of the runway is unlimited. The minimum length of the runway provided is 15 metres.
2. The competitor must take off from one foot only.
3. Knocking the bar off the supports or touching the ground of the landing area beyond the plane of the uprights without clearing the bar shall count as failure.
4. When a competitor has three consecutive failures, be they at the same height or different, that competitor is eliminated.
5. Any style of jumping can be adopted (but diving over the bar is not to be encouraged). If competitors adopt a Fosbury flop style the landing area (mat) should be a continuous flat surface minimum 4 x 3 metres.
6. A competitor may or may not jump at any height they choose. The height to be jumped must be announced at the start of the round (or height change). The bar must to be raised in increments of: 5cm when more than four competitors remain; then 2cm when four or less athletes remain. The minimum increment is 2cm, unless only one athlete remains. The bar must never be lowered (At Combined Event comp., increment will be 3cm.)

#### Scissor Technique – Some Basic Requirements:

It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and:

- Athlete must take-off from one foot only,
- The head must not go over the bar before the leading foot (foot of leg closest to bar at take-off),
- The head must be higher than the buttocks when the buttocks clears the bar, and
- The foot/feet must touch the mat before any other part of the body

#### Recording

- O : indicates the bar has been cleared, valid jump.
- X : indicates a Failure.
- : indicates a Pass or “Did not attempt jump”.

#### Determining the Results

1. The competitor who jumps the highest is the winner.
2. If there is a tie the competitor with the lowest number of jumps at the height at which the tie occurs is awarded the higher place. If the tie still remains, the competitor with the lowest total of failures throughout the competition, up to and including the height last cleared, is awarded the higher place.

#### MEASURING OF JUMP

1. The height of the top of the bar is measured at both ends so that they are the same, and at the centre. The actual height is determined by measurement at the centre of the bar.
2. If the bar is knocked off the supports it should (if possible) be replaced the same way up for the next jump. The height should also be checked at three locations.

HJ :Suggested starting heights at Centre competition:

Age Group	Boys	Girls
U9	0.70 m	0.65 m
U10	0.75 m	0.70 m
U11	0.80 m	0.75 m
U12	0.85 m	0.80 m
U13	0.90 m	0.85 m
U14	0.95 m	0.90 m
U15,16,17	1.00 m	0.95 m

#### LONG JUMP

A trial is considered a Failure or “No Jump” if:

- The athlete touched the ground beyond the take-off area whether running up without jumping or in the act of jumping, excluding shoe laces or loose clothing (eg hat).
- The athlete takes off from outside either side of the take-off area.
- The athlete touches the ground outside the landing area nearest to the take-off area than the nearest break in the landing area made by the jump.
- The athlete walks back through the landing area.
- The athlete uses any form of somersaulting.

If athlete takes off before reaching the take-off area it shall not, for that reason, be counted as a “No Jump”.

The length of the runway is 40 metres and the run up should not exceed that distance.

The take-off mat for U6 - U8 may be 1.22 x 0.5 metre (May still use 1.22 x 1.0 metre mats for U6-U8).

The take-off mat for U9 - U10 shall be 1.22m x 0.5m. The take-off board for U11 - U17 shall be 1.22m x 0.2m , i.e. No mat.

Note: The distance from the edge of the take-off area to the nearer edge of the pit for:

U6 - U10 : shall be a maximum 0.5m

U11-U17 : shall be between 1.0m and 2.0m, with safety being the main consideration.

#### U6-U10

For U6-10 each jump is measured from the imprint in the landing area closest to the take-off mat, in a direct line back to the imprint made on the take-off mat.

If they jump before the take-off mat, the measurement is taken from the closest imprint in landing area to the back edge of the mat in a perpendicular line.

#### U11-U17

For U11-17 the measurement is taken perpendicular to the take-off line or its extension nearest the front edge of the take-off board straight to the imprint in the landing area.

When the athlete takes off before the take-off board, the measurement is taken perpendicularly from the landing point back to front edge of the take-off board. For all age groups the measurements must be rounded down to the nearest whole centimetre: (e.g. 3.756m becomes 3.75m).

## TRIPLE JUMP (Hop, Step and Jump)

### IMPORTANT NOTE:

There is some medical opinion that Triple Jumping may cause damage to hips and ankle joints of children – particularly girls. If this is confirmed, the event will be withdrawn. In the meantime, parents should use their discretion in allowing their children to enter this event. The Centre only allows U11 upwards to compete in this event.

**Note: Triple Jump is not approved for U6-U10 athletes at any level from Centre through to State.**

The HOP shall be made with the athlete landing on the same foot as the take-off foot; the STEP shall be made from that point landing on the other foot from which position the JUMP is subsequently made.

The take-off area for U11 - U16 shall be 1.22 m x 0.2m. The take-off area is adjusted to various distances from the landing areas as required so that the step does not finish in the landing area, but on the runway.

Recommended distances from the landing area are:

Under 11 & 12            6 & 7 metres

Under 13                 7 & 8 metres

Under 14,15,16,17       8 & 9 metres

Athletes may select where they wish to take-off from and may also request a change to the above distances – however the distance must be in intervals of 1 metre.

In all other respects, the rules defining the Failure or “NO JUMP” for Long Jump shall apply as does requirements for run-up and measurement of jumps.

## DISCUS

### Weight of the Discus: (kilogram)

Age Group	U6/7	U8-11	U12/13	U14/15/16	U17
Boys (kg)	0.35	0.50	0.75	1.00	1.50
Girls (kg)	0.35	0.50	0.75	1.00	1.00

The Discus must be thrown from a circle. The athlete must commence the throw from a stationary position. The athlete is allowed to touch the inside edge of the circle.

The Discus is held in one hand palm down with the fingers spread out and the tips of the fingers gripping the edge of the Discus. The arm holding the Discus is moved slowly behind the body then swung forward fast and the Discus is released so it goes forward into the landing area.

Provided the above regulations have not been infringed, the athlete may interrupt a trial once started, lay the Discus down and leave the circle through the rear half before returning to a stationary position and beginning a fresh trial.

In all other respects the rules defining a Failure or “No Throw” for Shot Put shall apply as does the measurement of throws.

## JAVELIN

This event is run before the start of the normal program for safety reasons. The Officials do not form part of the normal process, and a Level 1 coach controls the event.

### Officials required

- "Throwing Arc" Official. Tasks include watching for foul throws, recording measurements and controlling event.
- "Throwing Sector" Official. Tasks include finding and marking the point of impact of the implement and returning the discus to the circle.
- "Recording" Official to record performances and write tickets
- A javelin is a form of spear and as such is a lethal weapon, which can be deflected by gusts of wind. Officials in the field must watch carefully because as the javelin comes toward them it may appear to be a smaller object than it is.

### Runway

The length of the runway should be 30-36.5 metres and the width 4 metres with lines 5 centimetres wide. The "arc" line should be 7cm in width. Markers or tape can only be used at the side of the runway.

### Sector

The landing sector shall be marked with white lines 5cm wide, such that the inner edge of the lines, if extended, would pass through the two intersections of the inner edges of the arc, and the parallel lines marking the runway and intersect at the centre of the circle at which the arc is part. The sector is thus 28.95 degrees.

### Equipment

#### Javelin Weights: (gram)

Age Group	U11-12	U13	U14	U15-17
Boys (g)	400	600	600	700
Girls	400	400	400	500

- Measuring Tape (60 metres)
- Spike. To hold zero end of tape at the nearest edge of the mark made by the discus.
- Place tickets, recording sheets, record sheets.
- Cloth to wipe and clean the javelin.
- Broom. To sweep runway clear.

**Vortex** (modified Javelin) is available as an event for the U8 to U10 year old, however no results will be recorded. This is a skills based event only.

### Javelin Safety:

- Everyone should stand behind the thrower and the sector should be clear.
- The javelin should be carried back - never thrown.

*( Javelin – continued next page ... )*

## SHOT PUT

### Javelin – To be a valid throw

- Each athlete is entitled to 3 trials.
- The javelin must be held at the grip. It should be thrown over the shoulder or upper part of the throwing arm, and must never be slung or hurled. Non-orthodox styles are not permitted.
- At no time during the throw, until the javelin has been discharged into the air, may the competitor turn completely around, so that their back is toward the throwing arc.
- For a valid throw the tip of the javelin must fall within the inner edges of the landing sector.
- A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin. The javelin does not have to stick in, but marking is easier if it does. When a javelin descends at a very low angle with the ground it may bounce shortly before producing what looked likely to be a fair landing. This must be carefully watched to see if the point impacts first.
- The competitor must not leave the runway until implement has touched the ground. When leaving the runway, the first contact with the parallel lines or the ground outside the runway must be completely behind the white lines of the arc at right angles to the parallel lines.
- The athlete may, during the course of each trial, stop and place the javelin down inside or outside the runway, leave the runway, then return to begin a fresh trial, providing that this occurs only once in any one trial and that no other infringement has occurred.

### Method of Measurement

- The measurement of each throw shall be made from where the tip of the metal head first strikes the ground to the inside edge of the arc along a line from the point of landing to the centre of the circle of which the arc is a part.
- The tape must be straightened and is drawn tight.
- The distance is measured at the point where the tape crosses the inner edge of the arc. Each measurement is to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.

### Recording

- Each athlete's performance is read out by the "Throwing Arc" Official, and that performance is recorded.

On completion of the athlete's trials, the best performances should be circled or highlighted, and a performance ticket issued.

### Weight of the Shot Put: (kilogram)

Age Group	U6/7	U8	U9-12	U13	U14	U15 /16	U17
Boys (kg)	1.0	1.5	2.0	3.0	3.0	4.0	5.0
Girls (kg)	1.0	1.5	2.0	3.0	3.0	3.0	3.0

The Put shall be made from a circle. At the middle of the circumference, the front half of the circle a Stop Board shall be placed.

The athlete must commence the Put from a stationary position inside the circle. The Shot shall be put from just above the shoulder with one hand only.

When the athlete commences the Put, the Shot shall be touching, or next to the chin, and the hand shall not be dropped below this position during the Putting. The Shot must not be brought behind the line of the shoulders.

It will be a Foul or "No Throw" if the athlete, after entering the circle and commencing the Put touches with any part of his/her body outside the circle, the top of the Stop Board or circle outline or release the Shot improperly, excluding shoe laces or loose clothing (eg hat).

Provided the above regulations have not been infringed, the athlete may interrupt a trial once started, lay the Shot down, and leave the circle through the rear before returning to a stationary position and beginning a fresh trial.

The athlete must not leave the circle until the implement has touched the ground. When leaving the circle, the athlete must exit through the rear half of the circle.

For a valid throw, the implement must land in front of the Stop Board within the landing area marked out. After a Put has been completed, the Shot must be carried back to the circle - not thrown back! The landing point of each trial shall be marked with a small stake.

The measurement of the throw shall be taken from the nearest point of a landing along a line to the centre of the circle. The tape is pulled tight and distance measured to the inside circumference of the circle and taken to the nearest whole centimetre below the actual distance, unless the mark is a whole centimetre.

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