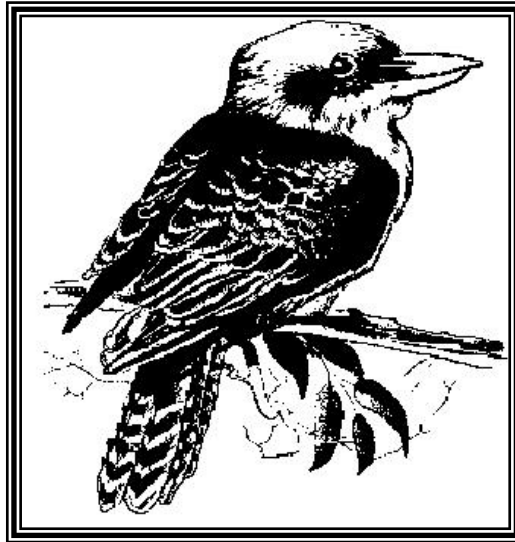




Koorimal-Wagga Athletics Club Inc.



HANDBOOK

2019 – 2020 SEASON

“Family, Fun and Fitness”

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LIKE US ON FACEBOOK TO RECEIVE INFORMATION, CANCELLATIONS ETC.

WELCOME

Welcome to the 2019-2020 athletic season. We hope you have an enjoyable and rewarding time with us.

Little Athletics is an Australia-wide sport for children aged 5 to 16 years old. 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”*.

Koorungal-Wagga also runs a 3-4-year-old Tiny Tots program. The emphasis here is on FUN while developing basic motor skills through simple games. The fundamental skills of running, jumping and throwing are approached through "appropriate" activities for 3-year old. Emphasis is not on competition but on the development of young children and this is incorporated in play and relatively unstructured games. These games are managed by our Volunteer Coordinator, and requires that at least one parent remain with the child to assist them and the Co-ordinator.

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 3rd November 2019

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

'Koorungal-Wagga Athletics Club's
CLUB DIRECTORY 2019 - 2020

President	Stephen Cook
Vice President	Vince Mescia
Secretary	Dee-Anne Doneley
Treasurer	Steven Priest
Assistant Treasurer	Vacant
Registrar	Myriam Walker
Assistant Registrar	Vacant
Club Program Event Coordinator	Loren Mescia & Vince Mescia
First Aid Officer	Bernadette Priest
Amateurs Secretary	Mark Conyers
Publicity Officer	Stephen Cook
Catering Officers	Ken Taylor
KWAC Carnival Convener	Vacant
Carnival Registrar	Myriam Walker
Equipment Officer	Vacant
Uniform Officer	Katie Howard

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, Nicole & Stephen Lawrence, Mark Conyers and Elaine Lucas.

Club Coaches:

Bill Jacob: 0427 263 239 Sprints, Throws and Jumps
 Mark Conyers: 0400 714 336 Middle Distance
 Owen Hogan: 0428 307 010 Sprints
 Michael Dare: 0422 443 981 Sprints
 Rebecca Gill: Contact club for more info - Walks
 Angela Cook: See on Friday Nights - High Jump
 Eunice Mihayo: See on Friday Nights - Throws
 Kip Langat: See on Friday Nights - Discus
 Bernadette Priest: See on Friday Nights - Middle to Long Distance

Committee Meetings

The Koorungal-Wagga Athletic Club meets on the 3rd Tuesday of each month at 7.30pm, normally held at the Thomas Blamey Hotel. All parents are most welcome and encouraged to attend these meetings to help with the organisation and future direction of our Club. Dates may change on an occasional basis so please check our Facebook page for any updates.

LITTLE ATHLETICS - WEEKLY COMPETITION

During the season, we have our “Club Competition Night” at Jubilee Park Athletics Track, corner of Bourke Street & Red Hill Road, Wagga each Fridays commencing at 5.00 p.m. Season runs from October to March each year breaking for the School Christmas Holidays.

Our first Club Night and Come & Try Night will be on the 11th October, 2019. There will be no point Score on this night, Point Score will commence on the second Club night of the season which will be the 18th October 2019. If you are new to the Club with Little Athletes previously you are welcome to participate as a ‘guest’ on a ‘come-and-try’ basis for a maximum of two Club nights (11th & 18th October, 2019). This is opened to anyone who has not previously participated or being registered in Little A’s before. This evening is aimed at providing both parents and athletes who are new to the sport a chance to experience Athletics before committing to Registering. The evening will commence at 5pm. Please ensure you sign the Come & Try Register approximately 10-15 minutes before 5pm.

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. There is always something to do in order to get ready for the night. Many hands make light work so please feel free to offer a hand in order for the afternoon to get started!

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.

Our aim is to have a coach at each field event at Club Night to assist the children with learning the techniques of that event. Please be aware all of our Coaches volunteer their time coaching our children and parents are still strongly encouraged to assist as much as possible.

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 Results HQ website and print out tickets and Achievement Books at the end of the Season.

View or print your child’s results simply by login on to [Results HQ website](#). You’ll also be able to print your Child's Achievement Booklet at the end of the season.

- 1). Visit our Club’s Website - www.kwa.org.au
- 2). On the right-hand side of the webpage under Quick Links click you will see an orange tab – Family Log in - click on this tab. (Please note this will differ a little if you are viewing it off your phone or tablet, scroll down until you see Quick Links).
- 3). If this is the first-time that you are logging in then click the Forgot Password. Once you have retrieved your password then return to the site and log in.

Once logged in you will be able to view your child/children’s results. You can view and or print tickets with your child’s results under the Calendar Tab. To do this click on the small trophy icon to the right of your child’s name.

At the end of the season, you'll be able to print your child's Achievement Book which will include all of their results for the Season!

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. Parent must stay at the Athletics Complex at all times while their child is there and parents should emphasize 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 our Facebook page.

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 honor 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.

We realize that many parents are unfamiliar with officiating athletic events. Remember that we aim to conduct events in a friendly and relaxed atmosphere.

**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. Participation medals are awarded to all other children who have competed to at least 50% of the events.

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.
- Point score will commence from the time the child has been registered and fees paid in full. Please note, athletes who Come & Try will not have their points recorded.
- It is important that children ensure that performances are recorded by Age Manager after each event. If this does not happen, the Club has no record of participation and no points can be awarded. **Please note all records that are broken should be verified and signed off by a Club Official.**

(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 our website 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 our Registration Information Night 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 SHIRT POLO, 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 - centered on the front of the singlet/crop top

Age Patch on Singlets - on upper left-hand side.

Age Patch on Crop Top Sets – left hand side bottom of lycra short.

Sponsor Logo – COLES – to be placed on top right-hand side of singlet or crop top.

All Logo's 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.



We expect all athletes to be in uniform by the time of our Annual Carnival on 3rd November, 2019.

Club Uniforms, registration numbers and age patch and if applicable Sponsor 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 U10's** age groups are not permitted to wear spiked shoes for any event.
- For other age groups, spiked shoes are allowed in all lane 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.

Supplementary non-compulsory Uniform items:

For the 2019/20 Season we have newer items on our uniform list. These items include: Light-weight track jacket, track pants & long sleeve tees. Please note at this stage these are special item orders and minimum order requirements need to be met.

AMATEUR ATHLETICS & DUAL REGISTRATIONS

All U12 to U17 athletes are now automatically DUAL REGISTERED with both Little Athletics NSW and Athletics NSW at no extra cost.

Koorungal Wagga Athletics Club offers an Amateur 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 also compete with ANSW

No additional fee applies. This provides a pathway into the amateur ranks of track and field.

Competition is limited for older athletes as few 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 car-pooling to minimise costs.

The big competitions open to our athletes are NSW Country, (normally held in Newcastle, Sydney or Wollongong. This year it will be held in Wollongong) and the NSW Championships, held in Sydney. Again, shared travel is desirable where possible.

Further details will become available during 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 age 5 to 17 as of December 2019.

Tiny Tots is open to all children aged 3 at midnight, 30th September 2019.

REGISTRATION MUST BE FULLY COMPLETED BEFORE AN ATHLETE CAN COMPETE.

All Athletes **must** be registered with LANSW in order to partake with Little Athletics. The only exception would be for those who are partaking in the Come & Try nights in which case these are opened to a registered 'guest' for a maximum of two **Consecutive** Club nights. Please be aware athletes who partake in the two Come & Try nights need to be new to Little Athletics and not previously registered before. A large portion of the registration fee is allocated to covering Insurance, therefore unless the child is registered or participating in the two Come & Try nights, they will not be covered under the LANSW Insurance.

Please also be aware your child's results will not be registered and thus no Point Score will be calculated unless your child has been fully registered.

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.

Do not hesitate to contact the organizers (or the announcer) if you have any queries or concerns. Please advise our Publicity Officer of any records or high achievements which should be noted in our next year's Handbook in the Honor Roll. (refer page 18-21)

DISCIPLINE

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

SHOOSH FOR KIDS

Little Athletics New South Wales are proud to be partnered with the Office of NSW Sports and promote Shoosh for Kids and promote positive sideline behaviour to their members. The Shoosh for Kids campaign is aimed at promoting positive sideline behaviour at junior sports events. The general rule is, if you can't say anything nice, don't say anything at all.

Member Protection Information Officer (MPIO)

What is a MPIO?

A Member Protection Information Officer (MPIO) provides information about the rights, responsibilities and options available to an individual making a complaint in sport. They can also inform and advise sport administrators and complaint handlers in Member Protection Policy for specific sports. MPIOs are impartial and don't mediate or investigate complaints. They may reside in a club, state association or national sports organisation and can also freelance.

Our Club MPIO is Steven Priest on. Please do not hesitate to contact him in an event that you would like to discuss any issues.

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 organizing regular coaching and training sessions during the season. Please refer to the Coaching Timetable on our website www.kwa.org.au

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 Cook.

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. 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 Koorungal-Wagga Athletics Club will have completed the 'Working with Children Check' during this season.

FEES

'Early Bird' Registration Fees for the 2019-2020 Season is \$130.00 per child for all registrations and must be paid in full between the 1st August to the 18th October 2019 inclusive

All fees will increase to \$140 as from 19th October 2019 onwards.

There are no other charges for weekly competition or coaching during the season.

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

Our Bank details are as follows:

Hume Building Society

BSB: 640-000

Acct No: 611655516

Acct Name: Koorungal-Wagga Athletics Club

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 3rd NOVEMBER 2019

This year's local carnivals are as follows:

Sunday 20th October	Lockhart Open Carnival	Lockhart Recreation Ground
Saturday 26 th October	Murray Valley Championships (Twilight)	Recreation Reserve, Finley
Sunday 3rd November	Koorungal-Wagga Annual Open Carnival	Jubilee Park, Wagga Wagga
Saturday 9 th November	Deniliquin Carnival, Twilight Carnival	Rams Oval
Sunday 10 th November	Temora Open Carnival	Nixon Park, Temora
Sunday 17 th November	Wagga Wagga Open Carnival	Jubilee Park, Wagga Wagga
Sunday 24 th November	MIA Griffith Championships	West End Oval, Griffith
Sunday 1 st December	Zone Championships Carnival See below	Jubilee Park, Wagga Wagga

Dual Athletes can also register to and attend all Athletic NSW Carnivals as well. Please visit the Athletics NSW website - <http://www.lansw.com.au> to view all other Carnival and Championships available in Sydney and throughout other areas of NSW.

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 1st December 2019

VENUE: Jubilee Park, Wagga Wagga

AGE GROUPS: Under 7 to Under 17

CLOSING DATE: TBC

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 1st & Sunday 2nd February 2020

VENUE: Lake Illawarra Athletics Track

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". Centre's 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: Saturday 14th & Sunday 15th March 2019

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 1st and 2nd March 2020
- VENUE:** **Tamworth Regional Sporting Complex**
- AGE GROUPS:** Under 7's to Under 17's
- 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 FOR THE 2019/2020 SEASON

Dates	Competitions, Carnivals & Special Events
Thursday 1 st August 2019	REGISTRATIONS OPEN!
Friday 2 nd August 2019	CHSSA Athletics Region – Albury
Friday 30 th August 2019	Riverina PSSA Athletics - Albury
4-6 th September 2019	CHSSA Athletics State Carnival - SOPAC
26 th - 29 th September 2019	2019 NSW All Schools Championships
Friday 11 th October 2019	Week 1 - Club Night - 1 st Come & Try Night
Friday 18 th October 2019	Week 2 - 2 nd Come & Try Night - 1st REGULAR CLUB COMPETITION for 2019/20 season- Point scoring commences this week for all registered athletes.
Sunday 20 th October 2019	Lockhart Carnival, Lockhart – Recreation Reserve
Friday 25 th October 2019	Week 3 – Regular Club Competition
Saturday 26 th October 2019	Murray Valley Twilight Carnival - Finley Recreation Reserve
Friday 2 nd November 2019	Week 4 Club Night - Regular Club Competition
Sunday 3 rd November 2019	Koorungal-Wagga Open Carnival – Jubilee Park
Friday 8 th November 2019	Week 5 Club Night - Regular Club Competition
Saturday 9 th November 2019	Deniliquin (Twilight) Carnival, Rams Oval
Sunday 10 th November 2019	Temora Carnival, Nixon Park
Friday 16 th November 2019	Week 6 Club Night – Regular Club Competition
Saturday 16 th November 2019	State Relays – SOPAC -TBC
Sunday 17 th November 2019	Wagga Wagga Carnival – Jubilee Park
Friday 23 rd November 2019	Week 7 Club Night - Regular Club Competition
Sunday 24 th November	MIA 50 th Griffith Carnival, Westend Oval
Friday 29 th November 2019	Week 8 Club Night - Regular Club Competition
Saturday 30 th November 2019	Western Riverina – Zone Championships
Sunday 1 st December 2019	Eastern Riverina – Zone Championships HOSTED BY WAGGA WAGGA
Friday 6 th December 2019	Week 9 Club Night – Regular Club Competition
Friday 6 th - Sunday 8 th December 2019	AUSTRALIAN ALL SCHOOLS CHAMPIONSHIPS - Perth
Friday 13 th December 2019	Week 10 Club Night – Regular Competition & visit from SANTA
XMAS BREAK 	HAPPY HOLIDAYS
TBA	ATHLETICS NSW COUNTRY CHAMPIONSHIPS (U12+)
Friday 31 st January 2020	NO CLUB NIGHT DUE TO REGION 4 CHAMPIONSHIPS
Saturday 1 st & Sunday 2 nd February 2020	REGION 4 CHAMPIONSHIPS, Lake Illawarra
Friday 7 th February 2020	Week 11 Club Night - Regular Club Competition resumes
Friday 14 th February 2020	Week 12 Club Night - Regular Club Competition
Friday 21st February 2020	NO CLUB NIGHT DUE TO TOUCH FOOTBALL CARNIVAL USING JUBILEE PARK -
21 st , 22 nd , 23 rd February 2020	2019 Australian Junior Championships
Friday 1 st March 2020	Week 13 Club Night - Regular Club Competition
Saturday 1 st & Sunday 2 nd March 2020	STATE MULTI-EVENT CARNIVAL – Tamworth
Friday 8 th March 2020	Week 14 Club Night – Regular Club Competition
Saturday 14 th & Sunday 15 th March 2020	LANSW STATE CHAMPIONSHIPS, SOPAC
Friday 20 th March 2020	Week 15 - Club Night - Regular Club Competition
Friday 27 th March 2020	NITRO NIGHT AT JUBILEE PARK – FUN & GAMES!
Friday 3 rd April 2020	AGM & PRESENTATION NIGHT – THANKS & SEE YOU NEXT SEASON!

41st ANNUAL KOORINGAL-WAGGA OPEN CARNIVAL

JUBILEE PARK, WAGGA WAGGA

SUNDAY 3rd NOVEMBER 2019 - Commencing promptly at 9:00am

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: Thursday 31st October, 2019

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, 1100m Walk, High Jump, Long Jump, Shot Put, Discus.
UNDER 11:	80m Hurdles, 100m, 200m, 400m, 800m, 1500m, 1100m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
UNDER 12:	80m 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, 300m Hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
UNDER 17:	100m Hurdles, 300m Hurdles, 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m Walk, High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin.
OPEN:	100m Hurdles, 300m 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 2019.
3. Open athletes compete under the rules of IAAF
4. Multi-class (AWD) athletes compete in events in correct age group, but receive separate medals.
5. 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.
6. An entry fee of \$5.00 per event for non Kooringal-Wagga Athletes. *Free entry for Kooringal-Wagga Athletic members, however they will incur a late fee if submitting a Late Entry on the day of the carnival see below. Athletes must not compete in more than six (6) events.
7. Late entries may be accepted on the day until 9am. However, a fee of **\$10.00 per event** will be incurred. **(This will also apply to Kooringal-Wagga members as well).**
8. 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 in the event the Carnival is cancelled prior to the Carnival date, however in the case that the Carnival has already commenced and is cancelled then no monies shall be reimbursed.

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
3000 M								X	X	X	X
Race Walks				700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m
60M Hurdle			X	X	X						
80M Hurdle						X	X	X	Girls		
90M Hurdle									Boys	Girls	
100M Hurdle										Boys	Girls & Boys
200M Hurdle								X	X		
300M Hurdle										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 (Scissor)				X	X						
High Jump						X	X	X	X	X	X
Triple Jump						X	X	X	X	X	X
Shot Put	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg (G) 4kg (B)	3kg (G) 5kg (B)
Discus	350g	350g	500g	500g	500g	5000g	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

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	Isabella Harvey-Taylor	9.16	17/18
70m	W. Collie	11.0	87/88	70m	G. Cunnington N. Jaques E. Baggio	12.1 12.1 12.1	88/89 93/94 96/97
100m	P. Short A. Splithof	16.9 16.9	90/91 91/92	100m	Isabella Harvey-Taylor	15.74	17/18
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	D. Okerenyang	3.64	91/92	Long Jump	Isabella Harvey-Taylor	3.18	17/18
Shot Put	A Yongai	7.81m	15/16	Shot Put (1kg)	P. Mitchell	6.33m	90/91
Discus (350g)	A. Yongai	16.92	15/16	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	S. Wadley	16.54	16/17
200m	D. Okerenyang	32.83	15/16	200m	G. Cunnington	31.2	89/90
400m	A. O'Neill	1.19.0	90/91	400m	S. Wadley	1.21.17	16/17
700m	A. O'Neill	2.28.8	90/91	700m	R. Dickinson	2.38.0	90/91
60m Hurdles (45cm)	E. Dikkenberg	11.36	16/17	60m Hurdles (45cm)	Z. Hamilton	12.15	12/13
Long Jump	W. Collie D. Okerenyang	3.64m	88/89 15/16	Long Jump	S. Wadley	3.66	16/17
Shot Put (1.5kg)	J. Egan	7.01m	04/05	Shot Put (1.5kg)	J. McMeekin	6.23m	17/18
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	E. Dikkenberg	4.10m	17/18	Long Jump	S. Wadley	3.91	17/18
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
High Jump Scissor	E. Dikkenberg	1.17m	17/18	High Jump Scissor	C. Donelan	1.07m	15/16
700m Walk	J. Sutton	5.05.80	16/17	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. Cunnington	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)	S. Beresford	12.16	16/17
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
High Jump Scissor	M. Deal	1.25	16/17	High Jump Scissor	E. Dumbleton	1.10	16/17
800m Walk	S. Collie N. Carroll	5.13.2 5.13.2	91/92	800m Walk	H. Mison	4.52.91	11/12
1100m Walk	M. Walker	6.53.44	91/92 15/16	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 M. Pople D. Jaques N. Jaques	14.6 14.6 14.6 14.6	93/94 93/94 95/96 97/98
200m	P. Dwyer	28.8	88/89	200m	M. Sheridan G. Carroll	30.6 30.6	87/88 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
Javelin	T. Yongai	24.96m	15/16	60m Hurdles	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)	T. Yongai	11.52m	15/16	Javelin	Z. Hamilton	15.24m	15/16
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	M. Walker	6.47.96	16/17	1100m Walk	H. Priest	6.41.38	15/16

UNDER 12 (Boys)				UNDER 12 (Girls)			
100m	P. Dwyer	13.3	89/90	100m	J. O'Shea A. House	14.1 14.1	93/94 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 M. Hawkins	4.90m 4.90m	92/93 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)	G. Okerenyang	10.27m	15/16	Shot Put (2kg)	B. Clarke	10.89m	03/04
Discus (750g)	T. Yongai	36.48m	16/17	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	H. Cook	1.52m	15/16	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	M. Walker	8.03.35	17/18	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 M. Donato	11.10m 11.10m	03/04 06/07	Triple Jump	A. House	10.30m	01/02
Shot Put (3kg)	A Wood	12.77m	99/00	Shot Put (3kg)	N. Vonarx	9.39m	90/91
Discus (1kg)	Gerard Okerenyang	36.48m	99/00	Discus (1kg)	N. Vonarx	24.68m	90/91
				Discus (750g)	B. Clarke	35.18m	04/05
High Jump	Godfrey 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	M. Walker	8:31.38	18/19	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
80m Hurdles (76cm)	K. Langat	14.38	17/18				
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	L. Wadley	4.76m	02/03
Triple Jump	G. Okerenyang	12.51m	15/16	Triple Jump	A. House	11.25m	02/03
Shot Put (4kg)	G. Okerenyang	15.75	17/18	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) Javelin (600g)	L. Heffernan H. Mison	22.62m 29.16	92/93 15/16
800m Walk	A. Francis	4.16.3	92/93	800m Walk	T. Bookallil	4.23.9	93/94
1500m Walk	H. Cook	10.02.77	17/18	1500m Walk	H. Mison	6.57	15/16
UNDER 15 (Boys)				UNDER 15 (Girls)			
100m	M. Rayment M. Richards C. Sharrock	11.9 11.9 11.9	88/89 94/95 98/99	100m	S. Bradley	12.4	93/94
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 C. Wendt	14.8 14.8	89/90 93/94				
100m Hurdles (76cm)	R. Gamble	16.4	99/00				
200m Hurdles (76cm)	A. Gaudron	28.5	97/98	200m Hurdles (76cm)	S. Crouch	30.72	15/16
300m Hurdles (76cm)	E. Pitkin	52.29	16/17	300m Hurdles (76cm)	H. Mison	1.07.38	16/17
Long Jump	D. Stanton	5.67m	05/06	Long Jump	L. Wadley	5.02m	18/19
Triple Jump	G. Okerenyang	12.43m	16/17	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) Javelin (500g)	K. Lloyd H. Mison	32.46m 22.90m	03/04 16/17
800m Walk	S. Thomlinson	4.48.0	91/92	800m Walk	J. Turner	4.19.3	95/96
1500m Walk	H. Cook	10.02.77	18/19	1500m Walk	H. Mison	7.54.14	16/17

SENIOR / U17 (Boys)				SENIOR / U17 (Girls)			
100m	L. Smith	12.0	93/94	100m	K. Sanders	12.4	93/94
200m	G. Okereyang	24.31	18/19	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				
110m Hurdles (76cm)	D. Curtis	21.48	16/17				
200m Hurdles (76cm)	S. Gamble	26.4	01/02	200m Hurdles (76cm)	A. Bradley	35.5	97/98
300m Hurdles (76cm)	D. Curtis	1.03.05	16/17	300m Hurdles (76cm)	H. Mison	1.07.59	17/18
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 U16's (4kg) U18's (5kg)	A. Wood A. Collins	14.51m 15.56m	02/03 97/98	Shot Put (4kg)	C. Ridgewell	10.34 m	99/00
Discus U16's (1kg) U18's (1.5kg)	A. Wood A. Wood	56.08m 42.10m	02/03 02/03	Discus (1kg)	B. Clarke	40.35m	08/09
Javelin U16 & U18 (both 700g)	A. Wood	45.89	03/04	Javelin (600g)	S. Hawkins	31.46m	08/09
				Javelin (500g)			
				1500m Walk	H. Mison	7.13.89	17/18

HONOUR ROLL 2018/19 SEASON
STATE & NATIONAL REPRESENTATIVES

2019 STATE MULTI-EVENT CHAMPIONSHIPS
3rd MARCH 2019 AT
BARDEN PARK, DUBBO

Under 11's Boys

- Kipruto Langat placed 20th

Under 12's Boys –

- Daniel Okerenyang placed 8th

Under 13's Girls

- Charlotte Priest placed 8th

Under 14's Boys

- Nicholas George placed 15th

Under 15's Boys

- Henry Cook placed 14th
- Ryan Hilder placed 16th
- Kippy Langat placed 9th
- Gerard Okerenyang placed 8th

2019 LANSW STATE ATHLETICS TRACK & FIELD
CHAMPIONSHIPS
22ND – 24TH MARCH 2019 AT
SYDNEY OLYMPIC PARK ATHLETICS CENTRE

Under 9's

- Harrison Fanning - High Jump (13th)
- Lado Kuron - DNS

Under 11's

- Ashton Clark – High Jump (7th)
- Sascha Coleman – Shot Put (17th)
- Jameson Elliott – Javelin (19th)
- Alexander Yongai – DNS

Under 12's

- Matilda Cole – 1500m (17th)
- Matilda Cook – 1500m Walk (21st)

Under 13's

- Seth Clark – High Jump (10th)

- Jasmine Ferguson Competed in the U14's Multiclass Events – 100m (3rd), 200m (3rd) & Shot Put (3rd)
- Charlotte Priest – 800m (9th), 1500m (10th), 3000m (12th)

Under 14's

- Shelby Ferguson – Discus (6th), Shot Put (13th)
- Thomas Yongai – DNS

Under 15's

- Henry Cook – High Jump (13th), Discus (20th), Javelin (18th)
- Kippy Langat – 100m, 400m (9th), 300m Hurdle (3rd), Long Jump (6th)
- Gerard Okerenyang – Discus (2nd), Shot Put (2nd)
- Harriet Priest – 1500m (8th)

**2019 ATHLETICS AUSTRALIAN TRACK & FIELD
CHAMPIONSHIPS
1ST - 7TH APRIL 2019 AT
SYDNEY OLYMPIC PARK ATHLECTICS CENTRE**

Under 14's

- **Mark Walker**
3000m Walk – 7th 16:46.39

Under 16's

- **Kipchumba (Kippy) Langat**
Triple Jump - 1st 13.37m National Champion
200 Hurdles – 7th 27.62
- **Gerard Okerenyang**
Discus - 11th 42.68m
Shot Put - 8th 15.47m
Hammer - 6th 46.27m

Under 18's

- **Godfrey Okerenyang**
100m -1st 10.78 National Champion
200m – 3rd 21.81
Long Jump - 9th 6.46m

Under 20's

- **Hannah Mison**
10,000m Walk - 6th 57:44.26

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, recognizing 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, behaviors 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 recognized 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 behavior 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 behavior or ‘at-risk’ situations for child members.
- Keep within the bounds of general community standards of community behavior.

JUBILEE PARK

