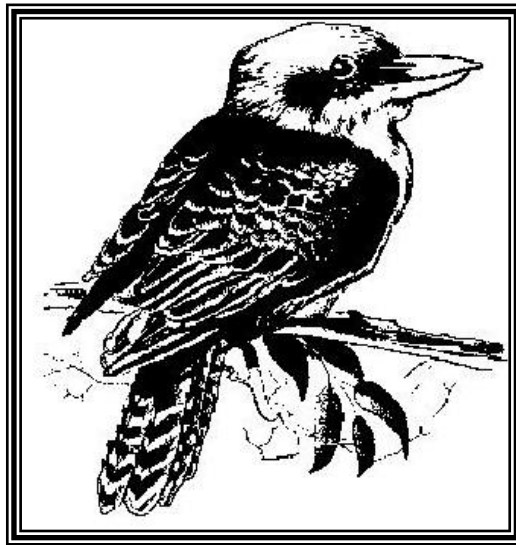




*Koorungal-Wagga
Athletics Club Inc.*



HANDBOOK

2023 – 2024 SEASON

“Family, Fun and Fitness”

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LIKE US ON FACEBOOK TO RECEIVE INFORMATION, CANCELLATIONS ETC.

WELCOME

Welcome to the 2023-2024 athletic season. We trust you will 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 Athletics Club 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 3–4-year-old. Emphasis is not on competition but on the development of young children and this is incorporated in play and 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.

Koorungal-Wagga Athletics Club also runs an On Track Program for our Under 6’s that builds on the fundamental skills learnt in the Tiny Tots program to progress them with the techniques to advance their individual skill sets. This program is currently being run by one of our qualified coaches.

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 organization 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 Koorungal-Wagga Athletic Carnival which will be held on Sunday November 5th, 2023 at Jubilee Park NSW 2650 – refer to page 15 for more details.

We will require assistance with running a canteen and with the organizing of the Carnival. Please consider joining the Sub-Committee. Please contact Mick Dare, President with any expressions of interest in joining the sub-committee.

CONTACT US:

WEBSITE:

www.kwa.org.au

GENERAL EMAIL:

enquiry@kwa.org.au

REGISTRAR:

registrar@kwa.org.au

CARNIVAL REGISTRATIONS:

carnivals@kwa.org.au

PRESIDENT

president@kwa.org.au

Koorungal-Wagga Athletics Club

2023-2024 Committee

President	Mick Dare
Vice Presidents	Vacant
Secretary	Vacant
Treasurer	Myriam Walker
Registrar	Kelly Grant
Club Program Event Coordinator	Kathy McNair
First Aid Officer	Danielle Kennedy
Amateurs Secretary	Mark Conyers
Publicity & Social Officer	Kelly Rands
Catering Officers	Vacant
KWAC Carnival Convener	Danielle Kennedy
Carnival Registrar	Danielle Kennedy
Equipment Officer	Geoff Spriggs & Mike Bailey
Uniform Officer	Anna Bailey & Courtney Schofield

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, Elaine Lucas and Myriam Walker

Club Coaches:

Mark Conyers: 0400 714 336 Middle Distance
Owen Hogan: 0428 307 010 Sprints
Michael Dare: 0422 443 981 Sprints

Committee Meetings

The Koorungal-Wagga Athletic Club meets on the 3rd Monday of each month at 6.30pm, currently held at the Rules Club, Fernleigh Road, Wagga. All parents are most welcome and encouraged to attend these meetings to help with the organization 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

From October to March each Friday from 5pm we run our “Weekly Club Competition” at Jubilee Park Athletics Track on the corner of Bourke Street & Red Hill Road, Wagga. We break during the Summer School Christmas break.

Come & Try Nights

We will hold two Come Try nights this year on the 7th & 15th September 2023. This evening is aimed at providing both parents and athletes who are new to the sport a chance to experience Athletic before committing to Registering. Children are entitled to attend to consecutive Come Try sessions. Please arrive by 4.45pm to sign the Come & Try register on the said days. You can also register your interest to attend the Come Try days by completing the [Google Form](#).

1st Weekly Club Competition

First Club Night will be Friday 13th October 2023. Point Scoring will commence on this date and count towards the 50% participation for the season. Athletes must be registered and have their patches sewn or pinned to accumulate results. 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 available on your family 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.

RESULTS HQ

Results HQ is an online tool that allows you to track your child's progress through the season. We use it to log all results and it can do all sorts of cool stuff. You can create graphs and personal best reports for example. [Click here](#) to login to Results HQ. This is the information we will use to help determine the recipients of end of season awards.



INCLEMENT WEATHER

Should weather conditions be unsuitable for competition it will be announced on our website: on our Facebook & Insta page.

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.

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. This helps our athletes to 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 a parent helps 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.

PLEASE REMEMBER WE CANNOT RUN ATHLETICS 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:

- Point scoring and 50% participation will commence from 13th October 2023. Registration patches must be sewn or pinned to accumulate scoring. If your child is not registered by this day, they will not receive results.
- 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.
- Individual 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 Pack Collection Night and on Club Competition 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.



All athletes are expected to be in uniform for our first Club Competition on 13th October 2023.

Club Uniforms, registration numbers and age patch and Coles patches must be sewn or pinned to the Club Uniforms for our weekly Club Competitions and when competing at Carnivals and Championships.

FOOTWEAR

- For safety reasons it is compulsory to wear shoes when competing in all events.
- Children in the **TT 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 2022/2023 Season we have newer items on our uniform list. These items include caps, long sleeve tees, hoodies, tracksuit jacket & pants (pre-order). Please note at this stage these are special item orders and minimum order requirements need to be met. Please check with our Uniform Officer.

AMATEUR ATHLETICS & DUAL REGISTRATIONS

All U12 to U17 athletes are eligible for DUAL REGISTRATION with both Little Athletics NSW and Athletics NSW at no extra cost please [CLICK HERE](#) to register

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 & 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 years old.

Tiny Tots is open to all children aged 3 as of October 2023. Children born in 2019 who are 2 years of age and have not turned 3 by the 01/10/2022 are not permitted to join Little Athletics until their 3rd birthday.

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 Athletic and not previously registered before with any Little Athletics Club.

A large portion of the registration fee is allocated to covering Insurance so 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 0427 457 416. 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 several 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 Mick Dare

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.

WORKING WITH CHILDREN CHECKS

New Simplified WWCC Policy

In the interests of promoting child safety within the sport of Athletics, the Board of LANSW has implemented a new WWCC policy which will expand the categories of individuals requiring the NSW Government's WWCC.

From 2022/2023 season onwards, it is a requirement that anyone in child-related roles working or volunteering with children under 18 years obtain a WWCC and provide their Centre with a valid WWCC Number. It is also a requirement to provide this to LANSW when working or volunteering with children under 18 years at LANSW sanctioned activities and events. Parents/guardians are exempt when spectating or directly assisting with their child's age group, when their child is present. When parents/guardians volunteer at a club day or association carnival where their child is not in the event, they are required to have a WWCC. The main elements of the new policy are:

1. Volunteer parents age managing where their own child is not an active participant will now require a WWCC Number to coach or age manage in the Season, regardless of whether they have a child in a different age group
2. All Officials (except those aged under 18 years of age or not a parent as detailed within this policy) who are working at Centres or events, including carnivals and championships, will now require a WWCC. Parent helpers who assist Officials at LANSW events, including Zone and Region Championships, will need to have met their respective Centre-level WWCC requirements.
3. Paid coaches will require a paid WWCC. Note that the NSW Office of the Children's Guardian (OCG) advises that paid work includes any form of remuneration such as allowances, gift vouchers or other forms of payment
4. Volunteer coaches without a child actively participating in the coaching activity will require a volunteer WWCC.
5. Committee members, Zone and Regional Coordinators taking part in a child-related activity without their child actively participating (ie the same event) are required to obtain a volunteer WWCC.

Scenarios

- a. Jane is a volunteer age manager of her daughters under 10 age group. Jane does not need the WWCC because she is volunteering in an activity in which her child participates. December 2021 Updated September 2022
- b. Joan is a volunteer age manager of her daughters under 10 age group, and is an official at a Championship carnival. Unfortunately, Jane's daughter is either not competing that weekend or not taking part in the event Jane is officiating at. Jane is required to have a WWCC because she is volunteering in an activity in which her child is not participating.
- c. Dakota is a parent who is assisting her sons under 17 age group raking a sand pit on a club day where her son is actually participating in the same event that involves the sand pit. Dakota does not need the WWCC because she is volunteering in an activity in which her child is participating.
- d. Jeff is a volunteer age manager for his daughters under 15 age group. He also coaches sprints at the same Centre, which his daughter does not participate in. Jeff needs the WWCC because he coaches a team/activity that does not include his daughter.
- e. Marty coaches' athletes in the senior club that are 20-year-olds. Marty does not need the WWCC as over 20s are not children.
- f. Jacob is a Zone coordinator. If Jacob has no interaction with children, then he is not required to have a WWCC, but if he participates in any interaction, such as medal presentation, he requires a WWCC.
- g. Sarah works in the canteen or cooks on the BBQ. Her tasks do not place her in direct one on one contact with children. Sarah does not need a WWCC

FEES

Registration Fees for the 2023-2024 Season is \$110 per Tiny Tot and \$130 for under 6-under 17's age groups. Active kid's vouchers are redeemable at the time of registration, have the voucher number handy when completing the online registration.

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

Our 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 NSW. Little Athletics Association and Athletics NSW.
3. Public Liability Insurance and Incorporation costs.
4. Club administration costs and printing.
5. Purchase of equipment.
6. Presentation night.
7. Free entry into the Koorungal-Wagga Annual Carnival

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 and gala days held throughout the Riverina during the season. Normally held on Sundays, these carnivals are open to all registered athletes, and we encourage participation as it opens athletes up to new experiences and possible friendships.

Please check the Carnivals page on our website for the list of upcoming carnivals and for details on how to nominate (enter). Nominations for most carnivals or gala days can be made through your Results HQ Family Portal however some may require you to register via a different portal. [Click here](#) to access the carnival page on our website to view our upcoming carnivals.

Club Carnivals attract nomination/entry fees, of which you will be advised at the time of nomination

Please note results from carnivals DO NOT count or are recorded against our Friday Club Competition Nights Point Score.

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:

DATES: Sunday 3rd December 2023
VENUE: TBC
AGE GROUPS: Under 7 to Under 17
ENTRY: [Via your Results HQ family portal](#)
ENTRIES CLOSE: TBC

REGION 4 - REGIONAL CHAMPIONSHIPS:

Entry by qualification only
DATES: Saturday 10th & Sunday 11 February 2024
VENUE: Wollongong
AGE GROUPS: Under 8 to Under 17
ENTRY: **Entry is via qualification**
Only the first three (3) placegetters in each event from our Zone Championships qualify for this level of competition, plus the next four best from around the Zone.

LANSW STATE TRACK & FIELD ATHLETICS CHAMPIONSHIPS:

Entry by qualification only
DATES: Friday 22nd to Sunday 24th March 2024
VENUE: SOPAC
AGE GROUPS: Under 9 to Under 17
ENTRY: **Entry is via qualification only.**
Only the first 2 placegetters from Regional Championships qualify for this level of competition.

KUMON STATE COMBINED CHAMPIONSHIPS:

DATES: TBC
VENUE: TBC
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 on the Little Athletics NSW website
<https://lansw.com.au/state-multi-event-championships/>

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 compete 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.

CALENDAR OF EVENTS FOR THE 2023/2024 SEASON

Dates	Club Nights, Carnivals & Special Events
Friday 8 th & 15 th September 2023	Come & Try dates – Bill Jacob Athletics Centre 5pm start
Friday 13 th October 2023	Week 1 – First Regular Club Night
Friday 20 th October 2023	Week 2 – Regular Club Night
Sunday 22 nd October 2022	Lockhart & District Annual Carnival – Lockhart*
Friday 27 th October 2023	Week 3 – Regular Club Night
Saturday 28 th October 2023	Murray Valley Annual Carnival in Finley*
Friday 3 rd November 2023	Week 4 – Regular Club Night
Sunday 5 th November 2023	Koorungal-Wagga 44th Annual Open Carnival*
Friday 10 th November 2023	Week 5 – Regular Club Night
Saturday 11 th November 2023	Leeton LAC Annual Carnival in Leeton*
Saturday 12 th November 2023	Deniliquin Athletics Annual Carnival in Deniliquin*
Friday 17 th November 2022	Week 6 – Regular Club Night
Sunday 19 th November 2023	Griffith Annual Carnival – Griffith*
Friday 24 th November 2023	Week 7 – Regular Club Night
Friday 1 st December 2022	Week 8 – Regular Club Night
Sunday 3 rd December 2023	EASTERN RIVERINA ZONE CHAMPIONSHIPS
Friday 8 th December 2023	Week 9 – Regular Club Night
Friday 15 th December 2023	Week 10 – Regular Club Night
XMAS BREAK  HAPPY HOLIDAYS	
Sunday 21 st January 2024	Wagga Wagga Little Athletics Annual Carnival – Wagga Wagga*
Friday 2 nd February 2024	Week 11 – Regular Club Night
Saturday 10 th & Sunday 11 th February 2024	Region 4 Regional Championships in WOLLONGONG – NO CLUB COMPETITION NIGHT ON
Friday 16 th February 2024	Week 12 – Regular Club Night – location TBC
Friday 23 rd February 2024	Week 13 – Regular Club Night - location TBC
Friday 1 st March 2024	Week 14 – Regular Club Night – location TBC
Friday 8 th March 2024	Week 15 – Regular Club Night – location TBC
Friday 15 th March 2024	Week 16 – last club night of the season
Friday 22 nd , 23 rd & 24 th March 2024	LANSW State Championships
Friday 5 th April 2024	Presentation Night & AGM

*Optional carnivals which you may wish to attend

KOORINGAL-WAGGA 44th ANNUAL CARNIVAL
BILL JACOB ATHLETICS CENTRE
SUNDAY 5th November 2023 -
Commencing promptly at 9:00am

Carnival Manager Danielle Kennedy

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**
HOW TO ENTER: Nominate via your [Results HQ family portal](#)
ENTRIES CLOSE: **31st October 2023 - ENTRIES WILL BE NOT ACCEPTED AFTER THIS DATE**

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 2023
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. Tiny Tots can compete in 3 events, all other athletes must not compete in more than six (6) events.
7. All Kooringal-Wagga members are to nominate via the [Results HQ Portal](#)
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 Pack Start	X	X	X	X	X	X	X	X	X	X
400 M			X pack start	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	1100 m	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
110M Hurdles											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
Under 6's participates in the On Track Program**

Equipment Specifications

	Weight	Colour	Age
Shot Put	500 gram	pink	U6
	1kg	blue	U7
	1.5 kg	yellow	U8
	2 kg	orange	U9-U12
	3 kg	white	U13,U14, U15-17G
	4 kg	red	U15B
	5 kg	green	U17G

	Weight	Material	Age
Discus	350 grams	Compound	U6-U7
	500 grams	Compound	U8-U11
	750grams	Synthetic	U12-U13
	1 kg	Synthetic	U13-U17G
	1.5 kg	Synthetic	U17B

	Weight	Length	Age
Javelin	400 grams	1.85-1.95 m	U11-U14G
	500 grams	2-2.1 m	U15G-U17G
	600 grams	2.2-2.3 m	U13-U14B
	700 grams	2.3-2.4 m	U15-U17B

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	M. Darwon	41.55	22/23
200m Pack Start*	I. Jolliffe	46.23	21/22	200m Pack Start*	T. Rands	45.63	21/22
300m	D. Okerenyang	1.05.17	13/14	300m	I. Jolliffe	1:14.08	21/22
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

As of 2019/20 season under 6's participate in the On Track Program

* 200m Pack Start new event introduced in 21/22

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
400m Pack Start	J. Grant	1.21.09	22/23	400m Pack Start	L. McCallum	1:34.67	22/23
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 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

* No longer a LANSW endorsed event

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	F. Conteh	29.19	21/22	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)	D. Adeyemi	10.989	22/23
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

* No longer a LANSW endorsed event

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)	I Spriggs	11.71s	21/22
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	I. Spriggs	1.13m	21/22
800m Walk	S. Collie	5.13.2	91/92	800m Walk	H. Mison	4.52.91	11/12
	N. Carroll	5.13.2					
1100m Walk	M. Walker	6.53.44	91/92	1100m Walk	H. Priest	7:08.91	14/15
			15/16				

* No longer a LANSW endorsed event

UNDER 11 (Boys)				UNDER 11 (Girls)			
100m	P. Dwyer	13.2	88/89	100m	I. Spriggs	14.57	22/23
200m	P. Dwyer	28.8	88/89	200m	O. Bailey	30.37	21/22
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
80m Hurdles (60cm)	N. Schofield	13.74	22/23	80m Hurdles (60cm)	I Spriggs	14.92	22/23
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

^Denotes new event for the 2019/2020 season

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
80m Hurdles (68cm)	B. Field	15.59	21/22	80m Hurdles (68cm)	O. Bailey	15.46	22/23
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	B. Field	5.27	22/23	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)	L. Heffernan	22.62m	92/93
				Javelin (600g)	H. Mison	29.16	15/16
800m Walk	A. Francis	4.16.3	92/93	800m Walk	T. Bookallil	4.23.9	93/94
1500m Walk	M. Walker	8.53.01	19/20	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
80m Hurdles (76cm)	L. Woodham	13.95	21/22				
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)	K. Lloyd	32.46m	03/04
				Javelin (500g)	H. Mison	22.90m	16/17
800m Walk	S. Thomlinson	4.48.0	91/92	800m Walk	J. Turner	4.19.3	95/96
1500m Walk	M. Walker	8.20.87	20/21	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. Okerenyang	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
80m Hurdles (76cm)	R. Howard	15.39	22/23	80m Hurdles (76cm)	M. Priest	20.06	22/23
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

AGE GROUP	NAME	EVENT
U17	Mark Walker	110m H / 300m H / 1500m W -
U13	Violet Burgum	1500m
U12	Olivia Bailey	100m / 200m
	Fletcher Arentz	1500m
U11	Leni Stenhouse	400m / 1500m

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				
				Javelin (500g)			
1500m Walk	M. Walker	7.51.42	22/23	1500m Walk	H. Mison	7.13.89	17/18

HONOUR ROLL 2022/23 SEASON STATE & NATIONAL REPRESENTATIVES

LANSW STATE TRACK & FIELD ATHLETICS CHAMPIONSHIPS 2023

AGE GROUP	NAME	EVENT
U9 Boys	Xavier Rands	HJ 12th
U11 Girls	Teigan Dummer	1100m Walk -19th
	Indie Spriggs	80m H 11th & 100m 11th
	Chance Brooks	800m 19th
U11	Leni Stenhouse (DNS)	400m & 1500m
U11 Boys	Nate Schofield	TJ 3rd, LJ 5th, 100m 9th
U12 Girls	Olivia Bailey (DNS)	100m & 200m
U12 Boys	Fletcher Arentz (DNS)	1500m
U13 Girls	Isabelle Schofield	SP 21st
	Violet Burgum (DNS)	1500m
U13 Boys	Harrison Fanning	200m H.1500m,17th, 3000m 19th
	Benjamin Field	TJ 1st, LJ 4th , HJ 11 th , 100m 11 th , Discus 24th
U14 Girls	Indiana Cole	1500m 13th
U14 Boys	Jamal Thomson	LJ 9th , 100m 11 th , 200m 15th
	Drew Murray	800m 23rd
U17 Girls	Matilda Cole	3000m 4th
	Charlotte Priest	1500m 9th , 800m 11 th
	Holly Roach	HJ 8th
U17 Boys	Mark Walker (DNS)	110mH, 300mH & 1500m Walk -

Congratulations Ben for qualifying for the National Championships in both LJ and TJ – good luck!

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

