

Strathpine Spitfires Little Athletics

Parent Handbook

2023/2024 Season



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Welcome to Our Club

The Strathpine Spitfires Little Athletics Centre welcomes you and your family to the 2023/2024 Season – Our 46th Season.

We would love to welcome back our returning families and give a warm welcome to all of our new athletes and families. Since our beginning in 1977, our centre has continued to be one of the most successful in Queensland. We are currently the eighth oldest surviving Centre in the State. Little Athletics is a sport for children aged 3 to 17 years that offers a wide range of track and field events.

At Strathpine Little Athletics, our season runs from end of August 2023 to March 2024. At each competition evening we offer a range of track and field events specifically modified to suit the age and abilities of children. The philosophy of Little Athletics is 'Family, Fun and Fitness' and the focus is on participation and improvement. Our Club is run solely by volunteers. Therefore, in order for each competition evening to run efficiently, we require the help of ALL parents/carers. Please get involved wherever you can, and feel free to ask any of our wonderful committee and volunteers questions if you are unsure of how you can get involved.

Please read through this handbook before the beginning of the season. The majority of your questions will be answered in this handbook. If you do have any further questions, please feel free to message us on our Facebook page or email secretary@sla.org.au. We will often post important information on our Facebook page (<https://www.facebook.com/strathpinespitfires/>) or our Website (<https://www.sla.org.au>), so please regularly check these for updates.

We hope you enjoy the season!

The 2023/24 Strathpine Spitfires Committee

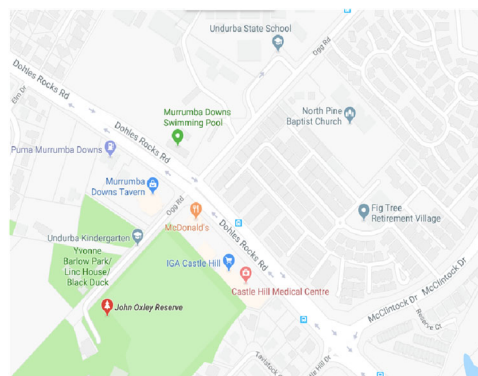
Contact Information

Address: John Oxley Reserve, Ogg Road, Murrumba Downs, 4503, QLD

Email: secretary@sla.org.au

Facebook: <https://www.facebook.com/strathpinespitfires/>

Website: <https://www.sla.org.au>



Committee

Centre Manager	Kelly Lloyd	0478 710 167
Secretary	Kelly Emmerig	secretary@sla.org.au
Treasurer	David Frazer	0413 160 569
Registrar	Tash Davis	
Program Officer	Christine Amorsen	
Parent Liaison Officer	Loreen Kaliyati	
General Committee	Sahtina Miller Bel Boschma Andrew Murray Mark Mancini Tenielle Casey	



Centre History

A Steering Committee was formed during 1977 to look at establishing a Little Athletics Centre in the Strathpine area. In September 1977, the Strathpine Little Athletics Centre was established at the Pine Rivers High School oval. The Centre was the twelfth Centre to be established in Queensland and is presently the eighth oldest surviving Centre in the State. From those humble beginnings, the Centre flourished and recorded 293 registered athletes in the 1990/91 season. This led to the eventual transfer of the Centre to John Oxley Reserve at the start of the 1992/93 season.

Why have we chosen the “Spitfire” as our Mascot?

During World War II, one of the most important events that occurred in the Pine Rivers region was the formation in 1943 of the 548th and 549th Spitfire Squadrons that were based at Strathpine and Petrie. The squadrons were made up of a mix of Australian and British personnel and the Lawnton showgrounds became a camp for the RAAF pilots.

While camped at Strathpine, the 548th Squadron lost two men, Squadron Leader Henry Wright and Sergeant Alan Chandler, when their planes were involved in a mid-air collision on the 19th April 1944 near Youngs Crossing. Two months later, the squadrons were posted to Darwin to take a more active role in the aerial defence of Australia. Spitfire Avenue, the site of the A2 airstrip, along with several other streets were named to commemorate the Spitfire Squadrons. Some thirty-three years later, the Strathpine Little Athletics Centre was established and operated from the playing fields of Pine Rivers State High School. These fields were bordered by Spitfire Avenue, the site of the A2 airstrip.



As a means of preserving both our Centre and local history and to honour those who fought and died while protecting our country, it was decided to form a link with the RAAFA by naming our Centre after the Spitfire Squadrons that were once located in this area.

How do I find out what is happening at our Centre?

This centre handbook contains a wealth of information about our centre. **The majority of questions we are asked, are answered in this handbook – so if you do have any questions, please use this handbook as your first port of call.** Throughout the season, we will regularly update you with important information on our Facebook page (<https://www.facebook.com/strathpinespitfires/>) or our Website (<https://www.sla.org.au>), so please regularly check these for updates. If you still can't find out what you need, please privately message us on our Facebook page, email us at secretary@sla.org.au, or use the contact details on pages 3 and 4 in this handbook.

Cancellations Due to Weather

The Centre Management Committee will make every endeavour to conduct the competition for each scheduled meeting, however bad weather can intrude. As a general rule, competition can be held in light intermittent showers with the exception of high jump, hurdles and javelin. If rain is continuous, there is lightning or if the fields have had a large amount of water in the proceeding days, it is likely that competition will be cancelled.

In the case of wet weather please check our Facebook page from 4:30pm on the day of competition for updates to see if our events are proceeding.

Little Athletics Queensland (LAQ)

Little Athletics Queensland (LAQ) is the governing body for Little Athletics in Queensland. Their website (<http://laq.org.au>) contains a wealth of information about Little Athletics and contains a variety of resources that you can access to further your child(s) athletic development.

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

"FAMILY...FUN...and...FITNESS"



How do I register my child for Little Athletics?

1. In early July, a link to our Online Registration site will be posted on our Facebook page & website.
2. Complete the online registration.
3. Payment to be made online.
4. Attend one of our Sign On Days to collect your registration pack and uniforms.

Online Registration Steps

All registrations must be completed online.

To access this information, go to sla.org.au → 'How to Register' tab.

Our centre uses RegistrationsHQ for online registrations. At the beginning of each season, we open a link that will take families to our Centre's RegistrationsHQ area. This link will not open until early August. We will notify everyone when the link opens on our Facebook page. Once you click on this link, **new families** will need to create a family profile and add members to their profile. **Returning families** can login using their ResultsHQ username and password from last season.

New Families: Click 'I Don't Have an Account'

You will need to create a family profile. The username and password you create will be the username and password you will use to access your child's results each week. We suggest making your username your email address.

Returning Families: Login using your ResultsHQ username and password for last season

If you have forgotten your login or password, click either 'Retrieve Details' or 'I've forgotten my password'.

If you have any difficulties with registering online, please email secretary@sla.org.au

Registration Fees 2023/24 Season

- U6 – U17 Athlete: \$180
- Tiny Tots: \$65
- 3rd and Subsequent Children: \$120
- Parent Help Levy: \$80

This fee covers National and State registration, insurance while competing, State Relay and State Championship nominations, coaching and our end of season function and awards. Fees also contribute towards payment for ground lease fees, equipment purchases, ground lighting, electricity and general running costs.

Sign On Days

Once you have registered your child/children online, you are required to attend one of our Sign On Days to collect your registration pack. Your registration pack contains the following items:

- **Registration Number:** A unique number for each athlete, which must be attached to the front of your child's competition shirt.
- **Age Label:** To be attached to the left-hand sleeve of the competition shirt.
- **Coles Patch:** Coles is a major sponsor for Little Athletics Australia. For this reason, the Coles patch must be attached to the right breast of the competition shirt.

2023/24 Sign On Dates

- **Saturday 5th August 9am – 11am @ John Oxley Reserve, Ogg Road, Murrumba Downs, 4509**
- **Sunday 13th August 9am - 11am @ John Oxley Reserve, Ogg Road, Murrumba Downs, 4509**

2023/24 Orientation Date

- **Sunday 20th August 12pm – 2pm @ John Oxley Reserve, Ogg Road, Murrumba Downs, 4509**

What do you need to bring to sign on day?

After you have completed your online registration, please bring the following to one of the sign on days:

- **Email Confirmation of your Online Registration.**
- **Copy of Proof of Age (i.e. Birth Certificate, Passport, etc.).**

Friday Night Competitions

TIME: Friday Nights – Arrive by 5:45pm for a 6pm start.

LOCATION: John Oxley Reserve, Ogg Road, Murrumba Downs, 4503.

WHAT TO BRING: Jumper, Water Bottle, Mosquito Repellent (**Please label all items**)

COMPETITION NIGHT SCHEDULE:

- 5:45pm: Arrive and meet in front of the canteen, behind your age marker.
- 5:50pm: Important announcements for parents while athletes break into groups for warm-up.
- 6:00pm: Athletes go to their first events.
- 6:00pm – approx. 8:30pm: Athletes rotate between their events.

Where can you find the program?

Each week's program will be posted on our Facebook page on the Thursday prior to competition.

What to do each Friday Night Competition?

- Ensure that your child is wearing the FULL CORRECT Uniform.
- **Sign up to help out using the link posted on the Facebook page.**
- Sign your child in their age group by advising your Age Marshall the athlete has arrived.

Parent Help Levy

The Strathpine Little Athletics Centre is run **SOLELY BY VOLUNTEERS**. Committee members and officials are not paid for the work they do running the Centre. Much of this work goes on 'behind the scenes' throughout the whole year, with the day-to-day administration of running such a large sports club taking up many hours.

Each Friday night competition, it takes up to **80 PEOPLE** to run the program properly and efficiently. The Centre is heavily dependent on parent help to operate smoothly and quickly. Lack of parent help can result in lengthy delays at events, so it is in all our best interests to lend a hand.

As a parent of a Strathpine Little Athletics Centre athlete, **it is a requirement that you commit to helping 10 nights throughout the season**. At the beginning of each season, **each family is charged a Parent Help Levy of \$80. If you complete the required 10 nights of parent help, your Parent Help Levy of \$80 will be refunded** at the conclusion of the season. This season **we are introducing another factor to parent help, where you must help a minimum of 5 times for your athlete to be eligible to receive an award at the end of season**. There are **22 nights of competition throughout the season**, so this is a very reasonable and attainable number.

We use an 'Online Parent Help Roster System' the 'Sign Up by SignUp.com' application. When you sign on, each family will need to create a free account on SignUp.com (<https://signup.com>). This application can be downloaded from the AppStore on your mobile phones or other devices (i.e. iPads, etc.). On the Wednesday night prior to each Friday Night Competition, we will open up a range of Volunteer Positions that must be filled before we commence competition. A link to sign up for these positions will be posted on our Facebook page at 6pm on the Wednesday night prior to each Friday Night Competition.

WE WILL NOT COMMENCE COMPETITION UNTIL ALL OF THESE POSITIONS ARE FILLED.

If you have any questions about the Parent Help System or how you can get involved, please contact us on our Facebook Page, or email us at secretary@sla.org.au.

Prior to Friday Night Competitions:

- Ensure that you have created a free account on SignUp.com.
- **Check our Facebook page from 6pm on the Wednesday prior to each Friday night competition, as this is where/when we will post a link to sign up for a volunteer position.**
- **Click on the link and sign up for a volunteer position/job.**

NO PARENT/GUARDIAN → NO COMPETITION

Please note that we have a strict policy that states: "If children do not have a parent or designated carer on the ground at competition evenings, they will not be allowed to compete until a parent or guardian arrives."

Uniforms

*****PLEASE ENSURE THAT YOUR CHILD IS WEARING THE FULL AND CORRECT UNIFORM AT EVERY COMPETITION NIGHT AND CARNIVAL*****

The centre uniform must be worn at all centre, regional and association competition meetings. Athletes who do not wear the correct uniform at regional and association events will not be permitted to compete by event officials. **Athletes who choose to wear the singlet or crop top MUST wear their club shirt when they are not competing.** This is a sun safety and modesty issue, so these athletes are expected to have their competition number displayed on both their singlet/crop top and their club shirt.

Registration numbers are to be attached to the shirt/singlet/crop top front. **The 'Coles' patch must be attached on the right breast area of the shirt/singlet/crop top.** Age labels are to be sewn onto the left sleeve of the t-shirt. **For athletes wearing a singlet or a crop top, their age label must be attached on the left outer thigh of the athlete's shorts/bike pants.**

Correct Badge Placement:



Footwear

Footwear is compulsory at ALL competitions in ALL EVENTS for both track and field. Shoes specifically designed for other sports (e.g. football boots) may not be worn. Spike shoes are only permitted for athletes in U11 to U17 age groups. The maximum length of spikes is 9mm on Grass and 7mm on Tartan surfaces. Athletes in U6 to U10 age groups are not permitted to wear spike shoes (this includes spike shoes without spikes or blanks).

Spike Rules for U11 – U17 Athletes:

Event	U11	U12	U13 – U17
Laned Track Events	SvS	SvS	SvS
Un-Laned Track Events (i.e. 800m and 1500m)	SB	SB	SvS
Relays	SB	SB	SvS
Walks	SB	SB	SB
HJ/LJ/TJ/Jav	SvS	SvS	SvS

SvS = Spike Shoes with or without spikes.







SB = Spike Shoes without spikes or with blanks

IMPORTANT

Spikes Shoes must be removed after each event and CARRIED safely between each event

Uniforms Prices

Our centre uniform is compulsory for all athletes and consists of black shorts (unisex) or bike pants (girls), and an aqua and black unisex t-shirt with black sleeves. **There is also the option of competition singlets and crop tops.** Uniform items are available for purchase at any of our 'Sign On' Days and throughout the season. We also have jumpers and hats available, just ask our friendly committee members if you have any questions.

<p>Shirt (Compulsory)</p> <p>Unisex</p> <p>\$45.00</p>		<p>Shorts</p> <p>Unisex</p> <p><u>OR</u></p> <p>Bike Pants</p> <p>Girls</p> <p>\$25.00</p>	
<p>Crop Top</p> <p>Girls</p> <p>\$35.00</p>		<p>Bike Pants</p> <p>Girls</p> <p>\$35.00</p>	
<p>Singlet</p> <p>Unisex</p> <p>\$35.00</p>		<p>Jumpers</p> <p>\$55.00</p> <p>Bucket Hats</p> <p>\$20</p> <p>Caps</p> <p>\$20</p>	<p>Picture to come</p> 



Frequently Asked Questions (FAQs)

"How old does my child need to be to start little athletics?"

Little Athletics is for children aged **3 to 17**. Please refer to the Age Table below to determine what age group your child will be in, based on their date of birth.



REGISTRATION AGES TABLE 2023/2024 SEASON

The ages listed below refer to the athlete's age group (eg. 13 means U13)

	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020
JAN	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
FEB	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
MAR	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
APR	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
MAY	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
JUN	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
JUL	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
AUG	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
SEP	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
OCT	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
NOV	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT
DEC	17	16	15	14	13	12	11	10	9	8	7	6	TT	TT

"I'm not sure if my child wants to sign up for the whole season, but they would love to give it a go. What can we do?"

If you aren't sure whether your child will enjoy little athletics, you can do a 2-week trial. You can register for a 2-week trial online. This allows your child to participate in the events designated to their age group, so that they can get a feel for what little athletics is all about. The 2-week trial costs \$20 per athlete. If you choose to sign up after the 2-week trial, we will deduct the \$20 trialist fee from your registration fee.

"What events will my child be competing in?"

The events offered to each age group are varied, as they are modified to match the growth of the athletes and encourage skill development. To view what events your child will compete in, see page 33 of this handbook.

"Is there coaching available for my child?"

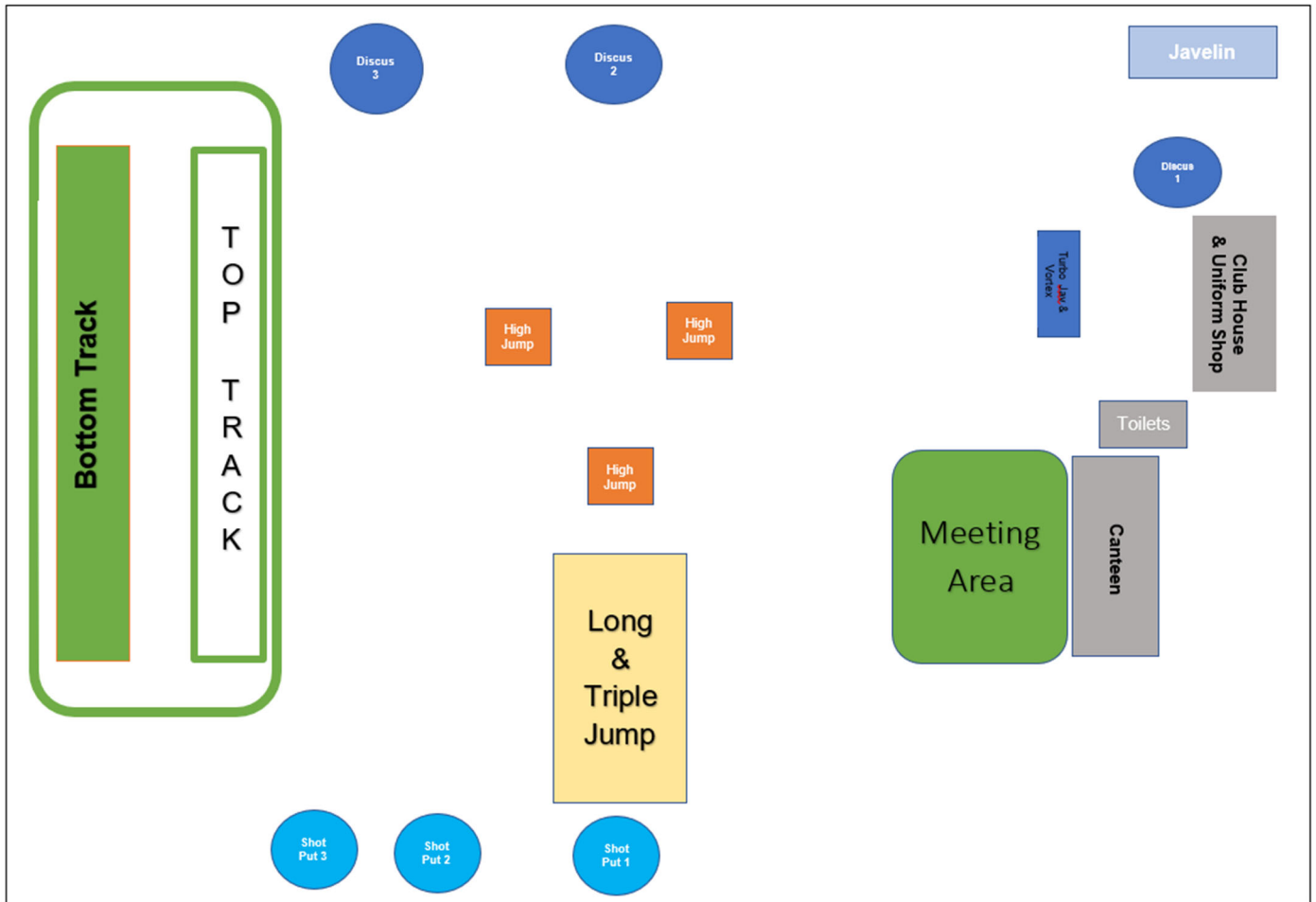
Yes! Training is held on Tuesday and Wednesday afternoons at John Oxley Reserve from 5pm – 6:30pm. Training for the 2023/2024 season will commence on Tuesday 1st August 2023.

"Will competition be on if it's raining?"

The events on offer at little athletics can be conducted in rain. We will cancel competition only in very strong weather conditions or if the grounds are closed by council. **A CALL WILL NOT BE MADE UNTIL 4:30pm**, so please refrain from contacting us until then.

WE WILL NOTIFY EVERYONE ON OUR FACEBOOK PAGE AT 4:30PM.

Map of the Grounds – John Oxley Reserve



Strathpine LAC 2023/2024 Season Competition Calendar

	DAY	DATE	TIME	VENUE
Sign On	Sat	5 Aug	9am – 11am	John Oxley Reserve
Sign On	Sun	13 Aug	9am – 11am	John Oxley Reserve
Orientation	Sun	20 Aug	12pm – 2pm	John Oxley Reserve
Week 1	Fri	25 Aug	5:45pm	John Oxley Reserve
Week 2	Fri	1 Sep	5:45pm	John Oxley Reserve
Week 3	Fri	8 Sep	5:45pm	John Oxley Reserve
Week 4	Fri	15 Sep	5:45pm	John Oxley Reserve
No competition – School Holidays 22 September 2023				
Week 5	Fri	29 Sep	5:45pm	John Oxley Reserve
Week 6	Fri	6 Oct	5:45pm	John Oxley Reserve
Week 7	Fri	13 Oct	5:45pm	John Oxley Reserve
Nominations for Regional Relays close 13/10				
Week 8 *Pentathlon*	Fri	20 Oct	5:45pm	John Oxley Reserve
Week 9	Fri	27 Oct	5:45pm	John Oxley Reserve
Week 10	Fri	3 Nov	5:45pm	John Oxley Reserve
Week 11	Fri	10 Nov	5:45pm	John Oxley Reserve
Regional Relays (Venue: Arana Hills) Saturday 11th November 2023				
Week 12	Fri	17 Nov	5:45pm	John Oxley Reserve
Week 13	Fri	24 Nov	5:45pm	John Oxley Reserve
Week 14	Fri	1 Dec	5:45pm	John Oxley Reserve
Week 15	Fri	8 Dec	5:45pm	John Oxley Reserve
MID SEASON BREAK				
Week 16	Fri	12 Jan	5:45pm	John Oxley Reserve
Week 17	Fri	19 Jan	5:45pm	John Oxley Reserve
Nominations for Regional Champs close 19/1				
Regional Championships (Venue: Arana Hills) Fri 2nd to 4th February 2024				
Week 18 *Lysletics*	Fri	9 Feb	5:45pm	John Oxley Reserve
Week 19	Fri	16 Feb	5:45pm	John Oxley Reserve
Week 20	Fri	23 Feb	5:45pm	John Oxley Reserve
Week 21	Fri	1 Mar	5:45pm	John Oxley Reserve
Week 22	Fri	8 Mar	5:45pm	John Oxley Reserve
State Championships (Venue: QSAC, Nathan) 22nd to 24th March 2024				

Other Events and Carnivals 2023/24 Season

Event	Date	VENUE
First night of 2021/22 season competition	25 Aug	John Oxley Reserve
Gympie Spring Carnival	TBC	Albert Park, Gympie
LAQ Coles Spring Carnival	23 Sep	BRAF, Bundaberg
Maryborough Athletics Day-Night Carnival	7 Oct	Jack Anderson Oval, Maryborough
Caboolture Twilight Carnival	TBC	Wolfenden Oval, Caboolture
Strathpine Little Athletics Pentathlon Night	20 Oct	John Oxley Reserve
Strathpine Little Athletics Trivia Night	21 Oct	Kallangur Community Hall
LAQ Coles Summer Carnival	28 Oct	QSAC, Nathan
Regional Relays	11 Nov	Leslie Patrick Park, Arana Hills
Caloundra Open Carnival	TBC	North Street, Caloundra
Jimboomba Carnival	TBC	Henderson Road, Jimboomba
McDonald's State Relay	2 Dec	SAF, Nathan
Redcliffe Twilight Open Carnival	13 Jan	Langdon Park, Redcliffe
Algerster Carnival	20 Jan	Col Bennet Park, Algerster
Ipswich Twilight Carnival	27 Jan	Bill Paterson Oval, Lion St, Ipswich
Regional Championships	2 to 4 Feb	Leslie Patrick Park, Arana Hills
Lyssletics	9 Feb	John Oxley Reserve
McDonald's Combined Events	2 to 3 Mar	SAF, Nathan
McDonald's State Championships	22 to 24 Mar	QSAC, Nathan

this will be updated throughout the season as we receive details of new events and put up on our Facebook page and website

Important Information for Parents & Guardians

Training

Training is held on Tuesday, Wednesday and Sunday afternoons at John Oxley Reserve.

Training for the 2023/2024 season will commence on Tuesday 1st August 2023.

- U6 – U10 athletes: Sunday - 4pm – 5pm
- U11 – U17 athletes: Sunday, Tuesday and Wednesday - 5pm – 7pm

Additional training sessions will be advertised from time to time during the season.

The Centre has a number of qualified Coaches who attend these sessions. Parents are asked to support our coaches by assisting during the session and putting the equipment away. **We are in need of more coaches!**

If you are interested in becoming a coach, please message us on our Facebook page, or email secretary@sla.org.au.

Get Involved!

Introduction to Teaching Little Athletics Skills Course (ITLAS)

How can I become a coach?

We are in need of more coaches!!! We are actively encouraging parents to become involved in coaching. The good news is that Little Athletics Queensland offers many Introduction to Teaching Little Athletics Skills Courses (ITLAS Courses) each season. The course is great for parents who want to know more about the skills of the sport so that they may help to coach children of Primary school age, assist at Little Athletics Centres or prepare students for school athletics carnivals. Participants are shown drills, skills, games and activities relevant to the target age group.

WE STRONGLY ENCOURAGE PARENTS TO COMPLETE THE ITLAS COURSE!

Course Details:

- **The course duration is 6.5 hours.**
- The course provides a detailed overview for all event groups on the Little Athletics track and field program.
- There is no exam.
- Participants must be at least 16 years of age.
- Costs of the course include a coaching manual, attendance certificate, relevant literature and morning/afternoon tea.
- For more information visit <http://laq.org.au/Coaches/>

Course Coordinator Contact Information:

Shaun Letham: 0417 613 911 or s.lethem@laq.org.au

*****If you are interested in attending an ITLAS Course – Please message us on our Facebook page, or email secretary@sla.org.au.**

Introduction to Officiating Course (Level 0)

How can I become an official?

ALL PARENTS ARE STRONGLY ENCOURAGED TO COMPLETE THE LEVEL 0 – INTRODUCTION TO OFFICIATING ONLINE COURSE.

The Introduction to Officiating Course (Level 0) is a short online course designed to assist parents and volunteers by providing an overview of the basic skills they will need to officiate effectively. This course also provides parents with a better understanding of how each event runs. We are in need of more event officials to assist in the running of our weekly competitions. **We strongly urge all parents to follow this link to complete the Introduction to Officiating (Level 0) Course.**

<https://learning.ausport.gov.au/auth/login/?returnUrl=%2F>



Codes of Conduct

Little Athletics Queensland (LAQ) recognises the importance of providing a safe and enjoyable environment for all those who participate in Little Athletics across Queensland. To ensure this, LAQ developed the 'Zero Tolerance Policy' and 'Code of Conduct' to outline the expectations of all involved in the Little Athletics community. We at Strathpine Little Athletics adhere to these policies, and expect all athletes, parents, volunteers and other members of our centre to adhere to their relevant 'Codes of Conduct' and to the 'Zero Tolerance Policy'. The emphasis of Little Athletics is on 'Family, Fun and Fitness' – thus in all we do, we endeavour to foster a fun and supportive environment for all in our Centre.

Zero Tolerance Policy:

"A registered athlete, an official, or assistant in Little Athletics within Queensland, or any spectator will not indulge in any unsportsmanlike behaviour towards another participant, official, or spectator involved in a recognised Little Athletics activity, including organised training and will adhere to the relevant Codes of Conduct/Ethics."

Code of Conduct – Parents & Spectators:

- Condemn all violent or illegal acts, whether they are by athletes, coaches, officials, parents or spectators.
- Respect the official's decisions. Don't complain or argue about actions or decisions during or after an event.
- Unsportsmanlike language, harassment or aggressive behaviour will not be tolerated.
- Encourage athletes to play by the rules and to respect opposing athletes and officials.
- Never ridicule or scorn an athlete for making a mistake, respect their efforts.
- Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placing of an event.
- Participate in positive cheering that encourages the athletes in the Centre you are supporting. Don't engage in any cheering that taunts or intimidates opponents, their fans or officials.
- Remember that children participate in Little Athletics for their own enjoyment, not yours!
- At all times follow the directions of the Arena Manager and/or other competition day officials.
- Never arrive at a Little Athletics competition under the influence of alcohol. Never bring alcohol to a Little Athletics competition or training.

Code of Conduct – Athletes:

- Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.
- Participate for your own enjoyment and benefit.
- Always respect the official's decision.
- Never become involved in acts of foul play.
- Honour both the spirit and intention of the competition rules and live up the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition.
- Safeguard your health. Don't use any illegal or unhealthy substances.
- Recognise that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.
- Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Little Athletics event or competition in which you are involved.

Unsportsmanlike Behaviour:

We have a Zero Tolerance stance towards 'Unsportsmanlike Behaviour'. This includes any of the following:

- Verbal abuse and/or assault
- Physical abuse and/or assault
- Discrimination
- Harassment
- Making derogatory statements or gestures
- Cheating
- Non acceptance of the official's decision in an inappropriate manner
- Equipment Abuse

Complaint Handling:

If you as an athlete, parent, official, volunteer or age marshal witness any unsportsmanlike behaviour, we encourage you to approach our Parent Liaison Officer Kelly Lloyd (0478 710 167). If Kelly is not in your immediate vicinity, please inform the closest event official. Strathpine Little Athletics have behaviour management and complaint handling procedures in place, so that we can sustain a positive environment for our athletes, families and volunteers. The Parent Liaison Officer and Centre Manager will consult and refer to these policies to decide upon an appropriate course of action.

Please refer to the following Policies and Plans published on Little Athletics Queensland's website, for more information regarding Codes of Conduct and Management of Unsportsmanlike Behaviour.

Zero Tolerance Policy: <https://laq.org.au/wp-content/uploads/sites/5/2018/11/Zero-Tolerance.pdf> Codes of Conduct: <https://laq.org.au/wp-content/uploads/sites/5/2018/11/Codes-of-Conduct.pdf> Child Protection Policy & Risk Management Procedures: <https://laq.org.au/wp-content/uploads/sites/5/2018/11/Child-Protection-Policy.pdf>

End of Season Presentation & Award Day

SAVE THE DATE: SUNDAY 14th April 2022

Eligibility for End of Season Awards

To be eligible for any of the centre's awards **an athlete must compete in 60% of the events offered by the centre in the season** (e.g. in a 22 week season an athlete may be able to compete in approximately 110 events and so would be required to participate in 66 events to be eligible for an end of season award). This is regardless of when the athlete signs on. This season we are introducing another criteria for eligibility, where **parents must help a minimum of 5 times throughout the season** for their athlete to be eligible to receive an award at the end of season.

Awards

Age Group Most Improved Trophies and Participation Trophies/Medallions:

The emphasis of Little Athletics is on personal improvement and participation. Thus, we award athletes who have shown significant improvement and consistent participation week in and week out.

In each age group we award three trophies to the 3rd, 2nd and Most Improved Athletes. These are calculated using the following points system:

- Personal Best = 2 points for every personal best.
- Equalling a Personal Best = 1 point.

The remaining athletes receive a participation trophy or medallion.



Age Champion Award: An athlete in each age group, boys and girls, will receive an Age Champion Trophy based on their best performance in each event during the season. This is calculated on a points system similar to a pentathlon. This award celebrates athletes with a consistently high level of achievement across each event discipline.

Perpetual Trophies: We also award six perpetual trophies each year. The criteria for these awards are displayed on pages 21 - 23. These awards are:

- Most Improved Boy & Most Improved Girl
- George Harvey Award
- Brian Leadbetter Award
- RAAF 'Spirit of the Spitfire' Award
- Strathpine Little Athletics Sportsmanship Award
- Alyssa Postle Memorial Award



State Medallists 2022/2023 Season

SLA State Medal Count: 15 GOLD - 11 SILVER - 16 BRONZE!!!

LAQ McDonalds State Relay Medallists

Gold:	U11 Girls	Discus Relay	Emily Donaldson & Zoe Smith
	U13 Boys	4 x 100m	Ned Amorsen, Brock Miller, Lachlan Bealing & Dylan Manley
	U15 Girls	Discus Relay	Perla Maizey & Imogen Klaas
	U16 Girls	Swedish Relay	Sophie Bretherton, Emma Woodward, Chyenne Collier & Teikia Ryalls
	U17 Boys	4 x 100m	Kailen Klaas, Lachlan Wise, Sam Lition & Dominic Druce
		Swedish Relay	Dominic Druce, Jesse Hare, Sam Lition & Kailen Klaas
		Discus Relay	Lachlan Wise & Kailen Klaas
Silver:	U13 Boys	Shot Put Relay	Brock Miller & Lachlan Bealing
	U15 Boys	High Jump	Taj Hare & Jesse Sexton
	U17 Boys	Shot Put Relay	Lachlan Wise & Kailen Klaas
	U14-17	Swedish Relay	Taj Hare, Lachlan Wise, Noah Boschma & Jesse Sexton
Bronze:	U9 Girls	High Jump Relay	Reeve Brogan & Aria Bowman
	U9 Boys	Swedish Relay	Lucas Hardy, Joseph Bretherton, Lian Jesse Nell & Hunter Binnie
		High Jump Relay	Lian Jesse Nell & Joseph Bretherton
		Discus Relay	Lian Jesse Nell & Lucas Hardy
	U13 Boys	Swedish Relay	Ned Amorsen, Brock Miller, Lachlan Bealing & Dylan Manley
	U14 Girls	Swedish Relay	Anna McFarlane, Olivia Tailby, Aliyah Hionis & Hannah Davis
	U16 Girls	Long Jump Relay	Teikia Ryalls & Sophie Bretherton,

LAQ McDonalds State Medallists

Gold:	U13 Boys	200m	Dylan Manley
	U15 Girls	90m Hurdles	Perla Maizey
	U15 Boys	400m	Jesse Sexton
	U17 Boys	300m Hurdles	Kailen Klaas
		100m	Kailen Klaas
		200m	Kailen Klaas
		400m	Sam Lition
		Long Jump	Sam Lition
Silver:	U11 Girls	Javelin	Emily Donaldson
	U13 Boys	100m	Dylan Manley



		200m	Ned Amorsen
	U15 Boys	300m hurdles	Jesse Sexton
	U16 Girls	300m hurdles	Cheyenne Collier
		400m	Cheyenne Collier
	U17Boys	100m	Sam Lition
Bronze:	U9 Boys	High Jump	Lucas Hardy
	U11 Girls	High Jump	Kirsty Douglas
		Discus	Emily Donaldson
	U13 Boys	100m	Ned Amorsen
	U15 Girls	Triple Jump	Imogen Klaas
	U16 Girls	800m	Chyenne Collier
	U17 Boys	200m	Sam Lition
		Triple Jump	Sam Lition
		110m hurdles	Lachlan Wise



Special Awards

LAQ Distinguished Merit Award

Awarded to nominees with a minimum of twelve years of service at Centre level who have shown a clear commitment to furthering the growth and development of both our Centre and Little Athletics in general. This is a most prestigious award and only persons with the highest credentials and integrity are considered for this award by the Association.

2011/12 Ron Buttenshaw

LAQ Merit Award

Awarded to nominees with a minimum of eight years service at Centre level who have shown a clear commitment to furthering the growth and development of the Centre. Only ten awards are approved by the Association each year.

1993/94	Ron Buttenshaw	1999/00	Alison Taylor & Ron Perske
1996/97	Paul Purdon & Keith Frey	2001/02	Don Stickland
1997/98	Peter Hall	2011/12	Darryl Tesch
1998/99	David Gollan & Marion Purdon	2014/15	Sonny Roberts

LAQ Service Awards

30 Year Award				10 Year Award	
2014	Ron Buttenshaw	2000	Keith Fry	2008	Time & Toni Lane
	20 Year Award	2001	Don Stickland	2012	Jamie Buckler
2008	Marion Purdon	2002	Kym Aitchison	2014	Donna Beattie
2008	Paul Purdon	2002	Michelle Psaltis	2014	Kylie Waltisbuhl
2009	Peter Hall	2002	Ron Perske	2014	Kay Mitchell
2017	Darryl Tesch	2005	John Collier	2015	Melissa Perry
2018	Sonny Roberts	2005	Michelle Bartlett	2015	Greg Langton
	15 Year Award	2005	Pam & Tony Ayton	2015	Vicki Langton
2007	Don Aitchison	2007	Tracey Tesch	2017	Sylvia Scheenhouwer

Special Committee/Volunteer Awards

Honorary Life Members: Awarded by the Centre Management committee for long and meritorious service.

Ron Buttenshaw (April 1997)

Kath & Graham Cogill (April 2000)

Peter Hall (April 2001)

Marion & Paul Purdon (April 2002)

Darryl Tesch (April 2011)

Sonny Roberts (April 2015)

Volunteer of the Year Award:

This award recognises an outstanding volunteer in a Queensland Little Athletics centre. It is judged by the State Board of Management following nominations from centres throughout Queensland. There is only one award each year based on the current year's involvement.

1997/98

Graham Cogill

Coach of the Year Award:

The Coach of the Year Award aims to promote, encourage and reward quality Little Athletics coaching.

2000/01

Ron Buttenshaw

Special Athlete Awards:

Overall Most Improved Athletes:

	BOYS	GIRLS
2000/01	C. Carey	L. McDonnell
2001/02	D. Ward	E. Ceolin
2002/03	M. Mullins	A. McDonnell
2003/04	L. Niland-Rowe	R. Rose
2004/05	L. Niland-Rowe & J. McNee	E. Fawcett
2005/06	C. Buckler	D. Mutch
2006/07	D. Andrews	C. Harvey & D. Cameron
2007/08	J. Osborne & D. Andrews	J. Langton
2008/09	D. Ceolin	J. Langton
2009/10	J. Cameron	C. Gould
2010/11	J. Mead	E. Pearce
2011/12	J. Mead	J. Bruce
2012/13	B. White	B. Acworth
2013/14	J. Krushka	C. Sims
2014/15	H. Furness	K. Beattie
2015/16	J. Perry	M. Kilbride
2016/17	J. Krushka	K. Henare
2017/18	L. Nugent	M. Davis
2018/19	N. Amorsen	C. Boyle
2019/20	H. Harrison	F. Burrell
2020/21	J. Bretherton	A. Mancini
2021/22	Isaac Hardy	Perla Maizey
2022/23	T. Brogan	I. Klass

Laurie Baartz Memorial Trophy

Laurie Baartz was the Association's Manager for Coaching from 1982 until his untimely death in 1984. The award is open to boys and girls of all age groups and recognises personal improvement over a range of events within four event groupings over a nominated ten week period.

1987/88 **Gavin Macauley (U14 Boys)**

1989/90 **Garth Silva (U9 Boys)**

1990/91 **Christine Lucas (U12 Girls)**

1992/93 **Gilbert Cogill (U14 Boys)**

2015/16 **Meeka Kilbride (U15 Girls)**

Graham Cogill Memorial Medallion

Graham was a Life member of Strathpine Little Athletics. He was awarded the inaugural QLAA Volunteer of the year Award in 1998 for his volunteer work that he did for Strathpine Little Athletics at John Oxley Reserve. Graham passed away in 2005. This award is presented in Graham's memory and is presented to our centre nominee for the LAQ Laurie Baartz Award – which is based on the most improvements in the major event groupings for a 10 week period.

2009/10	Kirra Beattie	2010/11	Emma Pearce	2011/12	Jaimy Bruce
2012/13	Beau Acworth	2013/14	Jayden Krushka	2014/15	Hayden Furness
2015/16	Meeka Kilbride	2016/17	Kiana Henare	2017/18	Harrison Mutch
2018/19	Tristan Higham	2019/20	Lucille Ivoševac	2020/21	Allira Mancini
2021/22	Perla Maizey	2022/23	Taj Brogan	2023/24	

Brian Leadbetter Memorial Medallion

Committee Member, Coach and Official, Brian Leadbetter sadly passed away in November 2006 after a short battle with cancer. Brian had been a member of Strathpine Little Athletics for 9 years. It was as a jumps coach that Brian implemented a successful pre-season high jump clinic for Under 12 athletes progressing from the scissors to the flop jump concept. In his memory, the Brian Leadbetter Memorial Medallion is awarded to the athlete from the U11 age group who has best demonstrated the Fosbury Flop technique in High Jump. The athlete must have been at the Centre the previous year.

2009/10	Harley Arrowsmith	2010/11	Tahlia Perry	2011/12	Jonah Mead
2012/13	Benjamin White	2013/14	Riley Maxworthy	2014/15	Nakita Glasse
2015/16	Riley Mann	2016/17	Imogen Tonges	2017/18	Jacob Wheatley
2018/19	Lachlan Davis	2019/20	Chelsea Boyle	2020/21	Allira Mancini
2021/22	Braxton Hunt	2022/23	Kirsty Douglas	2023/24	

RAAF 'Spirit of the Spitfire' Award

In keeping with our proud relationship with the Pine Rivers RAAF Association, a perpetual award is generously donated by the Pine Rivers branch RAAF Association. This award is awarded to the Strathpine athlete who achieves the highest points score at our annual pentathlon event. At this event, athletes compete in 5 events comprising usually of a sprint race, distance race, hurdle race, jump event and throw event. Their performance in each event is awarded points weighted against the current Strathpine Centre Best performance for that event and age group. We believe that this criteria recognises an athlete who demonstrates a high level of ability in multiple events, as well as providing equal opportunity for all athletes to receive the award.

2010/11	Tahlia Perry	2011/12	Chloe Gould	2012/13	Ella Booker
2013/14	Ella Booker	2014/15	Trista Hockey	2015/16	Noah Wright
2016/17	Kody Hockey	2017/18	Hayden Furness	2018/19	Aaliyah Bourke
2019/20	Lachlan Bealing	2020/21	Ebony Boschma	2021/22	Lachlan Wise
2022/23	Brock Miller	2023/24		2024/25	

Strathpine Little Athletics Sportsmanship Award

The SLA Sportsmanship Award is presented to the athlete that best demonstrates the spirit of sportsmanship at our centre. Nominees for this award are put forward by members of the centre committee as the season progresses. To be nominated for this award, athletes must demonstrate:

- Exemplary conduct at all times
- Leadership skills through helping and supporting other athletes
- A high level of commitment to athletics – attending training and competition nights regularly.

2013/14	Joshua Brown	2014/15	Ewan Tanner	2015/16	Chloe Gould
2016/17	Meeka Kilbride	2017/18	Sean Brackin	2018/19	Pyper Frazer
2019/20	Noah Boschma	2020/21	Lachlan Wise	2021/22	Connor Yeadon
2022/23	Sam Lition	2023/24		2024/25	

George Harvey Award

George is considered by many to be the patriarch of Little Athletics in Queensland and was the LAAQ President from 1979 to 1989. In 1989, he stepped down to take on the role of President of the Australian Little Athletics Union; a position he held until 1994. From 1994 to 1996, he held the position of CEO of QLAA. The George Harvey Award is restricted to athletes with a minimum of six years involvement and who display Leadership, Respect, Perseverance, Sportsmanship, Enthusiasm and who are Ambassadors for Little Athletics.

1995/96 Trent Purdon

2015/16 Tahlia & Joshua Perry

2017/17 Meeka Kilbride

2020/21 Ebony Boschma

Alyssa Postle Memorial Award

In memory of a much valued Strathpine Little Athletics athlete, who tragically lost her life, Alyssa Postle. In her last year with the club, Alyssa held the U17 girls record for the 400m. This award is awarded to the female athlete with the best 400m time at the end of each season.

2020/21 Ebony Boschma

2022/23 Chyenne Collier

2021/22 – Teikia Ryals



Australian Little Athletics Championships (ALACs):

This a national event involving teams of Under 13 athletes from all eight State and Territory Associations. Each State is limited to a team of thirteen boys and thirteen girls competing over several events. The competition emphasizes all round ability. A separate Under 15 Multi-Event Championship with three boys and three girls from each State also compete in a Pentathlon of Sprint Hurdles, 100m, 800m, Long Jump and Discus.

2000/01 A. Psaltis & C. Crowley

2001/02 S. Simpson & D. Ward

2003/04 E. Jackson

2005/06 T. Murphy

2007/08 J. Osborne & D. Andrews

2008/09 B. Tesch & K. Peina

2011/12 T. Perry & A. Brackin

2012/13 J. Mead

2013/14 J. Krushka

2014/15 J.Hockey

2022/23 N. Amorsen & D. Manley

Centre Captains

Athletes in the U15 to U17 age group may nominate for the position of Centre Captain or Vice-Captain to be elected by their peers. To be eligible for selection as a Centre Captain/Vice-Captain, an athlete must have been registered in the previous season with our Centre and must have fulfilled the attendance criteria in that season. The Management Committee has the right to deem athletes ineligible on other grounds such as unacceptable behaviour. To be eligible to vote, an athlete must also have been registered in the previous season with our Centre. Voting is done by those eligible athletes from U13 to U17 age groups. All eligible athletes vote for both the Girls and Boys Centre Captains and Vice-Captains.

1999/00	Samantha Collier & Grant Purdon	2000/01	Jacky Stickler & Ben Perske
2001/02	Tamara Anderson & Mark Eley	2002/03	Laine Spooner & Cameron Crowley
2003/04	Emma Baker & Mitchell Tesch	2004/05	Rachael Day & Lizzie Pascoe
2005/06	Michaela Harrison & James Noyes	2006/07	Samantha Tesch & Cameron Lane
2007/08	Rachael Maher & Toby Murphy	2008/09	Kate Sheahan & Ryann Boxsell
2009/10	Monique King & Jacob Butterworth	2010/11	Jackson Condon & Kamaia Peina
2011/12	Nic White & Haydn Lane	2012/13	Nic White & Tegan Protheroe
2013/14	Brock McLean (C) & Tahlia Perry (C) Jason Cameron (VC) & Kirra Beattie (VC)	2014/15	Joshua Perry (C) & Tahlia Perry (C) Ewan Tanner (VC) & Jesse Langton (VC)
2015/16	Ewan Tanner (C) & Kirra Beattie (C) Joshua Perry (VC) & Jesse Langton (VC)	2016/17	Ben White (C) & Meeka Kilbride (C) Joshua Perry (VC) & Isabella Turner (VC)
2017/18	Jayden Krushka (C) & Meeka Kilbride (C) Sean Brackin (VC) & Isabella Turner (VC)	2018/19	Ebony Boschma & Pyper Frazer
2019/20	Ebony Boschma & Pyper Frazer	2020/21	Ebony Boschma (C) & Xana Donaghy (C) Jesse Hare (VC) & Ava Hikaiti (VC)
2021/22	Scarlett Frazer (C) & Noah Boschma (C) Teikia Ryalls (VC) & Sophie Bretherton (VC)	2022/23	Teikia Ryalls (C) & Scarlett Frazer (C) Noah Boschma (VC) & Sophie Bretherton (VC)



Centre Managers

2000/01	Marion Purdon	2013/14	Sonny Roberts
2001/02	Marion Purdon	2014/15	Sonny Roberts
2002/03	Tony Day	2015/16	Sonny Roberts
2003/04	Sonny Roberts	2016/17	Sonny Roberts
2004/05	Sonny Roberts	2017/18	Sonny Roberts
2005/06	Sonny Roberts/David Lord	2018/19	Sonny Roberts
2006/07	Sonny Roberts	2019/20	Sonny Roberts
2007/08	Robert Rafferty	2020/21	Andrew Emmerig
2008/09	Sonny Roberts	2021/22	Andrew Emmerig
2009/10	Deonie Cauana	2022/23	Andrew Emmerig
2010/11	Deonie Cauana	2023/24	Kelly Lloyd
2011/12	Belinda Bracken		
2012/13	Sonny Roberts		

Centre Records

U6 Boys:

EVENT	NAME	RESULT	SEASON
50M	J. Logan	9.5 secs	2001/2002
70M	M. Fenton	12.70 secs	1994/1995
100M	M. Fenton	18.50 secs	1994/1995
200M	J. Bretherton	45.80 secs	2019/2020
60M MOD HURDLES	K. Kellaway G. Pereira	9.60 secs	1995/1996 1995/1996
SHOT PUT	L. Watson	5.41m	2011/2012
DISCUS	M. Fenton	15.86m	1994/1995
LONG JUMP	C. Ehrhardt	2.87m	2000/2001

U6 Girls:

EVENT	NAME	RESULT	SEASON
50M	P. Hoffman	10.10 secs	2009/2010
70M	L. Pereira	13.60 secs	1994/1995
100M	L. Pereira	19.20 secs	1994/1995
200M	A. Bowman	48.30 secs	2019/2020
60M MOD HURDLES	T. Tomich	9.90 secs	2011/2012
SHOT PUT	L. Butler	4.50m	2004/2005
DISCUS	C. Crisan	9.64m	2009/2010
LONG JUMP	T. Woodward	2.69m	2012/2013

U7 Boys:

EVENT	NAME	RESULT	SEASON
50M	J Bretherton	8.65 secs	2020/2021
70M	R. Vis	11.80 secs	1987/1988
100M	R. Vis	16.70 secs	1987/1988
200M	R. Vis	34.30 secs	1987/1988
300M	J Bretherton	1.06 mins	2020/2021
60M MOD HURDLES	M. Doak	8.70 secs	2000/2001
SHOT PUT	C. Vis	8.07m	1991/1992
DISCUS	C. Vis	22.02m	1991/1992
LONG JUMP	C. Vis	3.38m	1991/1992

U7 Girls:

EVENT	NAME	RESULT	SEASON
50M	E. Booker	8.80 secs	2012/2013
70M	B Johns	12.00 secs	1989/1990
100M	E. O'Connor	17.20 secs	1984/1985
200M	A. Jensen	36.80 secs	1984/1985
300M	S. Hincksman	1.09.20 mins	2018/2019
60M MOD HURDLES	T. Tomich	9.40 secs	2012/2013
SHOT PUT	S. Martin	5.86m	1993/1994
DISCUS	L.Tamaariki	13.51m	2022/2023
LONG JUMP	T. Woodward	3.02m	2013/2014

U8 Boys:

EVENT	NAME	RESULT	SEASON
70M	B. Sheey	11.20 secs	1991/1992
100M	B. Swanborough	15.40 secs	1985/1986
200M	B. Swanborough	32.00 secs	1985/1986
500M	E. Thomasson	1.48.60 secs	2016/2017
60M HURDLES	B. Roberts	11.50 secs	2000/2001
SHOT PUT	C. Vis	8.57m	1992/1993
DISCUS	C. Vis	22.70m	1992/1993
LONG JUMP	C. Vis	4.06m	1992/1993
HIGH JUMP	K. Henare	1.09m	2017/2018

U8 Girls:

EVENT	NAME	RESULT	SEASON
70M	B. Johns E. Booker	11.70 secs	1990/1991 2013/2014
100M	R. Buttenshaw	16.20 secs	1986/1987
200M	A. Jensen	34.20 secs	1985/1986
500M	H. Davis	1.51.00 secs	2016/2017
60M HURDLES	E. Booker	12.50 secs	2013/2014
SHOT PUT	L. Hodgson-Forsyth	6.19m	2019/2020
DISCUS	C. Brock	18.84m	1999/2000
LONG JUMP	A. Doak M. Lynch	3.38m	2004/2005 2012/2013
HIGH JUMP	T. Perry R. Hooper	1.04m	2006/2007 2006/2007

U9 Boys:

EVENT	NAME	RESULT	SEASON
70M	B. Watts	10.60 secs	1988/1989
100M	B. Swanborough	15.00 secs	1986/1987
200M	B. Swanborough	30.80 secs	1986/1987
400M	N. Amorsen	1.18.60 mins	2018/2019
800M	M. Foyle	2.49.80 mins	2006/2007
60M HURDLES	M. Foyle	10.60 secs	2006/2007
700M WALK	B. Tesch	4.00.20 mins	2004/2005
SHOT PUT	R. Vis	8.44m	1989/1990
DISCUS	M. Pennington	29.26m	1986/1987
TURBO JAVELIN	L. Hardy	12.33m	2022/2023
LONG JUMP	B. Swanborough	4.14m	1986/1987
HIGH JUMP	B. Swanborough	1.30m	1986/1987

U9 Girls:

EVENT	NAME	RESULT	SEASON
70M	R. Brogan	11.00 secs	2022/2023
100M	R. Brogan	15.35 secs	2022/2023
200M	L. Ryan	32.00 secs	1983/1984
400M	R. Brogan	1.18.50 mins	2022/2023
800M	P. Pitt	2.58.50 mins	1984/1985
60M HURDLES	A. Nimo	11.50 secs	1994/1995

700M WALK	S. Tesch	4.08.80 mins	2000/2001
SHOT PUT	L. Butler	6.72m	2007/2008
DISCUS	L. Hodgson-Forsyth	21.22m	2020/2021
TURBO JAVELIN	H. Brogan	8.15m	2022/2023
LONG JUMP	T. Perry	4.14m	2007/2008
HIGH JUMP	T. Perry	1.14m	2007/2008

U10 Boys:

EVENT	NAME	RESULT	SEASON
70M	R. Vis	10.30 secs	1990/1991
100M	B. Swanborough B. Watts	14.30 secs	1987/1988 1989/1990
200M	B. Swanborough	29.40 secs	1987/1988
400M	B. Swanborough	1.08.10 mins	1987/1988
800M	C. Crowley	2.37.50 mins	1997/1998
60M HURDLES	M. Foyle	10.90 secs	2007/2008
1100M WALK	B. Tesch	5.33.30 mins	2005/2006
SHOT PUT	J. Logan	10.79m	2005/2006
DISCUS	M. Pennington	33.24m	1987/1988
TURBO JAVELIN	P. Hunt	14.45m	2022/2023
LONG JUMP	M. Foyle	4.50m	2007/2008
HIGH JUMP	G. Dilosa	1.30m	1985/1986

U10 Girls:

EVENT	NAME	RESULT	SEASON
70M	C. Sims	10.70 secs	2013/2014
100M	K. Purdon	14.80 secs	1988/1989
200M	A. Nimo	32.00 secs	1995/1996
400M	K. Randall	1.13.50 mins	1984/1985
800M	K. Randall	2.48.60 mins	1984/1985
60M HURDLES	T. Perry	11.60 secs	2008/2009
1100M WALK	S. Tesch	6.31.60 secs	2001/2002
SHOT PUT	G. Ceolin	8.33m	2008/2009
DISCUS	T. Hockey	24.68m	2014/2015
TURBO JAVELIN	A. Amorsen	10.72m	2022/2023
LONG JUMP	B. Johns R. Day T. Perry	4.10m	1992/1993 1999/2000 2008/2009
HIGH JUMP	J. Stickler T. Perry	1.22m	1995/1996 2008/2009

U11 Boys:

EVENT	NAME	RESULT	SEASON
70M	L. Bealing	9.7 secs	2020/2021
100M	B. Swanborough B. Mawhinney	13.70 secs	1988/1989 1993/1994
200M	B. Swanborough	27.70 secs	1988/1989
400M	B. Swanborough	1.02.70 mins	1988/1989
800M	J. Carnellor C. Crowley	2.34.00 mins	1998/1999

1500M	J. Woodward	5.19.80 mins	2013/2014
80M HURDLES	I.Hardy	16.17 secs	2022/2023
1100M WALK	B. Tesch	5.26.30 mins	2006/2007
JAVELIN	B. Watts	30.64m	1990/1991
SHOT PUT	J. Logan	10.98m	2006/2007
DISCUS	C. Lane	28.44m	2002/2003
LONG JUMP	T. Purdon	4.97m	1991/1992
TRIPLE JUMP	R. Vis	10.00m	1991/1992
HIGH JUMP (Scissors)	J. Logan	1.34m	2006/2007
HIGH JUMP (Flop)			

U11 Girls:

EVENT	NAME	RESULT	SEASON
70M	T. Nielsen	10.20 secs	2017/2018
100M	T. Nielsen	14.20 secs	2017/2018
200M	T. Hotten	29.80 secs	2010/2011
400M	J. Stickler	1.09.20 mins	1996/1997
800M	K. Randall	2.42.40 mins	1985.1986
1500M	A. Harris	5.47.00 mins	2012/2013
80M HURDLES	H. Davis	14.50 secs	2019/2020
1100M WALK	S. Tesch	6.04.70 mins	2002/2003
JAVELIN	A. Matthysz-Hamblin	24.03m	2010/2011
SHOT PUT	G. Ceolin	9.56m	2009/2010
DISCUS	E.Donaldson	32.78m	2022/2023
LONG JUMP	M. Hikaiti	4.42m	2014/2015
TRIPLE JUMP	T. Perry	9.63m	1989/1990
HIGH JUMP (Scissors)	T. Perry	1.30m	2009/2010
HIGH JUMP (Flop)			

U12 Boys:

EVENT	NAME	RESULT	SEASON
70M	T. Murphy J. Butterworth H. Arrowsmith M. Foyle	9.80 secs	2004/2005 2006/2007 2009/2010 2009/2010
100M	M. Foyle	13.40secs	2009/2010
200M	B. Swanborough	27.40 secs	1989/1990
400M	B. Swanborough	1.01.80 mins	1989/1990
800M	B. Swanborough	2.28.30 mins	1989/1990
1500M	T.Merlin	5.10.80 mins	2022/2023
80M HURDLES	M.Wheeler	16.17 secs	2022/2023
1500M WALK	B. Tesch	7.38.00 mins	2007/2008
JAVELIN	A. Harvey	34.18m	1995/1996
SHOT PUT	C. Lane	11.90m	2003/2004
DISCUS	C. Lane	40.60m	2003.2004
LONG JUMP	B. Watts	5.06m	1991/1992
TRIPLE JUMP	J. Logan	10.52m	2007/2008
HIGH JUMP	T. Murphy	1.56m	2004/2005

U12 Girls:

EVENT	NAME	RESULT	SEASON
70M	B. Johns T. Hotten	9.80 secs	1994/1995 2011/2012
100M	B. Johns	13.80 secs	1994/1995
200M	A. Swanborough	28.20 secs	1985/1986

400M	A. Swanborough	1.04.20 secs	1985/1986
800M	A. Swanborough	2.30.50 secs	1985/1986
1500M	E. Jackson	5.39.90 mins	2002/2003
80M HURDLES	A.Aseerwatham	15.53 secs	2022/2023
1500M WALK	S. Tesch	8.28.80 mins	2003/2004
JAVELIN	A. Matthysz-Hamblin	28.08m	2011/2012
SHOT PUT	G. Ceolin	11.08m	2010/2011
DISCUS	S. Collier	32.58m	1996/1997
LONG JUMP	A. Swanborough	4.66m	1985/1986
TRIPLE JUMP	T. Perry	9.76m	2010/2011
HIGH JUMP	J. Stickler T. Perry	1.52m	1997/1998 2010/2011

U13 Boys:

EVENT	NAME	RESULT	SEASON
70M	T. Murphy	9.10 secs	2005/2006
100M	D.Manley	12.52 secs	2022/2023
200M	D.Manley	26.10 secs	2022/2023
400M	B. Swanborough	58.50 secs	1990/1991
800M	M. Ward	2.21.40 mins	1996/1997
1500M	M. Ward	4.54.80 mins	1996/1997
80M HURDLES	J. Butterworth	13.40 secs	2007/2008
300M HURDLES	A. Miller	27.00 secs	1993/1994
1500M WALK	B. Tesch	7.16.90 mins	2008/2009
JAVELIN	C. Lane	36.95m	2004/2005
SHOT PUT	T. Murphy	12.74m	2005/2006
DISCUS	C. Lane	40.94m	2004/2005
LONG JUMP	T. Murphy	5.60m	2005/2006
TRIPLE JUMP	J. Plowright	10.92m	1995/1996
HIGH JUMP	T. Murphy	1.68m	2005/2006

U13 Girls:

EVENT	NAME	RESULT	SEASON
70M	B. Johns T. Hotten I. Turner	9.80 secs	1995/1996 2012/2013 2013/2014
100M	L. Parkin	13.30 secs	1990/1991
200M	A. Swanborough	28.20 secs	1986/1987
400M	A. Swanborough S. Simpson	1.04.60 mins	1986/1987 2001/2002
800M	A. Swanborough	2.29.49 mins	1986/1987
1500M	S. Tesch	5.23.70 mins	2004/2005
80M HURDLES	T. Perry	14.10 secs	2011/2012
200M HURDLES	S. Simpson	31.90 secs	2001/2002
1500M WALK	A. Brackin	7.58.20 mins	2011/2012
JAVELIN	B. Acworth	31.28m	2011/2012
SHOT PUT	S. Collier	10.98m	1997/1998
DISCUS	S. Collier	37.80m	1997/1998
LONG JUMP	K. Vennix	4.86m	2013/2014
TRIPLE JUMP	T. Perry	10.49m	2010/2011
HIGH JUMP	K. Jackson	1.57m	1990/1991

U14 Boys:

EVENT	NAME	RESULT	SEASON
70M	K. Page	8.70 secs	2007/2008
100M	K. Page	11.90 secs	2007/2008

200M	K. Page	25.10 secs	2007/2008
400M	C. Young	56.20 secs	1989/1990
800M	M. Ward	2.15.20 mins	1997/1998
1500M	M. Ward	4.43.50 mins	1997/1998
90M HURDLES	J. Butterworth	13.40 secs	2007/2008
200M HURDLES	J. Butterworth	27.50 secs	2008/2009
1500M WALK	B. Tesch	6.45.20 mins	2009/2010
JAVELIN	C. Lane	45.02m	2005/2006
SHOT PUT	T. Murphy	12.89m	2006/2007
DISCUS	C. Lane	43.61m	2005/2006
LONG JUMP	J. Butterworth	5.69m	2008/2009
TRIPLE JUMP	L. Mountford	11.97m	2012/2013
HIGH JUMP	J. Hoisser	1.67m	2006/2007

U14 Girls:

EVENT	NAME	RESULT	SEASON
70M	K. Purdon	9.50 secs	1992/1993
100M	L. Burge	13.10 secs	1987/1988
200M	I. Swanborough	27.70 secs	1989/1990
400M	K. Purdon	1.02.70 mins	1992/1993
800M	I. Swanborough	2.26.20 mins	1989/1990
1500M	S. Tesch	5.09.20 mins	2005/2006
80M HURDLES	P. Maizey	13.50 secs	2021/2022
200M HURDLES	R. Day T. Hotten	32.00 secs	2003/2004 2013/2014
1500M WALK	S. Tesch	7.34.10 mins	2005/2006
JAVELIN	B. Acworth	35.09m	2012/2013
SHOT PUT	K. Peina	12.30m	2009/2010
DISCUS	S. Collier	37.08m	1998/1999
LONG JUMP	S. Collier	4.98m	1998/1999
TRIPLE JUMP	H.Davis	11.01m	2022/2023
HIGH JUMP	T. Perry	1.60m	2012/2013

U15 Boys:

EVENT	NAME	RESULT	SEASON
70M	C. Yeadon	8.40 secs	2020/2021
100M	C. Yeadon	11.80 secs	2020/2021
200M	C. Young	24.50 secs	1990/1991
400M	C. Young	54.70 secs	1990/1991
800M	M. Ward	2.11.10 mins	1998/1999
1500M	M. Ward	4.34.00 mins	1998/1999
100M HURDLES	G. Purdon	14.00 secs	1999/2000
300M HURDLES	J.Sexton	42.70 secs	2022/2023
1500M WALK	J. Osborne	6.39.20 mins	2009/2010
JAVELIN	L. Wise	37.55m	2020/2021
SHOT PUT	W. Taylor	14.49m	1999/2000
DISCUS	C. Lane	53.02m	2006/2007
LONG JUMP	J. Polovich	6.23m	2018/2019
TRIPLE JUMP	A. Miller	12.36m	1995/1996
HIGH JUMP	T. Murphy	1.77m	2007/2008

U15 Girls:

EVENT	NAME	RESULT	SEASON
70M	T. Protheroe	9.30 secs	2012/2013

100M	I. Turner	13.10 secs	2015/2016
200M	P.Maizey	27.60 secs	2022/2023
400M	K. Purdon	1.01.70 mins	1993/1994
800M	E.Postle	2.31.20 mins	2022/2023
1500M	S. Tesch	5.11.50 mins	2006/2007
90M HURDLES	P.Maizey	13.97 secs	2022/2023
300M HURDLES	P.Maizey	49.50 secs	2022/2023
1500M WALK	S. Tesch	7.30.40 mins	2006/2007
JAVELIN	B. Acworth	37.04m	2013/2014
SHOT PUT	S. Collier	12.70m	1999/2000
DISCUS	S. Collier	38.76m	1999/2000
LONG JUMP	T. Protheroe	5.30m	2012/2013
TRIPLE JUMP	S. Collier	10.97m	1999/2000
HIGH JUMP	M. Hikaiti	1.62m	2018/2019

U16 Boys:

EVENT	NAME	RESULT	SEASON
70M	C. Yeadon	8.40 secs	2021/2022
100M	C. Yeadon	11.50 secs	2021/2022
200M	B. McLean J. Krushka	24.90 secs	2013/2014 2016/2017
400M	J. McDermott	54.80 secs	2008/2009
800M	J. McDermott	2.13.20 mins	2008/2009
1500M	B. Mutch	4.57.10 mins	2008/2009
100M HURDLES	G. Purdon	13.40 secs	2000/2001
300M HURDLES	H. Furness	42.60 secs	2016/2017
1500M WALK	C. Buckler	6.42.80 mins	2009/2010
JAVELIN	L. Wise	37.55m	2021/2022
SHOT PUT	R. Boxsell	14.38m	2009/2010
DISCUS	L. Wise	46.98m	2021/2022
LONG JUMP	H. Furness	6.59m	2016/2017
TRIPLE JUMP	G. Purdon	12.46m	2000/2001
HIGH JUMP	J. Hoisser	1.80m	2008/2009

U16 Girls:

EVENT	NAME	RESULT	SEASON
70M	I. Turner	9.20 secs	2016/2017
100M	I. Turner	12.80 secs	2016/2017
200M	I. Turner	27.40 secs	2016/2017
400M	E. Boschma	1.02.60 mins	2019/2020
800M	C.Collier	2.36.70 mins	2022/2023
1500M	S. Tesch	5.49.60 mins	2015/2016
90M HURDLES	M. Hikaiti	14.60 secs	2019/2020
1500M WALK	S. Tesch	7.34.80 mins	2007/2008
300M HURDLES	I. Caesar	53.60 secs	2018/2019
JAVELIN	B. Acworth	32.58m	2014/2015
SHOT PUT	S. Collier	11.34m	2000/2001
DISCUS	S. Collier	42.46m	2000/2001
LONG JUMP	E. Boschma	5.17m	2019/2020
TRIPLE JUMP	I. Turner	10.79m	2016/2017
HIGH JUMP	M. Tardy	1.62m	2017/2018

U17 Boys:

EVENT	NAME	RESULT	SEASON
70M	D.Druce	8.16 secs	2022/2023
100M	D.Druce	11.50 secs	2022/2023
200M	J. Krushka	24.30 secs	2017/2018
400M	K.Klaas	55.40 secs	2022/2023
800M	J. Osborne	2.10.20 mins	2011/2012
1500M	J. Osborne	4.54.70 mins	2011/2012
110M HURDLES	H. Furness	15.80 secs	2017/2018
300M HURDLES	H. Furness	42.10 secs	2017/2018
1500M WALK	J. Osborne	5.57.90 mins	2011/2012
JAVELIN	N. White	47.45m	2013/2014
SHOT PUT	S. Psaltis	12.67m	2001/2002
DISCUS	L.Wise	39.46m	2022/2023
LONG JUMP	H. Furness	6.36m	2017/2018
TRIPLE JUMP	G. Purdon	12.19m	2001/2002
HIGH JUMP	B. Mutch J. Stevens	1.75m	2009/2010 2010/2011

U17 Girls:

EVENT	NAME	RESULT	SEASON
70M	E. Boschma	9.40 secs	2020/2021
100M	E. Boschma	12.90 secs	2020/2021
200M	E. Boschma	28.00 secs	2020/2021
400M	E. Boschma	1.00.70 mins	2020/2021
800M	F. Burrell	2:34.40 mins	2020/2021
1500M	A. Dan	5.40.10 mins	2019/2020
90M HURDLES	I. Turner	16.90 secs	2017/2018
100M HURDLES	F. Burrell	17.70 secs	2020/2021
300M HURDLES	F. Burrell	50.90 secs	2020/2021
1500M WALK	F. Burrell	8.27.90 mins	2020/2021
JAVELIN	B. Acworth	37.46m	2015/2016
SHOT PUT	S. Collier	11.39m	2001/2002
DISCUS	S. Collier	43.50m	2001/2002
LONG JUMP	M. Willis	5.02m	2019/2020
TRIPLE JUMP	E. Boschma	10.67m	2020/2021
HIGH JUMP	I. Turner	1.47m	2017/2018



Event Specifications

What Events Will My Child Compete In?

Below is a table that identifies what event each age group competes in. Event distances and equipment specifications are graduated to match the growth of the athletes and encourage skill development.

Summary of Track and Field Events per Age Group:

Events	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
SPRINTS												
50m	BG	BG										
70m	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
100m	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
200m	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
300m		BG										
400m				BG	BG	BG	BG	BG	BG	BG	BG	BG
MIDDLE DISTANCE												
500m			BG									
800m				BG	BG	BG	BG	BG	BG	BG	BG	BG
1500m						BG	BG	BG	BG	BG	BG	BG
HURDLES												
Modified Hurdles	BG	BG										
60m Hurdles			BG	BG	BG							
80m Hurdles						BG	BG	BG	G			
90m Hurdles									B	G	G	
100m Hurdles										B	B	G
110m Hurdles												B
200m Hurdles								BG	BG			
300m Hurdles										BG	BG	BG
RACE WALKING												
700m Walk				BG								
1100m Walk					BG	BG						
1500m Walk							BG	BG	BG	BG	BG	BG
THROWS												
Shot Put	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
Discus	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
Vortex	BG	BG	BG									
Turbo Jav				BG	BG							
Javelin						BG	BG	BG	BG	BG	BG	BG
JUMPS												
Long Jump	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG	BG
Triple Jump						BG	BG	BG	BG	BG	BG	BG
High Jump			BG	BG	BG	BG	BG	BG	BG	BG	BG	BG



Event and Equipment Specifications:

Jumps – Long Jump, Triple Jump and High Jump:

Age Group	LONG JUMP	TRIPLE JUMP	HIGH JUMP
U6 – U10	1m x 0.5m Mat		Scissors ONLY
U11 – U12	1.22m x 0.2m Line	1.22m x 0.2m Line	Scissors or Fosbury Flop
U13 – U17	1.22m x 0.2m Board	1.22m x 0.2m Line	Scissors or Fosbury Flop

Throws – Discus, Shot Put and Javelin:

Age Group	DISCUS		SHOT PUT		JAVELIN	
	Boys	Girls	Boys	Girls	Boys	Girls
U6-U7	350g		1kg (Blue)			
U8	500g		1.5kg (Yellow)			
U9	500g		2kg (Orange)			
U10	500g		2kg (Orange)			
U11	500g		2kg (Orange)		400g	
U12	750g		2kg (Orange)		400g	
U13	750g		3kg (White)		600g	400g
U14	1kg		3kg (White)		600g	400g
U15-16	1kg		4kg (Red)	3kg (White)	700g	500g
U17	1.5kg	1kg	5kg (Green)	3kg (White)	700g	500g

Hurdles:

Age Group	Gender	Distance	Hurdle Height (cm)	Number of Hurdles	Distance from Start to 1st Hurdle	Distance Between each Hurdle	Distance from Last Hurdle to Finish
SPRINT HURDLES							
U8-9	B&G	60m	45	6	12 m	7m	13m
U10	B&G	60m	60	6	12m	7m	13m
U11	B&G	80m	60	9	12m	7m	12m
U12	B&G	80m	68	9	12m	7m	12m
U13	B&G	80m	76	9	12m	7m	12m
U14	G	80m	76	9	12m	7m	12m
U14	B	90m	76	9	13m	8m	13m
U15-U16	G	90m	76	9	13m	8m	13m
U15-U16	B	100m	76	10	13m	8.5m	10.5m
U17	G	100m	76	10	13m	8.5m	10.5m
U17	B	110m	76	10	13.72m	9.14m	14.02m
DISTANCE HURDLES							
U13	B&G	200m	68	5	20m	35m	40m
U14	B&G	200m	76	5	20m	35m	40m
U15 – U17	B&G	300m	76	7	50m	35m	40m

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