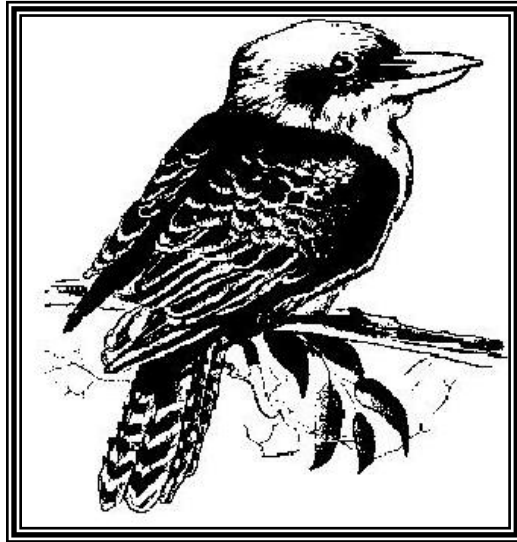


Koorinal-Wagga Athletics Club Inc.



HANDBOOK
2008-2009 SEASON

"Family, Fun and Fitness"

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WELCOME

Welcome to the 2008-2009 athletic season. We hope that you have an enjoyable and rewarding time with us.

Little Athletics is an Australia-wide sport for children aged 5 to 17. The Australian Little Athletics Union states that it aims to *“develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletic activities”*.

Your Club promotes athletics as a participation sport for children with the help of their parents. Children are encouraged to compete against one another in a friendly and relaxed atmosphere regardless of ability. The idea is for children to improve individual performance throughout the season as well as physical fitness and technique.

Koorungal-Wagga Athletics Club holds a Senior competition on Saturday mornings at 9.30am for athletes aged from 12-90 years of age .

At Koorungal-Wagga Athletics Club, we aim to:

- *Provide friendly athletic competition between children of the same age;*
- *Involve parents as volunteers to assist with the organisation of weekly club competition; as well as social activities*
- *Provide the opportunity for the more competitive children to represent our Club at championship levels of competition;*
- *Improve the athletic skills and physical fitness of all our members; and*
- *Involve parents in the running of the Club.*

**This is your Club and it relies heavily upon
volunteer support from parents for the successful
running of our Friday evening competitions**

One of the highlights of the season is our annual Athletic Carnival. This year, we will be staging the Koorungal-Wagga Athletic Carnival on Sunday, 26th October. We encourage athletes in all age groups to participate. Further details are provided in this Handbook on Page 12.

A Club BBQ is held every Friday evening during the competition for athletes and their parents at a minimal cost.

Welcome to the Koorungal-Wagga Athletics Club, and we trust you will enjoy the upcoming athletic season.

We are looking for all the help we can get both for Friday night competition and for our Saturday program. We can only help our athletes with your help. Come and learn something new. Contact Stephen Lawrence on 0408693411 for more information

CLUB DIRECTORY 2008-2009

President	Stephen Lawrence	0408 693 411
Vice President	Kym Holbrook	6926 4210
Secretary		
Assistant Secretary	Kellie Jasper	
Treasurer	Phil Roy	6925 3050
Registrar	Nick Menzies	6922 3684
Assistant Registrar	Margaret Inglis	6926 1790
Club Event Co-Ordinator/Parent Roster	Mark Conyers	6931 3272
Club Officials Co-ordinator	Rosemary Clarke	0427 990 052
Amateur Sec/Branch Rep.	Rosemary Clarke	0427 990 052
Publicity/Social Officers	Sandra Garraway	6921 6174
Catering Officer		
Assistant Catering Officer		
Achievement Awards Officer (Boys)	David Murray	6922 4529
Achievement Awards Officer (Girls)	Fiona Warrall	6921 1017
Carnival Convener	Peter Hawkins	6921 1015
Carnival Registrar	Michelle Stanton	6922 6016
Uniform Officer	Cathy Bourke	6926 4698
Asst. Uniform Officer		
Equipment Officer	Peter Hawkins	6921 1015
Asst. Equipment Officer		

Patrons: Marg Vonarx Kay Hull

Please feel free to approach any of the Committee if you have any positive suggestions, or if you are experiencing any problem.

Life Members:

Arch Ferguson, Pat Griffin, Bill Jacob, Robyn Jacob, Margaret Vonarx, John Murphy, Jim Burling, Denise Burling, Paul Kahlefeldt, Colleen Wilson, Jenny O'Neill, David O'Neill, John Cunnington, Chris Cunnington, Robbie Frank & Peter Hawkins.

Club Coaches:

Rosemary Clarke	(Sprints and Jumps)	0427 990 052
Bill Jacob	(Throws and Jumps)	6926 3239
Mark Conyers	(Middle Distant)	6931 3272

Committee Meetings

The Koorringal-Wagga Athletic Club meets on the 2nd Monday of each month at 7.30pm at the Riverina Australian Rules Football Club, Fernleigh Road, Wagga Wagga. All parents are most welcome and encouraged to attend these meetings to help with the organisation and future direction of our Club.

LITTLE ATHLETICS - WEEKLY COMPETITION

During the season, the Club conducts events for children, aged 5-17 years, at Jubilee Park on Fridays starting on the 19th September at 5.00 p.m. Competition continues throughout the season on a weekly basis starting at 5.00 p.m. It is important that children and parents be ready to start on time so that the program can be completed within a reasonable time span.

For the first few weeks, events are restricted by early darkness but we will offer as many events as time permits. The first two Friday evenings of the season will be taken up with coaching and familiarisation for athletes, parents and officials.

A four week cycle of events will be planned for each age group so that children will experience all events which are suitable for their age. Weekly programs will be displayed on the Notice Board before the start of competition. Children are encouraged to participate in all scheduled events regardless of ability.

When children arrive at Jubilee Park, they should assemble on the grassed area under the shade cover. Events will be called over the P.A. System. It is important that children listen to the announcer's directions and that they move promptly to the shaded marshalling area under the sail where they will meet with their team manager to be taken to their first event. Children will move to each event with their team manager.

At the completion of an event, each competitor will be given a record of performance, (a small ticket that shows the event and time or distance achieved). Children should keep these tickets so that a record of performance can be kept in the "Little Athletes" book given to each child at registration. (Please refer to the section on Uniform for details as to how children can look after the tickets during competition).

At the completion of any track event, (e.g. 100 metres) the competitors **MUST** report to their team manager with their place tickets. If they do not, the Club will have no record of attendance or performance.

Coaching is available from the Club coaches. However, we will try to help new and younger athletes during competition.

Should weather conditions be unsuitable for competition, an announcement will be made over 2WG after the 4.00pm news



DUTY ROSTER

At registration you will have received details about the parent duty roster system. This season you are given the option of working as a team manager or an event official. Please consider the options carefully as you will be required to work each week, so that the athletes will be able to move freely and quickly to each event. Athletics requires the support of volunteers to run all the competition available to them. It is **absolutely essential** that parents help with the running of events. (This includes your support for Friday nights, Saturday mornings, Zone, Regional, State and Club Carnivals. If all parents honour their duty obligations, it will mean that both the athletes and parents will have fun and fitness together.

When you register your son or daughter with the club you are asked to complete the duty roster with the duty you wish to do for the season. On the first two evenings we will show you how to conduct and officiate at the event you choose to do. **Parents with small children needing supervision are asked NOT to volunteer for Discus, Shotput or Javelin.**

If, for some reason you are unable to attend on a competition evening, please arrange a substitute.

Rosters will be displayed on the Club Notice Board and published on a weekly basis in the "Daily Advertiser".

We realise that many parents are unfamiliar with officiating athletic events. Remember that we aim to conduct events in a friendly and relaxed atmosphere. We will also try to provide someone with experience on each event to help with any problems you may have. This season we will offer training for each event during the first two weeks of competition.

We would like all parents to be ready to start 15 minutes before the scheduled starting time.

***PLEASE REMEMBER THAT ATHLETICS
CANNOT WORK WITHOUT YOUR HELP***

The club has an account with the Wagga Mutual Credit Union and is part of the Wagga Mutual Community Sponsorship Account program so support the club and open an account with Wagga Mutual.

CLUB ACHIEVEMENT AWARDS - POINT SCORE

The main purpose of the Club is to encourage all athletes to improve individual performance regardless of ability. This season, there will be two methods by which we hope that aim will be achieved (see A & B next page).

(A) THE ACHIEVEMENT AWARD SCHEME

This is a point-score competition designed to provide the children with a measure of success whether they be budding champions or not. The scheme works as follows:

1. One point is awarded to a child for participating in an event.
2. An extra point is awarded if the child improves on his/her best recorded performance in that event. For example, If a child competes in three events on a particular day, he/she automatically gets 3 points. If he/she improves in two of those events (compared with his/her previously recorded performances) then a total of five points are awarded.
3. At the end of the season the child with the most points in each age group is declared the winner. In previous seasons, it has been the consistent "trier" rather than the fastest or best athlete who is successful.
4. Progressive point-scores for each athlete will be available for viewing at the announcing desk.
5. Trophies will be awarded to the first three place getters in each age group (boys and girls) at presentation night at the end of the season. Presentation certificates are awarded to all children who have competed on a regular basis during the season.

PLEASE NOTE:

- It is Club policy that eligibility for an award is based on a child having competed **IN AT LEAST 50% OF EVENTS** offered during the season after the time of registration.
- Carnivals and Championships are not included in the Club Achievement Award Scheme.
- It is important that children ensure that performances are recorded by officials after each event and that a ticket is issued. If this does not happen, the Club has no record of participation and no points can be awarded.

(B) RECORD BREAKER AWARD SCHEME

Starting in the 1987/88 season we have kept results of the best performances in each event in each age group. Athletes who better or equal the record for an event will be awarded a certificate for doing so. Records are listed in this booklet and will be updated on the Club Notice Board on a weekly basis.

The aim of this scheme is to encourage our more competitive members to strive for even better performances. This scheme is also confined to weekly competition, i.e. Carnivals and Championships are not included.

CLUB UNIFORM

Club colours are Green, Gold and Navy Blue. The uniform is as follows:

TOP: green singlet with gold trim.

PANTS: (Boys) navy blue shorts – to be purchased through the club only.
(Girls) bike pants, in club colours, are now available.

ONE PIECE: Girls may opt to wear a Club body suit.

TWO PIECE: Girls of all ages may opt to wear a two-piece uniform.

VARIATIONS: Girls in the 13,14 and 15 age groups may also wear a navy blue skirt. All athletes are expected to compete in Club uniform.

UNIFORMS CAN BE PURCHASED THROUGH THE UNIFORM OFFICER, CATHY BOURKE. CATHY CAN BE CONTACTED ON 6926 4698. UNIFORMS MUST BE PAID FOR AT THE TIME OF ORDERING!

The registration number and age patch are to be sewn on the uniform as follows:

Registration Number - centred on the front of the singlet/body suit.

Age Patch - on upper left hand side of top/body suit.

All Logo's must be clearly visible. This includes the red border around the Registration number.

When sewing on the registration number, leave the top unsewn to form a pocket. This allows the children to keep the tickets they receive after each event during weekly competition.

We expect all athletes to be in uniform by the time of our Annual Carnival (October 26th). Club Uniforms, registration numbers and age patches must also be worn when competing in events at Carnivals and Championships.

FOOTWEAR

- * For safety reasons it is compulsory to wear shoes when competing in all events.
- * Children in the Under 6, 7, and 8 age groups are not permitted to wear spiked shoes for any event.
- * For other age groups, spiked shoes are allowed in all laned track events (i.e. 70m, 100m, 200m, 400m and hurdles), long jump, triple jump and high jump. Non-spiked shoes must be worn for all other events. Only Amateur Athletes may wear spikes in 800m, 1500m & 3000m events.

SPIKED SHOES MUST BE REMOVED IMMEDIATELY AFTER AN EVENT

Spiked shoes are banned from all pack start track events (i.e. 700m, 1500m, 3000m and walks) in Little Athletics.

STARTING BLOCKS

All athletes are permitted to use starting blocks if they wish for sprint events (up to 400m) and hurdles.

GENERAL INFORMATION

PARENTAL RESPONSIBILITY

Athletes are the responsibility of their parents. The Club will not accept responsibility for children left unattended before, during and after competition or coaching. Parents should emphasise to their children that they remain inside the fenced area of the athletic complex at all times. Please remember that our Club promotes athletics as a family activity and that the Koorringal-Wagga Club is not a child minding centre.

MEMBERSHIP

Little Athletics is open to all children aged 5 to 16 as at midnight, 30th September 2006. Athletes above the age of 12 can register as seniors.

REGISTRATION MUST BE FULLY COMPLETED BEFORE AN ATHLETE CAN COMPETE.

Insurance conditions do not permit the Club to allow unregistered athletes to take part. For the same reason, children under 5 are ineligible for membership.

CLUB NOTICE BOARD AND COMMUNICATION

Details of carnivals, achievement awards, duty rosters, Club Records and Club activities will be posted on the notice board each week. During the season there will be a weekly column in the Daily Advertiser. Please do not hesitate to contact the organisers (or the announcer) if you have any queries or concerns. Also advise our Publicity Officer of any records or high achievements which should be noted in our next year's Handbook in the Honour Roll. (refer page 18)

DISCIPLINE

Irresponsible, dangerous or disruptive behaviour will not be tolerated. The Club must insist on high standards of conduct and sportsmanship so that all athletes can enjoy the sport. The organisers have the right to warn and/or disqualify athletes from an event in the interests of other children and members.

SAFETY

Athletics can be a dangerous sport. We ask that parents and children keep the following safety rules in mind:

1. Please ensure that athletes drink adequate fluids during our meets. Also remember to use sunscreen and wear a labelled hat.
2. Athletes must never walk in front of the shot put areas and discus cages. Only athletes competing and parents on duty are to be in these areas. No others in this area at any time especially pre-school children. Parents needing to supervise their children should volunteer at other events.
3. During discus events, competitors must remain completely behind the safety nets except when competing.
4. Spiked shoes must be carried to the marshalling area and put on when at the event, then removed immediately after an event.
5. Athletes must not interfere in any way with other competitors during an event. Children are not permitted to sit or play on the fence surrounding the track. Children must stay away from the steeple chase pit area.
6. At the end of sprint events, athletes must remain in lanes until cleared by the judges.
7. All athletes will be marshaled before events under shade area and taken to events. **No athlete is to cross the track unless accompanied by a parent on duty.**
8. The Club has accredited First Aid/Sports Medicine personnel available.

COACHING AND INSTRUCTION

Our Club aims to improve athletic technique and fitness for our members. Unfortunately, there are only limited opportunities to do this during regular weekly competition. The Club has a number of coaches (see Club Directory) who will be organising regular coaching and training sessions during the season. These sessions are normally held after school during the week, and details will be made available once the season gets under way.

FEES

Registration Fees for the 2008-2009 season **\$70.00** per child,

There are no other charges for weekly competition or coaching during the season. For Koorungal-Wagga members, registration fees include entry to the Zone Championships and to the Koorungal-Wagga Carnival.

Athletes in the Under 12 to 17 age groups may elect to take out Dual Registration, i.e. to become members of Little Athletics and Athletics N.S.W. This enables them to compete as Amateurs in events conducted by Athletics N.S.W. on an occasional basis. Details are available from the Registrar.

District Carnivals have an entry fee which will be advised to you at the time of nomination.

The Club uses your Registration fees for the following purposes:

1. Wagga Wagga City Council ground maintenance and track marking charges.
2. Affiliation fees and accident insurance to the N.S.W. Little Athletics Association and Athletics N.S.W.
3. Public Liability Insurance and Incorporation costs.
4. Club administration costs and printing.
5. Entry into Zone carnival.
6. Purchase of equipment.
7. Presentation night.
8. Affiliation with the Wagga Wagga Athletic Association - which assists in the development of facilities.

We do not continually ask for money, but we do ask of your time to help the children enjoy athletics.

CARNIVALS

There are many athletic carnivals held throughout the Riverina during the season. Normally held on Sundays, these carnivals are open to all registered athletes and we would like to see our members participate in them.

Each carnival has a closing date by which all entries must be received. Koorungal-Wagga athletes should give their entries to Mrs Michelle Stanton either on Friday afternoons or by telephoning her on 6922 6016. Michelle is our Carnival Registrar and will make sure that the host club receives your entries.

Carnivals are in addition to normal weekly competition. Please refer to your carnival calendar for details of venues and closing dates.

PLEASE REMEMBER THE KOORINGAL-WAGGA CARNIVAL ON OCTOBER 26th.

LITTLE ATHLETICS CHAMPIONSHIPS

The N.S.W. Little Athletics Association holds Championship Carnivals progressing from Zone through to Regional and State levels. This year, the Championship details are as follows:

EASTERN RIVERINA ZONE CHAMPIONSHIPS:

DATE: 13th December 2008

VENUE: West Wyalong

AGE GROUPS: Under 7 to Under 17

ENTRY: Open to all registered athletes. There is no restriction on entry

ENTRY: Entries close on 7th November with Zone Co Judith Peel.
All Koorungal-Wagga athletes should consider entering these Championships

SOUTHERN AND WESTERN N.S.W. REGIONAL CHAMPIONSHIPS:

DATES: 20-22nd February 2009

VENUE: Beaton Park Wollongong

AGE GROUPS: Under 8 to Under 17

ENTRY: Only the first three (3) place getters in each event from the Zone Championships qualify for this level of competition

CENTRES: There are five regions in N.S.W. Our region is known as "REGION 5". Centres from the Eastern Riverina, South Coast Highlands, Mid South Coast, Western Riverina, Western Plains and Central Tablelands Zones participate in these Championships

MULTI-EVENT CHAMPIONSHIPS:

DATES: 7-8th March

VENUE: Lismore

AGE GROUPS: Under 7 to Under 15

ENTRY: Unrestricted

N.S.W. STATE CHAMPIONSHIPS:


DATES: 20-22nd March 2009

VENUE: SAC Homebush, Sydney

AGE GROUPS: Under 9 to Under 15

ENTRY: Only the first three (3) place getters in each event from the Regional Championships qualify for this level of competition

Further details concerning championship events will be made available to you during the season

2008-2009 SEASON		
Week No.	Weekly Comp. (Fridays)	Carnivals & Special Events
1.	19 th September	
2.	26 th September	
3.	3 rd October	
4.	10 th October	11th or 12th Coaching/Officials course Leeton
5.	17 th October	18th Basic Event Instruction course Wagga 19th Lockhart Open Carnival
6.	24 th October	25th Koorungal-Wagga Reunion Dinner 26th Koorungal-Wagga Athletics Carnival
7.	31 st October	1st Murray Valley championship Finley 2nd Deniliquin Open Carnival
8.	7 TH November	9th Temora Open Carnival
9.	14 th November	16th Wagga Wagga Carnival
10.	21 st November	23rd MIA Championship Griffith
11.	28 th November	30- 6th Pacific School Games
12.	5 th December	
13.	12 th December	Happy Christmas & New Year to all our members. See you in 2009. 14th Zone Championships West Wyalong
CHRISTMAS BREAK 		
14.	30 th January	24-25th NSW Country Championships Campbelltown
15.	6 th February	6-8th NSW Open & Under 18 Championships 7th Riverina & District Twilight Carnival Finley
16.	13 th February	
17.	20 th February No Comp.	LAANSW Regional Championships – Wollongong (20th & 21st Feb)
18.	27 th February	1st Mar Leeton Carnival
19.	6 th March	
20.	13 th March	Last Competition Night
21.	20 th March No Comp	LAANSW State Championships, Sydney (Mar).
22.	27 th March	Presentation Night – Thanks and See you next Athletic Season!!!

30TH ANNUAL KOORINGAL-WAGGA ATHLETICS CARNIVAL

JUBILEE PARK, WAGGA WAGGA

SUNDAY 26 OCTOBER 2007 (Commencing promptly at 8.30am)

Medals will be awarded in each age group to the first three placegetters in each event.

- ENTRY FEES: **FREE** ENTRY FOR KOORINGAL-WAGGA MEMBERS

EVENTS LIST (male and female):

- UNDER 6: 50m, 70m, 100, Long Jump, Shot Put, Discus.
- UNDER 7: 70m, 100m, 200m, Long Jump, Shot Put, Discus.
- UNDER 8: 70m, 100m, 200m, 700m, Long Jump, Shot Put, Discus.
- UNDER 9: 60m Hurdles, 100m, 200m, 800m, Long Jump, Shot Put, Discus.
- UNDER 10: 60m Hurdles, 100m, 200m, 400m, 800m, High Jump, Long Jump, Shot Put Discus.
- UNDER 11: 60m Hurdles, 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Shot Put, Discus.
- UNDER 12: 60m Hurdles, 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Triple Jump, Shot Put, Discus.
- UNDER 13: 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
- UNDER 14: 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
- UNDER 15: 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
- UNDER 16 &17 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
- UNDER 18 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
- OPEN: 100m, 200m, 400m, 800m, 1500m, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.

Entries close: Friday 10th October 2007 with Mrs. Michelle Stanton.

Conditions of entry

1. Under 6 to Under 17 age groups to compete under the rules of NSWLAA.
2. Amateur ages are at 31 December 2006.
3. Under 18, Open under the rules of IAAF
4. All competitors must be registered members of an athletic club. Club uniforms must be worn. Entries are received in good faith and it is the responsibility of athletes and team managers to ensure that this rule is observed.
5. An entry fee of \$4.00 per event for non members of Kooringal - Wagga athletics must accompany all entries. Athletes must not compete in more than five (5) events.
6. Late entries may be accepted on the day. However a fee of \$10.00 per event will be incurred. (This applies to Kooringal-Wagga members as well).
7. Inclement weather – if conditions are unsuitable the Carnival will be Cancelled.

8. LITTLE ATHLETICS - APPROVED EVENTS

EVENT	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
50 M	X	X										
70 M	X	X	X	X	X							
100 M	X	X	X	X	X	X	X	X	X	X	X	X
200 M	X	X	X	X	X	X	X	X	X	X	X	X
400 M				X	X	X	X	X	X	X	X	X
500 M		X										
700 M			X									
800 M				X	X	X	X	X	X	X	X	X
1500 M					X	X	X	X	X	X	X	X
3000 M								X	X	X	X	X
700 Walk				X								
1100 Walk					X	X						
1500 Walk							X	X	X	X	X	X
60M Hurdle			X	X	X	X	X					
80M Hurdle								X	Girls			
90M Hurdle									Boys	Girls	X	
100M Hurdle										Boys	Boys	Girls/ Boys
200M Hurdle								X	X	X		
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X
High Jump				X	X	X	X	X	X	X	X	X
Triple Jump						X	X	X	X	X	X	X
Shot Put	X 1 kg	X 1kg	X 1.5kg	X 2kg	X 2kg	X 2kg	X 2kg	X 3kg	X 3kg (G) 4kg (B)	X 3kg (G) 4kg (B)	XG(4k) B (4k)	X G(4) B (5k)
Discus	X350g	X 350g	X 500g	X 500g	X 500g	X 750g	X 750g	X 750g(G) 1kg (B)	X 1kg	X 1kg	X1 kg	X G (1k) B (1.5K)
Javelin								X	X	X	X	X
Relay/Shuttle	X	X	X	X	X	X	X	X	X	X	X	X

WEEKLY COMPETITION RECORDS

UNDER 6 (Boys)				UNDER 6 (Girls)			
50m	A. Splithof	9.1	90/91	50m	P. Mitchell	9.4	89/90
70m	A. Splithof	12.3	90/91	70m	P. Mitchell	13.0	89/90
100m	A. Splithof	18.2	90/91	100m	P. Mitchell	18.5	89/90
200m	T. Byrnes	39.4	02/03	200m	E. Nelson	43.2	06/07
Long Jump	A. Splithof	3.00m	90/91	Long Jump	P. Mitchell	2.57m	89/90
Shot Put (1kg)	J. Croft	6.60m	97/98	Shot Put (1kg)	L. Gilbert	6.28m	97/98
Shot Put (Baseball)	N. Hall	9.64m	97/98	Shot Put (Baseball)	L. Gilbert	7.25m	97/98
Discus	S. Jenkins	10.80m	04/05	Discus	M. O'Grady	9.59m	05/06

UNDER 7 (Boys)				UNDER 7 (Girls)			
50m	K. Schmetzer	9.8	06/07	50m	E. Nielsen	9.8	07/08
70m	W. Collie	11.0	87/88	70m	G. Cunnington	12.1	88/89
				70m	N. Jaques	12.1	93/94
				70m	E. Baggio	12.1	96/97
100m	P. Short	16.9	90/91	100m	G. Cunnington	16.8	88/89
100m	A. Splithof	16.9	91/92				
200m	A. Splithof	35.4	91/92	200m	G. Cunnington	35.6	88/89
500m	A. Splithof	1.46.8	91/92	500m	G. Cunnington	1.55.2	88/89
Long Jump	A. Splithof	3.25m	91/92	Long Jump	G. Cunnington	3.01m	88/89
Shot Put (1kg)	J. Egan	6.62m	03/04	Shot Put (1kg)	P. Mitchell	6.33m	90/91
Discus (350g)	M. Hawkins	16.26m	97/98	Discus (350g)	D. Miaoudis	12.72m	07/08

UNDER 8 (Boys)				UNDER 8 (Girls)			
				50m	V. Dwyer	9.5	06/07
70m	J. Cunnington	10.7	97/98	70m	K. Pieper	11.6	91/92
100m	W. Collie	15.2	88/89	100m	M. Watson	16.6	87/88
				100m	R. Dickinson	16.6	90/91
200m	W. Collie	33.5	88/89	200m	G. Cunnington	31.2	89/90
400m	A. O'Neill	1.19.0	90/91	400m	A. Cunnington	1.24.1	91/92
700m	A. O'Neill	2.28.8	90/91	700m	R. Dickinson	2.38.0	90/91
60m Hurdles (45cm)	A. Attewell	11.9	93/94	60m Hurdles (45cm)	L. O'Regan	12.4	95/96
Long Jump	W. Collie	3.64m	88/89	Long Jump	R. Dickinson	3.19m	90/91
Shot Put (1.5kg)	J. Egan	7.01m	04/05	Shot Put (1.5kg)	B. Pembleton	6.12m	05/06
Discus (500g)	N. Carroll	20.2m	89/90	Discus (500g)	H. Andrews	12.20m	95/96

UNDER 9 (Boys)				UNDER 9 (Girls)			
				50m	T. Apps	9.1	06/07
70m	J. Hall	10.6	97/98	70m	N. Jaques	10.9	95/96
100m	M. Donato	14.9	02/03	100m	E. Finemore	14.8	05/06
200m	J. Cunnington	31.2	98/99	200m	M. Watson	33.3	88/89
400m	A. O'Neill	1.11.8	91/92	400m	D. Jaques	1.12.1	93/94
800m	A. O'Neill	2.38.9	91/92	800m	B. Martin	2.55.3	95/96
60m Hurdles (45cm)	A. Attewell	10.7	94/95	60m Hurdles (45cm)	M. Pople	11.0	91/92
Long Jump	R. Sorenson	4.01m	95/96	Long Jump	B. Martin	3.50m	95/96
Shot Put (2kg)	N. Carroll	7.90m	90/91	Shot Put (2kg)	S. Andrews	5.92m	02/03
Discus (500g)	N. Carroll	28.72m	90/91	Discus (500g)	A. Savill	18.57m	02/03
High Jump	R. Sorenson	1.28m	95/96	High Jump	A. Savill	1.10m	02/03
800m Walk	N. Carroll	5.27.7	90/91	800m Walk	A. Williams	5.30.3	93/94

UNDER 10 (Boys)				UNDER 10 (Girls)			
70m	J. Hall	10.2	97/98	70m	R. Zammit	10.1	97/98
100m	P. Dwyer	13.9	87/88	100m	A. Splithof	15.0	91/92
200m	J. Hall	30.6	98/99	200m	M. Watson	31.8	89/90
	J. Cunningham	30.6	99/00	200m	N. Jaques	31.8	96/97
400m	A. O'Neill	1.07.5	92/93	400m	N. Jaques	1.13.4	96/97
800m	A. O'Neill	2.32.8	92/93	800m	B. Martin	2.41.7	96/97
1500m	A. O'Neill	5.09.2	92/93	1500m	B. Martin	5.23.7	96/97
60m Hurdles (60cm)	A. Attewell	10.8	95/96	60m Hurdles (60cm)	A. Pople	12.3	95/96
Long Jump	R. Sorenson	4.27m	96/97	Long Jump	J. Hounsell	3.80m	92/93
Shot Put (2kg)	N. Carroll	9.58m	91/92	Shot Put (2kg)	B. Pembleton	8.66m	07/08
Discus (500g)	M. Hawkins	32.34m	00/01	Discus (500g)	A. Savill	23.31m	03/04
High Jump	R. Sorenson	1.30m	96/97	High Jump	A. Savill	1.23m	03/04
800m Walk	S. Collie	5.13.2	91/92	800m Walk	A. Splithof	4.56.5	91/92
	N. Carroll	5.13.2	91/92				

UNDER 11 (Boys)				UNDER 11 (Girls)			
100m	P. Dwyer	13.2	88/89	100m	K. Crawford	14.6	93/94
				100m	M. Pople	14.6	93/94
				100m	D. Jaques	14.6	95/96
				100m	N. Jaques	14.6	97/98
200m	P. Dwyer	28.8	88/89	200m	M. Sheridan	30.6	87/88
400m	A. O'Neill	1.05.1	93/94	400m	D. Jaques	1.08.7	95/96
800m	A. O'Neill	2.23.0	93/94	800m	K. O'Neill	2.36.2	91/92
1500m	A. O'Neill	5.01.1	93/94	1500m	K. O'Neill	5.25.0	91/92
60m Hurdles (60cm)	N. Carroll	10.7	92/93	60m Hurdles (60cm)	K. Richards	10.9	88/89
60m Hurdles (60cm)	A. O'Neill	10.7	93/94				
Long Jump	M. Hawkins	4.70m	01/02	Long Jump	K. Lloyd	4.17m	99/00
Triple Jump	M. Hawkins	9.95m	01/02	Triple Jump	J. Garraway	8.95m	07/08
Shot Put (3kg)	N. Carroll	8.17m	92/93	Shot Put (2kg)	B. Clarke	9.39m	02/03
Shot Put (2kg)	J. Redford	9.80m	05/06				
Discus (750g)	M. Hawkins	31.74m	01/02	Discus (750g)	B. Clarke	27.39m	02/03
High Jump	J. Ceely	1.40m	91/92	High Jump	J. Murphy	1.45m	94/95
800m Walk	M. Francis	5.00.0	90/91	800m Walk	A. Splithof	4.56.1	92/93

UNDER 12 (Boys)				UNDER 12 (Girls)			
100m	P. Dwyer	13.3	89/90	100m	J. O'Shea	14.1	93/94
				100m	A. House	14.1	00/01
200m	P. Dwyer	26.3	89/90	200m	S. Beattie	28.0	07/08
400m	A. O'Neill	1.04.4	94/95	400m	N. Jaques	1.06.1	98/99
800m	A. O'Neill	2.22.9	94/95	800m	K. O'Neill	2.29.1	92/93
1500m	A. O'Neill	4.42.6	94/95	1500m	K. O'Neill	5.10.2	92/93
60m Hurdles (68cm)	G. Dowling	9.8	97/98	60m Hurdles (68cm)	M. Moubray	11.7	95/96
Long Jump	W. Collie	4.90m	92/93	Long Jump	K. Lloyd	4.47m	00/01
	M. Hawkins	4.90m	02/03				
Triple Jump	M. Hawkins	10.80m	02/03	Triple Jump	A. House	9.68m	00/01
Shot Put (3kg)	T. Collins	9.67m	94/95	Shot Put (2kg)	B. Clarke	10.89m	03/04
Discus (750g)	M. Hawkins	32.28m	02/03	Discus (750g)	B. Clarke	30.30m	03/04
High Jump	M. Rava	1.47m	95/96	High Jump	K. Castle	1.42m	91/92
800m walk	A. Francis	4.23.3	90/91	800m walk	J. Timmer	4.46.0	92/93

UNDER 13 (Boys)				UNDER 13 (Girls)			
100m	G. Billingham	12.7	03/04	100m	K. Greentree	13.2	93/94
200m	G. Billingham	26.2	03/04	200m	R. Dwyer	28.0	87/88
400m	G. Billingham	59.3	03/04	400m	K. O'Neill	1.05.7	93/94
800m	A. O'Neill	2.20.6	95/96	800m	K. O'Neill	2.28.6	93/94
1500m	A. O'Neill	4.40.8	95/96	1500m	K. O'Neill	5.01.9	93/94
80m Hurdles (76cm)	G. Billingham	14.0	03/04	80m Hurdles (76cm)	M. Pople	16.1	95/96
200m Hurdles (68cm)	G. Billingham	27.8	03/04	200m Hurdles (68cm)	M. Oddy	34.6	96/97
Long Jump	G. Billingham	4.97m	03/04	Long Jump	V. Bush	4.56m	05/06
Triple Jump	M. Donato	11.10m	06/07	Triple Jump	A. House	10.30m	01/02
	G. Billingham		03/04				
Shot Put (3kg)	A. Wood	12.77m	99/00	Shot Put (3kg)	N. Vonarx	9.39m	90/91
Discus (1kg)	A. Wood	36.16m	99/00	Discus (1kg)	N. Vonarx	24.68m	90/91
				Discus (750g)	B. Clarke	35.18m	04/05
High Jump	M. Rava	1.55m	96/97	High Jump	J. Murphy	1.50m	96/97
Javelin	R. Billingham	37.14m	05/06	Javelin	J. Madden	26.93	02/03
800m Walk	A. Francis	4.22.0	91/92	800m Walk	J. Turner	4.04.7	93/94

UNDER 14 (Boys)				UNDER 14 (Girls)			
100m	M. Richards	11.5	93/94	100m	M. Bradley	13.0	91/92
200m	M. Richards	24.6	93/94	200m	M. Bradley	27.0	91/92
400m	A. Francis	58.6	92/93	400m	K. O'Neill	1.03.7	94/95
800m	A. O'Neill	2.09.1	96/97	800m	K. O'Neill	2.28.6	94/95
1500m	A. O'Neill	4.30.2	96/97	1500m	K. O'Neill	5.08.9	94/95
90m Hurdles (76cm)	S. Hooper	14.5	89/90	80m Hurdles (76cm)	R. Gardner	15.5	95/96
200m Hurdles (76cm)	J. Murray	29.1	07/08	200m Hurdles (76cm)	S. Inglis	34.6	04/05
Long Jump	M. Richards	5.58m	93/94	Long Jump	K. Lloyd	4.64m	02/03
Triple Jump	D. Stanton	11.59 m	04/05	Triple Jump	A. House	11.25m	02/03
Shot Put (4kg)	A. Wood	13.47m	00/01	Shot Put (3kg)	B. Clarke	10.55m	05/06
Discus (1kg)	A. Wood	49.32m	00/01	Discus (1kg)	B. Clarke	33.75m	05/06
High Jump	M. Rava	1.66m	97/98	High Jump	J. Murphy	1.58m	97/98
Javelin (600g)	A. Wood	38.18m	00/01	Javelin (400g)	L. Heffernan	22.62m	92/93
				Javelin (600g)	S. Hawkins	27.85	06/07
800m Walk	A. Francis	4.16.3	92/93	800m Walk	T. Bookallil	4.23.9	93/94

UNDER 15 (Boys)				UNDER 15 (Girls)			
100m	M. Rayment	11.9	88/89	100m	S. Bradley	12.4	93/94
100m	M. Richards	11.9	94/95				
100m	C. Sharrock	11.9	98/99				
200m	M. Rayment	24.2	88/89	200m	S. Bradley	26.6	93/94
400m	W. Collie	56.1	95/96	400m	M. Bradley	1.00.3	92/93
800m	M. Hackney	2.08.6	88/89	800m	C. Staples	2.24.4	04/05
1500m	A. O'Neill	4.23.8	97/98	1500m	C. Staples	5.04.8	04/05
90m Hurdles (76cm)	J. Heaslewood	14.8	89/90	90m Hurdles (76cm)	F. Young	14.6	87/88
90m Hurdles (76cm)	P. Heffernan	14.8	89/90				
90m Hurdles (76cm)	C. Wendt	14.8	93/94				
100m Hurdles (76cm)	R Gamble	16.4	99/00				
200m Hurdles (76cm)	A. Gaudron	28.5	97/98	200m Hurdles (76cm)	K. McDonald	32.9	98/99
Long Jump	D. Stanton	5.67m	05/06	Long Jump	G. Gooden	4.92m	01/02
Triple Jump	D. Stanton	12.41m	05/06	Triple Jump	A. House	11.90m	03/04
Shot Put (4kg)	A. Wood	14.21m	01/02	Shot Put (3kg)	B. Clarke	11.24m	06/07
Discus (1kg)	A. Wood	49.26m	01/02	Discus (1kg)	B. Clarke	36.27	06/07
High Jump	R. Billingham	1.80m	07/08	High Jump	J. Murphy	1.57m	98/99
Javelin	R. Billingham	47.65m	07/08	Javelin	K. Lloyd	32.46m	03/04
800m Walk	S. Thomlinson	4.48.0	91/92	800m Walk	J. Turner	4.19.3	95/96

SENIOR (Boys)				SENIOR (Girls)			
100m	L. Smith	12.0	93/94	100m	K. Sanders	12.4	93/94
200m	P. Woodgate	24.7	96/97	200m	S. Bradley	25.9	97/98
400m	J. Kennedy	54.6	96/97	400m	M. Bradley	59.0	93/94
800m	L. Chisholm	2.03.8	96/97	800m	M. Bradley	2.19.8	94/95
1500m	A. Hendry	4.18.8	97/98	1500m	M. Bradley	4.51.6	05/06
90m Hurdles (76cm)	L. Smith	14.5	93/94	90m Hurdles (76cm)	M. Bradley	13.6	93/94
100m Hurdles (76cm)	S Gamble	15.4	01/02				
200m Hurdles (76cm)	S Gamble	26.4	01/02	200m Hurdles (76cm)	A. Bradley	35.5	97/98
Long Jump	S. Benson	6.34m	94/95	Long Jump	M. Bradley	4.78m	94/95
Triple Jump	S. Gamble	13.27m	00/01	Triple Jump	R. Gardner	10.08m	98/99
Shot Put				Shot Put (4kg)	C Ridgewell	10.34	99/00
U16's (4kg)	A Wood	14.51m	02/03			m	
U18's (5kg)	A Collins	15.56m	97/98				
Discus				Discus (1kg)	C Ridgewell	29.81	99/00
U16's (1kg)	A. Wood	56.08m	02/03				
U18's (1.5kg)	A. Wood	42.10m	02/03				
High Jump	S. Darnley	1.84m	00/01	High Jump	M. Robinson	1.39m	98/99
Javelin				Javelin (600g)	M. Robinson	25.70m	98/99
U16 & U18 (both 700g)	A. Wood	45.89	03/04	U16 & U18 Girls throw the same weights in Shot Put, Discus & Javelin			

HONOUR ROLL 2008-2009 SEASON

LAA NSW STATE TRACK & FIELD CHAMPIONSHIPS			
Under 9	Lana Duffy	Discus	9 th
Under 10	Brooke Pembleton	Shot Put	6 th
Under 11	Jane Garraway	Triple Jump	5 th
Under 12	Kayla Worrall	High Jump	9 th
	Nicholas Donato	Long jump	13 th
	Nicholas Donato	Triple Jump	4 th
Under 15	Stephanie Hawkins	Discus	12 th
	Stephanie Hawkins	Javelin	10 th
NSW Country Championship			
Under 11	Jane Garraway	100m	8 th
	Jane Garraway	Long Jump	2 nd
Under 13	Sophie Stanton	Long Jump	9 th
	Sophie Stanton	Triple Jump	5 th
	Sophie Stanton	Discus	11 th
	Sophie Stanton	Javelin	7 th
Under 16	Brydee Clarke	Shot Put	3 rd
	Brydee Clarke	Discus	1 st
Under 18/19	Brydee Clarke	Discus	1 st
NSW State Championships			
Under 18	Dallon Stanton	Long Jump	1 st
	Dallon Stanton	Triple Jump	1 st

Brad Kahlefeldt former member of club made the 2008 Olympics in the triathlon.

LITTLE ATHLETICS NSW - CODE OF CONDUCT

Code of Conduct for Adults

1. Adults in the Little Athletics Association of New South Wales Inc. respect the dignity of themselves and others.
2. Adults in the Little Athletics Association of New South Wales Inc. demonstrate a high degree of individual responsibility, recognising that at all times their words and actions are an example to both adult and child members of the Association.
3. Adults in the Association do not use the Association to promote their own beliefs, behaviours or practices, where these are not compatible with the Association policies.
4. Adults in the Association act with consideration and good judgement in all interpersonal relationships.
5. Adults in the Association avoid unaccompanied and unobserved activities with child members, wherever possible.
6. Adults in the Association, for their own protection, should avoid potentially compromising situations by ensuring, where reasonably possible, that at least two adults are in attendance whilst supervising and/or accompanying child members. It is recognised that in certain circumstances it may be necessary for an adult, whilst acting responsibly and exercising their "duty of care", to be alone with a child member.
7. Adults in the Little Athletics Association of New South Wales Inc. accept that bullying, physical or verbal abuse, neglect or any other type of abuse is unacceptable conduct by any adult within the Association.

Adult Members Responsibilities

Adult members of the Little Athletics Association of New South Wales Inc. are responsible for:

- Working as a team to ensure the safety of child members in their care.
- Using appropriate child behaviour management.
- Believing and responding to child members' statements concerning alleged abuse.
- Ensuring the rights and responsibilities of child members are enforced.
- Reporting suspicions of child abuse to the Chief Executive Officer of the Association or his/her delegate.
- Not abusing child members physically, emotionally or sexually.
- Only disclosing sensitive information to appropriate authorities and/or designated Officers of the Association, on a 'need to know' basis.

Child Members Responsibilities

Child members of the Little Athletics Association of New South Wales Inc. are responsible for:

- Showing respect to other child members.
- Showing respect to adult members.
- Keeping themselves safe.
- Accurately reporting inappropriate behaviour or 'at-risk' situations for child members.
- Keep within the bounds of general community standards of community behaviour.

NOTES