

This book belongs to.....



Christies Beach High School Oval

Beach Road, Christies Beach

South Australia

## **2019/20 Season Handbook**

**Web: [www.noarlungalac.com.au](http://www.noarlungalac.com.au)**

**Email: [NOA@salaa.org.au](mailto:NOA@salaa.org.au)**



Find us on  
**Facebook**

**This is not a Department for Education and Child Development (DECD) organisation or sponsored activity and DECD accepts no responsibility or liability in relation to this activity. DECD accepts no responsibility or liability for services or activities organised or provided by Noarlunga Little Athletics Centre Incorporated.**

## ***Welcome...***

Welcome to Noarlunga Little Athletics Centre Incorporated for the 2019/2020 season.

Little Athletics is an Australian initiative that began in the early 1960's and has developed into a well-recognised and well respected community organisation.

Noarlunga Little Athletics Centre has been established since 1975. Through the hard work and commitment of many families during these years, Noarlunga has developed and continues to grow as a very successful member of Little Athletics SA. As members of Little Athletics Australia, we are a part of the largest volunteer-based sporting group in Australia.

One of the objectives of Little Athletics is to provide children of all abilities with the opportunity to participate in a healthy recreation with their parents— the motto being "FAMILY, FUN and FITNESS". This maxim is emphasized throughout all aspects of competition—from training to championships. We also aim to promote positive attitudes and a healthy lifestyle through family and community involvement in athletic activities.

By its nature, Little Athletics requires new parents each year to be able to continue. It is a sport that gives parents the opportunity to become involved with their children rather than just stand on the sidelines as a spectator.

Good luck, have fun and we hope all athletes achieve their best, in an atmosphere of friendship and sportsmanship!

NOARLUNGA LAC

COMMITTEE 2019/2020

# 2019/2020 Committee

<b>President:</b> Renee Irvine*	<b>Secretary:</b> Clint Irvine*
<b>Treasurer:</b> Tracy Gourlay	<b>Registrar:</b> Renee Irvine*
<b>Recorder:</b> Meg Molenaar	<b>Tiny Tot Coordinator:</b>
<b>Events Coordinator:</b> Michele Vidler*	<b>Uniform Manager:</b> Natasha Zohar
<b>Canteen/BBQ Manager:</b> Liz Ringland	<b>Publications:</b> Clint Irvine*
<b>Tech &amp; Equipment Manager:</b> Peter Young*	<b>First Aid Officer:</b> Michele Vidler*
<b>Child Safety Officer:</b> Liz Ringland	<b>Club Coaches:</b> Peter Young* & Meg Molenaar
<b>Fund Raising:</b> Tamara Smith	<b>Promotions:</b> Natasha Wallace
<b>General Committee:</b> Sarah Stewart, Steven Menadue, Nikki Young*, Kim Gale & Brian McKenzie	<b>Club Captains:</b> Holly Irvine & Jay Leong

# Level 2 Official

\* Level 1 Official

## Contact us

Post: Noarlunga Little Athletics Centre Inc. PO Box 687,  
Noarlunga Centre, SA, 5168

Email: [NOA@salaa.org.au](mailto:NOA@salaa.org.au)

Web: [www.noarlungalac.com.au](http://www.noarlungalac.com.au)

Facebook

Mobile: 0438 118 188 (President)

## Special Thanks

These organisations have played a big part in enabling us to prepare our centre for each season:



South Australian Little Athletics Association Inc.

[www.salaa.org.au](http://www.salaa.org.au)



**Government of South Australia**  
Office for Recreation and Sport



Bakers Delight Southgate Plaza, Reynella supports our canteen and fundraising by donating bread for our weekly BBQ and baked goods for purchase with gold coin donations.



# General Information

## Come and Try

If you are new to Little Athletics, we highly recommend using two “Come & Try” sessions before deciding to register for the whole season. Simply register as “Come & Try” online through a link on our website ([www.noarlungalac.com.au](http://www.noarlungalac.com.au)) or through the Registration Portal on the Association website ([www.salaa.org.au](http://www.salaa.org.au)). Fill in the online forms providing details of the athlete and care provider to ensure the athlete is covered by insurance to participate for FREE. After two consecutive sessions you will have tried most events available for your age group (providing no cancellations due to weather events). If you then decide to fully register you will need to arrange payment and any uniform requirements with the Registrar and collect your welcome pack.

## Fees and Registration

2018/19 Registration fees for the summer season (also includes Interclub access to Athletics SA Stadium & 2019 winter cross country registration)

1 athlete	\$140 plus uniform costs
2 athletes	\$280 plus uniform costs
3 athletes	\$380 plus uniform costs
4 or more	\$70 Per additional athlete + uniform costs

Registration is only possible online via a link on our website or through the Association website as stated above. Payment is by credit card online only.

## Uniform Requirements

- Noarlunga LAC Polo Top available from Centre for \$50 – all sponsor and age group patches, and registration numbers are to be sewn on in the correct positions. A plain black or white long sleeve top may be worn under the polo top.
- Athletes must wear black shorts, leggings, sports briefs or two-way stretch above the knee-shorts (commonly referred to as bike shorts or skins). Cross country events allow  $\frac{3}{4}$  or full length black tights or leggings with shorts worn over the top. No unapproved branding larger than 30mm x 30mm square (cover them with black tape etc.).
- **Optional:** Bottle green wide-brimmed sun smart hat available from Centre for \$10 and Hoodies are also available to order. Price on application.

# Uniform



Age group, sponsor and registration patches MUST be attached as shown above.

No other patches or badges are permitted.



# **General Information**

## **Weather**

Every attempt will be made to modify events whenever weather conditions are extreme, however if it becomes necessary to cancel a Sunday morning meet, notice will be given on the website ([www.noarlungalac.com.au](http://www.noarlungalac.com.au)) after 8:00am that morning or check Facebook for similar updates.

**Rule:** If the previous night's weather forecast is 36°C or higher for the **Noarlunga** area for the Sunday, athletics will be cancelled. For twilight meets and training nights, if the temperature is 35°C or higher at 4.00pm, it will be cancelled.

**Please note:** for **Association Events** conducted at SA Athletics Stadium Mile End, the following hot weather policy will apply. If the temperature forecast by the Australian Bureau of Meteorology, as published at 4:10pm on the Friday prior to the competition is between 37°C and 40°C then the competition will be conducted to a Hot Weather program. If it is 41°C or above the event will be cancelled and rescheduled to the next available date. See "Standard Rules of Competition" on the Association website (<http://www.salaa.org.au/>) under "Competition" tab for further details.

## **Parking**

Cars are not permitted on the oval except for equipment and stock deliveries. Car parking is permitted off Beach Road near the oval providing the access gate is clear at all times and vehicles keep clear of the bike path. Extra car parking is available in the Colonnades car park. For safety reasons, please use the pedestrian crossing to access the school grounds.

## **No Smoking Policy**

School grounds are smoke-free zones at all times. At Noarlunga LAC, the Little Athletics SA Smoke Free Policy is enforced:-

**"Smoking is PROHIBITED at Centres and Clubs on the competition arena and the area surrounding the track and field events, clubrooms and canteen area".**

## **First Aid**

A first aid and asthma kit are available at the canteen. For severe asthmatic or medical conditions please submit a **Medical Action Plan** to our First Aid Officer **Michele Vidler** upon initial Registration.

# General Information

## Communication Pathway

- Please ensure that your registration details provided at the beginning of the season are kept up to date with any changes such as a valid email as this is the main form of communication used to keep families up to date with any last minute changes at our Centre.
- We provide an age group folder in each Age Group Crate. This is where newsletters, specific event notifications and certificates will be placed prior to each Home meet. Chaperones need to check the folders each week and hand out relevant information to parents for their age group that day.
- New information is always given verbally at a group gathering prior to commencing each meet, as well as being written on the whiteboard displayed on the fence outside the shed. Please ensure you are at the venue on time, as this is an important way of finding out what is happening at your centre.
- All information will be posted on our website [www.noarlungalac.com.au](http://www.noarlungalac.com.au) and regular updates are posted on Facebook.

## Child Safety

- Little Athletics SA is strong in its commitment to a coordinated and comprehensive approach to promote the protection of children and adults. In accordance with the SA State Government principals for child protection and intervention, Little Athletics SA aims to promote a safe environment for all children and adults and to notify suspected child abuse and neglect.
- Little Athletics SA is committed to the belief that all children have the right to feel safe at all times.
- **If you have any concerns please contact our Child Safety Officer: Liz Ringland**

## Canteen and BBQ

Each week the canteen (corporate box) and BBQ will be available only with the assistance of **parental help**. Both are run on a roster basis. The roster for parental assistance will be on display at the beginning of the season on the white board. Each family only need volunteer in the canteen and BBQ once a season. You can choose when you volunteer by writing your family name on the roster early in the season but if we don't have enough volunteers, families we will allocated duties on the roster. If you can't fulfil your allocation it will be up to you to find a replacement. Funds raised from sales go towards medals and trophies to be presented at the end of the summer season.

# Parental Assistance

## Little Athletics is a sport run by Parents for their Children

Assistance from all parents will be required each week for the smooth running of the program.

### Parental Supervision

A Parent or Guardian **MUST** be present at the venue for their athlete to participate. For Tiny Tots to participate they must have a parent or guardian with them at all times.

No equipment is to be used by athletes prior to meet unless **actively** supervised by an adult. Hurdles in particular should not be jumped in the opposite direction to which they collapse. High jump mats should not be jumped upon while another person is on them. Every field event has safety instructions that must be adhered to. Make sure you familiarise yourself with these resources.

### Chaperones

Each week a parent is required to act as chaperone for each age group. Parents may wish to roster this duty amongst themselves for the season. Try not to have the same parent do it each week.

The responsibilities of the chaperone include:

- Organising a group of children for the duration of the meet
- Collect the recording folder and age group crate
- Mark off the names of children present, add any extras to bottom of list (e.g. Come & Try)
- Check athlete is in correct uniform with correct registration number
- Ensuring available parents/caregivers help to mark, score and retrieve equipment
- Liaise with officials for smooth running of events and keep to the order of events as listed in the program.
- Record all results on recording sheet (paying particular attention to Centre Best results, see next page)
- Provide each athlete with a results ticket for events at the end of the meet
- Encourage athletes to participate and have fun!
- Returning folder and crate to collection point



# Parental Assistance

## Centre Best Records - Important Information for Chaperones

All Centre Best records must be verified by a Committee member in order to be accepted. It is therefore important for all chaperones to be aware of the centre best record for an event, prior to beginning the event. These records can be found at the top of the recording sheet.

- **Track** records will be verified by the committee member at the timing gates/finish line. As chaperones are recording the times, please check if a record has been broken. If it has please ask the committee member reading out the times to verify the time and alert them that it is a record. They will then validate it by signing the recording sheet and stapling the timing print out from the race to the recording sheet to be handed in at the end of the meet.
- **Field** records: If you are recording results for a field event, you **MUST** be aware of the Centre Best record.
  - **High Jump:** If an athlete is about to jump a height that would break the record you must get a committee member to come to the event to observe and validate the height jumped by signing the recording sheet if the athlete achieves the height.
  - **Long Jump, Triple Jump, Shot Put, Discus & Javelin/Turbo/Vortex:** For all these events if an athlete achieves a record distance you must not remove the tape measure spike from the distance thrown or jumped until a committee member is there to verify the distance. If the record is verified, the committee member will sign the recording sheet.

Failure to have the record verified will mean the record will not be accepted, so please make sure you do it correctly or kids will miss out on achieving records. The same applies to Away Centre Bests so please make sure you have a committee member (from either club) or SALAA official sign the form when we are at Away Meets.



## How to Help at Little Athletics

To assist with the smooth running of the program, the chaperone for your child's age group will require help to run the **field events**:-

- **Shotput, Discus and Javelin** require 2 helpers - one to stake (mark the point where the throw first hits the ground) and one to retrieve the equipment safely (no throwing/rolling back to athlete).
- **Long Jump and Triple Jump** requires 2 helpers - one to stake (mark the point where the athlete lands) and one to rake level the sandpit and sweep the take-off mat



- **High Jump** requires 2 helpers to adjust the height of the bar

### Timekeepers and Starters

The chief timekeeper and starter coordinate the **track events** for the day (starting order). Timekeepers are required on days that **hurdles** are run:



- To measure the elapsed time between the start and the finish of an event conducted on a track or course.
- **Start:** The first sign of a visual signal or smoke from the starting device.
- **Finish:** When any part of the athlete's torso reaches the plane of the finish line.
- **Torso:** Any part of the body (as distinct from the head, neck, arms, legs, hands or feet).

## **Set-Up and Pack-Up at Home Meets**

The Committee requires parental assistance for the setting up and packing away of equipment each week so that we can start on time. Families can arrive early by half an hour and help set up equipment they may be familiar with.

**SET-UP** would have parents arrive by 8:30am to assist Committee members to:

- Remove the equipment from the shed onto the trailers for distribution around the arena for each event. High jump uprights and bars to be placed on High Jump mat trailer after mats have been delivered to the oval. Uprights to be set up at each high jump mat, safety straps used where required.
- Set out Tiny Tots equipment as directed by the Coordinator
- The throw and jump events can then have their areas checked for safety and any issues reported to an Official.
- Markers/cones can be spread along the throw vectors
- The jumps pits raked and cleared of debris, run-ups cleared of debris, mats placed at edge of pits.
- Timing gates erected once trolley towed into place.
- Deliver tread in stakes and bunting to timing gates to be erected to prevent people crossing track blocking starters vision

**PACK-UP** requires parents to help Committee members by:

- Tiny Tots equipment packed neatly into storage (unless damp)
- Having all equipment packed up and left at the event area in the crates (throws) if you are the last age group scheduled for that event (check the program)
- For the jumps - tape measures wound up, rakes, brooms, mats, measuring stakes and any other equipment collected together in one spot for loading on the trailer.
- Collect all high jump uprights and bars onto mat trailer and returned to the shed.
- Load high jump mats onto trailer for return to the shed.
- Disassemble timing gates and associated bunting and return tread-in stakes to the shed.

The Committee team will then collect the equipment with the trailers at the end of the meet and return to the shed for storage.

### **"Many Hands Make Light Work"**

- Volunteer to help out
- Little Athletics is run by parents
- Put your hand up and say "I can help"
- If you're not sure, ask someone
- Each week, help somewhere new



# **Coaches and Officials**

Little Athletics SA conduct Introduction to Coaching Courses (ITCC) throughout the year, the majority being staged just prior to, or during the Little Athletics summer season. The ITCC is great for those who want to know more about skills of Athletics, so that they may help to coach children, assist at Little Athletics Centres and to prepare students for school athletics carnivals. If you would like to attend a course, speak to a Committee member for details.

The Australian Athletics Officials' Education Scheme (AAOES) has been introduced. It provides one seamless and transparent pathway for all athletics Officials, regardless of their affiliation with either Athletics Australia or Little Athletics Australia.

You can help your Centre/Club and Little Athletics SA, by qualifying as an Official.

**Be 'official' - become an OFFICIAL!**

This course is the first step in officiating, within Little Athletics. The course provides the basic knowledge to allow a parent to officiate at Centre Level and assist at Association Events.

The Officials Course covers all Little Athletics Track & Field events, combining rules with the practical application of them, along with the important aspects of safety, venue set up, recording results and handling equipment.

## **PREREQUISITE: Introductory Level Officiating General Principles course**

We encourage all participants who have registered for this course, to complete the online Introductory Level Officiating General Principles course. To access this course, go to the Australian Sports Commission's [Online learning portal](#), and access the Introductory Level Officiating General Principles course.

Register/login here: <https://learning.ausport.gov.au/auth/login/>

Once you have completed this course, email your **certificate number** to [officials@salaa.org.au](mailto:officials@salaa.org.au) with your name and contact details.

Officials courses are conducted throughout the year, the majority being staged just prior to, or during the Little Athletics summer season.

Please check the Little Athletics SA website <http://salaa.org.au/officials> for upcoming courses.

## Insurance

Insurance is provided for all Little Athletics participants, members and helpers. V-Insurance Group are proud to act as the insurance brokers and agents for Little Athletics South Australia.

V-Insurance Group has designed a National Insurance Program specifically tailored to meet the needs of Little Athletics South Australia.

The National Insurance Program includes the following insurance options, which have been exclusively designed to provide protection for members at all levels.

- Personal Accident
- Public Liability
- Professional Indemnity

Insurance cover is provided as part of the annual Little Athletics registration fee.

All centres have been provided with an Australian Little Athletics Insurance scheme and the personal Injury Claim Form. If you or your child is injured at the Centre, ask your Centre to complete the form and forward it to the Association Chief Executive Officer.



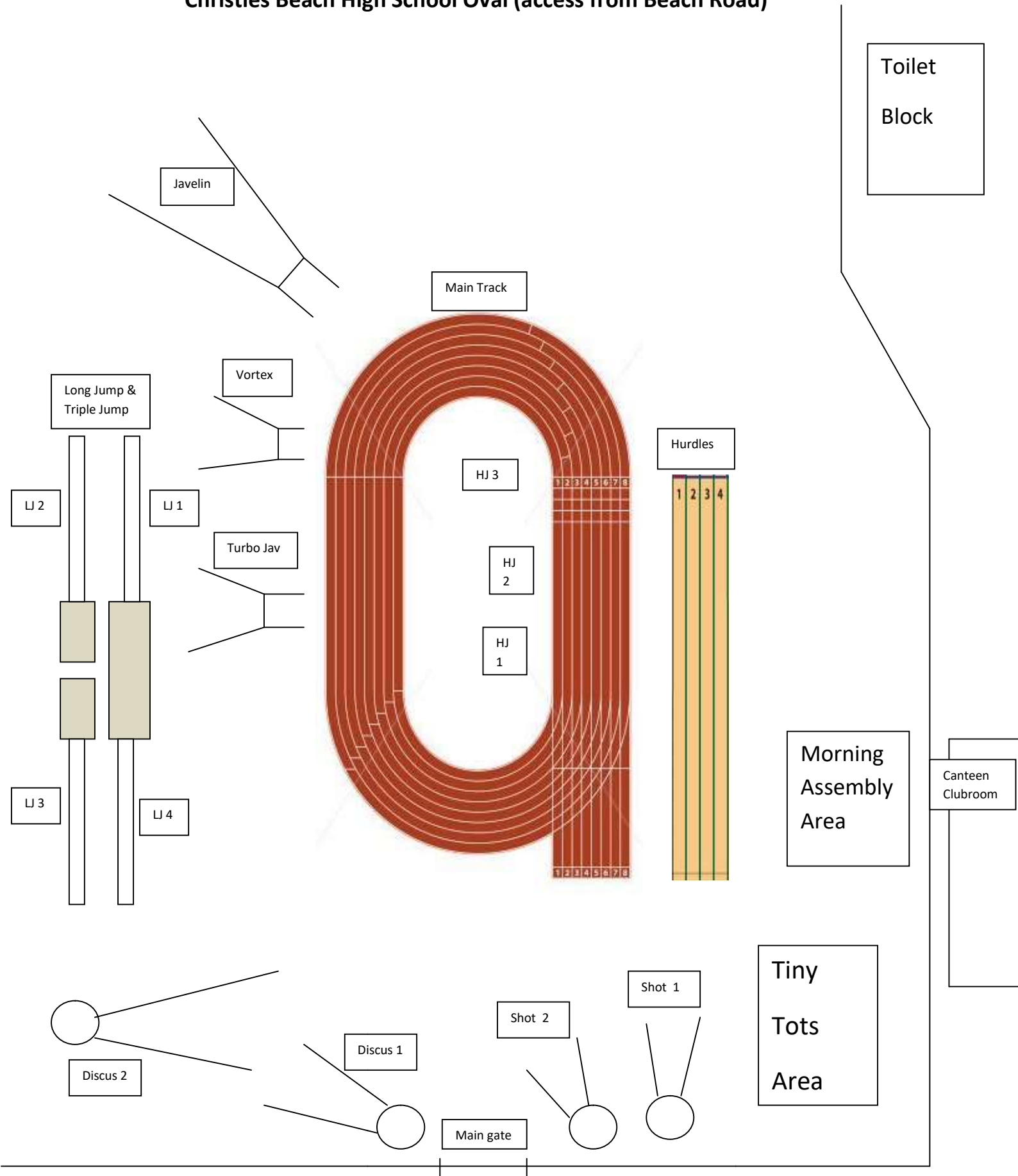
**V-INSURANCE  
GROUP**

CORPORATE AUTHORISED REPRESENTATIVE OF Willis



# NLAC Site Map

Christies Beach High School Oval (access from Beach Road)



## SEASON PROGRAM 2019/20

Sun Sept 22	Home meet	9.15am	Come n try
Sun Sept 29	Home meet	9.15am	Come n try
Sun Oct 6	Home meet	9.15am	
Sun Oct 13	Home meet	9.15am	
Sun Oct 20	Home meet	9.15am	
Sun Oct 27	Home meet	9.15am	
Sun Nov 3	Home meet	9.15am	
Sun Nov 10	Interclub meet at Athletics SA Stadium		See page 17
Sun Nov 17	Home meet	9.15am	
Sun Nov 24	State PB Classic #1		See page 18
Sun Dec 1	Home meet	9.15am	
Sun Dec 8	Home meet	9.15am	
Sun Dec 15	State Relay Championships		See Page 19
<b>CHRISTMAS BREAK</b>			
Sun Jan 12	Home meet	9.15am	
Sun Jan 19	Home meet	9.15am	
Sun Jan 26	Home meet	9.15am	Australia Day Dress Up Theme
Sun Feb 2	State PB Classic #2		See page 21
Sat Feb 9	Home meet	9.15am	
Sun Feb 16	Home meet	9.15am	
Sat Feb 22/23	Multi Event Weekend		See page 22
Sun Mar 1	Home meet	9.15am	
Sun Mar 8	Home meet		Modified Program
Sun Mar 8	State Challenge	9.15am	See page 23
Sun Mar 14/15	State Individual Championships		See page 24

**AGM & PRESENTATION WILL BE HELD AT OUR CLUB ROOM AND OVAL ON MARCH 22 STARTING AT 10am**

# Calendar of Events

## DARE TO DREAM ATHLETICS HOLIDAY CLINIC

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Little Athletics South Australia and Athletics South Australia would like to invite ANY child or teenager between the ages of 5 and 17 to be involved in our **DARE TO DREAM ATHLETICS HOLIDAY CLINIC** at the SA Athletics Stadium.

Whether you are new to athletics or have been involved for a long time, this clinic is perfect for anyone! The clinic provides a great opportunity for you to learn and develop your athletic skills through the participation in event coaching with our experienced coaches! There is also other fun activities planned.

**DATES:** Wednesday 2nd and Wednesday 9<sup>th</sup> October 2019

**LOCATION:** SA Athletics Stadium, 145 Railway Terrace, Mile End 5031 SA

**TIMES:** 9:00AM – 3:00PM

**COSTS:** Contact [development@salaa.org.au](mailto:development@salaa.org.au) for details

**AGE GROUPS:** U6 – U18

**WHAT WILL YOU GET TO DO?**

- U6-U8's to participate in a fun developmental run, jump and throw program!
- U9-U18's to receive exceptional coaching in the athletic events of their choice!
- Registrations Opening - Monday 9<sup>th</sup> September!

If you have any questions about the clinic, please email [development@salaa.org.au](mailto:development@salaa.org.au) or call the office at 08 8352 8133





# Calendar of Events

## Interclub Meet

Sunday 10th November 2019

The Interclub Meet is an opportunity for all registered athletes in the Tiny Tots to Under 17 age groups to compete at the SA Athletics Stadium against other centres in a set program.

This event is all about interaction with athletes from other centres as well as promoting a family fun day. It also provides athletes with the opportunity to be introduced and understand the processes of a formal competition. All age groups, including Tiny Tots, can be involved.

The Interclub Meet will use a structured program, with events scheduled for each age group.

Note: There will be no home meet for this date so we encourage all registered athletes to attend and those who attend will earn points towards certificates and the end of season presentations.

Centres in our Interclub meet are: Noarlunga, Mid Coast, Reynella East, Hills and Plympton.

Age Groups: TT - U17

Location: SA Athletics Stadium, Railway Terrace, Mile End

Entry Fee: Included in registration fees.

*To participate in this event, athletes must be a registered financial member with a South Australian Little Athletics centre.*

“Aim  
to be **YOUR** best  
not **THE** best ”



## Calendar of Events

# Adelaide Brighton Cement State PB Classic #1

Sunday 24th November 2019

**Entries Open:** 9:00AM Wednesday 9<sup>th</sup> October 2019.  
**Entries Close:** 5:00PM Wednesday 6<sup>th</sup> November 2019.  
**Age Groups:** TT-U17.  
**Entry Fee:** \$11.20 per athlete.

The State PB Classic is open to all registered athletes in the Tiny Tots to Under 17 age groups, using a structured program with limited events scheduled for each age group. Events not offered at PB Classic #1, will be offered at PB Classic #2.

This competition is all about “Personal Bests” (PB). It provides athletes with the opportunity to be introduced and understand the processes of a formal competition. All age groups, except Tiny Tots, can select up to 4 events to be involved in, with the primary purpose of the event for athletes to strive towards their own personal achievement.

This is a great opportunity for any athlete to come out to the stadium and experience the state’s premier athletics facility!

NOTE: There are no qualification standards or eligibility requirements to compete in this competition, meaning any registered Tiny Tot to Under 17 can participate!



Adelaide Brighton Cement Ltd



# Calendar of Events

## SA Power Networks State Relay Championships

**Sunday 15th December 2019**

<b>Entries Open:</b>	9:00AM Wednesday 30th October 2019.
<b>Entries Close:</b>	5:00PM Wednesday 27th November 2019.
<b>Age Groups:</b>	U8-U17, Mum's & Dad's and Rec Aths.
<b>Entry Fee:</b>	\$25.40 per team.

The State Relay Championships is for registered athletes in the Under 8 to Under 17 age groups.

The State Relay's is a great team competition in which athletes compete as a team in various track and field relays. This event displays excellent team and centre spirit, and demonstrates the importance of team camaraderie between athletes. This season has also seen the introduction of the Under 8's to the State Relays to compete in a 4 x 100m Shuttle Relay! Medals are presented for the top three placed teams in each event, in each age group.

Families are encouraged to join in on the fun too with a 4 x 100m relay for females and males. You can enter in the "Mum's and Dad's" category or in the "Recreational Athletes" category. PLEASE NOTE: You must be a registered "Rec Aths" member to participate in the Recreational Athletes category.

Each Little Athletics Centre are responsible for nominating the number of teams they wish to submit for this event, as well as which athletes will make up each team. Any athlete that may be interested in participating in this event should speak to their centre. Centres are required to submit athlete names by 5:00PM Sunday 1st December 2019.

### QUALIFICATION STANDARDS & ELIGIBILITY REQUIREMENTS

#### Qualification Standards:

- There are no qualification standards for this State Competition.

#### Eligibility Requirements:

- An athlete must be registered with a Little Athletics SA affiliated centre by no later than Sunday 1st December 2019.
- An athlete must have participated in one (1) centre competition by Sunday 1st December 2019.





# Calendar of Events

## DREAM. BELIEVE. ACHIEVE.

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*Little Athletics SA and Athletics SA are proud to present the:*

### **DREAM. BELIEVE. ACHIEVE. ATHLETICS HOLIDAY DEVELOPMENT CLINIC**



This clinic conducted in the January school holidays is open to all age groups from Under 6 through to Under 18.

The clinic is designed to provide opportunities for skill / technique development in the participants desired athletic track and field events through coaching from some of South Australia's best coaches. There is also a Mini Olympics offered to allow the participants to put their learnings into practice!

Our aim is for you to dream... believe... and achieve personal best results!!!

**See Association website for more information.**

1. **Tuesday 14<sup>th</sup> January 2020, 9am - 1pm - COACHING SESSION DAY** (Under 6 – Under 8, and Under 9 to Under 18)
2. **Wednesday 15<sup>th</sup> January 2020, 9am - 1pm - MINI OLYMPICS DAY** (Under 9 to Under 18 only)

**LOCATION:** SA Athletics Stadium, 145 Railway Terrace, Mile End SA 5031

**REGISTRATIONS CLOSE:** Wednesday 8th January 2020 at midnight



## Calendar of Events

# State PB Classic #2

Sunday 2nd February 2020

**Entries Open:** 9:00AM Wednesday 18<sup>th</sup> December 2019.  
**Entries Close:** 5:00PM Wednesday 15<sup>th</sup> January 2020.  
**Age Groups:** TT-U17.  
**Entry Fee:** \$11.20 per athlete.

The State PB Classic #2 is open to all registered athletes in the Tiny Tots to Under 17 age groups, using a structured program with limited events scheduled for each age group. Events not offered at PB Classic #1, will be offered at PB Classic #2.

This competition is all about “Personal Bests” (PB). It provides athletes with the opportunity to be introduced and understand the processes of a formal competition. All age groups, except Tiny Tots, can select up to 4 events to be involved in, with the primary purpose of the event for athletes to strive towards their own personal achievement.

This is another great opportunity for any athlete to come out to the stadium and experience the state’s premier athletics facility! It is also the perfect opportunity for athletes to attain any final qualifiers required to qualify for the State Challenge and/or State Individual Championships.

NOTE: There are no qualification standards or eligibility requirements to compete in this competition, meaning any registered Tiny Tot to Under 17’s can participate!





## Calendar of Events

# Toyota State Multi Event Championships

Saturday 22nd - Sunday 23rd February 2020

Little Athletics SA and Athletics SA are pleased to announce that the 2019 State Multi Event Championships will once again be a combined event. This event is over two days for registered athletes in the Under 9 to Under 17 age groups.

The Multi's is a competition in which athletes participate in a specified number of track and field events, earning points for their performance in each event. Each age group competes in a mixture of running, jumping, and throwing events, where athletes have the opportunity to showcase their all-round ability. Medals are presented to the three highest total point scorers in each age group.

The Under 9 to Under 13 age groups will participate in a pentathlon (5 events), Under 14's participate in a hexathlon (6 events), and Under 15 to 17's participate in a heptathlon (7 events). The pentathlon events are conducted over one day, with the hexathlon and heptathlon events conducted over two days.

As mentioned, athletes accrue points based on their performances in the individual events, with medals presented to the three highest point scorers in each age group. Check the association website for how the points are allocated.

Age Group: U9 - U17

Location: SA Athletics Stadium, 145 Railway Terrace, Mile End 5031

Entry Fee: \$22.30 per athlete

Nominations Open: Wednesday 8th January 2020 through the Member Portal

Nominations Close: Wednesday 5th February 2020

*To participate in this event, athletes must be a registered financial member with a South Australian Little Athletics centre before Monday 31<sup>st</sup> December 2019 and have met the qualifying standards and eligibility requirements. Check the association website for more details.*





# Calendar of Events

## State Challenge

Sunday 8th March 2020

The State Challenge is for registered athletes in the Under 8 to Under 13 age groups.

This event is a competition for athletes who did not quite qualify for the State Individual Championships, but is an exciting opportunity to still compete at SA's premier athletics facility and finish off the season with some personal bests (PBs) in what is one of the most "feel good" events on the Little Athletics SA calendar. Most individual events are held for each age group, with the top three placed athletes awarded medals. Finals will not be conducted for this event; medals will be based on heat times. Field events will be best of three attempts (no final 8).

**Note:** Registered athletes in the Under 14 to Under 17 age groups attain straight qualification for the State Individual Championship; providing eligibility requirements are met. Therefore, athletes in these age groups are unable to compete at the State Challenge.

Age Group: U8 - U13

Location: SA Athletics Stadium, 145 Railway Terrace, Mile End 5031

Entry Fee: \$11.20 per event for the first 3 events, then \$5.00 for an additional fourth or fifth event. Capped at \$38.60

Nominations Open: Wednesday 22nd January 2020 through the Member Portal

Nominations Close: Wednesday 19th February 2020

*To participate in this event, athletes must be a registered financial member with a South Australian Little Athletics centre before Monday 31st December 2019 and have met the following:*

### Event Specific Rules

- Athletes who have qualified for the State Individual Championships in three or more events are ineligible to enter the State Challenge.
- Athletes cannot enter an event in the State Challenge that they have qualified for in the State Individual Championships, regardless of whether they nominate for that event in the State Individual Championships.

### Qualification Standards - (Check association website for qualifying standards)

- Athletes in the Under 8 to Under 13 age groups must have bettered or equalled the qualifying standard for the nominated event(s) within the specified Qualification Period.

### Eligibility Requirements -

- Athletes must have competed in a minimum of 20 events at their registered centre/club between their date of registration and the close of nominations
- NOTE: Performances achieved at a 'Come and Try' session do not count towards eligibility or qualification. An individual discipline may only be counted as one event at a competition (e.g. competing in the 100m twice still only counts as one event.) At most, 7 events may be counted towards an athlete's eligibility total within a week.



# Calendar of Events

## State Individual Championships

Saturday 14th - Sunday 15th March 2020

The State Individual Championships (SIC) is for registered athletes in the Under 9 to Under 17 age groups.

The SIC's is the pinnacle event for many athletes in the Little Athletics season. The SIC's is a great opportunity for athletes to showcase their athletic ability whilst competing against the best athletes from around the state!

To qualify, athletes in the Under 9 to Under 13 age groups must have bettered or equalled the SIC's qualifying standard(s) for the nominated athletic event(s) on at least two occasions. Athletes in the Under 14 to Under 17 age group must only record a valid performance in the nominated event(s). This must occur within the specified qualification period for all age groups.

All standard individual events are held for each age group, with the top three placed athletes awarded medals.

**Age Groups: U9 - U17**

**Location: SA Athletics Stadium, 145 Railway Terrace, Mile End 5031**

**Entry Fee: \$11.20 per event for the first 3 events, then \$5.00 for an additional fourth or fifth event. Capped at \$38.60**

**Nominations Open: Wednesday 22nd January 2020 through the Member Portal**

**Nominations Close: Wednesday 19th February 2020**

*To participate in this event, athletes must be a registered financial member with a South Australian Little Athletics centre before Monday 31st December 2019 and have met the following:*

**Qualification Standards - (Check association website for qualifying standards)**

- Athletes in the Under 9 to Under 15 age groups must have bettered or equalled the qualifying standard for the nominated events on two occasions within the specified Qualification Period
- Athletes in the Under 16 and Under 17 age group must have recorded a valid performance in the nominated events within the Qualification Period.

**Eligibility Requirements -**

- Athletes must have competed in a minimum of 20 events at their registered centre/club between their date of registration and the close of nomination (Note: Performances achieved at a 'Come and Try' session do not count towards eligibility or qualification).





# **Rules of Competition**

## **Applicable to all Little Athletics SA events held at SA Athletics Stadium**

### **Athletes must be registered**

To compete at any Little Athletics SA championship event, athletes must be registered by the specified cut-off date.

### **Athletes and teams must nominate to compete**

All nominations are to be completed on the Members Portal before nominations close for that event.

### **Full Centre uniform must be worn**

This rule is strictly enforced by the Little Athletics SA Officials Club at all championship events. All athletes must report to the designated marshalling area prior to each event, where uniforms will be checked. Athletes not in full Centre uniform will not be allowed to compete.

### **Wearing of footwear is compulsory**

Spikes (7mm max, no more than 11 in number) are only permitted for under 11 age group upwards for laned track events, high jump, long jump, triple jump and javelin. Also allowed are sections of a relay held wholly in lanes. U13 and above may wear spike shoes with spikes fitted in all events and all legs of a relay. No athlete in any age group is permitted to wear spike shoes without spikes fitted or with blanks inserted. No spikes are to be worn for Walks or Cross Country events.

### **Entering the competition arena**

Only competing athletes, nominated team managers and officials are permitted to enter the competition area. Pacing and coaching in the arena, any other competition area and any marshalling area is prohibited.

### **Parental support**

The full support of every parent and their Centre is absolutely essential in ensuring safe and successful competition for the athletes involved!

More detailed Rules of Competition and Little Athletics SA Event details can be found on our website at [www.noarlungalac.com.au](http://www.noarlungalac.com.au) as they become available throughout the season.





## Sun Smart Policy

The health of participants is paramount to SALAA. Skin cancer is a major public health problem in Australia, and it is recognised that skin cancer is preventable and like any other medical condition, and is best dealt with by the application of preventative measures. While at State and Centre level efforts will be made to assist in sun protection when at training and competitions, it is accepted that ultimately, the responsibility is that of each individual and/or – in the case of children – their parents or guardian.

Where practical, Centres will endeavour to schedule activities outside the hours of peak UV readings. Where this is not practical, members are advised of the need for extra sun safety precautions during those hours (approximately 10.00am and 3.00pm).

Centres should endeavour to have broad spectrum water resistant 30+ sunscreen available for members and for purchase/use by spectators. Participants should be encouraged to use sunscreen appropriately on exposed parts of their bodies, and to re-apply regularly.

Members should be encouraged to wear wide brimmed or legionnaire style hats when participating in Little Athletics events, as peaked caps do not provide adequate skin protection. Members should be encouraged to wear shirts with sleeves and Centres should be encouraged to design uniforms that have collars and sleeves.



Centres should support the use by their members of 100% UV protective sunglasses during SALAA activities. Where natural shade is not adequate, Centres should maximise the use of alternative shade facilities. Where sufficient shade is not available at a facility, the Association or centre depending of the level at which the event is being held, will arrange for alternative temporary shade structures to be made available.

Centres should promote sun safety in a positive way, through newsletters, written literature and over the public address system.

Associations and Centres should ensure that coaches, officials and members in prominent positions will act as strong role models in respect of sun safety practices.

SALAA strongly recommends its Centres and Clubs to adopt and promote similar sun safe policies.

Parents and Guardians of Little Athletes in South Australia should be encouraged to:

- Purchase appropriate sun safe clothing including protective uniform clothing where available for their child's/children's usage
- Provide 30+ broad-spectrum sunscreen or zinc cream for their child/children
- Promote sun safe behaviour to their child/children
- Provide safety sunglasses, which filter 100% of UV for their child/children.

*This SunSmart Policy will be reviewed annually to ensure that the document remains current and practical to the Centres and Clubs requirements.*

# Little Athletics Events

## **Timekeeping**

A timing marshal will be required each week to operate the automated time keeping gates. Chaperones will be responsible for lining athletes up into rows of six and awaiting the marshal's instructions to start. Hurdles will be hand timed.

## **Hurdles**

AGE	DISTANCE	FLIGHTS	HEIGHT	RUN IN	BETWEEN	RUN OUT
U8-9	60m	6	45cm	12m	7.0m	13m
U10	60m	6	60cm	12m	7.0m	13m
U11	80m	9	60cm	12m	7.0m	12m
U12	80m	9	68cm	12m	7.0m	12m
U13, U14G	80m	9	76cm	12m	7.0m	12m
U14, U15-17G	90m	9	76cm	13m	8.0m	13m
U15-17B	100m	10	76cm	13m	8.5m	10.5m
U13	200m	5	68cm	20m	35m	40m
U14	200m	5	76cm	20m	35m	40m
U15-17	300m	7	76cm	50m	35m	40m

## **Race Walking**

Athletes may receive a caution from the judge when in danger of losing contact or not straightening the support knee. Each judge may report an athlete for breaking any of the walk rules. Three separate reports will lead to disqualification.

## **Wearing of spikes**

Needle type spikes (7mm at SA Athletics Stadium or 9mm on grass tracks) are permitted for under 11 age group and above in the following events: 100m, 200m, 400m, Hurdles, Long Jump, Triple Jump, High Jump, Javelin, and those sections of relays conducted entirely in lanes. U13 to U17 girls and boys may wear 7mm spikes in all events except race walks. Spiked shoes may only be put on immediately prior to the event and must be removed immediately after the event. All spike shoes must be worn with all holes filled with a complete set of spikes with no more than two blanks/slugs installed. No spikes are allowed for cross country events.

## **Javelin**

The Javelin must be thrown over the shoulder or upper part of the throwing arm. The tip must strike the ground before any other part of the Javelin. Measurement is made from the point where the tip first touches the ground to the edge of the run up area.

AGE	WEIGHT
U11-12, U13-14G	400g
U15-17G	500g
U13-14B	600g
U15-17B	700g

## **Turbo Jav**

Turbo Jav follows the same rules as Javelin but is a modified event for Under 9-10. The Turbo Jav is made of plastic and is designed to encourage the correct technique for throwing a Javelin.

## **Vortex**

The Vortex is for Under 6-8 and follows the same rules as Javelin and, like Turbo Jav, is designed to provide young athletes the opportunity to learn the correct Javelin throwing technique.

# Little Athletics Events

## Shotput

The shot must be held and kept in close proximity to the neck and jaw during the throwing action. Measurement is from the inner circumference of the stop board to the nearest mark made by the shot. The point of impact of the shot must be completely within the inner edge of the sector lines. Athletes must exit from the rear half of the circle.

AGE	WEIGHT	COLOUR
U6-7	1kg	BLUE
U8	1.5kg	YELLOW
U9-12	2kg	ORANGE
U13-14B, U13-17G	3kg	WHITE
U15-16B	4kg	RED
U17B	5kg	GREEN

## Discus

Measurement is from the inner circumference of the stop board to the nearest mark made by the discus. The point of impact of the discus must be completely within the inner edge of the sector lines.

AGE	WEIGHT
U6-7	350g
U8-11	500g
U12-13	750g
U14-16B, U14-17G	1kg
U17B	1.5kg

## High Jump

Athletes are permitted 3 attempts at each height. Athletes may commence jumping at any height and may pass at any height but not after a baulk. A foul is recorded if the athlete decides not to jump after a baulk. Athletes are out of the competition after 3 consecutive foul jumps whether on the same or different heights. The last remaining competitor may select the height the bar is to be raised (minimum 2cm intervals).

Association rules state that all Under 8-10 age groups **MUST** jump using the scissor technique otherwise will incur a foul. The head of the athlete must not go over the bar before the leading foot (the foot closest to the bar at take-off). The athlete may land in a standing or sitting position. When landing in either a standing or seated position, the athlete's foot must touch the mat **before** any other part of the body. When landing in a sitting position, the athlete must land on their buttocks (not the lower back).

## Long and Triple Jump

Under 6-11 athletes jump from a metre square rubber mat painted black for 500mm and white or yellow for 500mm. The athlete's foot must not protrude onto the white or yellow portion of the mat. The jump is measured from the front of the athlete's footprint on the black portion of the mat. Under 12-17 athletes use a black mat marked with a white take-off board. The athlete's foot must not protrude over the take-off board. The jump is measured from the edge of the board nearest the pit. Measurement is made at right angles to the nearest mark from the jumping mat made by any part of the athlete's body in the sand.

The Triple jump consists of a hop, step and jump. The hop shall be made so that the competitor lands first upon the same foot as that from which he/she has taken off; in the step he/she shall land on the other foot from which the jump is performed. The jump must land in the pit, landing on the runway is a foul. The trailing leg touching the ground is not a foul.

# Tiny Tots

During the 2001/2002 season, Noarlunga Little Athletics Centre introduced 'Tiny Tots', a program to assist with all aspects of motor skill development in 3-5 year old children.

The 'Tiny Tots' program is based around the fundamental skills of running, jumping and throwing. Movement skills are incorporated into play and game situations that not only improve children's physical abilities, but help them relate to others and have great fun!

Activities include the development of:-

- **Strength** - good muscular strength can enable children to improve their posture and ability to manipulate objects.
- **Body Awareness** - being aware of how the body moves and works helps children become more familiar with their capabilities.
- **Balance** - one of the most important and essential skills required in controlling the body and its movements.
- **Co-ordination** - sequencing muscles and nerves to perform a task, practicing movements through play.
- **Spatial Awareness** - knowing where they are in relation to other people and objects.
- **Healthy Heart** - becoming stronger and fitter as they exercise.



The success of the 'Tiny Tots' program at Noarlunga is reflected in the children enjoying and actively participating in the activities. This is achieved by the careful planning and supervision by the parents who organise the program each week. All parents are encouraged to become actively involved in the 'Tiny Tots' program.

**Children must be accompanied by a parent to participate**

**Your Tiny Tot sessions will be Coordinated by the committee with the assistance of all parents of Tiny Tots.**

# Parental Code of Behaviour



The Little Athletics SA guidelines are:

Encourage children to participate if they are interested. However, if a child is not willing to do an event, do not force him or her.

- Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- If you disagree with an Official, raise the issue through the appropriate channels rather than questioning the Official's judgment & honesty in public. Remember, most Officials give their time & effort for your Childs involvement.
- Support all efforts to remove verbal & physical abuse at Little Athletics activities.
- Recognise the value & importance of being a volunteer Official and/or Coach. They give their time and resources to provide recreational activities for children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, Coaches or Officials, smoking on the arena or being intoxicated.

# Athlete Code of Behaviour

- Never argue with an Official. If you disagree ask your Team Manager, Chaperone or supervising adult to deal with the matter.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they be by your Centre/Club, opponent or the other Centre/Club.
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with your Coach, club mates & other participants. Without them, there would be no competition.
- Participate in Athletics for the "fun of it" & not just to please parents & coaches.

# Season Achievement Awards

## Star Achievement Awards

Throughout the season all athletes earn points for participation. Athletes also earn 2 points for achieving and 1 point for equalling their personal best performance on any event. Tiny Tots earn 5 points for attendance. During the course of the season, “Star Achievement Certificates” will be awarded with stars placed on the “Star Achievement Board” on display outside the office.



<b>15 Points</b>	<b>Green Star</b>
<b>30 Points</b>	<b>Blue Star</b>
<b>50 Points</b>	<b>Red Star</b>
<b>75 Points</b>	<b>Silver Star</b>
<b>100 Points</b>	<b>Gold Star</b>

## Tiny Tot Athletes

All registered Tiny Tot athletes will be presented with a “Certificate of Participation” at the end of season presentation.

## Under 6-17 Athletes

All registered Under 6-17 athletes will be presented with a “Certificate of Achievement” at the end of season presentation, detailing their personal best performances and the total achievement points earned for the season.

## Season Achievement Awards

All athletes, Tiny Tot to Under 17, who have competed during the second half of the season (that is, since the Christmas break) will be presented with a “Season Achievement Award” in the form of a medal with the coloured ribbon representing the Star Achievement level they reached.



# Season Achievement Awards

## Age Group Achievement Award

Those under 6-17 athletes who have registered before 31<sup>st</sup> December **AND** have competed in at least 3 meets since the Christmas break are eligible to win the achievement trophy for their age group. These are awarded to the boy and girl in each age group who earn the most achievement points for the season. Trophies can be awarded to a shared age group based on the number of athletes, e.g. U13-17 may have one trophy.

Note: Where no athlete meets these criteria, no trophy will be awarded for that age group.

Last season's recipients were:

Age group	Girl	Boy
Under 6	Summer Armstrong	William Young
Under 7	Maliha Kamish	Owen Armstrong
Under 8	Ava McKinnon	Harrison Speed
Under 9	Ruby Carney	Dane Molenaar
Under 10	Sophie Van Shaik	Jayce McMahan
Under 11	Alicia Seccafien	No Winner
Under 12	Matilda Gourlay	Zayden Kamish
Under 13-17	Holly Irvine	Jay Leong

## Perpetual Trophies

### McDonalds High Achiever Trophies

These perpetual trophies are awarded to the boy and girl athlete who gain the most achievement points for the season. The 2018/19 winners were:

Holly Irvine & Jay Leong

### Athlete of the Year

This perpetual trophy is awarded to the athlete who gains the highest aggregate of points for the season for achievement points, Centre Best Performances, Best Performances, State or National records set, State Championship events entered and placings at those events. The 2018/19 winner was:

Zayden Kamish

### John and Maryke Russell Good Sports Awards

The *John and Maryke Russell Good Sports Award* is awarded to an athlete that demonstrates good sportsmanship throughout the season. Nominations received are voted on by the committee. The 2018/19 winner was:

Benjamin McKenzie

*\*For previous winners of the perpetual trophies, check the website.*



## Senior Life Members

For the 21<sup>st</sup> anniversary season of the Noarlunga Little Athletics Centre it was decided to award Senior Life Membership to adult members who have “*contributed at least seven years meritorious service*”.

Each season the committee accepts nominations.

Senior Life Membership has been presented to:-

<b>1995/96</b>	<b>2002/03</b>
John Russell (deceased)	Geoff Holt
Maryke Russell	Sharon Holt
Geoff Searle	
Mike Barker	<b>2005/06</b>
Carol Barker	Michael Willoughby
Roly Hill	
Sandra Smith	<b>2006/07</b>
John Plenty	Bruce Hutchesson
Ron Hames	
June McNab	<b>2007/08</b>
Vic Savage	Karina Hutchesson
<b>1996/97</b>	<b>2009/10</b>
Warren Fuss	Renee Irvine
<b>1997/98</b>	<b>2010/11</b>
John Foote	Clint Irvine
Jeff Crabb	
Brian Mercer	<b>2012/13</b>
Sue Mercer	Liz Grice
<b>1998/99</b>	<b>2015/16</b>
Leigh Carlyle	Danny Wallace
<b>2000/01</b>	<b>2016/17</b>
Jorgen Guldjberg	Helen Wallace
	Peter Young
	Nikki Young

### Gone The Distance

Athletes who have gone through from Tiny Tot to Under 17:

**Jake Vidler 2003-2017**

## Junior Life Members

Prior to 2010/11 season, athletes were awarded Life Membership to Noarlunga Little Athletics Centre after seven years continuous registration. From 2010/11 season, athletes require 150 home or away attendances to receive Life Membership. Current Junior Life Members are:

<b>Pre 1990</b>	<b>1996/97</b>	<b>2004/05</b>	<b>2011/12</b>
Natasha Beveridge	Hannah Carlyle	Leah Hauxwell	Kizzy Grice
Shane Goldberg	Rachel Carlyle	Emily Hutchesson	Cody Swingler
Jagan Hames	Sarah Carlyle		Shaun West
Rebekah Hill	Ashley Foote	<b>2005/06</b>	
Warrick McIntosh	Morgan Potter	Joshua Coppin	<b>2012/13</b>
Monique Russell			Sarah Bourn
Melissa Searle	<b>1998/99</b>	<b>2006/07</b>	Jackson Daniels
Renee Searle	Lucinda Kunze	Jack Downie	Tom Daniels
	Airlie Nicholls	Chris Hutchesson	Holly Irvine
<b>1990/91</b>	Liam Nicholls	Wallace Long-Scafidi	Shae McDonald
Tami Cottrell		Emily Nicholls	Alexis McDougall
Ryan Fitzgerald	<b>1999/2000</b>	Jarrad Swingler	
Scott Hill	Matthew Rowell		<b>2013/14</b>
Matthew Peterson	Sam Rowell	<b>2007/08</b>	Harrison Evans
Rachel Smith		Vanessa Irvine	Ayeisha Wallace
Robin Smith	<b>2000/01</b>	Shannon James	Madeleine Wallace
	Leilani Dawes	Hannah Long-Scafidi	Madeleine Webster
<b>1991/92</b>	Jacqueline Emms	Chad Mathews	
Russell Freer	Shane Holt	Melynda Mathews	<b>2014/15</b>
Craig McNab	Andrew Kennedy	Jaiden Swingler	Jasmin Klaassen-Thomas
	Ben Lambert	Dylan Vidler	Kira Mitchell
<b>1992/93</b>	Tracy Seed		Aleesha Vidler
Darren Steinert	Stasia Willoughby	<b>2008/09</b>	
		Rhys Bartram	<b>2015/16</b>
<b>1993/94</b>	<b>2001/02</b>	Bailey Swingler	Jay Leong
Heath Savage	Nathan Hill	Ashlin Willoughby	Charli Young
	Shane Hill		
<b>1994/95</b>	James Kennedy	<b>2009/10</b>	<b>2016/17</b>
Andrew Bachman	George Rallis	Ethan Hateley	Imogen Hames
Alex Field		Jack Humphries	Dylan Klaassen-Thomas
Stacey Mercer	<b>1996/97</b>	Jared McDougall	
Brooke Potter	Hannah Carlyle	Jake Vidler	<b>2017/18</b>
Hope Potter	Rachel Carlyle		Keira Young
	Sarah Carlyle	<b>2004/05</b>	
<b>1995/96</b>	Ashley Foote	Leah Hauxwell	<b>2018/19</b>
Lisa Crabb	Morgan Potter	Emily Hutchesson	Zayden Kamish
Bradley Fuss			
Matthew Fuss	<b>2002/03</b>	<b>2010/11</b>	
Simon Holsten	Luke Holt	Travis Kemp	
Allan Mercer	Andrew Hutchesson	Natasha Stacey	

## **Taking The Next Step!**

If you're a parent and you've been involved for a couple of years and would like to take a further role, here are a couple of things you can do.

1) All parents are invited to become committee members. Don't worry, you won't get over burdened with a huge workload. You can assist in many ways. There are only a few meetings per season. It's an opportunity to contribute to how our Centre is run and a way to utilise your unique skills and experience. Ask a current committee member for more information.

2) Become an Official. You will then be qualified to help guide others as to how the various event rules apply. Ask a Committee member for further details or visit the South Australian Little Athletics Association website for details (<http://www.salaa.org.au/Officials>).

Being a sport that is run completely by the parents of the athletes, it is essential that we continue as parents to strive to 'be our best' as well as the athletes. We can't do it without your support.

### **Little Athletics: The Family Sport!**



## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST	
50m	U6 G	Scarlett Stewart	25/2/18	10.1				
	U6 G	Keira Young	20/1/13		10.8			
	U6 B	Owen Armstrong	25/2/18	9.1				
	U6 B	Dylan Klaassen-Thomas	6/11/12		10.0			
	U7 G	Savannah Polvere	12/12/14	9.4				
	U7 G	Charli Young	20/1/13		9.6			
	U7 B	Dylan Klaassen-Thomas	10/2/13	9.1				
	U7 B	Dylan Klaassen-Thomas	20/1/13		9.3			
70m	U6 G	Shannon James	2002/03	13.8				
	U6 G	Talisha Croucher	30/11/08	13.8				
	U6 G	Charli Young	10/2/12		14.2			
	U6 B	Solomon Davids	1/2/15	12.5				
	U6 B	Dylan Klaassen-Thomas	22/1/12		12.6			
	U7 G	Rebekah Hill	6/3/82	12.2				
	U7 G	Rebekah Hill	21/3/82		11.4			
	U7 B	Ryan Fitzgerald	11/2/84	11.6				
	U7 B	Ryan Fitzgerald	13/11/83		11.2			
	U8 G	Andria Kyprianou	17/3/96	11.7				
	U8 G	Rebekah Hill	12/12/82		10.9			
	U8 B	Simon Bachmann	26/11/89	11.1				
	U8 B	Bradley Fuss	26/11/89	11.1				
	U8 B	Ryan Fitzgerald	18/11/84		10.7			
	U9 G	Andria Kyprianou	2/2/97	11.2				
	U9 G	Lucinda Kunze	26/3/94		10.8	10.64	10.14	
	U9 B	Simon Bachmann	13/2/91	10.6				
	U9 B	Ryan Fitzgerald	23/3/86		10.1	10.24	9.84	
	100m	U6 G	Mikaela Harmston	2003/04	19.9			
U6 G		Darcee Kelly	22/1/06		20.9			
U6 B		Dylan Klaassen-Thomas	15/1/12	18.6				
U6 B		Dylan Klaassen-Thomas	22/1/12		18.4			
U7 G		Rebekah Hill	6/3/82	17.0				
U7 G		Rebekah Hill	21/3/82		16.7			
U7 B		Ryan Fitzgerald	24/3/84	16.4				
U7 B		Ryan Fitzgerald	18/3/84		15.6			
U8 G		Andria Kyprianou	17/3/96	16.6				
U8 G		Rebekah Hill	12/12/82		16.2			
U8 B		Ryan Fitzgerald	8/12/84	15.3				
U8 B		Ryan Fitzgerald	10/3/85		14.6			
U9 G		Lucinda Kunze	21/1/94	15.8				
U9 G		Lucinda Kunze	26/3/94		15.3	15.03	14.14	
U9 B		Ryan Fitzgerald	17/11/85	14.6				
U9 B		Ryan Fitzgerald	23/3/86		14.4	14.44	13.64	

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
100m	U10 G	Lucinda Kunze	12/2/95	15.0			
	U10 G	Joanne Rallis	5/11/97	15.0			
	U10 G	Lucinda Kunze	1/4/95		14.4	13.87	13.54
	U10 B	Ryan Fitzgerald	8/3/87	13.9			
	U10 B	Ryan Fitzgerald	28/3/87		13.5	13.74	12.94
	U11 G	Pirrenee Steinert	29/10/95	13.6			
	U11 G	Sheena Steinert	29/10/95	13.6			
	U11 G	Sheena Steinert	25/2/96		13.9	13.64	12.94
	U11 G	Jordan McMillan	21/3/15		13.9		
	U11 B	Ryan Fitzgerald	11/11/87	13.3			
	U11 B	Bradley Fuss	18/4/93		13.4	13.34	12.64
	U12 G	Sonia Mullins	8/3/97	13.3			
	U12 G	Melanie Whitehead	15/3/87		13.2	12.74	12.44
	U12 B	George Rallis	8/1/02	12.8			
	U12 B	Bradley Fuss	27/3/94		12.7	12.34	12.04
	U13 G	Melanie Whitehead	8/11/87	13.4			
	U13 G	Melanie Whitehead	17/12/87		13.2	12.60	12.10
	U13 B	George Rallis	20/10/02	12.3			
	U13 B	George Rallis	22/3/03		12.1	11.84	11.44
	U14 G	Lucinda Kunze	17/2/99	13.0			
	U14 G	Lucinda Kunze	7/2/99		12.6	12.64	12.04
	U14 B	Bradley Fuss	26/11/95	12.3			
	U14 B	Liam McMillan	13/11/11	12.3			
	U14 B	Liam McMillan	27/11/11	12.3			
	U14 B	Jackson Daniels	3/3/13	12.3			
	U14 B	Bradley Fuss	19/11/95		11.9	11.74	11.24
	U15 G	Sheena Steinert	28/11/99	12.8			
	U15 G	Lucinda Kunze	25/3/00		12.9	12.44	11.96
	U15 B	Bradley Fuss	3/11/96	11.7			
	U15 B	Bradley Fuss	24/3/97		11.8	11.54	10.71
U15 B	Matthew Fuss	1/2/98		11.8			
U16 G	Pirrenee Steinert	19/11/00	12.5				
U16 G	Sheena Steinert	12/11/00		12.9	12.34		
U16 B	Andrew Plenty	8/1/89	11.9				
U16 B	Wallace Long-Scafidi	12/3/06		11.4	11.44		
U17 G	Kizzy Grice	27/1/13	14.5				
U17 G	Kizzy Grice	3/2/13		14.7	12.53		
U17 B	Wallace Long-Scafidi	28/1/07	11.7				
U17 B	Wallace Long-Scafidi	17/3/07		11.0	11.24		
200m	U6 G	Talisha Croucher	23/11/08	43.7			
	U6 G	Talisha Croucher	20/2/09		45.2		
	U6 B	Dylan Klaassen-Thomas	11/12/11	41.4			
	U6 B	Dylan Klaassen-Thomas	22/1/12		37.7		

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
200m	U7 G	Rebekah Hill	5/2/82	38.0			
	U7 G	Rebekah Hill	21/3/82		25.2		
	U7 B	Ryan Fitzgerald	17/3/84	34.0			
	U7 B	Ryan Fitzgerald	18/3/84		33.4		
	U8 G	Rebekah Hill	5/2/83	35.0			
	U8 G	Rebekah Hill	19/3/83		33.3		
	U8 B	Ryan Fitzgerald	12/1/85	33.1			
	U8 B	Ryan Fitzgerald	30/3/85		30.5		
	U9 G	Andria Kyprianou	16/2/97	34.3			
	U9 G	Zoe Davidson-Scott	23/3/91		32.1	30.94	28.74
	U9 B	Ryan Fitzgerald	19/1/86	30.7			
	U9 B	Ryan Fitzgerald	22/3/86		28.4	28.64	28.04
	U10 G	Lucinda Kunze	3/10/94	32.2			
	U10 G	Lucinda Kunze	20/11/94		31.4	29.24	28.22
	U10 B	Ryan Fitzgerald	21/12/86	29.5			
	U10 B	Ryan Fitzgerald	29/3/87		28.0	28.24	26.94
	U11 G	Sheena Steinert	1/3/96	29.9			
	U11 G	Sheena Steinert	25/2/96		28.7	27.92	26.12
	U11 G	Jordan McMillan	21/3/15		28.7		
	U11 B	Luke Johnson	3/12/04	29.4			
	U11 B	Bradley Fuss	18/4/93		28.4	27.14	25.84
	U12 G	Sheena Steinert	29/11/96	28.9			
	U12 G	Simone Hammond	22/3/86		28.0	26.44	25.67
	U12 B	Martin Everton	29/3/92	28.0			
	U12 B	Bradley Fuss	1/4/94		26.2	25.34	24.43
	U13 G	Sheena Steinert	8/2/98	28.0			
	U13 G	Sheena Steinert	16/11/97		27.9	25.84	24.96
	U13 B	Martin Everton	14/3/93	26.3			
	U13 B	Bradley Fuss	2/4/95		25.1	24.14	22.75
	U14 G	Annebel Goode	30/10/99	28.2			
	U14 G	Melanie Whitehead	18/2/89		26.9	25.64	24.44
	U14 B	Bradley Fuss	17/3/96	25.3			
	U14 B	Bradley Fuss	23/3/96		24.3	23.84	22.63
	U15 G	Sheena Steinert	21/11/99	27.2			
	U15 G	Melinda Oxley	19/3/88		26.3	25.74	24.24
	U15 B	Wallace Long-Scafidi	6/3/05	25.1			
	U15 B	Bradley Fuss	24/3/97		23.3	23.54	21.74
	U16 G	Pirrenee Steinert	11/2/01	27.3			
	U16 G	Pirrenee Steinert	22/3/01		25.7	25.94	
	U16 B	Wallace Long-Scafidi	9/12/05	25.0			
	U16 B	Rhys Bartram	16/10/11	25.0			
	U16 B	Jaiden Swingler	11/12/11	25.0			
	U16 B	Wallace Long-Scafidi	12/3/06		23.4	22.94	

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
200m	U17 G	Kizzy Grice	9/12/12	30.9			
	U17 G	Kizzy Grice	3/2/13		32.4	25.70	
	U17 B	Alexander Mammone	8/2/09	24.5			
	U17 B	Wallace Long-Scafidi	18/3/07		22.4	22.64	
400m	U8 G	Dayna Harrison	5/2/17	1:34.1			
	U8 G						
	U8 B	Tabe Kirkland	5/3/17	1:28.7			
	U8 B						
	U9 G	Ruby Carney	3/3/19	1:27.2			
	U9 G	Ruby Craney	24/3/19		1:20.2	1:10.84	1:06.64
	U9 B	Dylan Klaassen-Thomas	7/12/14	1:20.7			
	U9 B	Dylan Klaassen-Thomas	18/1/15		1:14.6	1:06.95	1:04.04
	U10 G	Robyn Smith	16/2/86	1:15.6			
	U10 G	Rachel Smith	23/3/86		1:11.4	1:05.94	1:03.84
	U10 B	Craig Nottle	29/11/83	1:09.6			
	U10 B	Craig Nottle	1/4/84		1:06.8	1:03.94	1:01.34
	U10 B	Darren Steinert	24/3/91		1:06.8		
	U11 G	Sheena Steinert	4/2/96	1:07.0			
	U11 G	Sheena Steinert	23/3/96		1:03.6	1:03.24	59.97
	U11 B	Martin Everton	14/10/90	1:07.4			
	U11 B	Luke Johnson	27/3/05		1:05.4	1:00.82	57.64
	U12 G	Sheena Steinert	27/10/96	1:07.9			
	U12 G	Sheena Steinert	15/3/97		1:03.6	59.34	56.94
	U12 B	Luke Johnson	19/2/06	1:03.2			
	U12 B	Martin Everton	1/4/92		58.3	57.14	55.14
	U13 G	Louise Leeson	5/3/89	1:06.6			
	U13 G	Louise Leeson	19/3/89		1:04.4	58.34	57.14
	U13 B	Martin Everton	14/2/93	58.7			
	U13 B	Martin Everton	21/3/93		55.6	54.74	52.04
	U14 G	Sheena Steinert	7/11/99	1:02.3			
	U14 G	Louise Leeson	1/4/90		1:02.5	59.03	56.02
	U14 B	Allan Wilkey	23/3/85	57.2			
	U14 B	Bradley Fuss	23/3/96		52.6	52.14	50.97
	U15 G	Sheena Steinert	16/1/00	1:01.4			
	U15 G	Leilani Dawes	25/3/00		1:02.5	57.44	55.68
	U15 B	Bradley Fuss	23/2/97	55.6			
U15 B	Bradley Fuss	24/3/97		52.8	50.94	49.64	
U16 G	Sheena Steinert	15/10/00	1:01.7				
U16 G	Melinda Oxley	19/3/89		59.2	58.14		
U16 B	Andrew Plenty	9/10/88	54.6				
U16 B	Wallace Long-Scafidi	12/3/06		52.0	51.54		
U17 G	Kizzy Grice	4/11/12	1:15.6				
U17 G	Kizzy Grice	23/3/13		1:10.4	59.78		

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
400m	U17 B	Wallace Long-Scafidi	8/10/06	56.4			
	U17 B	Wallace Long-Scafidi	17/3/07		51.6	50.64	
800m	U9 G	Zoe Davidson-Scott	17/3/91	2:55.9			
	U9 G	Zoe Davidson-Scott	24/3/91		2:45.8	2:44.80	2:33.00
	U9 B	Darren Steinert	10/12/89	2:45.4			
	U9 B	Andrew Kennedy	2/3/97		2:47.8	2:32.05	2:25.7
	U10 G	Zoe Davidson-Scott	29/3/92	2:52.0			
	U10 G	Louise Leeson	22/3/86		2:44.6	2:32.30	2:27.3
	U10 B	Brett Cartwright	29/1/83	2:39.0			
	U10 B	Craig Nottle	31/3/84		2:31.0	2:22.26	2:21.6
	U11 G	Sheena Steinert	1/3/96	2:37.0			
	U11 G	Sheena Steinert	23/3/96		2:29.3	2:29.30	2:21.80
	U11 B	Simon van der Linden	6/12/85	2:25.0			
	U11 B	Brett Cartwright	21/4/84		2:24.0	2:20.37	2:17.37
	U12 G	Sheena Steinert	20/10/96	2:35.0			
	U12 G	Sheena Steinert	15/3/97		2:26.7	2:22.10	2:16.34
	U12 B	Craig Nottle	10/11/85	2:27.6			
	U12 B	James Mullins	24/3/91		2:21.7	2:12.70	2:10.26
	U13 G	Sheena Steinert	19/10/97	2:33.0			
	U13 G	Louise Leeson	19/3/89		2:24.7	2:17.40	2:14.30
	U13 B	Craig Nottle	23/11/86	2:26.4			
	U13 B	Craig Nottle	28/3/87		2:15.3	2:06.60	2:03.7
	U14 G	Louise Leeson	26/11/89	2:31.7			
	U14 G	Louise Leeson	1/4/90		2:23.2	2:18.80	2:12.8
	U14 B	Craig Nottle	25/10/87	2:16.0			
	U14 B	Allan Wilkey	31/3/85		2:02.0	2:02.00	1:59.20
	U15 G	Sheena Steinert	28/11/99	2:27.0			
	U15 G	Erin Randall	20/3/10		2:27.8	2:18.00	2:09.57
	U15 B	Rhys Bartram	27/2/11	2:11.2			
	U15 B	Andrew Plenty	20/3/88		2:10.0	2:02.20	1:55.95
	U16 G	Pirrenee Steinert	25/2/01	2:36.0			
	U16 G	Erin Randall	2/4/11		2:24.8	2:22.80	
	U16 B	Rhys Bartram	16/10/11	2:10.3			
	U16 B	Rhys Bartram	6/11/11		2:11.1	2:00.78	
	U17 G	Kizzy Grice	11/11/12	3:09.2			
	U17 G	Kizzy Grice	23/3/13		2:55.8	2:20.10	
	U17 B	Scott Taylor	28/11/04	2:25.8			
	U17 B	Jaiden Swingler	24/2/13		2:15.2	1:56.70	
1500m	U11 G	Sheena Steinert	16/2/96	5:31.0			
	U11 G	Sheena Steinert	23/3/96		5:06.4	5:06.40	4:44.07
	U11 B	Brett Cartwright	29/10/83	5:01.0			
	U11 B	Brett Cartwright	1/4/84		4:46.1	4:46.10	4:36.9



## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
1500m	U12 G	Sheena Steinert	27/10/96	5:15.0			
	U12 G	Sheena Steinert	15/3/97		5:09.6	4:55.63	4:34.47
	U12 B	James Mullins	11/11/90	5:11.2			
	U12 B	Craig Nottle	9/3/86		4:48.1	4:34.70	4:25.3
	U13 G	Sheena Steinert	12/10/97	5:17.0			
	U13 G	Louise Leeson	18/3/89		4:58.9	4:44.90	4:33.24
	U13 B	Tim Morrison	16/3/03	4:58.1			
	U13 B	Tim Morrison	26/4/03		4:32.1	4:22.70	4:17.12
	U14 G	Louise Leeson	17/12/89	5:13.9			
	U14 G	Bridget O'Toole	30/3/85		4:54.4	4:48.80	4:35.3
	U14 B	Tim Morrison	19/10/03	4:48.0			
	U14 B	Murlin Every	21/3/10		4:36.5	4:17.10	4:08.8
	U15 G	Sheena Steinert	21/11/99	5:15.0			
	U15 G	Madeleine Webster	18/3/17		5:15.7	4:54.40	4:27.6
	U15 B	Rhys Bartram	23/1/11	4:46.6			
	U15 B	Brendan Baker	18/3/89		4:38.0	4:19.20	4:03.7
	U16 G	Sheena Steinert	19/11/00	5:11.0			
	U16 G	Erin Randall	3/4/11		5:08.5	4:47.10	
	U16 B	Rhys Bartram	16/10/11	4:54.3			
	U16 B	Thomas Lord	22/3/09		5:30.8	4:08.46	
	U17 G	Sarah Bourn	13/3/16	6:36.3			
	U17 G	Kizzy Grice	10/2/13		6:42.3	4:59.50	
	U17 B	Scott Taylor	24/10/04	5:08.7			
	U17 B	Andrew Hutchesson	18/1/09		6:36.6	4:12.10	
60m	U7 G	Sally Jeffries	28/11/93	13.7			
Hurdles	U7 G	Ashlee Ablett	25/1/97		13.6		
	U7 G	Abbey Standing	19/1/14		13.6		
	U7 B	Joshua Coppin	5/3/00	12.3			
	U7 B	George Rallis	9/2/97		12.2		
	U8 G	Tempany Hames	4/3/18	12.5			
	U8G	Ruby Carney	4/3/18	12.5			
	U8 G	Charli Young	19/1/14		12.8		
	U8 B	Nathan Munro	10/2/02	12.2			
	U8 B	Joshua Coppin	21/1/01		11.7		
	U9 G	Andria Kyprianou	2/2/97	11.6			
	U9 G	Lucinda Kunze	26/3/94		10.9	10.70	10.04
	U9 B	Joshua Coppin	10/2/02	11.1			
	U9 B	Andrew Kennedy	2/3/97		10.5	10.24	9.54
	U10 G	Lucinda Kunze	27/11/94	11.8			
	U10 G	Lucinda Kunze	1/4/95		10.9	10.94	9.78
	U10 B	Andrew Kennedy	25/1/98	11.5			
	U10 B	Joshua Coppin	16/3/03	11.5			
	U10 B	Raphael Mubake	21/3/10		10.7	10.36	9.74

Under 7 Hurdles is no longer an association event as of season 2019/20

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
60m	U11 G	Liana Webb	26/1/14	11.3			
Hurdles	U11 G	Lucinda Kunze	23/2/96		10.4	10.14	9.33
	U11 B	Raphael Mubake	20/2/11	10.1			
	U11 B	Raphael Mubake	3/4/11		10.0	9.84	9.24
	U12 G	Melissa Easlea	13/3/94	11.4			
	U12 G	Lucinda Kunze	15/3/97		10.4	9.64	9.29
	U12 B	Luke Johnson	19/3/06	10.2			
	U12 B	Wallace Long-Scafidi	17/3/02		9.9	9.54	9.12
80m	U13 G	Gypsy Schirmer	28/2/16	15.4			
Hurdles	U13 G	Gypsy Schirmer	19/3/16		14.5	13.04	12.17
	U13 B	Jackson Daniels	27/11/11	13.6			
	U13 B	William Bowie	27/3/94		12.9	12.64	11.71
	U14 G	Gypsy Schirmer	26/2/17	14.2			
	U14 G	Jayd Prince	23/2/96		13.6	12.24	11.94
90m	U14 B	Glenn Barrett	2/10/88	14.4			
Hurdles	U14 B	Andrew Bachmann	19/3/95	14.4			
	U14 B	Craig McFarlane	30/3/85		14.0	12.84	12.04
	U14 B	Glenn Barrett	18/3/89		14.0		
	U15 G	Melinda Oxley	8/11/87	15.2			
	U15 G	Melinda Oxley	21/2/88		15.3	13.54	12.44
	U16 G	Tania LeLieur	12/2/89	15.4			
	U16 G	Tania LeLieur	18/3/89		15.9	13.84	
	U17 G	Jacqueline Emms	8/1/02	14.5			
	U17 G	Kizzy Grice	24/2/13		18.5	14.04	
100m	U15 B	Darryl Foote	11/2/96	15.2			
Hurdles	U15 B	Darryl Foote	23/3/96		14.5	13.64	12.64
	U16 B	Wallace Long-Scafidi	6/1/06	15.2			
	U16 B	Wallace Long-Scafidi	12/2/06		14.2	13.74	
	U17 B	Wallace Long-Scafidi	28/1/07	14.6			
	U17 B	Sam Rowell	17/3/02		14.7	13.14	
200m	U13 G	Madeleine Wallace	27/11/17	37.1			
Hurdles	U13 G	Madeleine Wallace	11/12/16		35.31	29.70	27.56
	U13 B	Cameron Kirkland	5/11/17	33.6			
	U13 B					28.23	25.84
	U14 G	Gypsy Schirmer	27/11/16	36.5			
	U14 G					29.25	27.04
	U14 B	Toby Jeisman	18/2/18	38.1			
	U14 B					27.12	24.64

Under 11's and 12's will be doing  
80m Hurdles as of season 2019/20

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
300m	U15 G	Gypsy Schirmer	4/3/18	54.9			
Hurdles	U15 G					47.91	44.10
	U15 B	Jay Leong	6/1/19	55.0			
	U15 B					42.22	38.92
	U16 G						
	U16 G					50.30	
	U16 B						
	U16 B					41.68	
	U17 G	Ayeisha Wallace	14/1/18	1:01.8			
	U17 G					51.14	
	U17 B						
	U17 B					41.90	
700m	U9 G	Matilda Gourlay	14/2/16	4:33.9			
Walk	U9 G	Matilda Gourlay	19/3/16		4:12.6	3:57.29	3:25.83
	U9 B	Zayden Kamish	14/2/16	4:32.3			
	U9 B	Zayden Kamish	19/3/16		4:00.7	3:42.06	3:15.36
1100m	U10 G	Shohan Fidge	20/3/94	6:28.0			
Walk	U10 G	Matilda Gourlay	18/3/17		6:48.2	5:54.05	5:21.2
	U10 B	Zayden Kamish	19/2/17	6:41.3			
	U10 B	Zayden Kamish	18/3/17		6:09.4	5:19.43	5:01.7
	U11 G	Leilani Dawes	11/2/96	6:28.0			
	U11 G	Leilani Dawes	23/3/96		6:07.0	5:22.40	5:01.3
	U11 B	Zayden Kamish	15/10/17	6:00.3			
	U11 B	Zayden Kamish	24/3/18		5:59.7	4:53.85	4:53.85
1500m	U12 G	Melissa Searle	25/1/87	8:32.2			
Walk	U12 G	Melissa Searle	29/3/87		7:43.0	7:21.10	6:38.7
	U12 B	Zayden Kamish	4/11/18	8:18.8			
	U12 B	Regan Anderson	24/3/91		7:31.0	6:35.10	6:31.6
	U13 G	Michelle Barrett	5/3/89	8:28.0			
	U13 G	Michelle Barrett	19/3/89		8:03.1	7:07.80	6:35.3
	U13 B	Jake Vidler	10/3/13	8:28.2			
	U13 B	Jake Vidler	23/3/13		8:04.8	6:22.10	6:22.1
	U14 G	Michelle Barrett	11/2/90	7:59.7			
	U14 G	Michelle Barrett	1/4/90		8:00.1	6:53.91	6:15.4
	U14 B	Jake Vidler	17/11/13	7:25.2			
	U14 B	Jake Vidler	22/3/14		7:17.3	6:24.76	6:13.4
	U15 G	Rachael Skeates	26/1/86	8:49.0			
	U15 G	Rachael Skeates	23/3/86		8:14.0	6:50.20	6:20.89
	U15 B	Jake Vidler	23/11/14	7:06.8			
	U15 B	Jake Vidler	22/3/15		6:35.4	6:15.30	5:48.1

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
1500m	U16 G	Ayeisha Wallace	23/10/16	9:31.1			
Walk	U16 G	Ayeisha Wallace	18/3/17		9:09.0	6:52.76	
	U16 B	Jake Vidler	6/3/16	6:57.7			
	U16 B	Jake Vidler	29/11/15		6:36.9	6:16.83	
	U17 G	Ayeisha Wallace	11/3/18	9:22.8			
	U17 G	Ayeisha Wallace	24/3/18		9:02.2	6:51.00	
	U17 B	Jake Vidler	23/10/16	7:36.1			
	U17 B	Jake Vidler	18/3/17		7:45.2	6:49.90	
High	U8 G	Lyndal Stewart	22/2/91	1.10			
Jump	U8 G	Lucinda Kunze	7/3/93		1.08		
	U8 B	Ryan Fitzgerald	3/11/84	1.26			
	U8 B	Ryan Fitzgerald	30/3/85		1.30		
	U9 G	Elizabeth Rallis	13/11/88	1.18			
	U9 G	Bianca Fidge	1/4/95		1.23	1.30	1.39
	U9 B	Ryan Fitzgerald	20/10/85	1.39			
	U9 B	Jagan Hames	31/3/85		1.43	1.43	1.43
	U10 G	Lucinda Kunze	18/2/94	1.29			
	U10 G	Becki Lowe	31/3/85		1.29	1.46	1.47
	U10 B	Jagan Hames	26/1/86	1.44			
	U10 B	Ryan Fitzgerald	29/3/86		1.53	1.53	1.53
	U11 G	Melinda Oxley	17/3/84	1.36			
	U11 G	Becki Lowe	23/3/86		1.39	1.52	1.55
	U11 B	Jagan Hames	15/3/87	1.56			
	U11 B	Jagan Hames	29/3/87		1.63	1.63	1.63
	U12 G	Sonia Mullins	22/2/87	1.47			
	U12 G	Peta Schlein	13/3/83		1.45	1.66	1.66
	U12 B	Jagan Hames	11/11/87	1.60			
	U12 B	Jagan Hames	19/3/88		1.74	1.74	1.80
	U13 G	Peta Schlein	10/3/84	1.53			
	U13 G	Peta Schlein	18/3/84		1.56	1.68	1.80
	U13 B	Jagan Hames	6/11/88	1.73			
	U13 B	Jagan Hames	19/3/89		1.70	1.81	1.83
	U13 B	Ryan Fitzgerald	4/2/90		1.70		
	U14 G	Shohan Fidge	2/11/97	1.60			
	U14 G	Peta Schlein	30/3/85		1.59	1.70	1.76
	U14 B	Duran Calgaret	22/11/15	1.75			
	U14 B	Duran Calgaret	18/1/16		1.83	1.94	1.95
	U15 G	Peta Schlein	15/12/85	1.56			
	U15 G	Peta Schlein	22/3/86		1.60	1.75	1.80
	U15 B	Craig McNab	29/11/92	1.74			
	U15 B	Matthew Smith	30/3/85		1.75	2.01	2.10
	U15 B	Craig McNab	1/4/93		1.75		

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
High	U16 G	Shohan Fidge	17/10/99	1.50			
Jump	U16 G	Shohan Fidge	25/3/00		1.52	1.68	
	U16 B	Jarrad Powell	8/2/15	1.85			
	U16 B	Jarrad Powell	18/1/15		1.88	1.95	
	U17 G	Ayeisha Wallace	7/1/18	1.40			
	U17 G	Ayeisha Wallace	11/3/18	1.40			
	U17 G	Emily Hutchesson	21/3/10		1.32	1.65	
	U17 B	Jaiden Swingler	6/1/13	1.74			
	U17 B	Andrew Hutchesson	15/3/09		1.66	1.97	
Long	U6 G	Shannon James	2002/03	2.48			
Jump	U6 G	Alexis McDougall	22/11/09		2.30		
	U6 B	Harrison Speed	5/3/17	2.46			
	U6 B	Jack Barter	8/3/09		2.54		
	U7 G	Rebekah Hill	13/3/82	3.03			
	U7 G	Erin Solly	9/11/86		3.24		
	U7 B	Ryan Fitzgerald	28/1/84	3.65			
	U7 B	Ryan Fitzgerald	31/3/84		3.72		
	U8 G	Natasha Beveridge	15/2/87	3.90			
	U8 G	Rebekah Hill	25/2/83		3.66		
	U8 B	Andrew Bachmann	12/2/89	3.81			
	U8 B	Ryan Fitzgerald	31/3/85		4.22		
	U9 G	Lucinda Kunze	20/3/94	3.58			
	U9 G	Liana Webb	18/9/11	3.58			
	U9 G	Lucinda Kunze	26/3/94		3.79	4.13	4.42
	U9 B	Ryan Fitzgerald	17/11/85	4.35			
	U9 B	Ryan Fitzgerald	22/3/86		4.73	4.73	4.73
	U10 G	Liana Webb	16/12/12	4.16			
	U10 G	Lucinda Kunze	20/11/94		4.15	4.46	4.75
	U10 B	Ryan Fitzgerald	21/12/86	4.65			
	U10 B	Ryan Fitzgerald	28/3/87		5.20	5.20	5.20
	U11 G	Liana Webb	8/12/13	4.63			
	U11 G	Rachel Smith	29/3/87		4.60	4.74	4.97
	U11 B	Jagan Hames	22/2/87	5.00			
	U11 B	Ryan Fitzgerald	15/11/87		5.09	5.28	5.60
	U12 G	Liana Webb	23/11/14	4.73			
	U12 G	Lucinda Kunze	15/3/97		4.70	5.12	5.55
	U12 B	Andrew Bachmann	14/3/93	5.07			
	U12 B	Martin Everton	1/4/92		5.29	5.67	5.92
	U13 G	Lucinda Kunze	1/3/98	4.59			
	U13 G	Melba Hutchins	30/3/85		4.56	5.31	5.77
	U13 B	Steven Hancox	31/1/88	5.25			
	U13 B	Ryan Fitzgerald	31/3/90		5.65	6.08	6.56

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
Long	U14 G	Emma Grosvenor	16/2/87	4.58			
Jump	U14 G	Melinda Oxley	28/3/87		4.95	5.56	5.87
	U14 B	Steven Hancox	13/11/88	5.90			
	U14 B	Martin Everton	30/1/94		5.72	6.40	6.77
	U15 G	Melinda Oxley	22/11/87	5.00			
	U15 G	Melinda Oxley	6/3/88		5.14	5.66	6.19
	U15 B	Joe Rallis	24/11/85	6.11			
	U15 B	Alex Field	24/3/97		6.04	6.77	7.12
	U16 G	Melinda Oxley	27/11/88	4.80			
	U16 G	Melinda Oxley	18/3/89		5.13	5.90	
	U16 B	Allan Mercer	4/2/01	5.97			
	U16 B	Allan Mercer	31/3/01		6.33	6.66	
	U17 G	Kizzy Grice	10/3/13	3.95			
	U17 G	Sarah Bourn	18/1/16		4.06	5.78	
	U17 B	Sam Rowell	25/11/01	5.71			
	U17 B	Wallace Long-Scafidi	17/3/07		6.12	6.69	
Triple	U11 G	Rachel Smith	1/3/87	9.12			
Jump	U11 G	Rachel Smith	29/3/87		9.59	9.85	10.38
	U11 B	Jagan Hames	21/12/86	9.55			
	U11 B	Jagan Hames	29/3/87		10.00	10.43	11.10
	U12 G	Leah Cuthbert	27/10/91	9.36			
	U12 G	Michelle Easlea	18/3/90		9.65	10.78	11.14
	U12 B	Martin Everton	14/2/92	10.58			
	U12 B	Peter Hillier	20/3/82		10.78	11.46	12.78
	U13 G	Michelle Tuckey	11/11/90	9.29			
	U13 G	Melinda Oxley	23/3/85		10.13	11.16	12.09
	U13 B	Jagan Hames	9/10/88	10.80			
	U13 B	George Rallis	9/2/03		11.53	11.98	13.09
	U14 G	Melinda Oxley	22/3/87	10.07			
	U14 G	Melinda Oxley	28/3/87		10.57	11.78	12.19
	U14 B	Allan Mercer	14/3/99	11.70			
	U14 B	Steven Hancox	18/3/89		12.24	12.86	14.47
	U15 G	Melinda Oxley	13/3/88	10.55			
	U15 G	Rebecca Morrison	15/3/97		9.65	11.78	12.43
	U15 B	Brendan Baker	6/11/88	11.39			
	U15 B	Andrew Rowe	30/3/85		12.05	13.37	14.35
	U16 G	Sheena Steinert	19/11/00	10.43			
	U16 G	Melinda Oxley	19/3/88		10.99	11.69	
	U16 B	Allan Mercer	10/12/00	12.03			
	U16 B	Jaiden Swingler	25/3/12		10.92	13.55	
	U17 G	Ayeisha Wallace	4/3/18	9.19			
	U17 G	Kizzy Grice	20/1/13		8.74	12.13	
	U17 B	Sam Rowell	14/10/01	11.39			
	U17 B	Andrew Hutchesson	8/3/09		11.12	13.59	

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
Shot	U6 G	Charli Young	2/12/11	3.99			
Put	U6 G	Darcee Kelly	10/2/06		3.97		
	U6 B	Dylan Klaassen-Thomas	13/11/11	6.33			
	U6 B	Jack Barter	8/3/09		4.97		
	U7 G	Stacey Mercer	25/3/90	5.84			
	U7 G	Vanessa Irvine	22/1/06		5.70		
	U7 B	Dylan Morgan	9/1/00	7.51			
	U7 B	Braden Williss	1/4/90		6.31		
	U8 G	Stacey Mercer	11/11/90	5.60			
	U8 G	Stacey Mercer	23/3/91		5.53		
	U8 B	Blake Morgan	10/3/91	7.46			
	U8 B	Steven Whitehead	18/3/89		7.03		
	U9 G	Stacey Mercer	1/12/91	6.68			
	U9 G	Stacey Mercer	31/3/92		6.18	7.91	9.63
	U9 B	Jagan Hames	15/12/84	8.83			
	U9 B	Jagan Hames	30/3/85		9.09	9.43	11.33
	U10 G	Stacey Mercer	22/1/93	8.58			
	U10 G	Rachel Smith	22/3/86		7.85	9.71	11.92
	U10 B	Jagan Hames	16/2/86	10.51			
	U10 B	Jagan Hames	22/3/86		10.56	11.26	13.15
	U11 G	Rachel Smith	1/3/87	9.71			
	U11 G	Rachel Smith	29/3/87		9.59	12.13	14.07
	U11 B	George Rallis	25/2/01	10.07			
	U11 B	Joshua Farley-Farrant	20/3/10		10.75	13.98	14.42
	U12 G	Stacey Mercer	15/1/95	12.03			
	U12 G	Michelle Easlea	18/3/90		11.71	13.50	16.19
	U12 B	Zayden Kamish	13/11/19	9.93			
	U12 B	Zayden Kamish	23/3/19		10.33	12.45	
	U13 G	Stacey Mercer	17/3/96	11.65			
	U13 G	Stacey Mercer	23/3/96		11.58	12.97	14.66
	U13 B	George Rallis	2/3/03	11.96			
	U13 B	George Rallis	22/3/03		12.81	17.18	19.11
	U14 G	Stacey Mercer	16/2/97	12.34			
	U14 G	Stacey Mercer	16/3/97		11.45	12.60	15.94
	U14 B	Jackson Daniels	3/3/13	11.19			
	U14 B	Jackson Daniels	24/2/13		11.00	16.44	18.13
	U15 G	Stacey Mercer	8/3/98	12.75			
	U15 G	Rebecca Morrison	15/3/97		12.02	13.48	15.56
	U15 B	Sam Rowell	5/3/00	15.12			
	U15 B	Sam Rowell	24/3/00		14.07	18.34	19.70
	U16 G	Stacey Mercer	12/1/99	12.30			
	U16 G	Stacey Mercer	7/2/99		11.80	14.99	
	U16 B	Sam Rowell	4/2/01	17.48			
	U16 B	Sam Rowell	31/3/01		16.65	17.41	

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
Shot	U17 G	Kizzy Grice	4/11/12	9.75			
Put	U17 G	Kizzy Grice	24/2/13		8.54	15.56	
	U17 B	Jaiden Swingler	3/3/13	9.52			
	U17 B	Jake Vidler	11/12/16		9.12	13.87	
Discus	U6 G	Stacey Hosie	1/3/15	11.64			
	U6 G	Clodagh Farrell	15/3/09		8.06		
	U6 B	Dylan Klaassen-Thomas	30/10/11	14.19			
	U6 B	Dylan Klaassen-Thomas	6/11/11		15.59		
	U7 G	Darcee Kelly	11/3/07	11.21			
	U7 G	Charli Young	3/2/13		11.71		
	U7 B	Michael Faehse	25/2/99	15.95			
	U7 B	Adam Tomlinson	24/1/01		15.04		
	U8 G	Stacey Mercer	25/11/90	15.78			
	U8 G	Stacey Mercer	24/3/91		15.90		
	U8 B	Shane Goldberg	4/2/84	21.90			
	U8 B	Jagan Hames	2/3/84		23.58		
	U9 G	Stacey Mercer	23/2/92	17.36			
	U9 G	Elizabeth Rallis	18/3/89		17.48	26.60	32.52
	U9 B	Shane Goldberg	8/12/84	27.10			
	U9 B	Jagan Hames	30/3/85		31.28	34.80	36.68
	U10 G	Lara Germain	10/3/79	21.98			
	U10 G	Rachel Smith	31/1/86		23.44	34.10	40.74
	U10 B	Jagan Hames	16/3/86	30.70			
	U10 B	Jagan Hames	2/3/86		34.80	40.58	43.20
	U11 G	Alicia Seccafien	10/3/19	13.52			
	U11 G	Alicia Seccafien	24/2/19		10.49	25.98	
	U11 B						
	U11 B					28.73	
	U12 G	Allison Searle	15/1/83	26.36			
	U12 G	Natalie Fryar	21/3/82		29.78	37.80	46.19
	U12 B	George Rallis	10/2/02	30.98			
	U12 B	Jagan Hames	23/3/88		33.90	45.72	54.87
	U13 G	Jacqueline Emms	1/3/98	30.06			
	U13 G	Stacey Mercer	23/3/96		34.27	45.72	51.79
	U13 B	Zachary Kirkland	27/1/19	15.46			
	U13 B						
	U14 G	Peta Schlein	8/12/84	28.36			
	U14 G	Stacey Mercer	15/3/97		27.94	40.27	45.60
	U14 B	Darryl Foote	19/2/95	37.68			
	U14 B	Darryl Foote	1/4/95		38.59	58.49	60.52
	U15 G	Peta Schlein	16/2/86	28.36			
	U15 G	Peta Schlein	22/3/86		29.60	40.04	49.05
	U15 B	Allan Mercer	12/12/99	40.06			
	U15 B	Darryl Foote	4/2/96		44.30	57.72	64.54



## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
Discus	U16 G	Sarah Carlyle	1/3/99	31.86			
	U16 G	Jacqueline Emms	22/3/01		32.10	42.17	
	U16 B	Sam Rowell	5/11/00	42.11			
	U16 B	Ashley Foote	7/2/99		38.85	53.19	
	U17 G	Jacqueline Emms	3/2/02	32.87			
	U17 G	Jacqueline Emms	17/3/02		33.42	40.78	
	U17 B	Travis Kemp	16/3/14	26.77			
	U17 B	Jake Vidler	18/3/17		22.27	42.34	
Vortex	U6 G	Abigail Russell	15/10/17	12.10			
	U6 G	Darcee Kelly	10/2/06		11.98		
	U6 B	Dylan Klaassen-Thomas	19/2/12	22.57			
	U6 B	Tony Kempster	10/2/06		13.91		
	U7 G	Courtney Bosley	21/10/07	15.60			
	U7 G	Vanessa Irvine	10/2/06		11.87		
	U7 B	Dylan Klaassen-Thomas	9/12/12	26.92			
	U7 B	Sam Sandercock	10/2/06		19.77		
	U8 G	Gypsy Schirmer	16/1/11	18.90			
	U8 G	Chelsea Kelly	10/2/06		12.44		
	U8 B	Dylan Klaassen-Thomas	17/11/13	31.10			
	U8 B	Cameron West	10/2/06		21.62		
Turbo	U9 G	Stacey Boundy	2/3/08	14.68			
Jav	U9 G	Shannon James	10/2/06		7.62		
	U9 B	Tabé Kirkland	14/1/18	22.30			
	U9 B	Connaire Burns	10/2/06		13.67		
	U10 G	Holly Lang	28/10/12	15.18			
	U10 G	Kizzy Grice	10/2/06		8.22		
	U10 B	Jackson Daniels	23/11/08	22.05			
	U10 B						
Javelin	U11 G	Michelle Tuckey	12/3/89	20.40			
	U11 G	Lucinda Kunze	23/3/96		24.12	27.58	34.18
	U11 B	Jagan Hames	22/3/87	28.94			
	U11 B	Jagan Hames	26/10/86		27.94	34.02	41.92
	U12 G	Michelle Tuckey	23/2/90	25.26			
	U12 G	Michelle Tuckey	4/3/90		30.74	36.94	40.80
	U12 B	Stephen Oxley	15/3/87	33.40			
	U12 B	Jagan Hames	19/3/88		38.16	40.90	50.88
	U13 G	Lucinda Kunze	23/3/98	28.18			
	U13 G	Lucinda Kunze	28/3/98		34.84	39.35	47.26
	U13 B	Jagan Hames	26/2/89	39.98			
	U13 B	Jagan Hames	18/3/89		41.14	44.70	55.43

## Records

EVENT	AGE GROUP	HOLDER	DATE	CENTRE BEST	AWAY BEST	STATE BEST	AUST BEST
Javelin	U14 G	Sarah Bourn	6/1/13	23.84			
	U14 G	Sarah Bourn	23/3/13		23.42	42.65	52.23
	U14 B	Paul Molyneaux	19/3/95	37.60			
	U14 B	Sam Rowell	20/3/99		40.58	52.42	58.50
	U15 G	Sarah Bourn	22/9/13	24.43			
	U15 G	Sarah Bourn	19/1/14		26.01	43.55	45.96
	U15 B	Jay Leong	10/3/19	33.66			
	U15 B	Jay Leong	12/11/18		30.63	45.05	59.69
	U16 G	Sarah Bourn	14/9/14	25.39			
	U16 G	Sarah Bourn	18/1/15		27.03	43.23	
	U16 B	Jarrad Powell	2/11/14	32.13			
	U16 B	Jake Vidler	19/3/16		24.82	51.44	
	U17 G	Sarah Bourn	4/10/15	24.40			
	U17 G	Sarah Bourn	18/1/16		22.76	45.75	
	U17 B	Jaiden Swingler	6/1/13	35.13			
	U17 B	Jaiden Swingler	23/3/13		35.71	56.26	

\* Note: Records shown are for current events and specifications. For records of events no longer available or for different specifications, visit our website. Records are subject to change throughout the season.



**RECORD**  
**RECORD**

## **Cross Country**

### **2020 Cross Country Season**

Cross Country is a great way for athletes to continue their enjoyment of Little Athletics and keep fit over winter. It's also a great opportunity to keep in touch with the friends you made over summer. It is included as part of your annual registration with only \$2 per race payable to the host Centre to cover costs.

There are many courses hosted by various Centres ranging from the Barossa in the north, to McLaren Vale in the south. The first half of the programme starts with shorter distances which increase later to match the Championship distances. If you meet the qualifying criteria set by the Association, you can enter the Championships held at the end of the Cross Country Program where medals are awarded to the top three places in each age group from Under 9 up. All other competitors receive participation certificates. Results are published on the SALAA website [www.salaa.org.au](http://www.salaa.org.au) the following week. Towards the end of the summer season, a program will be made available with all the Cross Country venues, dates, times, distances and rules. It will also be available on our website once it has been finalised by the Association.

If you have any questions regarding the events, please contact a committee member.

Good luck and have fun!

\*Note: Please check our website for any updates [www.noarlungalac.com.au](http://www.noarlungalac.com.au)



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