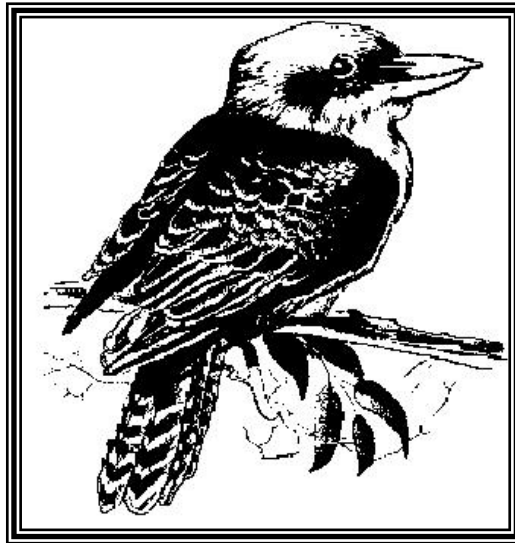




Koorinal-Wagga Athletics Club Inc.



HANDBOOK

2012 – 2013 SEASON

“Family, Fun and Fitness”

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WELCOME

Welcome to the 2012-2013 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 16. 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.

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, 28th October 2012. We encourage athletes in all age groups to participate. Further details are provided in this Handbook on Page 16.

A Club BBQ is held every Friday evening for athletes and their families at a minimal cost. We would encourage you to use our BBQ as any funds raised are used to purchase equipment for our Club.

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 for Friday night competition.
We can only help our athletes with your help.
Come and learn something new.
Contact Stephen Lawrence on 0408 693411 for more information.

CLUB DIRECTORY 2011 – 2012

President	Stephen Lawrence	0408 693 411
Vice President	Steven Priest	0427 457 416
Secretary	Rebecca Gill	6926 5348
Treasurer	Elaine Lucas	0438 469346
Registrar	Kylie Crouch	6922 3684
Assistant Registrar	Sally Huggett	
Club Event Co-ordinator / Parent Roster	Steven Priest	0427 266 826
Seniors Secretary	Mark Conyers	6931 3732
Publicity Officer	Louise Vonarx	
Catering Officer	Vacant	
Assistant Catering Officer	Vacant	
Achievement Awards Officer (Boys & Girls)	Cherrie Kendall	
KWAC Carnival Convener	Craig Lucas	0429 665 065
Carnival & Championships Registrar	Nicole Lawrence	
Uniform Officer	Joanne Hughes	
Asst. Uniform Officer	Jo Moorby	
Equipment Officer	Jari Nielson	

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

Patrons: Marg Vonarx Kay Hull

Life Members:

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

Club Coaches:

Rosemary Clarke: Sprints and Jumps 0427 990 052
 Bill Jacob: Throws and Jumps 0427 263 239
 Mark Conyers: Middle Distance 6931 3272
 Owen Hogan: Sprints 0428 307 010

Committee Meetings

The Koorungal-Wagga Athletic Club meets on the 2nd Monday of each month at 7.30pm at the Koorungal Hotel, Fay Avenue, Koorungal. 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 commencing with two 'come and try nights' on Friday 14th & 21st September at 5.00 p.m. Competition continues throughout the season on a weekly basis – commencing on Friday 5th October - 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. Performances on these nights will not be scored.

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. At the start of the evening the children will be called to complete a warm-up lap.

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). Parents can assist younger children to maintain their booklet at home and help them to understand times, progress and achievements.

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.

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 Koorinal-Wagga Club is not a child minding centre.

Should weather conditions be unsuitable for competition it will be announced on our website: www.kwa.org.au. Please ensure that we have your current mobile phone number and email address if you would also like to be informed by SMS or email.



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 an 'AGE MANAGER', looking after teams of children or an event official, or simply by helping to measure or record children's scores. 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 Club nights, Club Carnivals, plus Zone, Regional, State Championships.

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 child 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, Shot put or Javelin.

If, for some reason you are unable to attend on a competition evening, please arrange a substitute. We would like all parents to be ready to start 15 minutes before the scheduled starting time.

Rosters will be displayed on the Club Notice Board and published on our website and in our newsletters.

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 again offer training for each event during the first two weeks of competition.

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

Participation is rewarding and fun – and your children will appreciate it.

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:

(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 at Presentation Night at the end of the year. 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 confined to weekly competition only – Carnivals and Championships are not included.

CLUB UNIFORM

All athletes are expected to compete in Club uniform. Uniforms can be purchased through our uniform officers, who will be present at registration and on club nights.

Uniforms must be paid for at the time of ordering!

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

- TOP: green singlet with gold trim.
PANTS: Boys and Girls: navy blue shorts
Girls: bike pants, in club colours, are now available.
TWO PIECE: Girls of all ages may opt to wear a two-piece uniform:
crop top with bike pants.
CLUB POLO SHIRTS, Caps and Hats are also available for purchase from our Uniform Officer, Jo.



Front

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

Registration Number - centred on the front of the singlet/crop top

Age Patch - on upper left hand side of top.

IGA Sponsor patch – on upper right side of the top.

All Logos must be clearly visible. This includes the red border around the Registration number.

Our Club number (101) must be attached to the back of the uniform top for Championships (Zone, Regional & State.) These will be available from the Registrar at Club nights.



Back

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 28th).

Club Uniforms, registration numbers, age and sponsors 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 U 6 to U8 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.
- U13+ athletes may wear spiked shoes in 800m, 1500m and 3000m track events at Championships, but not at Club nights.
- Amateur Athletes may wear spikes in all 800m, 1500m & 3000m events.

**** SPIKED SHOES MUST BE REMOVED IMMEDIATELY AFTER AN EVENT ****

SENIOR ATHLETICS & DUAL REGISTRATIONS

All U12 athletes and upwards are eligible to DUAL REGISTER with both Little Athletics NSW and Athletics NSW at no extra cost.

SENIOR ATHLETES ~ COMPETITION

Athletes aged 11 to 16 can register free as “Seniors” with Athletics NSW, and are eligible to compete at Amateur level in certain competitions, eg. NSW Country Championships. Athletes 17 and over are also able to register as amateurs with Athletics NSW.

Seniors’ entry to competitions are organised by our Seniors Secretary, Mark Conyers. Further details will become available in due course. Information will be posted on the Club notice board and website in the course of the season.

Amateur Athletics

Koorinal Wagga Athletics Club offers a senior athletics club for those athletes who are either:
past the Little Athletics age range (17 and over), or
in the later years of Little A’s and chose to “dual register”.

Dual registration is open to those athletes of high school age who are registered with Little A’s and who choose to join Athletics NSW. No additional fee applies. This provides a pathway into the senior ranks of track and field.

Competition is limited for older athletes as only the talented and dedicated athletes tend to continue with the sport past early teens. We will provide occasional local competition at 6 pm on some Friday evenings at the end of the weekly Little A’s program. There are also some Open events at local carnivals. Competition is also available in Albury and Canberra. This requires carpooling to minimise costs. The big competitions open to our athletes are NSW Country, normally held in Newcastle or Wollongong, and the NSW Championships, held in Sydney. Again, shared travel is desirable where possible.

Contact Mark Conyers, Seniors Secretary, 69313272,
mconyers@bigpond.net.au

GENERAL INFORMATION

MEMBERSHIP

Little Athletics is open to all children aged 5 to 16 as at midnight, 30th September 2012.

REGISTRATION MUST BE FULLY COMPLETED BEFORE AN ATHLETE CAN COMPETE.

Insurance conditions do not permit the Club to allow unregistered athletes to take part, except for on one of our two "Come and Try" nights at the beginning of the season.

CLUB NOTICE BOARD, WEBSITE AND COMMUNICATION

Details of carnivals, achievement awards, duty rosters, Club Records and Club activities will be posted on the website and Club notice board each week.

Please do not hesitate to contact the organisers (or the announcer) if you have any queries or concerns. Also, please 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.

STARTING BLOCKS

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

Club Starting blocks are available for use at Club nights, but may not be borrowed for Carnivals or Championships.

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.

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, and not climb on the timing stands at the finish line.
6. At the end of sprint events, athletes must remain in lanes until cleared by the judges.
7. All athletes will be marshalled before events under shade area and taken to events.

No athlete is to cross the track unless accompanied by a parent on duty.

8. Our Club safety officer is Stephen Lawrence

If an accident or injury occurs, please notify an official as soon as is practicable, on the same day. It should then be documented in our accident register. Most injuries are minor, and have no repercussions, but for legal and insurance purposes, documentation is important.

FEES

Registration Fees for the 2012-2013 season are **\$85.00** 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.

Club Carnivals have entry fees, of which you will be advised 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.

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

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

CLUB 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 **Nicole Lawrence** either on Friday afternoons, or by you can email Nicole at : enquiry@kwa.org.au Nicole will make sure that the host club receives your entries.

Carnivals are in addition to normal weekly competition. Please refer to the calendar below for details of carnivals in our Zone. Entry forms will be available on Friday club nights, or on our website: www.kwa.org.au

PLEASE REMEMBER THE KOORINGAL-WAGGA CARNIVAL ON SUNDAY OCTOBER 28th 2012

14 th October	Lockhart Open Carnival	Lockhart Recreation Ground, Lockhart
28 th October	Koorungal-Wagga Open Carnival	Jubilee Park, Wagga Wagga
3 rd November	Murray Valley Championships (Twilight)	Finley Recreation Reserve, Finley
4 th November	Deniliquin Carnival	Deniliquin Recreation Reserve, Deniliquin
10 th November	June Twilight Carnival	Willow Park, June
11 th November	Temora Open Carnival	Nixon Park, Temora
18 th November	Wagga Wagga Open Carnival	Jubilee Park, Wagga Wagga
25 th November	MIA Griffith Championships	West End Oval, Griffith
2 nd February	Riverina & District Twilight Carnival	Leeton High School, Leeton
24 th February	Leeton Athletics Carnival	Leeton High School, Leeton

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: Sunday 9th December 2012

VENUE: Nixon Park, TEMORA

AGE GROUPS: Under 7 to Under 17

CLOSING DATE: Friday 16th November 2012.

**Entry forms will be available at Club nights on our website.
All eligible Koorungal-Wagga athletes should consider entering these Championships!**

REGION 4 - REGIONAL CHAMPIONSHIPS:

DATES: 16th & 17th February 2013

VENUE: Jubilee Park, WAGGA WAGGA

AGE GROUPS: Under 8 to Under 17

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

CENTRES: There are eight regions in N.S.W. Our region is known as "REGION 4". Centres from the Eastern Riverina, Western Riverina, South Coast Highlands and Mid-South Coast participate in these Championships

N.S.W. STATE TRACK & FIELD CHAMPIONSHIPS:

DATES: 22nd, 23rd & 24th March 2011

VENUE: Sydney Olympic Park Athletic Centre, Sydney

AGE GROUPS: Under 9 to Under 17

ENTRY: The first two (2) place getters in each event from the 8 Regional Championships qualify for this level of competition, plus the next 8 from around the State (a total of 24 qualify).

N. S. W. STATE MULTI-EVENT CHAMPIONSHIPS:

- DATES: 2nd & 3rd March 2013
- VENUE: Waratah Sports Club, Orange
- AGE GROUPS: Under 7 to Under 17
- ENTRY: Open to all registered athletes in the eligible age groups. There is no restriction on entry.
- CLOSING DATE: 1st February 2013
Entry forms will be available at Club nights or our website.


The State Multi-Event Championships are held on the first full weekend in March each year at a Country venue. Last season, first event on the Saturday was at 9am, with first marshal call at 8.45am.

How it works

Athletes participate in ALL six events on offer for their particular age group. Performances for all events are allocated points, based on the LANSW Multi-Event point-score system. All athletes will receive a performance certificate showing their individual results and their points score. The top three point scorers in each age group will receive medals.

The Events Programme will be available later in the season for your information.

CALENDAR OF EVENTS: 2012 / 2013 SEASON

Wk. No	Dates	Competitions, Carnivals & Special Events
1.	Friday 14 th September 2012	Come & try night
2.	Friday 21 st September	Come & try night
3.	Friday 28 th September	October Long Weekend – No competition night
4.	Friday 5 th October	Regular competition night
5.	Friday 12 th October	Regular competition night
	Sunday 14th October	LOCKHART OPEN CARNIVAL
6.	Friday 19 th October	Regular competition night
7.	Friday 26 th October	Regular competition night
	Sunday 28th October	KOORINGAL-WAGGA OPEN CARNIVAL
8.	Friday 2 nd November	Regular competition night
	Saturday 3rd November	MURRAY VALLEY TWILIGHT CHAMPIONSHIPS, FINLEY
	Sunday 4th November	DENILQUIN OPEN CARNIVAL
9.	Friday 9 th November	Regular competition night
	Saturday 10th November	JUNEE TWILIGHT CARNIVAL
	Sunday 11th November	TEMORA OPEN CARNIVAL
10.	Friday 16 th November	Regular competition night
	Sunday 18th November	WAGGA WAGGA OPEN CARNIVAL
11.	Friday 23 rd November	Regular competition night
	Sunday 25th November	GRIFFITH CARNIVAL
12.	Friday 30 th November	Regular competition night
13.	Friday 7 th December	Regular competition night
	Sunday 9th December	EASTERN RIVERINA ZONE CHAMPIONSHIPS, Temora
14.	Friday 14 th December	Regular competition night & Xmas Party!
XMAS BREAK  HAPPY HOLIDAYS		
	Saturday 26th & Sunday 27th January	ATHLETICS NSW COUNTRY CHAMPIONSHIPS (U12+)
15.	Friday 1 st February 2013	Regular competition night
	Saturday 2nd February	Branch Carnival (Twilight), Leeton
16.	Friday 8 th February	Regular competition night
17.	Friday 15 th February	Regular competition night
	Saturday 16th & Sunday 17th February	REGION 4 CHAMPIONSHIPS, Jubilee Park, Wagga Wagga
18.	Friday 22 nd February	Regular competition night
	Sunday 24th February	LEETON ATHLETICS CARNIVAL
19.	Friday 1 st March	Regular competition night
	Saturday 2nd & Sunday 3rd March	STATE MULTI-EVENT CARNIVAL, Orange
20.	Friday 8 th March	Regular competition night
21.	Friday 15 th March	Last competition night
22.	Friday 22 nd March	FUN NIGHT – no Point score
	Friday 22nd , Saturday 23rd & Sunday 24th March	LAANSW STATE CHAMPIONSHIPS, Homebush, Sydney
23.	Friday 29th March	PRESENTATION NIGHT – THANKS & SEE YOU NEXT SEASON!

36th ANNUAL KOORINGAL-WAGGA ATHLETICS CARNIVAL

JUBILEE PARK, WAGGA WAGGA SUNDAY 28th OCTOBER 2012 Commencing promptly at 8.30am

Medals will be awarded in each age group to the first three place-getters in each event (except relays).

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

Entries close: Friday 19th October 2012

EVENTS LIST (male and female):

UNDER 6:	50m, 70m, 100m, 300m, Long Jump, Shot Put, Discus.
UNDER 7:	70m, 100m, 200m, 500m, Long Jump, Shot Put, Discus.
UNDER 8:	60m Hurdles, 70m, 100m, 200m, 700m, Long Jump, Shot Put, Discus.
UNDER 9:	60m Hurdles, 100m, 200m, 800m, 700m Walk, High Jump, Long Jump, Shot Put, Discus.
UNDER 10:	60m Hurdles, 100m, 200m, 400m, 800m, 1100m Walk, High Jump, Long Jump, Shot Put, Discus.
UNDER 11:	60m Hurdles, 100m, 200m, 400m, 800m, 1500m, 1100m Walk, High Jump, Long Jump, Shot Put, Discus.
UNDER 12:	60m Hurdles, 100m, 200m, 400m, 800m, 1500m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
UNDER 13:	80m Hurdles, 200m Hurdles, 100m, 200m, 400m, 800m, 1500m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
UNDER 14:	80m/90m Hurdles, 200m Hurdles, 100m, 200m, 400m, 800m, 1500m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
UNDER 15:	90m/100m Hurdles, 200m Hurdles, 100m, 200m, 400m, 800m, 1500m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
UNDER 17:	100m Hurdles, 200m Hurdles, 100m, 200m, 400m, 800m, 1500m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
OPEN:	100m Hurdles, 200m Hurdles, 100m, 200m, 400m, 800m, 1500m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.

Relays will be offered for all age groups as a 'Fun Event'. These will be free events, and do not count as one of the six events. Certificates will be awarded to all competitors.

Conditions of entry

1. Under 6 to Under 17 age groups to compete under the rules of LANSW.
2. Amateur ages are at 31 December 2012.
3. Open athletes compete 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 six (6) events.
6. Late entries may be accepted on the day. However a fee of \$6.00 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. This pertains to excessive heat as well as rain. All monies will be returned.

LITTLE ATHLETICS – APPROVED EVENTS

EVENT	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	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
200 M	X	X	X	X	X	X	X	X	X	X	X
400 M				X	X	X	X	X	X	X	X
Pack Start	300m	500m	700m								
800 M				X	X	X	X	X	X	X	X
1500 M					X	X	X	X	X	X	X
3000 M								X	X	X	X
Race Walks				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m
60M Hurdle			X	X	X	X	X				
80M Hurdle								X	Girls		
90M Hurdle									Boys	Girls	
100M Hurdle										Boys	Girls & Boys
200M Hurdle								X	X	X	X
Relay: Junior				X	X	X	X				
Relay: Senior								X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X	X	X
High Jump				X	X	X	X	X	X	X	X
Triple Jump						X	X	X	X	X	X
Shot Put	1 kg	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg (G) 4kg (B)	3kg (G) 5kg (B)
Discus	350g	350g	500g	500g	500g	750g	750g	750g (G) 1kg (B)	1kg	1kg	1kg (G) 1.5kg (B)
Javelin							400g	400g (G) 600g (B)	400g (G) 600g (B)	500g (G) 700g (B)	500g (G) 700g (B)
Relay/Shuttle	X	X	X	X	X	X	X	X	X	X	X

CLUB 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. Nielson	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	C. Clark-Kell	10.83m	09/10	Discus	M. O'Grady	9.59m	05/06

UNDER 7 (Boys)				UNDER 7 (Girls)			
50m	J. Scott	8.87	11/12	50m	E. Nielsen	9.8	07/08
50m	M. Clark-Kell	9.8	06/07				
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)	J. Scott	16.54	11/12	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)	D. Miaoudis	14.89m	08/09

UNDER 9 (Boys)				UNDER 9 (Girls)			
70m	J. Hall	10.6	97/98	50m	T. Apps	9.1	06/07
100m	G. Kendall	14.7	09/10	70m	N. Jaques	10.9	95/96
200m	J. Cunningham	31.2	98/99	100m	E. Finemore	14.8	05/06
400m	A. O'Neill	1.11.8	91/92	200m	M. Watson	33.3	88/89
800m	A. O'Neill	2.38.9	91/92	400m	D. Jaques	1.12.1	93/94
60m Hurdles (45cm)	A. Attewell	10.7	94/95	800m	B. Martin	2.55.3	95/96
Long Jump	R. Sorenson	4.01m	95/96	60m Hurdles (45cm)	M. Pople	11.0	91/92
Shot Put (2kg)	N. Carroll	7.90m	90/91	Long Jump	B. Martin	3.50m	95/96
Discus (500g)	N. Carroll	28.72m	90/91	Shot Put (2kg)	M. Willers	7.15m	08/09
High Jump	R. Sorenson	1.28m	95/96	Discus (500g)	D. Miaoudis	18.75m	09/10
800m Walk	N. Carroll	5.27.7	90/91	High Jump	A. Savill	1.10m	02/03
				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	H. Mison	4.52.91	11/12
	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
					M. Pople	14.6	93/94
					D. Jaques	14.6	95/96
					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
	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)	T. Slinger	9.67m	08/09
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	G. Kendall	1.41m	11/12	High Jump	J. Murphy	1.45m	94/95
800m Walk	J. Hughes	4.55.99	11/12	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
200m	P. Dwyer	26.3	89/90	100m	A. House	14.1	00/01
400m	A. O'Neill	1.04.4	94/95	200m	S. Beattie	28.0	07/08
800m	A. O'Neill	2.22.9	94/95	400m	N. Jaques	1.06.1	98/99
1500m	A. O'Neill	4.42.6	94/95	800m	K. O'Neill	2.29.1	92/93
60m Hurdles (68cm)	G. Dowling	9.8	97/98	1500m	K. O'Neill	5.10.2	92/93
Long Jump	W. Collie	4.90m	92/93	60m Hurdles (68cm)	M. Mowbray	11.7	95/96
	M. Hawkins	4.90m	02/03	Long Jump	K. Lloyd	4.47m	00/01
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	A. Lawrence	1.48m	09/10	High Jump	K. Castle	1.42m	91/92
800walk	A. Francis	4.23.3	90/91	800walk	J. Tirner	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	J. Garraway	4.77m	09/10
Triple Jump	G. Billingham	11.10m	03/04	Triple Jump	A. House	10.30m	01/02
	M. Donato	11.10m	06/07	Shot Put (3kg)	N. Vonarx	9.39m	90/91
Shot Put (3kg)	A Wood	12.77m	99/00	Discus (1kg)	N. Vonarx	24.68m	90/91
Discus (1kg)	A Wood	36.16m	99/00	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)	M Donato	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 (500g)	K. Lucas	14.00m	11/12
				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. Heasleywood	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 (600g)	K. Lloyd	32.46m	03/04
				Javelin (500g)	P. Kendall	14.95m	11/12
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	E. Inglis	4.84m	09/10
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 m	99/00
U16's (4kg)	A Wood	14.51m	02/03				
U18's (5kg)	A Collins	15.56m	97/98	Discus (1kg)	B. Clarke	40.35m	08/09
Discus							
U16's (1kg)	A. Wood	56.08m	02/03	High Jump	M. Robinson	1.39m	98/99
U18's (1.5kg)	A. Wood	42.10m	02/03	Javelin (600g)	S. Hawkins	31.46m	08/09
High Jump	S. Darnley	1.84m	00/01	U16 & U18 Girls throw the same weights in Shot Put, Discus & Javelin			
Javelin							
U16 & U18 (both 700g)	A. Wood	45.89	03/04				

HONOUR ROLL 2011/12 SEASON

LAA NSW STATE TRACK & FIELD CHAMPIONSHIPS			
BOYS			
Under 14	Alex Lawrence	High Jump Triple Jump Long Jump	5 th 17 th 17 th
Under 13	Lachlan Kendall	Discus	22 nd
Under 11	George Kendall	200m Triple Jump	- 20 th
Under 11	Jackson Hughes	60m Hurdles Discus	- 19 th
Under 10	Godfrey Okerenyang	100m 200m	7 th -
GIRLS			
Under 17	Sophie Stanton	Triple Jump	-
Under 15	Jane Garraway	Triple Jump	13 th
Under 14	Kirsty Lucas	High Jump	20 th
Under 13	Lana Duffy	Discus	9 th
Under 13	Clare Lyon	1500m	22 nd
Under 12	Mya Willers	Shot Put	DNS
Under 11	Sophie Crouch	60m Hurdles 100m 200m	7 th - -
Under 11	Tait Huggett	High Jump	17 th
Under 9	Lauren Jolliffe	60m Hurdles High Jump	13 th
Under 9	Olivia Jones	700m Walk	14 th
Under 9	Ruby Vonarx	Shot Put	21 st
Under 9	Phoebe Duncombe	100m	-

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 judgment 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.

JUBILEE PARK

