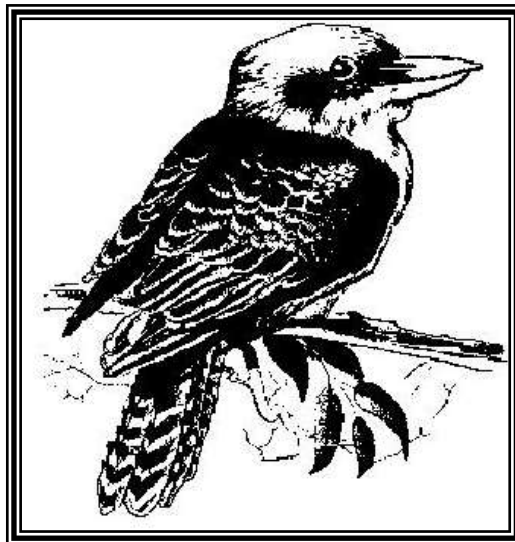


Jetstar★



Koorinal-Wagga Athletics Club Inc.



HANDBOOK

2015 – 2016 SEASON

“Family, Fun and Fitness”

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WELCOME

Welcome to the 2015-2016 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 1st November 2015.

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 Koorungal-Wagga Athletics Club; we trust you will enjoy the upcoming athletic season.

CONTACT US:	WEBSITE:	www.kwa.org.au
GENERAL EMAIL:		enquiry@kwa.org.au
PRESIDENT:		president@kwa.org.au
CARNIVAL REGISTRATIONS:		carnivals@kwa.org.au



**LIKE US ON FACEBOOK TO RECEIVE INFORMATION,
CANCELLATIONS ETC.
'Koorungal-Wagga Athletics Club'**

CLUB DIRECTORY 2015 - 2016

President	Craig Lucas
Vice President	Stephen Lawrence
Secretary	Myriam Walker
Treasurer	Elaine Lucas
Registrar	Angela Cook
Assistant Registrar	Bernadette Priest
Club Event Co-ordinator / Parent Roster	Rebecca Gill
Club Event Co-ordinator / Parent Roster Assistant	Jenelle Gray
Amateurs Secretary	Mark Conyers
Publicity Officer	Simon Todd
Catering Officer	Nicole Lawrence
Assistant Catering Officer	Kylie Crouch
KWAC Carnival Convener	Steven Priest
Carnival & Championships Registrar	Bronwyn Lawrence
Equipment Officer	James Okerenyang
Uniform Officer	Carol Elliott
Asst. Uniform Officer	Vacant

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, Denise Burling, Paul Kahlefeldt, Colleen Wilson, Jenny O'Neill, David O'Neill, John Cunnington, Chris Cunnington, Robbie Frank & Peter Hawkins.

Club Coaches:

Bill Jacob:	0427 263 239	Sprints, Throws and Jumps
Mark Conyers:	6931 3272	Middle Distance
Owen Hogan:	0428 307 010	Sprints
Michael Dare:	0422 443 981	Sprints

Committee Meetings

The Koorinal-Wagga Athletic Club meets on the 2nd Monday of each month at 7.30pm at the Thomas Blaymeyer Hotel, Lake Albert. 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, we have our "Club Competition Nights" at Jubilee Park on Fridays commencing at 5.00 p.m.

Competition continues throughout the season on a weekly basis – commencing on **Friday 11th September 2015**.

New athletes are welcome to participate as a 'guest' on a 'come-and-try' basis for a maximum of two Club nights.

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.

Events are scheduled on a cyclical basis so that children will experience all events which are available for their age-group. 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 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.

We run a computerized performance management system, whereby children's performances at Club nights are recorded and linked to our website. Families can look up the children's performances on the website and print out tickets that go in their performance booklet. Parents can assist younger children to maintain their booklet at home and help them to understand times, progress and achievements.

Coaching is available from the Club coaches on weekdays after school. 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 Koorungal-Wagga Athletics 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 and on Facebook.
Please ensure that we have your current email address if you would also like to be informed by 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, or to assist with the BBQ and food sales. 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. 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

This year we have changed our uniform design. We have a new singlet, two-piece set and polo shirt. All are worn with navy blue shorts or bike pants. Athletes can still wear our old uniform for the next two seasons.



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 Lime Green and Navy Blue, with light blue and gold trim. The uniform is as follows:



- TOP:** Boys and Girls: green singlet with gold, blue and white trim.
PANTS: Boys and Girls: navy blue shorts
Girls: navy blue bike pants
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.

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.

Jetstar 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 new singlets have our Club Number (101) printed on the back. For old singlets, our Club number 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.

We expect all athletes to be in uniform by the time of our Annual Carnival on 1st November.

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 **U6 to U9** 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.

AMATEUR ATHLETICS & DUAL REGISTRATIONS

All U12 to U17 athletes are eligible to DUAL REGISTER with both Little Athletics NSW and Athletics NSW at no extra cost.

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 amateur 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 6pm 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.

Further details will become available in due course. Information will be posted on the Club notice board and on the website and Facebook in the course of the season.

Contact Mark Conyers

Amateurs Secretary

Tel: 6931 3272 or 0400 714 336

Email: mconyers@bigpond.net.au

GENERAL INFORMATION

MEMBERSHIP

Little Athletics is open to all children aged 5 to 16 at midnight, 30th September 2015.

Tiny Tots is open to all children aged 4 at midnight, 30th September 2015.

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 as a registered 'guest' for a maximum of two Club nights.

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 18-21)

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 & CHILD PROTECTION

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.

CHILD PROTECTION

In order to comply with Child Protection legislation, all parents, carers, coaches and officials are obliged to complete a 'Working with Children Declaration'. In addition, certain members and officials have to complete an online 'Working With Children Check' and receive certification. This only applies if you work or volunteer with children who are not your close relatives. So if you are an age-manager or helper with your own child's age group, or if you are a BBQ helper, you are exempt from the "Working With Children Check". However, if you help with children not your own you will have to have the check.

All committee members and coaches of Koorinal-Wagga Athletics Club will have completed the 'Working With Children Check' during this season.

FEES

'Early Bird' Registration Fees for the 2015-2016 season are \$90.00 per child.

Early Bird Family registrations are \$85.00 for the second child and \$80.00 for the third and subsequent children.

After 7:00pm on Thursday 27th August, fees are \$95.00 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. Purchase of equipment.
6. Presentation night.
7. Timing Gate operations at club nights

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

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 **Bronwyn Lawrence** either on Friday afternoons, or you can email your entries to : carnivals@kwa.org.au accompanied by payment by bank transfer. Bronwyn will make sure that the host club receives your entries.

Our Bank details are as follows:

Beyond Bank (formerly Wagga Mutual Building Society)

Acct Name: KOORINGAL-WAGGA ATHLETICS CLUB

BSB: 805-022

Acct # 950 16817

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 1ST NOVEMBER 2015

This year's local carnivals are as follows:

Sunday 18 th October	Lockhart Open Carnival	Lockhart Recreation Ground
Saturday 24 th October	Murray Valley Championships (Twilight)	Recreation Reserve, Finley
Sunday 26 th October	Deniliquin Carnival	Deniliquin Recreation Reserve
Sunday 1st November	Koorungal-Wagga Open Carnival	Jubilee Park, Wagga Wagga
Sunday 8 th November	Temora Open Carnival	Nixon Park, Temora
Saturday 14 th November	Junee Twilight Carnival	Willow Park, Junee
Sunday 15 th November	Wagga Wagga Open Carnival	Jubilee Park, Wagga Wagga
Sunday 22 nd November	MIA Griffith Championships	West End Oval, Griffith
Saturday 6 th February	Riverina & District Twilight Carnival	Jubilee Park, Wagga Wagga
Sunday 6 th March	Leeton Athletics Carnival	Leeton High School, Leeton

If you are interested in travelling further afield, all NSW club carnivals are listed on the Little Athletics NSW website - <http://www.lansw.com.au>

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:

No qualification necessary

DATE: Sunday 29th November 2015

VENUE: Creswell Park Street Recreation Ground, **West Wyalong**

AGE GROUPS: Under 7 to Under 17

CLOSING DATE: Friday 13th November 2015.

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:

Entry by qualification only

DATES: Saturday 13th & Sunday 14th February 2016

VENUE: Myimbarr Community Park, **Flinders**

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, plus the next four best from around the Zone.

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:

Entry by qualification only

DATES: 18th, 19th & 20th March 2015

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 MULTIEVENT CHAMPIONSHIPS:

- DATES:** Saturday 5th & Sunday 6th March 2015
- VENUE:** DCL Park (Barden Park), **Dubbo**
- 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:** Will be advertised at Club nights and on the Little Athletics NSW website.
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.

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: 2015 / 2016 SEASON

Dates	Competitions, Carnivals & Special Events
Friday 11 th September	Regular competition night Week 1
Friday 18 th September	Regular competition night Week 2
Friday 25 th September	Regular competition night Week 3
Friday 2 nd October	OCTOBER LONG WEEKEND – No competition night
Friday 9 th October	Regular competition night Week 4
Friday 16 th October	Regular competition night Week 5
Sunday 18th October	LOCKHART OPEN CARNIVAL
Friday 23 rd October	Regular competition night Week 6
Saturday 24th October	MURRAY VALLEY TWILIGHT CHAMPIONSHIPS, FINLEY
Sunday 25th October	DENILQUIN OPEN CARNIVAL
Friday 30 st October	Regular competition night Week 7
Sunday 1st November	KOORINGAL-WAGGA OPEN CARNIVAL
Friday 6 th November	Regular competition night Week 8
Sunday 8th November	TEMORA OPEN CARNIVAL
Friday 13 th November	Regular competition night Week 9
Saturday 14th November	JUNEE TWILIGHT CARNIVAL
Sunday 15th November	WAGGA WAGGA OPEN CARNIVAL
Friday 20 th November	Regular competition night Week 10
Sunday 22nd November	MIA (GRIFFITH) CARNIVAL
Friday 27 th November	Regular competition night Week 11
Sunday 29th November	EASTERN RIVERINA ZONE CHAMPIONSHIPS, West Wyalong
Friday 4 th December	Regular competition night Week 12
Friday 11 th December	Regular competition night & Xmas Party! Week 13
XMAS BREAK	 HAPPY HOLIDAYS
Fri 22nd, Sat 23rd & Sun 24th January 2016	ATHLETICS NSW COUNTRY CHAMPIONSHIPS (U12+)
Friday 29 th January	Regular competition night Week 14
Friday 5 th February	Regular competition night Week 15
Saturday 6th February	Branch Carnival (Twilight), WAGGA WAGGA
Friday 12 th February	Regular competition night Week 16
Saturday 13st & Sunday 14th February	REGION 4 CHAMPIONSHIPS, Flinders
Friday 19 th February	Regular competition night Week 17
Friday 26 th February	Regular competition night Week 18
Saturday 5th & Sunday 6th March	STATE MULTI-EVENT CARNIVAL, Dubbo
Friday 4 th March	Regular competition night Week 19
Sunday 6th March	LEETON ATHLETICS CARNIVAL
Friday 11 th March	Last competition night Week 20
Friday 18th, Saturday 19th & Sunday 20th March	LANSW STATE CHAMPIONSHIPS, Homebush, Sydney
Friday 25th March	GOOD FRIDAY  HAPPY EASTER! (No Club night)
Friday 1st April 2016	PRESENTATION NIGHT – THANKS & SEE YOU NEXT SEASON!

39th ANNUAL KOORINGAL-WAGGA OPEN CARNIVAL

JUBILEE PARK, WAGGA WAGGA

SUNDAY 1st NOVEMBER 2014 - Commencing promptly at 9:00am

**Carnival Manager: [Steven Priest](#) | Registrar: [Bronwyn Lawrence](#)
email: carnivals@kwa.org.au**

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

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

Entries close: Monday 26th October 2015

EVENTS LIST (male and female):

TINY TOTS:	50m, 70m, LJ
UNDER 6:	50m, 70m, 100m, 200m, 300m, Long Jump, Shot Put, Discus.
UNDER 7:	50m, 70m, 100m, 200m, 500m, Long Jump, Shot Put, Discus.
UNDER 8:	60m Hurdles, 70m, 100m, 200m, 400m, 700m, Long Jump, Shot Put, Discus.
UNDER 9:	60m Hurdles, 70m, 100m, 200m, 400m, 800m, 700m Walk, High Jump, Long Jump, Shot Put, Discus.
UNDER 10:	60m Hurdles, 70m, 100m, 200m, 400m, 800m, 1500m, 1100m Walk, High Jump, Long Jump, Shot Put, Discus.
UNDER 11:	60m Hurdles, 100m, 200m, 400m, 800m, 1500m, 1100m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
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, 3000m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
UNDER 14:	80m/90m Hurdles, 200m Hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
UNDER 15:	90m/100m Hurdles, 200m Hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
UNDER 17:	100m Hurdles, 200m Hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
OPEN:	100m Hurdles, 200m Hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.

Conditions of entry

1. Tiny Tots to Under 17 age groups to compete under the rules of LANSW.
2. Amateur ages are at 31 December 2015.
3. Open athletes compete under the rules of IAAF
4. All competitors must be registered members of an athletics 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 Koorringal-Wagga Athletics Club 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 Koorringal-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	400g (G) 600g (B)	400g (G) 600g (B)	500g (G) 700g (B)	500g (G) 700g (B)

Tiny Tots: Play training activities and modified games

Javelin is a new event for U11's this season.

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
300m	D. Okerenyang	1.05.17	13/14	300m	T. Lawrence	1.17.23	14/15
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	A. Yongai	15.15m	14/15	Discus	M. O'Grady	9.59m	05/06

UNDER 7 (Boys)				UNDER 7 (Girls)			
50m	J. Scott	8.87	11/12	50m	C. Priest	9.37	12/13
70m	W. Collie	11.0	87/88	70m	G. Cunnington	12.1	88/89
					N. Jaques	12.1	93/94
					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
	C. Wadley		13/14				
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
					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)	Z. Hamilton	12.15	12/13
Long Jump	W. Collie	3.64m	88/89	Long Jump	E. Dumbleton	3.36	14/15
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)			
				50m	T. Apps	9.1	06/07
70m	J. Hall	10.6	97/98	70m	N. Jaques	10.9	95/96
100m	G. Kendall	14.7	09/10	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)	M. Willers	7.15m	08/09
Discus (500g)	N. Carroll	28.72m	90/91	Discus (500g)	D. Miaoudis	18.75m	09/10
High Jump	R. Sorenson	1.28m	95/96	High Jump	A. Savill	1.10m	02/03
700m Walk	K. Langat	5.06.42	12/13	700m Walk	H. Priest	4.31.00	13/14
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	H. Mison	4.52.91	11/12
	N. Carroll	5.13.2	91/92				
1100m Walk	P. Voss	8.06.17	12/13	1100m Walk	H. Priest	7:08.91	14/15

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
					G. Carroll	30.6	12/13
400m	A. O'Neill	1.05.1	93/94	400m	G. Carroll	1.08.17	12/13
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)	E. Pitkin	10.53	12/13	60m Hurdles (60cm)	K. Richards	10.9	88/89
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	H. Cook	1.42m	14/15	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
1100m Walk	L. Lawrence	7.23.96	14/15	1100m Walk	H. Mison	6.42.53	12/13

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. Mowbray	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
Javelin (400g)	A. Mone	27.70m	14/15	Javelin (400g)	H. Mison	18.76m	13/14
High Jump	A. Lawrence	1.48m	09/10	High Jump	K. Castle	1.42m	91/92
800m Walk	A. Francis	4.23.3	90/91	800m Walk	J. Tirner	4.46.0	92/93
1500m Walk	K. Priest	10.32.21	13/14	1500m Walk	H. Mison	8:42:75	13/14

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)	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	G. Okerenyang	1.64m	14/15	High Jump	J. Murphy	1.50m	96/97
Javelin (400g)	R. Billingham	37.14m	05/06	Javelin (400g)	J. Madden	26.93	02/03
800m Walk	A. Francis	4.22.0	91/92	800m Walk	J. Turner	4.04.7	93/94
1500m Walk	K. Priest	8:53.30	14/15	1500m Walk	H. Mison	7:50.32	14/15

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)	R. Savic	33.6	14/15
Long Jump	M. Richards	5.58m	93/94	Long Jump	K. Lloyd	4.64m	02/03
Triple Jump	D. Stanton	11.59m	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
				1500m Walk	C. Lawrence	10:43.61	14/15

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 (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 / U17 (Boys)				SENIOR / U17 (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
High Jump	S. Darnley	1.84m	00/01	High Jump	A. Sindiga	1.45m	14/15
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 m	99/00
U16's (4kg)	A Wood	14.51m	02/03				
U18's (5kg)	A Collins	15.56m	97/98				
Discus				Discus (1kg)	B. Clarke	40.35m	08/09
U16's (1kg)	A. Wood	56.08m	02/03				
U18's (1.5kg)	A. Wood	42.10m	02/03				
Javelin				Javelin (600g)	S. Hawkins	31.46m	08/09
U16 & U18 (both 700g)	A. Wood	45.89	03/04	1500m Walk (U17)	Clare Lyon	9:50m	14/15

HONOUR ROLL 2014/15 SEASON STATE & NATIONAL REPRESENTATIVES

<i>Little Athletics NSW STATE CHAMPIONSHIPS</i>		
Under 17	Annette Sindiga	100m Hurdles & High Jump
Under 17	Tor Mbangani	Triple Jump
Under 14	Rhiannon Savic	Shot Put & Long Jump
Under 13	Godfrey Okerenyang	Long Jump, Triple Jump (2 nd), Discus, 100m & 200m (3 rd)
Under 13	Hannah Mison	1500m Walk (1 st) & Javelin
Under 13	Eilidh Lucas	1500m Walk
Under 13	Kobe Priest	1500m & 3000m
Under 12	Ruby Vonarx	Discus
Under 11	Gerard Okerenyang	Discus
Under 11	Henry Cook	Triple Jump
Under 10	Thomas Yongai	Discus & Shot Put
Under 10	Loro Kuron	60m Hurdles & High Jump
Under 10	Zara Hamilton	800m & Discus
Under 10	Harriet Priest	700m Walk & 1500m

<i>Athletics NSW STATE MASTERS CHAMPIONSHIPS</i>		
	Mark Conyers	800m (1 st), 1500m, 5000m

<i>Little Athletics Australia NSW STATE TEAM (U13)</i>		
Under 13	Godfrey Okerenyang	200m, High Jump, Triple Jump 4x100m relay
Under 13	Hannah Mison	1500m Walk (3 rd)

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

