

GLASS HOUSE DISTRICT Little Athletics



2020/2021 HANDBOOK



Celebrating Our 26th Year ... 1995 to 2021

Thank you to our Sponsors

Bassett Barks

Landsborough Bistro

TFM Awards

Masterpiece Dance

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LAQ REGISTRATION AWARD 2016/17 & 2017/18

WELCOME

On behalf of our committee, I would like to extend a warm welcome to all new and returning athletes and their families to the 2020/2021 Glasshouse District Little Athletics 26th season.

The Little Athletics motto is *family, fun and fitness*. At Glasshouse District Little Athletics, we hope to promote a friendly environment where all athletes feel comfortable doing and achieving their best.

Athletics is an individual competition in contrast to many other team sports offered and gives children a different experience where their achievement is measured solely by their own efforts in a supportive peer environment. At Glasshouse District Little Athletics, we encourage every athlete to strive for their personal best in each event area and we hope that parents and care givers foster this philosophy at home as well. It's not all about "winning"!

Glasshouse District Little Athletics is run by a committee of volunteers (parents) all of which have other jobs and/or families to look after. Their dedication and effort is what makes Glasshouse District Little Athletics work. We have many excellent opportunities for parents and care givers to become closely involved in their child's activities by volunteering in one of our many and varied roles on Friday nights including but not limited to: canteen assistant, finish line assistant, equipment setup and/or pack-up and running field events (recording, measuring, spiking, raking etc) .

This handbook is a guide to Glasshouse District Little Athletics. Everything you need to know about our club is here. Occasionally dates and or information may change therefore it's important to check our website and Facebook pages regularly.

Finally, please feel free to approach either myself or another committee member (we are the ones in the green shirts!) if you have a question or concern throughout the season. I promise we won't bite! We welcome input from parents and will strive to do the best by your children and our club.

I look forward to meeting you all throughout the season and hope you enjoy your time with our club.

John Byford
(Centre Manager)



Little Athletics is for family... fun... and... fitness



SMOKING AND CONSUMING ALCOHOL IS NOT PERMITTED IN ANY COMPETITION OR SPECTATOR AREAS (INCLUDING THE CAR PARK) DURING ANY LITTLE ATHLETICS COMPETITION HELD AT SKIPPY PARK. PLEASE ABIDE BY OUR RULES OTHERWISE YOU WILL BE ASKED TO LEAVE AND YOUR CHILD WILL NOT BE ABLE TO PARTICIPATE FOR THE NIGHT.

WHAT IS LITTLE ATHLETICS?

Little Athletics is a uniquely Australian sport for children 4-16 years. As the name suggests, it is based upon the sport of athletics (track & field) and the events are specially modified to suit the ages and abilities of children. A wide range of running, jumping, throwing and walking events is conducted.

Little Athletics is the Foundation for all Sports. It offers young people activities and skills that will Each year across Queensland, approximately 14,500 boys and girls enjoy the activities that Little Athletics has to offer.

The track & field based competition is conducted throughout both the summer and winter sports season. Events are conducted on a weekly basis by one of our 105 individual Centres, and include:

Track Events

Sprints - 70m, 100m, 200m
Distance - 400m, 800m, 1500m
Hurdles - 60m, 80m, 90m, 100m, 110m, 200m, 300m
Walks - 700m, 1100m, 1500m
Relays - 4x70m, 4x100m, 4x200m, 4xMedley

Field Events

Jumps – Long Jump, Triple Jump and High Jump
Throws – Discus, Shot Put and Javelin

The philosophy of the Little Athletics movement is summed up in the slogan:

"LITTLE ATHLETICS...FOR...FAMILY...FUN...and...FITNESS"

Family

One of the basic reasons for the continued development and enthusiasm generated by Little Athletics has been the attempt to meet the needs of children as part of the family unit.

Little Athletics is more than a sport. It is a community-oriented organization which enables the entire family to do something together.

Parents are involved in the program as voluntary helpers or officials. They share in many experiences with the children.

Little Athletics provides a vital communication bridge between parent and child. This link can have damaging pressures on family and community relationships. The FAMILY CONCEPT approach to programming counteracts those pressures.

Fun

All children like fun...all children need fun. The weekly competition provides fun through participation in an enjoyable sport, with friends in the same age group.

Fitness

The community has become increasingly aware of the value of physical fitness, particularly in the fight against obesity. A fit body can mean an alert mind and a decrease in the incidence of many physical ailments.

Combined with FAMILY involvement...FITNESS can be...FUN in the happy environment of a Little Athletics Centre.

Little Athletics aims to develop children of all abilities by promoting positive attitudes and a healthy lifestyle through family and community involvement in athletics activities

ABOUT OUR CLUB

Glasshouse District Little Athletics started out in 1995. Over the years we have been at a number of locations, a school, the Glasshouse Sports fields, the Beerwah Sports ground and now at our new home at 'Skippy Park' in Landsborough. We started with a handful of kids and have grown to over 170 athletes.

At Glasshouse District Little Athletics we cater for children aged from 4 years to 17 years. We also Our Season runs from September to March with weekly competitions taking place at Skippy Park on Friday nights; first event starts at 5.30pm. The competition evening consists of four to five events.

Our club is run solely by volunteers and relies heavily on the help we get from the parents; we couldn't run our competition nights without your help.

To be eligible for the Tiny Tots program the '*little athlete*' must have been born in 2016. Tiny Tots will participate in games and activities designed to develop gross motor skills.

REGISTRATION

All registration fees (including parent bond) must be paid in full before registration numbers are allocated and competition points are awarded. Athletes will not be allowed to compete without paying registration due to insurance policies.

Registration packs will not be allocated until full payment is made.

Points and PB's will not be allocated until the athlete is paid in full and points will start the following week after payment.

Points and PB's will not be back dated.

ALL ATHLETES MUST BE ACCOMPANIED BY AN ADULT

Wet Weather

If the weather looks doubtful on a Friday night, the decision to cancel the competition will be made by 4.30pm. This allows time for the Centre Manager and Fields Officer to check the grounds and weather and make a decision.



Notice of cancellation will be posted on our Facebook page

OUR COMMITTEE

2020/2021 Committee Members

Committee members are elected each year at our AGM. All of our committee members are Volunteers and their time and effort are greatly appreciated.

Centre Manager	John Byford
Secretary	Kim Fillery
Treasurer	Jayne McCaughey
Registrar	Tracey Small
Chief Recording Officer	Lisa Milgate
Assistant Recording Officer	Talitha Stirling
Assistant Recording Officer	Jo Hadland
Equipment Officer	Glen Robinson
Fields Officer	Greg Small
Officials/Coaching Officer	Danielle Gibbons
Publicity/Grants Officer	Tina Grieve
Regional/Nominations Officer	Kim Cross
On Track Coordinator	Vacant
Uniform/Fundraising Officer	Vacant
Canteen Convener	Vacant

PLEASE SEE ONE OF US FOR ANY INFORMATION
OR ENQUIRYS.

The logo for Coles, featuring the word "coles" in a white, lowercase, sans-serif font, centered within a solid red square.

Uniforms



Tiny Tots

Tiny Tots have the option of wearing a full club shirt or wearing a special Tiny Tot shirt. Tiny Tot shirts come in two colours - Green or Yellow. The Shirt is worn with plain black shorts.



Club Shirt

Athletes in U6 - U17

Athletes must wear the full club Shirt or Singlet (u13 up only) (Emerald and Gold) with black shorts.

Shorts

Shorts must be plain black.



Club Singlet

Bike pants/compression garments shall be above knee length for walk events. Athletes not in walk events may wear full-length compression garments or tights on their legs.

Bike pants/compression garments shall extend a reasonable length down the legs covering the buttocks and the upper thigh (not bikini/bummer style).

If boys choose to wear bike pants/compression garments as part of their uniform, they must wear sports shorts over the top. Bike pants/compression garments on their own are not acceptable for boys.

Bike pants/compression garments may be worn under shorts as long as they are black. Coloured stitching is permissible.

The manufacturer's logo on shorts or bike pants must not exceed a combined area of 4cm x 4cm. This includes logos or manufacturer's names on the waistband and on one or more legs of the shorts or bike pants.

Uniform policies are very strict especially at away carnivals, incorrect uniform can mean disqualification.

Registration numbers, Age patches and Coles patches

When you sign up you will be given a registration number, age patch and coles patch.

The Registration number is to be affixed to the front of the uniform top and must be entirely visible.

The age label is to be affixed to the left shirt sleeve or, in the case of a singlet, on the left side of the shorts.

The Coles patch must be adhered to the front right chest side of the uniform.



Footwear

Footwear is compulsory. We suggest athletes wear Running shoes, waffles or spikes

Spikes

At Centre level spikes can only be worn in the U11-U17 age groups.

Spikes must be carried to each event and REMOVED AFTER EACH EVENT. Failure to do this will result in

Disqualification or a ban on wearing spikes.

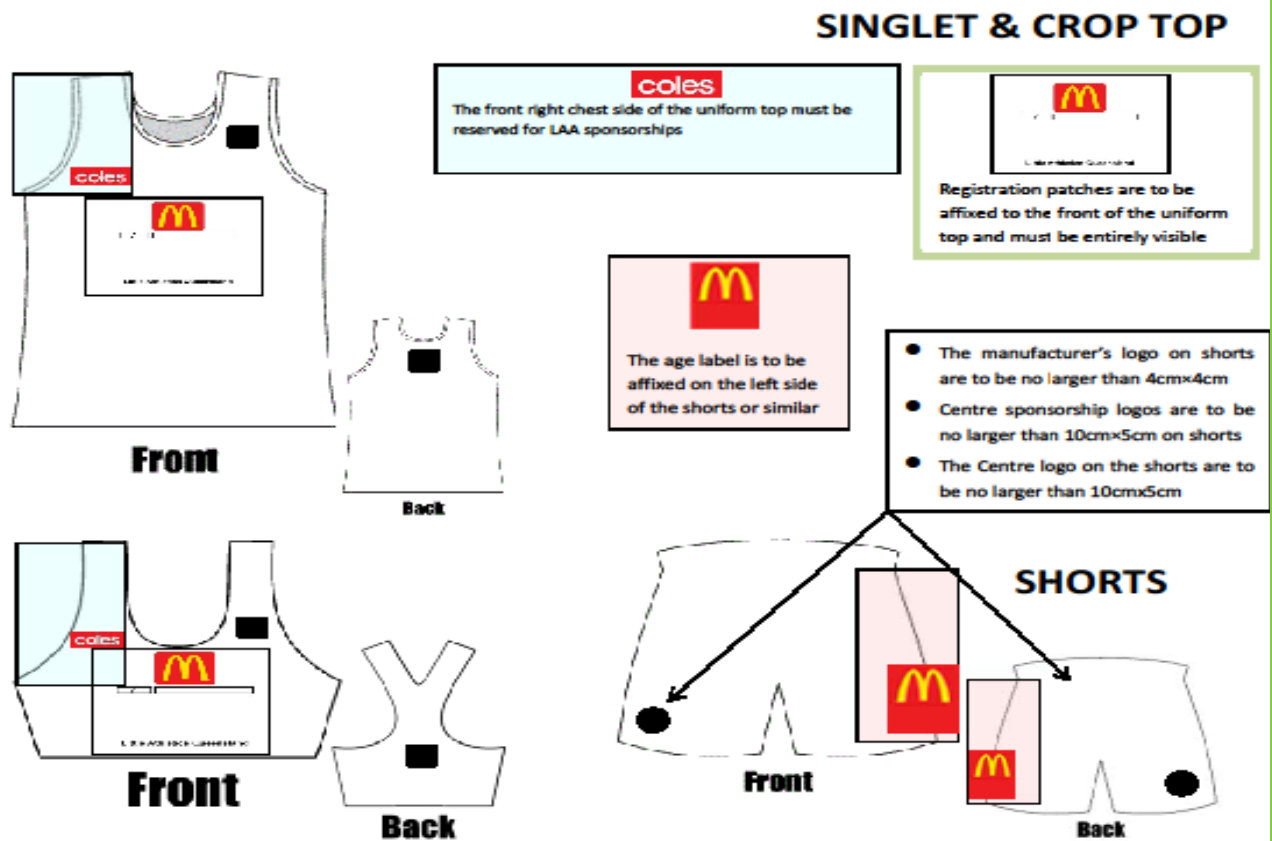
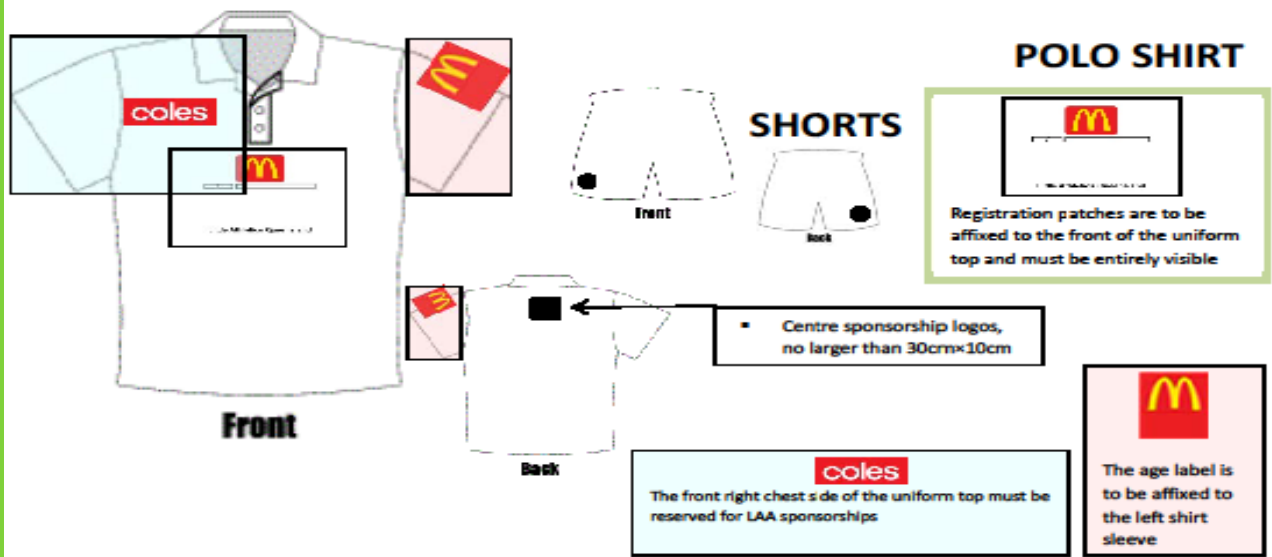
athletes in the Tiny Tots to Under 10 age groups are not allowed to wear spikes in any events.

This includes wearing spike shoes with blanks or With the spikes taken out.

Use of Spikes for U11 - U17			
	U 11	U 12	U13-U17
Track - Laned	SwS	SwS	SwS
Track - Unlaned	---	---	SwS
Relays	---	---	SwS
Field – High Jump	SwS	SwS	SwS
Field – Long & Triple Jump	SwS	SwS	SwS
Field - Javelin	SwS	SwS	SwS

SwS - May wear spike shoes with spikes
---- - No spiked shoes allowed
On synthetic track: spikes must be no longer than 7mm.
On synthetic field: spikes must be no longer than 9mm.
On grass track or field: spikes must be no longer than 12mm.

UNIFORM GUIDE



Uniforms and footwear are compulsory. They must be worn by all athletes at all competitions.

McDonalds Achievement levels

McDonalds levels are calculated from the averages of performances attained by Queensland Little Athletics athletes over the years and is regularly reviewed.
 Green Level- achieved by 95% of QLD athletes. (achieved a good level of performance).
 Red Level - achieved by 65% of QLD athletes (achieved very good level of performance).
 Blue Level- achieved by 20% of QLD athletes (achieved an excellent level of performance).

HOW TO FILL OUT McDONALDS ACHIEVEMENT LEVEL FORMS

Example: How to reach GREEN, RED, & BLUE Levels (based on Under 6 Girls Sprint Levels)

70m GREEN athlete's time must be 20.5 seconds or faster, but less than 17.2 sec.
70m RED - athlete's times must be 17.2 seconds or faster, but less than 15.2 sec.
70m BLUE - athlete's times must be 15.2 seconds or faster.

E.g. - athlete's times

70 m - 20.56 sec
 (No Level achieved
 as 20.56 is slower
 than 20.50)

70 m - 16.80 sec
 (Red level achieved
 - colour in circle).

Extract from Under 6 Girls Sprint Levels

70m	BLUE	*15.2
	RED	*17.2
	GREEN	*20.5
100m	BLUE	*22.8
	RED	*25.1
	GREEN	*30.0
200m	BLUE	*52.0
	RED	*1:00.0
	GREEN	*1:11.0

E.g. - athlete's times

200 m - 1:00.0 sec
 (Red Level achieved
 - colour in circle).

200 m - 51.81 sec
 (Blue level achieved
 - colour in circle).

EVENTS	GREEN	RED	BLUE	GREEN	RED	BLUE
50 60 80 100 METRE HURDLES	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
200 m HURDLES	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
70 METRES	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
100 METRES	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
200 METRES	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Once athlete has achieved a green level in 70m, 100m & 200 m the green circle can be filled out on the right hand side of form.

Same principle applied for all event groups relevant to athlete's age group.

(TIP: pencil in the times/measurements to be met, in the circles).

Once athlete has achieved overall green/red/blue level in 3 groups of events, the form may be handed in to committee, to receive athlete McDonald's Certificate.

E.g. May be any combination of 3 or more event groups.

(Sprints, Distance and Hurdles.
 Sprints, Jumps, Throws.
 Hurdles, Distance, Throws) etc.



Any questions or queries, Please see one of our Committee Members

The McDonalds Achievement forms will be handed out at the beginning of the season. During the season you can work with your children and complete their progress. They can be handed back to the recording officer at any time during the season. Certificates are awarded to children who reach each level. Please make sure all certificates are handed back prior to the end of the season.

**NORDIC
 SPORT**
 AUSTRALIA

coles



PARENT HELPERS

It takes a lot of helpers to run a competition night.

Here's how you can help each week

Little athletics is designed to bring the whole family together in a healthy outdoor sport. All parents are expected to do their bit by helping to conduct the events for their children.

Set up/Pack up

Setting up the equipment requires at least 4 parents. Parents need to arrive early to help put out high jump mats, recording tables, time keepers stand etc. All parents should help to put the equipment away as each event finishes.

Having the equipment out on time ensures that our competition begins on time. As all children benefit from this, it is unfair to expect the same parents to set up and pack up every week, so please lend a hand.

Finish line

We need at least 2 people to identify each athlete as they cross the line.

Our recording officer will need a hand to enter field results.



Canteen

Parents are asked to help with the canteen. This is too big of a job to do with one person. This year we are offering maximum points to go towards your parent bond.

Field Events

All field events require a minimum of 3 people to run the event, a recorder and 2 helpers to spike and validate a measure for each performance. Each field event will be worth 1 point for your assistance. Please realise that our club is run solely by volunteers, most of who have athlete's attending the club. We rely heavily on parent to get through a competition night. We understand that many parents may not have been involved in Little Athletics before, but don't worry, we all started out as new parents not knowing what to do or what advice to give. Our committee members are always on hand to help out. It's a great way to spend the evening with your kids.

Race walking

Requires at least 4 judge helpers placed around the track. Failure to get the sufficient helpers will result in no track records being made and no championship points being allocated except for 1 point for competing.

Parent Officials

Parents run sport for children and while you do not have to be a qualified official to help out, Glasshouse Little Athletics encourage parents to become officials. An official runs an event which means learning the rules. Official qualifications can be earned to very high levels, but the Level 1 official level is suitable for little athletics centres.

If you are interested in becoming an official, please speak to our Committee Members.

Parent Bond System

PARENT BOND POINTS TABLE						
COMPETITION NIGHTS HELD	6	7	8	9	10	11
POINTS REQUIRED	10	11	13	14	16	18
COMPETITION NIGHTS HELD	12	13	14	15	16	17
POINTS REQUIRED	19	21	22	24	26	27
COMPETITION NIGHTS HELD	18	19	20	21	22	23
POINTS REQUIRED	29	30	32	34	35	37

***Note - Points are accumulated based on the amount of competition nights that are held for the season and not on the amount of nights that your child attends**

To have your parent bond returned you must accumulate the correct amount of points indicated in the table above. If you do this you have fulfilled the parent bond requirement and your bond will be returned to you at the end of year presentation.

If you do not get the required amount of points your bond will not be refunded.

The point system has been designed so that families will be able to achieve these points easily. Our club wants your help more than we want your money.

Little Athletics encourages all parents/guardians to participate with their children. We are run purely on volunteer help and it would not be possible to run these nights without help.

Points are calculated over the season and it is your responsibility to make sure that your name is written down when you help out.

Earn Points

...GET INVOLVED.... EARN POINTS.....

Canteen Helper		
Food Preparation, Help setting up, serving and cleaning up	whole night	5 Points
	1 hour	2 points
Track Time Keeper		
We need 1 or 2 timekeepers assisting with our Timing Solution Crew	whole night	5 points
	1 hour	2 points
Finish Line Assistants		
Finish line assistants for every on track event scheduled for the night	whole night	5 points
	1 hour	2 points
Working Bee		5 points
Helping out at our Working Bee days		
Pentathlon Helper		1 to 5
Helping out with whatever is required, at our Annual Pentathlon		points
Points can vary depending what you are helping out on		
Place judges, Setting and packing up, Helping at field events ect		
Assist at LAQ Carnivals		2 points
Helping out at events at Regional Championships and Regional Relays to other club carnivals. You must get something signed from the club		
Setting up Equipment		2 points
Setting up and distributing field equipment to their relative stations, tables and chairs, hurdles when required..		
Packing up Equipment		1 points
Packing up field equipment, tables and chairs, hurdles when required. General clean up of grounds		
Assisting with training days		1 points
Helping our club's qualified coaches and additional training days		
Assisting at a field event		1 point
Measuring, spiking, recording or raking etc at a field event will earn 1 point. Helping at 2 field events in a night will earn 2 points, etc		per field event

...GET INVOLVED... EARN POINTS...

Every Friday there will be a Parent helper sheet in your age group folder.

It is very important for you to put your name down every time that you help out, this is the only record for us to go by for you to accumulate your points.

NO NAME, NO POINTS

CODE OF CONDUCT

Sport has a very special place in Australian society. We are proud of our sporting tradition and look up to our sporting champions from whatever field. Winning of course is a vital part of that tradition - but not as important as the spirit in which the majority of those Australian heroes have played their sport. That spirit stems from our commitment to fair play. The Little Athletics Code of Behaviour produced below is based on the Australian Sports Commission's Code for use by organisations conducting sporting programs for children.

ATHLETE

- Be a good sport. Respect all good performances whether from your Centre or the opponents and shake hands with and thank the opposing athletes and officials after the event – win, lose or draw.
- Participate for your own enjoyment and benefit.
- Always respect the official's decision.
- Never become involved in acts of foul play.
- Honor both the spirit and intention of the competition rules and live up the highest ideals of ethics and sportsmanship. Avoid gamesmanship and respect the traditions of the sport.
- Never engage in disrespectful conduct of any sort including profanity, sledging, obscene gestures, and offensive remarks, trash-talking, taunting or other actions that are demeaning to other athletes, officials or supporters.
- Care for and respect the facilities and equipment made available to you during training and competition.
- Safeguard your health. Don't use any illegal or unhealthy substances.
- Recognize that officials and coaches are volunteers who give up their time to provide their services. Treat them with the utmost respect.
- Do not bet or otherwise financially speculate, directly or indirectly, on the outcome or any other aspect of a Little Athletics event or competition in which you are involved.

PARENT / SPECTATOR

- Condemn all violent or illegal acts, whether they are by athletes, coaches, officials, parents or spectators.
 - Respect the official's decisions. Don't complain or argue about actions or decisions during or after an event.
 - Unsportsmanlike language, harassment or aggressive behavior will not be tolerated.
 - Encourage athletes to play by the rules and to respect opposing athletes and officials.
 - Never ridicule or scorn an athlete for making a mistake, respect their efforts.
 - Understand that sport is part of a total life experience, and the benefits of involvement go far beyond the final placing of an event.
 - Participate in positive cheering that encourages the athletes in the Centre you are supporting.
- Don't engage in any cheering that taunts or intimidates opponents, their fans or officials.
- Remember that children participate in Little Athletics for their own enjoyment, not yours!
 - At all times follow the directions of the Arena Manager and/or other competition day officials.
 - Never arrive at a Little Athletics competition under the influence of alcohol. Never bring alcohol to a Little Athletics competition or training.

COACH

- Actively discourage foul play and/or unsportsmanlike behavior by athletes.
- Seek to maximize the participation and enjoyment of all athletes regardless of ability; avoid the tendency to over-use a talented athlete; treat all athletes as equals, regardless of their talent.
- Show concern and caution towards all sick and injured athletes. Follow the advice of a physician and/or sports trainer to the letter when determining when an injured athlete is ready to recommence training or competition.
- Teach athletes that an honest effort and competing to the best of their ability is as important as victory.
- Maintain a thorough knowledge of the rules of competition and keep abreast of current coaching methods. Maintain or improve your current accreditation level.
- Always consider the health, safety and welfare of the athletes.
- Teach young athletes to realise that there is a big gap between their ability and the professional athlete. Do not coach them as if they are professionals.
- Ensure that your coaching reflects the level of the competition being
Involved with and don't be a 'winner at all costs' coach.
- As coach, conduct yourself at all times, and in all situations, in a manner that shows leadership, respect for the sport of Little Athletics and respect for all those that are involved in the sport – athletes, officials, spectators, parents and the media.

OFFICIAL

- Be impartial! Also, be consistent, objective and courteous.
- Place the safety and welfare of the athletes above all else. Be alert to minimize dangerous physical play, fair or foul, especially competition days.
- Accept responsibility for all actions taken.
- Avoid any form of verbal contact with coaches, team officials, parents and spectators during competition.
- Avoid any situation which may lead to a conflict of interest, both on and off the field.
- Condemn all and every instance of unsportsmanlike, foul or unfair play.
- Set a good example by the way you dress, speak and act towards athletes, coaches, officials, parents and spectators.
- Show concern and caution towards sick and injured athletes.



Training

LAQ Coaching Clinics

The Summer Series Coaching Clinics are two day clinics offered free of charge to LAQ-registered athletes. They cater for athletes of any skill level in the U9 - U17 age groups. U9 - U11 athletes will participate in rotational based coaching which will cover running, jumping and throwing. U12 - U17 athletes will be coached in a sprints session as well as selecting two additional events of their choice.

Coaching Camp

LAQ run a summer coaching camp, which is held in January and runs for 3-4 days, it has places available for either boarders or day attendees. Information details for the camp will be advised in October.

Introduction to Coaching Course

The aim of the Introduction to Coaching courses is to provide parents, teachers and interested sports people who have little or no experience of the sport of track and field coaching information and activities. Introduction to Coaching courses are designed for beginner coaches to give a sound basic knowledge and are particularly appropriate for people coaching young athletes at the grass roots level.

Please ask a committee member when the next available coaching clinic will be held



CENTRE AWARDS

Most Improved Athlete

Most Improved awards are determined from the following formula:

1 point is allocated for improving personal best performances (PB's)

Points are not given for the first time that you perform an event. It must be improvement on your previous time/distance. PB's are not carried over from the previous season.

Age Champion

Points are awarded according to order of placing in each event. (5 points for 1st, 4 points for 2nd, 3 points for 3rd, 2 points for 4th and 1 point for each thereafter). The greatest total of points over the season is the awarded the age champion.

Notes:

Age champions are not eligible for encouragement or most improved awards.

Most improved and Age champion points are only allocated if the athlete has participated in a minimum of 3 events for that competition night. Failure to participate in 3 events for the night will result in no points being given for the night.

Children must have attended at least 60% of Friday competition nights held over the entire season to be eligible for trophies.

Encouragement Award

This award is given to an athlete who shows consistent attendance, is a keen participator - no matter what their ability, and does not receive any other recognition and would not ordinarily receive recognition for their efforts.

Bill Martin Memorial

This award is given to an athlete, athletes or it can even be given to an age group who shows qualities such as respect for fellow athletes and parent helpers, has leadership, competes in a good sportsman like manner and generally behaves as a good example for the other athletes.



2017/2018
Award winners
Sophie Trevan &
Spencer Doneman



THE BILL MARTIN MEMORIAL AWARD

This award is named after late Bill Martin whom was a gentleman that did not have any young athletes in the club. In the early years of the Club he maintained the field to a very high standard as we have had for many years thanks to our field officers. Bill always encouraged athletes and parents to always show good behavior, sportsmanship, leadership, respect follow athlete's, officials and parents, compete to the best of your ability but most of all have fun.

AWARD WINNERS

AGE GROUP	GIRL AGE CHAMPION	GIRL MOST IMPROVED	Boy AGE CHAMPION	BOY MOST IMPROVED
U6	Rafaela Clarke	***	Ethan Doyle	Sebastian Unwin
U7	Annalise Meredith	Summer Van Beek	Jax Warry	Jayden Jacenko
U8	Sophie Doyle	Tahlia Robinson	Finch Watkins	Byron Lange
U9	Sienna Del Forno	Dakotah Wright	Luke Byford	Brax Gibbons
U10	Stephanie Robinson	Sophie Kerridge	Darby Small	Riley Hannant – Heath Bannah
U11	Ashlyn Smith	Jorjah Tuiletu-Voi – Ava Shinnars	Eli Hackney	Ashton Van Straten
U12	Grace Kwarciany	Grace Pearson	Harrison Jones	Ethan Howland
U13	Emma Small	Deziah Tuileutu-Voi	Daniel Byford	Darcy Cross
U14	Maddy Small	***	Jack Howland	Benjamin Young
U15	Lainey Grieve	Mikaylah Young	Cooper Hackney	Kayleb Josey – Alex Murphy
U16	Molly McCaughey	Jordan Delacy	***	***
U17	Laura Vobr	Boni Gray	Connor Murphy	Jaxen Gleeson

PERPETUAL TROPHIES

Encouragement Awards

Hannah Young and Oleander Watkins

Overall Most Improved

**Girls: Tahlia Robinson
Boy: Brax Gibbons**

**Bill Martin Award
Molly McCaughey and Connor Murphy**

Congratulations to all of our award winners



REGIONAL RELAYS

Regional Relay Teams

All teams representing Glasshouse District Little Athletics at Regional Relays in track events will be formed on the basis of current season personal best times, one week prior to nominations closing. At the start of the season Athletes should ensure that they compete at least once in each of the track events that they are likely to participate in at Regional Relays so that they can be placed in the most appropriate team. The club will form as many teams as possible by using mixed gender and age groupings where necessary to ensure that the maximum numbers of athletes are given the chance to run.

Regional Relays 2020

Saturday 7th November – Caboolture

Regionals

Following from the great success we had at Regional Relays we followed this by having another great turn out for the Regional's. We had a number of athletes compete at Regional's which was held at the University of the Sunshine Coast.

We also had several athletes achieve PB's and some others placing in the top 4 to make it through to States.

Once again a great achievement by all of the Glasshouse athletes

Well done to everyone

Regionals

6th - 7th February 2021

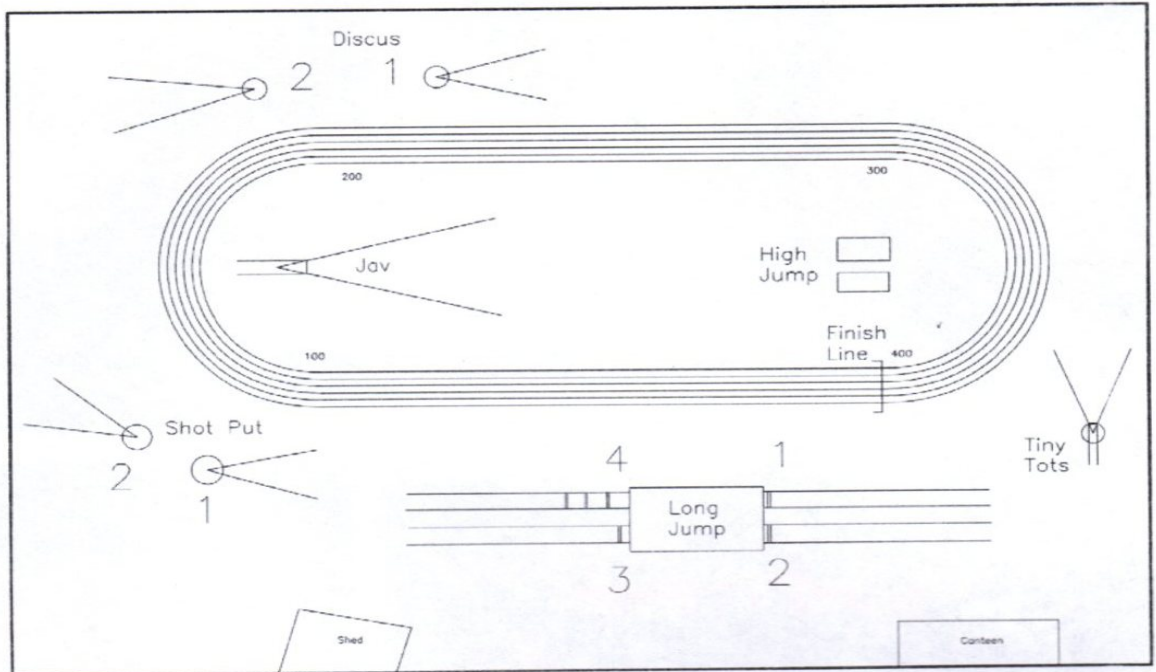
Deception Bay

State Championships

19th – 21st March 2021

QSAC Nathan, Brisbane

Field Layout



If you find any damage to the field or equipment please report it to our field and equipment officers



PROGRAM

	EVENT	T/T	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15-U17
WEEK A	1	long 1	70	on track	discus 2	long 2*	70	long 3	discus 1	shot 1	triple	discus 1
	2	60	shot 11	100	100	100*	scissors	100	100	100	100	200
	3	on track	100	discus 2	SCISSORS	shot 1	400	jav	flap	triple	shot 2	discus 1
	4	shot 11	on track	200	400	400	discus 2	400	400	400	400	400
	5		long 2	long 1								
WEEK B	1	on track	discus 1	shot 2	long 1	200	200	200	long 3*	discus 2	jav*	200
	2	discus 1	on track	long 1	70	scissors	long 2	triple	200*	200	200*	shot 1
	3	60	70	70	shot 2	discus 1	100	discus 2	jav	flap	long 3	100
	4	long 1	long 2	on track	500	800	shot 1	1500	1500	1500	1500	triple
	5		300	500		800						1500
WEEK C	1	long 1	on track	discus 2	60 h	60 h	60 h *	80 h	shot 1*	jav*	flap*	triple
	2	shot 11	long 1	on track	scissors	shot 2	discus 1	long 2	80 h *	80 h *	80 h *	100 h
	3	60	70	70	70	70	scissors	70	flap	long 3	discus 2	jav
	4	on track	shot 11	long 2	discus 1	long 1	800	shot 1	800	800	800	800
	5		300	300	500	800		800				
WEEK D	1	discus 2	on track	long 2	shot 2	walk	walk	walk	walk	walk	walk	walk
	2	60	70	on track	100	scissors	shot 1	discus 1	100	triple	70	flap
	3	long 1	discus 2	100	long 2	100	100	100	jav	100	long 3	100
	4	on track	100	shot 2	400	discus 1	long 1	flap	triple	shot 1	100	discus 2
	5		long 2	400		400	400	400	400	400	jav	400
WEEK E	1	on track	long 2	discus 1	60 h	60 h	scissors *	shot 1*	discus 2 *	jav*	shot 2	long 3
	2	shot 11	on track	long 2	scissors	long 1	60 h *	80h*	80 h *	200 h *	200 h	300 h
	3	60	70	70	discus 1	shot 1	400	triple	70	70	flap	shot 2
	4	long 1	shot 11	on track	200	400	discus 2	1500	long 2	long 3	1500	1500
	5		200	200					1500	1500		
WEEK F	1	long 1	70	on track	70	scissors	shot 1	flap	triple	discus 1	discus 2	70
	2	60	long 2	100	shot 2	200	200	200	200	200	200	jav
	3	on track	on track	long 3	100	discus 1	long 2	jav	shot 1*	flap	triple	long 3
	4	discus 2	200	shot 2	long 1	800	800	800	800	800	800	800
	5		discus 2	300	200							

Please use this program as a guide only, as it is subject to change without notice due to time restraints, bad weather, group sizes and general adjustments to minimise waiting times at events.



Little Athletics

Home and Away Records

(updated August 2020)

BOYS RECORDS

CENTRE HOME RECORDS			U-6 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Michael Shooter	12.3	97/98	70m Sprint	Jacob McGilvray	12.9	G'House Pent	13/14
Jacob McGilvray	18.6	13/14	100m Sprint	Jacob McGilvray	18.6	G'House Pent	13/14
Joshua McMullin	44.5	08/09	200m Sprint	Event not available at Carnival meets.			
Ben Blue	02:15.2	09/10	300m Walk	Event not available at Carnival meets.			
Ethan Doyle	01:13.84	19/20	300m Run	Event not available at Carnival meets.			
Ben VanDer Meer	4.75 m	99/00	Shot Put - 1kg	Ethan Doyle	4.22m	G'House Pent	19/20
Curtis Liesegang	13.05 m	99/00	Discus - 350g	Jacob McGilvray	9.98m		14/15
Jacob McGilvray	2.85 m	13/14	Long Jump	Jacob McGilvray	2.80 m	G'House Pent	13/14

CENTRE HOME RECORDS			U-7 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Jacob McGilvray	11.9	15/16	70m Sprint	Spencer Doneman	11.1	G'House Pent	08/09
Joshua McMullin	16.9	09/10	100m Sprint	Joshua McMullin	17.3	G'House Pent	09/10
Joshua McMullin	36.7	09/10	200m Sprint	Joshua McMullin	37.7	G'House Pent	09/10
Jacob McGilvray	1.01.10	15/16	300m Pack	Event not available at Carnival meets.			

Jack Ives	2.03.82	17/18	500m Run	Event not available at Carnival meets.			
Samson Baker	01:58.3	09/10	300m Walk	Event not available at Carnival meets.			
David Horne	6.98 m	96/97	Shot Put - 1kg	Ben Ferguson	5.85m	Regional Relays	11/12
Thomas Turner	15.49 m	95/96	Discus - 350kg	Lachlan McGilvray	16.04	Regionals	13/14
Josh Nalder	3.24 m	97/98	Long Jump	Jacob McGilvray	3.18m		15/16

CENTRE HOME RECORDS			U-8 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Mitchell Brooke	11.8	15/16	60m Hurdles	Joshua McMullin	11.9	Regionals	10/11
Jacob McGilvray	11.18	15/16	70m Sprint	Joshua McMullin	11.2	G'House Pent	10/11
Jacob McGilvray	16.21	15/16	100m Sprint	Miguel Herrera	15.8	Regionals	18/19
Eli Hackney	35.59	17/18	200m Sprint	Miguel Herrera	34.16	Summer Carnival	18/19
Tom Davis	01:03.2	07/08	300m Pack	Event not available at Carnival meets.			
Miguel Herrera	01:25.9	18/19	400m Run	Event not available at Carnival meets.			
Eli Hackney	01:52.7	16/17	500m Pack	Miguel Herrera	01:50.9	Springwood	18/19
Spencer Doneman	02:01.5	09/10	300m Walk	Event not available at Carnival meets.			
Jack Evans	6.51 m	98/99	Shot Put - 1.5kg	Jacob McGilvray	5.92 m	Deception Bay	15/16
Ben Ferguson	17.39 m	12/13	Discus - 500g	Lachlan McGilvray	16.04 m	Regionals	13/14
Jacob McGilvray	3.59 m	15/16	Long Jump	Miguel Herrera	3.63 m	Redlands	18/19
Ashton Van Straten	1.05 m	16/17	High Jump	Event not available at Carnival meets.			

CENTRE HOME RECORDS			U-9 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Dylan Howe	11.3	06/07	60m Hurdles	Jacob McGilvray	10.53	Regionals	16/17
Jacob McGilvray	10.91	16/17	70m Sprint	Joshua McMullin	10.8	States	11/12
Jason Grey	15	95/96	100m Sprint	Joshua McMullin	15.14	States	11/12
Jordy Wilson	33.1	12/13	200m Sprint	Miguel Herrera	31.5	Redcliffe	19/20
Jackson Ennis	01:16.5	95/96	400m Run	Miguel Herrera	1:15.20	Redlands	19/20
Jordy Wilson	03:05.5	12/13	800m Run	Joshua Murray	02:53.3	Zone Inter.	00/01
Joshua McMullin	02:05.9	11/12	300m Walk	Event not available at Carnival meets.			
Cody Holden	02:05.9	11/12					
Jordy Wilson	04.51.70	12/13	700m Walk	**NO RECORD SET**			
Jason O'Donnell	7.73 m	96/97	Shot Put - 2kg	Ryan Cox	6.97 m	States	99/00
David Horne	25.82	98/99	Discus - 500g	Jacob McGilvray	22.58 m		16/17
Miguel Herrera	3.83m	19/20	Long Jump	Miguel Herrera	4.11	Caboolture	19/20
Jackson Ennis	1.15 m	95/96	High Jump	Eli Hackney	1.11	States	17/18

CENTRE HOME RECORDS			U-10 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Rowan Sutton	11.1	07/08	60m Hurdles	Trae Gibbons	10.95	States	17/18
Jacob McGilvray	10.5	17/18	70m Sprint	Rowan Sutton	10.2	Caloundra	07/08
Joshua McMullin	14.8	12/13	100m Sprint	Rowan Sutton	14	Caloundra	07/08

Joshua McMullin	31.1	12/13	200m Sprint	Joshua McMullin	30.6	Regionals	12/13
Paul Rawlins	01:11.6	95/96	400m Run	Trae Gibbons	1.11.60	States	17/18
Jackson Tennant	2.57.44	17/18	800m Run	Eli Hackney	02:47.3	States	18/19
Spencer Doneman	04:54.0	11/12	700m Walk	Event not available at Carnival meets.			
Nathan Schaefer	07:43.4	06/07	1500m Walk	Jack Holcombe	07:59.4	Caloundra	12/13
Daniel Byford	02:16.4	17/18	300m walk	Event not available at Carnival meets.			
Dean Towns	8.26 m	96/97	Shot Put - 2kg	M. Purontakanen	8.09 m	Zone Inter.	98/99
Jacob McGilvray	24.68 m	17/18	Discus - 500g	Jacob McGilvray	23.88 m	Redcliffe	17/18
Dean Towns	4.41 m	96/97	Long Jump	Jacob McGilvray	4.21 m	States	17/18
Dean Towns	8.51 m	96/97	Triple Jump	Ben Towns	8.37 m	Zone Inter.	98/99
Ben Towns	1.20 m	98/99	High Jump	Ben Towns	1.20 m	States	98/99
Jack Evans	1.20 m	00/01		Spencer Doneman	1.20 m	States	11/12

CENTRE HOME RECORDS			U-11 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Rowan Sutton	10.1	08/09	60m Hurdles	Rowan Sutton	10.1	Regionals	08/09
Ashton Van Straten	14.03	19/20	80m Hurdles	Ashton Van Straten	14.09	Regionals	19/20
Joshua McMullin	10.3	13/14	70m Sprint	Event not available at Carnival meets.			
Jordy Wilson	10.3	13/14					
Dylan Howe	14.1	07/08	100m Sprint	Rowan Sutton	13.8	G'House Pent	08/09
Ashton Van Straten	29.52	19/20	200m Sprint	Joshua McMullin	28.96	States	13/14
Joshua McDonald	01:11.1	97/98	400m Run	Luca Ferroussat	01:05.7	States	12/13
Daniel Byford	02:50.8	17/18	800m Run	T. Beddow	02:42.8	Zone Inter.	98/99
Andrew Bright	05:46.0	95/96	1500m Run	T. Beddow	05:34.5	Zone Inter.	98/99
Luca Ferroussat	04:59.4	12/13	700m Walk	Event not available at Carnival meets.			
Kayden Randall-Merz	08:00.1	11/12	1500m Walk	**NO RECORD SET**			
Ben Van Der Meer	9.61 m	00/01	Shot Put - 2kg	Lindsay Sutton	9.04 m	Zone Inter.	00/01
Eli Hackney	29.16	19/20	Discus - 500g	Ruben Coombs	27.71	Regionals	19/20
Lindsay Sutton	26.29 m	00/01	Discus - 750g	Macauley King	24.29	Bundaberg	16/17
Jade Bons	23.45 m	98/99	Javelin - 400g	Lindsay Sutton	24.07 m	Zone Inter.	00/01
Rowan Sutton	4.67 m	08/09	Long Jump	Joshua McMullin	4.73 m	States	13/14
Dean Towns	9.55 m	97/98	Triple Jump	Rowan Sutton	9.35 m	Regionals	08/09
Eli Hackney	1.35m	19/20	High Jump	Eli Hackney-Ruben Coombs	1.40m	Regionals	19/20

CENTRE HOME RECORDS			U-12 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Rowan Sutton	10.3	09/10	60m Hurdles	Rowan Sutton	10.2	Regionals	09/10
Kruez Turner	15.33	19/20	80m Hurdles	**NO RECORD SET**			
Josh McMullin	9.5	14/15	70m Sprint	Event not available at Carnival meets.			
Josh McMullin	13.5	14/15	100m Sprint	Zane Hawkins	13.54	States	17/18
Zane Hawkins	28.59	17/18	200m Sprint	Rowan Sutton	28.1	Regionals	09/10
Jake Chalmers	01:05.1	08/09	400m Run	Luca Ferroussat	01:03.1	Regionals	13/14

Mitchell Chalmers	02:34.4	08/09	800m Run	Luca Ferroussat	02:27.3	States	13/14
Daniel Byford	05:16.2	08/09	1500m Run	Luca Ferroussat	05:05.2	States	13/14
Aiden Hills	05:04.1	12/13	700m Walk	Event not available at Carnival meets.			
Brody Piller	05:04.1	12/13					
Luca Ferroussat	11:27.3	13/14	1500m Walk	**NO RECORD SET**			
Darcy Cross	9.10 m	18/19	Shot Put – 2kg	Jacob McGilvray	8.56 m	Caloundra	18/19
Lindsay Sutton	8.96 m	01/02	Shot Put - 3kg	Lindsay Sutton	9.08 m	States	01/02
Martin Clark	29.38 m	04/05	Discus - 750g	Macauley King	27.06 m	Regionals	17/18
Dean Towns	32.91 m	98/99	Javelin – 400g	Dean Towns	33.81 m	States	01/02
Rowan Sutton	4.58 m	09/10	Long Jump	Josh McMullin	4.99	States	14/15
Dean Towns	9.85 m	98/99	Triple Jump	Josh McMullin	10.31	States	14/15
Chris Atwell	1.50 m	01/02	High Jump	Chris Atwell	1.49 m	Zone Inter.	01/02

CENTRE HOME RECORDS			U-13 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Dakota Barker	14.1	06/07	60m Hurdles	Dakota Barker	13.4	Townsville	06/07
Dylan Taripo	11.3	13/14	80m Hurdles	Jake Chalmers	13.4	G'House Pent	09/10
Quentin Bissinger	30.3	2015	200m Hurdles	Rowan Sutton	28.5	Regionals	10/11
Damien Powell	9.4	97/98	70m Sprint	Event not available at Carnival meets.			
Keenyn Manley	12.9	01/02	100m Sprint	Rowan Sutton	12.7	Regionals	10/11
Joshua McMullin	26.52	15/16	200m Sprint	Joshua McMullin	26.46	Deception Bay	15/16
Keenyn Manley	01:01.8	01/02	400m Run	Jake Chalmers	58.85	States	09/10
Mitchell Chalmers	02:31.4	09/10	800m Run	Luca Ferroussat	2.13.81	Nationals	14/15
Daniel Byford	5:13.36	19/20	1500m Run	Luca Ferroussat	4.44.23	States	14/15
Bailey Lammeretz	04:35.0	12/13	700m Walk	Event not available at Carnival meets.			
Jake Chalmers	09:43.4	09/10	1500m Walk	Benjamin Pittman	10:23.5	Zone Inter.	09/10
Steven McCasker	12.65 m	06/07	Shot Put - 3kg	Steven McCasker	13.44 m	States	06/07
Macauley King	31.52 m	18/19	Discus – 750g	Macauley King	27.04 m	State Relays	18/19
Steven McCasker	37.36 m	06/07	Discus - 1kg	Steven McCasker	41.76 m	Nationals	06/07
Dean Towns	35.37 m	99/00	Javelin - 600g	Dean Towns	35.88 m	Zone Inter.	99/00
Joshua McMullin	5.30 m	15/16	Long Jump	Dean Towns	5.32 m	States	99/00
Dean Towns	10.72 m	99/10	Triple Jump	Dean Towns	11.30 m	States	99/00
Spencer Doneman	1.53	14/15	High Jump	Jake Chalmers	1.51m	Regionals	09/10
				Spencer Doneman	1.51m	Regional Relays	14/15

CENTRE HOME RECORDS			U-14 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Mana Taripo	14	09/10	90m Hurdles	Damien Dickson	13.4	State Pent.	00/01
Damian Dickson	28.4	00/01	200m Hurdles	Damien Dickson	27.3	Zone Inter.	00/01
Josh McMullin	8.88	16/17	70m Sprint	Event not available at Carnival meets.			
Josh McMullin	12.42	16/17	100m Sprint	Joshua McMullin	12.22	States	16/17
Rowan Sutton	25.7	11/12	200m Sprint	Joshua McMullin	25.2	States	16/17

Jake Chalmers	01:00.5	10/11	400m Run	Jack Howland	56.69	Regionals	19/20
Luca Ferroussat	02:18.7	15/16	800m Run	Luca Ferroussat	02.10.2 2	States	15/16
Luca Ferroussat	05.01.70	15/16	1500m Run	Luca Ferroussat	4.38.84	States	15/16
Rowan Sutton	04:23.5	11/12	700m Walk	Event not available at Carnival meets.			
Mana Taripo	09.47.60	09/10	1500m Walk	**NO RECORD SET**			
Steven McCasker	12.59 m	06/07	Shot Put - 4kg	Steven McCasker	11.51 m	G'House Pent	06/07
Josh McMullin	10.47 m	16/17	Shot Put - 3kg	Spencer Doneman	11.79	G'House Pent	15/16
Steven McCasker	45.92 m	06/07	Discus - 1kg	Steven McCasker	46.55 m	Zone Inter.	06/07
Ben Brown	39.18 m	06/07	Javelin - 600g	Steven McCasker	42.35 m	Senior Carnival	06/07
Josh McMullin	5.46 m	16/17	Long Jump	Joshua McMullin	5.70 m	States	16/17
Rowan Sutton	11.29 m	11/12	Triple Jump	Rowan Sutton	12.55 m	States	11/12
Chris Atwell	1.65 m	03/04	High Jump	Chris Atwell	1.74 m	States	11/12

CENTRE HOME RECORDS			U-15 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Mana Taripo	14.2	10/11	100m Hurdles	Mana Taripo	14	G'House Pent	10/11
Dakota Barker	28.1	07/08	200m Hurdles	Dakota Barker	26	States	07/08
Mana Taripo	28.1	10/11					
Zane Hawkins	46.81	19/20	300m Hurdles	Spencer Doneman	45.76	Regionals	16/17
Rowan Sutton	8.6	12/13	70m Sprint	Event not available at Carnival meets.			
Joshua McMullin	11.72	17/18	100m Sprint	Rowan Sutton	11.3	Regionals	12/13
Rowan Sutton	23.8	12/13	200m Sprint	Rowan Sutton	23.8	G'House Pent	12/13
Mana Taripo	01:00.5	10/11	400m Run	Rowan Sutton	52.23	States	12/13
Ryan Howden	02.19.80	15/16	800m Run	Rowan Sutton	02:10.8	States	12/13
Matt Hutchinson	05:17.2	08/09	1500m Run	Ryan Howden	4.43.37	States	15/16
Mana Taripo	05:02.4	10/11	700m Walk	Event not available at Carnival meets.			
Nathan Tenardi	09:56.4	09/10	1500m Walk	**NO RECORD SET**			
Steven McCasker	13.52 m	07/08	Shot Put - 4kg	Mitchell Ebdon	11.50 m	States	07/08
Steven McCasker	46.32 m	07/08	Discus - 1kg	Rowan Sutton	40.67 m	Nationals	12/13
Blake Howden	37.05 m	12/13	Javelin - 700g	Rowan Sutton	36.84 m	States	12/13
Jaden Thomas	43.76 m	99/00	Javelin - 600g	Ben Brown	41.11 m	Zone Inter.	07/08
Rowan Sutton	5.98 m	12/13	Long Jump	Rowan Sutton	6.68 m	Nationals	12/13
Rowan Sutton	12.40 m	12/13	Triple Jump	Rowan Sutton	12.50 m	Caloundra	12/13
Ben Brown	1.73 m	07/08	High Jump	Spencer Doneman	1.73 m	Regionals	16/17
				Craig Warren	1.73 m		

CENTRE HOME RECORDS			U-16 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Ben Brown	14.7	08/09	100m Hurdles	Ben Brown	15.5	Regionals	08/09
Ryan Howden	45.64	2016	300m Hurdles	**NO RECORD SET**			
Rowan Sutton	8.5	13/14	70m Sprint	Event not available at Carnival meets.			
Mitchell Delacy	11.7	09/10	100m Sprint	Rowan Sutton	11.63	Medibank	13/14
Rowan Sutton	11.7	13/14					
Brody Piller	24.64	2017	200m Sprint	Rowan Sutton	23.51	States	13/14
Cameron Tenardi	56.8	09/10	400m Run	Alex Woodhouse	59.9	Caloundra	10/11
Matt Hutchinson	02:17.4	09/10	800m Run	Brodie Johnson	02:12.3	Regionals	13/14
Matt Hutchinson	04:43.8	09/10	1500m Run	Matt Hutchinson	04:22.1	States	09/10
Cameron Tenardi	03:38.1	09/10	700m Walk	Event not available at Carnival meets.			
Cameron Tenardi	09:53.5	09/10	1500m Walk	**NO RECORD SET**			
Martin Clark	13.18 m	08/09	Shot Put - 4kg	Chris Ebdon	10.98 m	G'House Pent	11/12
Martin Clark	43.41 m	08/09	Discus - 1kg	Martin Clark	37.80 m	Regionals	08/09
Ben Brown	41.72 m	08/09	Javelin - 700g	Martin Clark	46.25 m	Regionals	08/09
Rowan Sutton	6.70 m	13/14	Long Jump	Rowan Sutton	6.71 m	States	13/14
Rowan Sutton	12.94m	13/14	Triple Jump	Rowan Sutton	13.63 m	Regionals	13/14
Spencer Doneman	1.76 m	17/18	High Jump	Spencer Doneman	1.90 m	Regionals	17/18

CENTRE HOME RECORDS			U-17 Boys	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Rowan Sutton	14.2	14/15	100m Hurdles	Ben Brown	14.6	Regional Relays	09/10
Spencer Doneman	16.2	18/19	110m Hurdles	**NO RECORD SET**			
Hayden Bonato	47.58	2016	300m Hurdles	**NO RECORD SET**			
Rowan Sutton	8.6	14/15	70m Sprint	Event not available at Carnival meets.			
Ben Brown	11.7	09/10	100m Sprint	Mitchell Delacy	10.8	Regionals	10/11
Ben Brown	24.2	09/10	200m Sprint	Mitchell Delacy	23.55	States	10/11
Ben Brown	55.9	09/10	400m Run	Ben Brown	55.14	States	09/10
Ben Brown	02:29.3	09/10	800m Run	Jaxen Gleeson	02:27.00	Regionals	19/20
Jaxen Gleeson	05:13.81	19/20	1500m Run	Jaxen Gleeson	5:17.69	Regionals	19/20
Bradley Ebdon	05:09.6	10/11	700m Walk	Event not available at Carnival meets.			
Martin Clark	09:56.8	09/10	1500m Walk	**NO RECORD SET**			
Spencer Doneman	11.94 m	18/19	Shot Put - 5kg	Spencer Doneman	12.54 m	States	18/19
Chris Ebdon	14.57 m	12/13	Shot Put - 4kg	Mitchell Ebdon	13.06 m	G'House Pent	09/10
Spencer Doneman	29.96 m	18/19	Discus - 1.5kg	Spencer Doneman	33.80 m	Deception Bay	18/19
Martin Clark	46.13 m	09/10	Discus - 1kg	Martin Clark	44.19 m	States	09/10
Ben Brown	46.98 m	09/10	Javelin - 700g	Ben Brown	47.37 m	Regionals	09/10
Rowan Sutton	6.63 m	14/15	Long Jump	Rowan Sutton	6.94 m	States	14/15
Rowan Sutton	13.82 m	14/15	Triple Jump	Rowan Sutton	14.09 m	States	14/15
Ben Brown	1.80 m	09/10	High Jump	Blake Howden	1.85 m	States	14/15

GIRLS RECORDS

CENTRE HOME RECORDS			U-6 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Marlee Towns	12.4	95/96	70m Sprint	Taela Phillips	13.5	Deception Bay	99/00
Marlee Towns	18.8	96/97	100m Sprint	Taela Phillips	20.4	Deception Bay	99/00
				Amy Trevan	20.4	G'House Pent	10/11
Annalise Meredith	46.11	18/19	200m Sprint	Event not available at Carnival meets.			
Shelby Daunt	02:07.0	09/10	300m Walk	Event not available at Carnival meets.			
Annalise Meredith	01:22.0	18/19	300m Run	Event not available at Carnival meets.			
Marlee Towns	4.06 m	96/97	Shot Put - 1kg	Sophie Trevan	3.53 m	G'House Pent	07/08
Tara Kilkenny	9.46 m	97/98	Discus - 350g	Taylor Harvey	4.65 m	Caloundra	07/08
Marlee Towns	2.65 m	96/97	Long Jump	Chloe Brown	2.57	G'House Pent	13/14

CENTRE HOME RECORDS			U-7 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Shari-Elle Powell	12.1	96/97	70m Sprint	Sophie Trevan	11.8	G'House Pent	08/09
Lainey Grieve	17.8	12/13	100m Sprint	Lainey Grieve	18.2	G'House Pent	12/13
Lainey Grieve	38.2	12/13	200m Sprint	Emily Ferroussat	39.7	G'House Pent	12/13
Meg Gear	01:07.6	07/08	300m Pack	Event not available at Carnival meets.			
Stephanie Robinson	2.12.67	17/18	500m pack	Event not available at Carnival meets.			
Stephanie Robinson	1.39.71	17/18	400m Run	Event not available at Carnival meets.			
Abbygayle Knight	02:08.9	11/12	300m Walk	Event not available at Carnival meets.			
Hannah Van Der Meer	5.70 m	96/97	Shot Put - 1kg	Lily Byford	4.38 m	Regional Relays	12/13
Danielle Kneller	12.98 m	95/96	Discus - 350g	Sophie Doyle	10.39	Deception Bay	18/19
Marlee Towns	3.05 m	97/98	Long Jump	Lainey Grieve	2.61 m	G'House Pent	12/13

CENTRE HOME RECORDS			U-8 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Letitia Spedding	12.2	05/06	60m Hurdles	Letitia Spedding	11.9	Caloundra	05/06
Sarah Brown	11.4	96/97	70m Sprint	Letitia Spedding	11.8	Caloundra	05/06
Letitia Spedding	16.9	05/06	100m Sprint	Laura Barthelemy	16.9	Zone Inter.	03/04
Laura Barthelemy	36.2	03/04	200m Sprint	Laura Barthelemy	36.3	Zone Inter.	03/04
Emily Ferroussat	01:00.7	13/14	300 m Pack	Event not available at Carnival meets.			
Emily Ferroussat	01:30.6	13/14	400m Run	Event not available at Carnival meets.			
Emily Ferroussat	01:57.1	13/14	500m Pack	Event not available at Carnival meets.			
Shanya Hemspted	03:11.8	2017	700m Race	Event not available at Carnival meets.			
Brittany Howe	02:00.0	06/07	300m Walk	Event not available at Carnival meets.			
Hannah VanDer Meer	5.44 m	96/97	Shot Put - 1.5kg	Shanya Hempsted	4.55	Deception Bay	16/17
Erica Horne	14.90 m	95/96	Discus - 500g	Shanya Hempsted	13.55 m	Deception Bay	16/17
Sarah Brown	3.22 m	96/97	Long Jump	Letitia Spedding	3.13 m	Maroochydore	05/06
Lainey Grieve	1.01 m	13/14	High Jump	Kaylee Negus	0.83 m	Gympie Spring	11/12

CENTRE HOME RECORDS			U-9 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Letitia Spedding	11.2	06/07	60m Hurdles	Letitia Spedding	10.4	States	06/07
Letitia Spedding	10.9	06/07	70m Sprint	Lainey Grieve	11.18	States	14/15
Letitia Spedding	15.3	06/07	100m Sprint	Letitia Spedding	15.3	States	06/07
Letitia Spedding	32.8	06/07	200m Sprint	Letitia Spedding	31.9	States	06/07
Emily Ferroussat	1.22.90	14/15	400m Run	Stephanie Robinson	01:49.7	States	06/07
Emma Small	03:10.2	16/17	800m Run	Laura Barthelemy	02:53.0	States	04/05
Lilly-Jean Cruise	1.53.30	14/15	300m Walk	Event not available at Carnival meets.			
Lillyana Lucas	04:57.3	12/13	700m Walk	Shelby Daunt	04:19.5	States	09/10
Zandy McAlpine	7.22 m	96/97	Shot Put - 2kg	Sarah Pearson	5.95 m	Regional Relays	18/19
Shanya Hempsted	17.59	17/18	Discus - 500g	Shanya Hempsted	17.65 m	States	17/18
Letitia Spedding	3.65 m	06/07	Long Jump	Letitia Spedding	3.86 m	Junior Carnival	06/07
Letitia Spedding	1.12 m	06/07	High Jump	Lainey Grieve	1.13 m	States	14/15
CENTRE HOME RECORDS			U-10 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Letitia Spedding	11.2	07/08	60m Hurdles	Letitia Spedding	10.8	States	07/08
Letitia Spedding	10.6	07/08	70m Sprint	Letitia Spedding	10.5	Caloundra	07/08
Letitia Spedding	15.2	07/08	100m Sprint	Letitia Spedding	14.8	States	07/08
Laura Barthelemy	32.6	05/06	200m Sprint	Letitia Spedding	30.2	States	07/08
Letitia Spedding	01:14.3	07/08	400m Run	Laura Barthelemy	01:09.6	States	05/06
Laura Barthelemy	02:52.5	05/06	800m Run	Laura Barthelemy	02:43.1	States	05/06
Jasmine Standring	04:32.0	04/05	700m Run	Event not available at Carnival meets.			
Shelby Daunt	07:14.3	13/14	1100m Walk	Shelby Daunt	06:49.8	States	15/16
Lilly-Jean Cruise	5.37.80	15/16	700 Walk	Event not available at Carnival meets.			
Jorjah Tuileutu-Voi	7.89 m	18/19	Shot Put - 2kg	Lainey Grieve	7.16	States	15/16
Phillipa Booney	23.00 m	98/99	Discus - 500g	Emma Small	21.22 m	Regionals	17/18
Lauren Bale	3.90 m	97/98	Long Jump	Letitia Spedding	4.24 m	States	07/08
Sarah Brough	8.31 m	98/99	Triple Jump	Sarah Brown	8.22 m	States	98/99
Lainey Grieve	1.21	15/16	High Jump	Sarah Borough	1.15 m	States	98/99
CENTRE HOME RECORDS			U-11 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Letitia Spedding	10.3	08/09	60m Hurdles	Letitia Spedding	10.3	G'House Pent	08/09
Ashlyn Smith	17.33	19/20	80m Hurdles	**NO RECORD SET **			
Cassidy Ferris	10.4	2015	70m Sprint	Event not available at Carnival meets.			
Seanna Thompson	13.95	18/19	AWD 70m	Event not available at Carnival meets.			
Laura Barthelemy	14.7	06/07	100m Sprint	Letitia Spedding	14.3	G'House Pent	08/09
Letitia Spedding	14.7	08/09					
Hailee-Shae Grant	14.7	13/14					
Seanna Thompson	18.11	18/19	AWD 100m	**NO RECORD SET**			

Letitia Spedding	30.1	08/09	200m Sprint	Letitia Spedding	30.4	States	08/09
Seanna Thompson	40.84	18/19	AWD 200m	**NO RECORD SET**			
Laura Barthelemy	01:09.6	06/07	400m Run	Jasmine Standring	01:07.2	States	06/07
Seanna Thompson	01:46.4	18/19	AWD 400m	**NO RECORD SET**			
Jasmine Standring	02:48.7	06/07	800m Run	Jasmine Standring	02:45.1	States	06/07
Laura Barthelemy	05:34.4	06/07	1500m Run	Laura Barthelemy	05:13.9	States	06/07
Shelby Daunt	4.29.70	14/15	700m Walk	Event not available at Carnival meets.			
Jasmine Standring	07:24.4	15/16	1500 Walk	Laura Pittman	07:20.1		04/05
Shelby Daunt	6.48.70	14/15	1100m Walk	Event not available at Carnival meets.			
Tamara Taripo	9.58 m	15/16	Shot Put - 2kg	Tamara Taripo	10.45 m	States	15/16
Jorjah Tuiletu-Voi	24.79	19/20	Discus 500g	Jorjah Tuileutu-Voi	25.55	G'House Pent	19/20
Tamara Taripo	25.97 m	15/16	Discus - 750g	Tamara Taripo	29.69	States	15/16
Laura Barthelemy	21.31 m	06/07	Javelin - 400g	Jasmine Standring	21.62 m	States	06/07
Letitia Spedding	4.30 m	08/09	Long Jump	Letitia Spedding	4.62 m	States	08/09
Seanna Thompson	2.54	18/19	AWD Long Jump	**NO RECORD SET**			
Letitia Spedding	8.95 m	08/09	Triple Jump	Letitia Spedding	9.93 m	States	08/09
Lainey Grieve	1.32 m	16/17	High Jump	Lainey Grieve	1.37 m		16/17

CENTRE HOME RECORDS			U-12 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Letitia Spedding	10.3	09/10	60m Hurdles	Letitia Spedding	10.14	G'House Pent	09/10
Grace Kwarciany	17.80	19/20	80m Hurdles	Grace Kwarciany	18.15	Regionals	19/20
Hailee Shae Grant	10.3	2015	70m Sprint	Hailee Shae Grant	10.45	Lockyer T/Light	14/15
Letitia Spedding	13.7	09/10	100m Sprint	Rebecca Cody	13.9	States	07/08
Letitia Spedding	29.4	09/10	200m Sprint	Letitia Spedding	28.52	States	09/10
Jasmine Standring	01:10.8	06/07	400m Run	Jasmine Standring	01:06.2	States	06/07
Laura Barthelemy	02:38.8	07/08	800m Run	Jasmine standring	02:30.2	States	06/07
Laura Barthelemy	05:35.0	07/08	1500m Run	Laura Barthelemy	05:20.9	States	07/08
Emma Liesegang	04:47.5	03/04	700m Walk	Event not available at Carnival meets.			
Tara Milne	08:00.9	11/12	1500m Walk	Vicki Clark	10:17.6	States	07/08
Tamara Taripo	12.53	16/17	Shot Put - 2kg	Tamara Taripo	13.29m	States	16/17
Tamara Taripo	36.66	16/17	Discus - 750g	Tamara Taripo	35.91 m	States	16/17
Jasmine Standring	28.10 m	06/07	Javelin - 400g	Jasmine Standring	29.12 m	States	06/07
Letitia Spedding	4.46 m	09/10	Long Jump	Letitia Spedding	4.90 m	States	09/10
Letitia Spedding	9.66 m	09/10	Triple Jump	Sarah Brown	10.14 m	Regionals	09/10
Lainey Grieve	1.43	17/18	High Jump	Lainey Grieve	1.48 m	States	17/18

CENTRE HOME RECORDS			U-13 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Rebekah White	13.7	08/09	80m Hurdles	Letitia Spedding	13.1	Regionals	10/11
Rebekah White	32.1	08/09	200m Hurdles	Emma Barthelemy	31.1	States	06/07
Bailey McManus	9.83	17/18	70m Sprint	Event not available at Carnival meets.			
Hannah Mullolan	13.6	08/09	100m Sprint	Letitia Spedding	13.4	Regional Champ	10/11

Baylee McManus	28.22	17/18	200m Sprint	Letitia Spedding	28.2	Regional Champ	10/11
Sarah Brown	01:07.3	01/02	400m Run	Sarah Brown	01:04.3	States	01/02
Jasmine Standring	02:37.5	07/08	800m Run	Jasmine Standring	02:30.6	States	07/08
Jasmine Standring	05:34.7	07/08	1500m Run	Elizabeth Daniels	05:44.9	States	04/05
Sophie Trevan	4.42.9	14/15	700m Walk	Event not available at Carnival meets.			
Jasmine Standring	10.47.0	07/08	1500m Walk	**NO RECORD SET**			
Tamara Taripo	10.58 m	17/18	Shot Put - 3kg	Tamara Taripo	11.68 m	States	17/18
Tamara Taripo	39.06 m	17/18	Discus -750g	Milli Stuurop	41.29 m	States	08/09
Lauren Bale	34.42 m	00/01	Javelin - 400g	Lauren Bale	36.83 m	State Pentathlon	00/01
Letitia Spedding	4.42 m	10/11	Long Jump	Hannah Mulholland	4.85 m	Nationals	08/09
Letitia Spedding	10.13 m	10/11	Triple Jump	Letitia Spedding	10.43 m	Regionals	10/11
Lauren Bale	1.45 m	00/01	High Jump	Lauren Bale	1.54 m	States	00/01
Sarah Brown	1.45 m	01/02					

CENTRE HOME RECORDS			U-14 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Emma Barthelemy	13.63	07/08	80m Hurdles	Jasmine Standring	14	G'House Pent	08/09
Baylee McManus	32.88	10/11	200m Hurdles	Jasmine Standring	31.7	Regionals	08/09
Boni Gray	9.7	16/17	70m Sprint	Event not available at Carnival meets.			
Boni Gray	13.39	16/17	100m Sprint	Boni Gray	13.25	States	16/17
Emma Barthelemy	28.2	07/08	200m Sprint	Boni Gray	28.59		16/17
Jasmine Standring	01:08.1	08/09	400m Run	Chelsea Negus	01:05.2	Laq Senior	15/16
Jasmine Standring	02:42.9	08/09	800m Run	Sarah Brown	02:34.1	States	02/03
Jasmine Standring	05:43.1	08/09	1500m Run	Georgina Daniels	05:27.3	Zone Inter.	07/08
Bethany Murray	04:41.1	11/12	700m Walk	Event not available at Carnival meets.			
Elizabeth Daniels	10:48.9	05/06	1500m Walk	Sienna Devine	11.29.00	States	16/17
Tamara Taripo	11.78 m	18/19	Shot Put - 3kg	Tamara Taripo	11.83 m	States	18/19
Tamara Taripo	34.27	18/19	Discus - 1kg	Tamara Taripo	32.18 m	States	18/19
Jasmine Standring	32.48 m	08/09	Javelin - 600g	Jasmine Standring	33.89 m	Regionals	08/09
Ella Mickelson	26.80 m	13/14	Javelin - 500g	Andie O'Mara-Little	26.18 m	Regionals	12/13
Laura Vobr	25.15	16/17	Javelin - 400g	Sophie Trevan	23.90 m	Regionals	15/16
Rebekah White	4.68 m	09/10	Long Jump	Lainey Grieve	4.65 m	States	16/17
Jasmine Standring	9.69 m	08/09	Triple Jump	Sarah Brough	10.19 m	States	02/03
Ebony King	1.49 m	2017	High Jump	Ebony King	1.55 m	States	17/18
Amy Trevan	1.49 m	18/19					

CENTRE HOME RECORDS			U-15 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Jasmine Standring	15.4	09/10	90m Hurdles	Andie O'Mara-Little	15.12	States	13/14
Andie O'Mara-Little	32.42	13/14	200m hurdles	Andie O'Mara-Little	31.5	States	13/14
Molly McCaughey	57.33	18/19	300m hurdles	Molly McCaughey	52.99	States	18/19
Boni Gray	9.5	2017	70m Sprint	Event not available at Carnival meets.			

Boni Gray	13.29	2017	100m Sprint	Toni Ledger	13.1	States	07/08
Toni Ledger	27.9	07/08	200m Sprint	Toni Ledger	26.7	States	07/08
Jessica Schmidt	01:05.5	08/09	400m Run	Tara Milne	1.03.82		14/15
Megan Hockey	02:46.1	98/99	800m Run	Katrina Wilson	02:35.9	States	98/99
Tara Milne	5.28.10	14/15	1500m Run	Emma Milne	5.13.36		14/15
Sienna Devine	04:50.4	17/18	700m Walk	Event not available at Carnival meets.			
Jasmine Standing	09:56.2	09/10	1500m Walk	**NO RECORD SET**			
Tamara Taripo	11.19m	19/20	Shot Put - 3kg	Vicki Clark	10.99 m	States	10/11
Tamara Taripo	33.53m	19/20	Discus - 1kg	Andie O'Mara-Little	28.39 m	State Relays	13/14
Jasmine Standing	35.00 m	09/10	Javelin - 600g	Jasmine Standing	36.51 m	Regionals	09/10
Laura Vobr	28.66 m	17/18	Javelin - 500g	Madeline Mullet	25.67 m	States	12/13
Ella Mickelson	4.79m	13/14	Long Jump	Ella Mickelson	4.87 m	Regional Relays	13/14
Ella Mickelson	10.57m	13/14	Triple Jump	Ella Mickelson	10.53 m	Regionals	13/14
Lainey Grieve	1.46m	19/20	High Jump	Sophie Trevan	1.51 m	States	17/18

CENTRE HOME RECORDS			U-16 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Andie Little O'Mara	15.4	14/15	90m Hurdles	Andie O'Mara little	16.09	Regionals	14/15
Molly McCaughey	53.79	19/20	300m Hurdle	Molly McCaughey	50.61	Regionals	19/20
Boni Gray	9.77	18/19	70m Sprint	Event not available at Carnival meets.			
Molly McCaughey	13.51	19/20	100m Sprint	Molly McCaughey	13.00	Redcliffe	19/20
Molly McCaughey	28.13	19/20	200m Sprint	Molly McCaughey	27.50	Redcliffe	19/20
Jessica Schmidt	01:09.6	09/10	400m Run	Jessica Schmidt	01:09.7	States	09/10
Andie O'Mara Little	2.58.20	14/15	800m Run	Kayla Wilson	02:45.5		2015
Andie O'Mara little	6.21.70	14/15	1500m Run	**NO RECORD SET**			
Sophie Trevan	4.47.81	17/18	700m Walk	Event not available at Carnival meets.			
Andie O'Mara little	11.16.8	14/15	1500m Walk	**NO RECORD SET**			
Vicky Clark	10.76 m	11/12	Shot Put - 4kg	Vicky Clark	10.50 m	G'House Pent	11/12
Andie O'Mara little	9.84	14/15	Shot Put - 3kg	Andie O'Mara little	9.78 m		14/15
Andie O'Mara little	33.01 m	14/15	Discus - 1kg	Laura Vobr	25.5	Regional Relays	18/19
Vicky Clark	34.35 m	11/12	Jav - 600g	Vicky Clark	38.36 m	States	11/12
Boni Gray	25.94 m	18/19	Javelin - 500g	Andie O'Mara-Little	28.17 m		14/15
Molly McCaughey	4.70 m	19/20	Long Jump	Molly McCaughey	4.89 m	Regionals	19/20
Molly McCaughey	9.44 m	19/20	Triple Jump	Molly McCaughey	10.03 m	Regionals	19/20
Sophie Trevan	1.48 m	17/18	High Jump	Sophie Trevan	1.49 m	Regionals	17/18

CENTRE HOME RECORDS			U-17 Girls	CENTRE AWAY RECORDS			
NAME	Record	Season	EVENT	NAME	Record	Location	Season
Krystal Copley	19.1	09/10	90m Hurdles	Sophie Trevan	17.49	G'House Pent	18/19
Sophie Trevan	19.52	18/19	100m Hurdles	**NO RECORD SET**			
Nicole Theunissen	1:07.31	19/20	300m Hurdles	**NO RECORD SET**			
Boni Gray	9.83	19/20	70m Sprint	Event not available at Carnival meets.			
Boni Gray	13.50	19/20	100m Sprint	Boni Gray	13.11	Spring Carnival	19/20

Boni Gray	31.23	19/20	200m Sprint	Boni Gray	30.58	Spring Carnival	19/20
Krystal Copley	01.25.30	09/10	400m Run	**NO RECORD SET**			
Sophie Trevan	04:01.9	18/19	800m Run	Sophie Trevan	03:53.0	G'House Pent	18/19
Sophie Trevan	09:14.6	18/19	1500m Run	**NO RECORD SET**			
Sophie Trevan	05:19.1	18/19	700m Walk	Event not available at Carnival meets.			
NO RECORD SET			1500m Walk	Event not available at Carnival meets.			
Bianca Spedding	9.36 m	09/10	Shot Put - 4kg	Bianca Spedding	9.04 m	G'House Pent	09/10
Laura Vobr	9.40m	19/20	Shot Put - 3kg	Laura Vobr	9.88m	Caboolture	19/20
Laura Vobr	23.98m	19/20	Discus - 1kg	Laura Vobr	26.37m	Gympie	19/20
Bianca Spedding	23.47 m	09/10	Javelin - 600g	Bianca Spedding	26.53 m	States	09/10
Boni Gray	28.21m	19/20	Javelin - 500g	Boni Gray	29.48m	Spring Carnival	19/20
Boni Gray	4.53m	19/20	Long Jump	Boni Gray	4.92	Spring Carnival	19/20
Sophie Trevan	9.09 m	18/19	Triple Jump	Boni Gray	9.67m	Spring Carnival	19/20
Sophie Trevan	1.40 m	18/19	High Jump	Sophie Trevan	1.40 m	States	18/19

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