



Warradale Little Athletics Information Book



Season 2023/24

Est. 1989



Who We Are

Warradale Little Athletic Club is a family oriented, all inclusive, Not-for-Profit junior sporting club, promoting Family, Fun and Fitness for children aged 3 yrs to 16 yrs of all abilities. WLAC has been providing quality competition to the youth of our community since 1989.

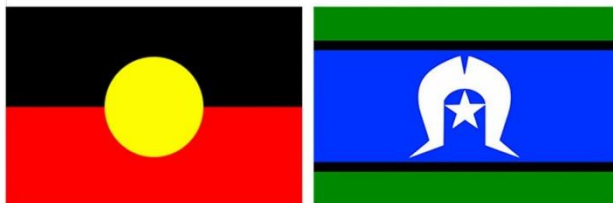
OUR MISSION STATEMENT

Warradale Little Athletics is committed to providing quality athletic events for the youth of our local community in an inclusive and welcoming, family friendly environment.

An environment that fosters a positive and healthy attitude towards fun and fitness, whilst encouraging good sportsmanship throughout the club.

Our club will encourage responsible and safe celebrations and events where alcohol is not promoted.

We are committed to providing a zero alcohol, drug, and smoke free athletic environment for our members to enjoy.



ACKNOWLEDGEMENT OF COUNTRY

Warradale Little Athletics acknowledges the Gundungurra people who are the Traditional Custodians of the land on which we compete and gather as athletes, officials, and volunteers, and recognise their continuing connection to land, water, and community. We pay our respects to Elders past, present and emerging.



OUR UNIFORM

Our uniform pays homage to the town in which we compete and the people of the land, the Gundungurra Nation.

Warragamba is situated between two water holes. The stripes on our uniform symbolise the flowing waters of "WARRA and GAMBA" the Aboriginal words for water flowing over rocks. The connected water holes are depicted in the indigenous design below the stripes.

This design has been proudly drawn by local Gundungurra person, Kazan Brown.



Fb page: **Warradale Little Athletics Club** or **@warralac**

Website: <https://warradalelac.org.au>

Warradale Little Athletics Club

Life Members

2003/04 ~	Barry Garment	&	Anne Garment
2009/10 ~	Annette Tillman		
2010/11 ~	Jake Stein		
2011/12 ~	Philip Stein	&	Samantha Stein
2014/15 ~	Carol Moore		

Junior Life Members

2010/11~	Georgia Addie	&	Jake Stein
2012/13 ~	Rhys Stein		
2014/15 ~	Samantha Moore		
2017/18 ~	Adelina Perigo	&	Enya Perigo
2018/19 ~	Cameron Gill		
2019/20 ~	Madeline Hodder	&	Jayde Wilson
2020/21 ~	Isabella Perigo		
2021/22 ~	Katelyn Smith		
2022/23 ~	Gabrielle Flanagan	&	Abbey Wilson

Warradale Little Athletics Committee List – 2023/2024

POSITION	NAME	MOBILE	E-MAIL
PRESIDENT	Fiona Perkins	0414 758 772	perko1976_2@hotmail.com
VICE PRESIDENT	Michelle Emslie	0420 208 404	michellekimemslie@gmail.com
SECRETARY	Madeline Hodder	0456 955 500	warradale.la.secretary@gmail.com
TREASURER	Lee Hodder	0406 660 511	community@wsnc.org.au
REGISTRAR	Annette Tillman	0422 564 601	tillman@bigpond.net.au
PUBLICITY	Annette Tillman	0422 564 601	tillman@bigpond.net.au
EQUIPMENT	Russell Perkins	0450 020 451	perko1976_1@hotmail.com
RECORDS/ RANKING & CHAMPIONSHIPS/ PROGRAM	Annette Tillman	0422 564 601	tillman@bigpond.net.au
FUNDRAISING	Lee Hodder	0406 660 511	community@wsnc.org.au
GROUNDSMAN	Russell Perkins	0450 020 451	perko1976_1@hotmail.com
CANTEEN	Annette Tillman	0422 564 601	tillman@bigpond.net.au
UNIFORMS	Michelle Emslie	0420 208 404	michellekimemslie@gmail.com
WEBSITE/FACEBOOK	Annette Tillman	0422 564 601	tillman@bigpond.net.au
PUBLIC OFFICER	Lee Hodder	0406 660 511	community@wsnc.org.au
GENERAL COMMITTEE	Jacqui Lewtschenko	0416 014 696	chenkos@live.com.au

HANDY WEBSITES

Little A's NSW	www.laansw.com.au
Little A's Australia	www.littleathletics.com.au
NSW School Sport	http://www.sports.det.nsw.edu.au/state/index.php
School Sport Australia	http://www.schoolsport.edu.au/
Parramatta Primary Diocesan Sport	http://www.primarysportparra.catholic.edu.au/
Parramatta Secondary Diocesan Sport	http://www.secondarysportparra.catholic.edu.au/
Catholic Primary School Sport (CPS)	https://www.csss.nsw.edu.au/nswccc-home.aspx
Catholic Secondary School Sport (CCC)	https://www.csss.nsw.edu.au/nswcps-about-mackillop.aspx
Athletics NSW	http://www.nswathletics.org.au/
Athletics Australia	www.athletics.com.au
IAAF	www.iaaf.org

DATES TO REMEMBER CLUB & ASSOCIATION EVENTS

2023

FIRST COMPETITION NIGHT –	Friday 13 October
Valour State Relays @ SOPAC	Saturday & Sunday 11 & 12 November
COLES Community Round & RMHC Coin Collection	Friday 10 November - Back up 17 November
Scamper Tots -U7 @ Dwyer Oval, Liverpool	Saturday 18 November
CWM Zone Combined Multi Event @ Ash Rd, Prestons	Sunday, 19 November
CWM Zone Championships Entries CLOSE	Friday 25 November – NO LATE ENTRIES ACCEPTED
CWM ZONE CHAMPS @ Craik Park, Austral	8, 9 & 10 December
CHRISTMAS PARTY & RMHC Santa for Sick Kids	Friday 15 December

2024

COMPETITION RESUMES	Friday 12 January
REGION 7 CHAMPIONSHIPS @ Narellan	Friday, Saturday & Sunday 9, 10 & 11 February
CENTRE CHAMPIONSHIPS ENTRIES CLOSE	Friday 1 March – NO LATE ENTRIES ACCEPTED
RMHC Wish List Collection	Friday 1 March
KUMON STATE COMBINED CARNIVAL @ Glendale	Saturday & Sunday 2 & 3 March
CENTRE CHAMPIONSHIPS	Sunday 10 March
CENTRE CHAMPIONSHIPS - Back up date	Sunday 17 March
HART Sport STATE CHAMPIONSHIPS @ SOPAC – Homebush	Friday, Saturday & Sunday 22, 23 & 24 March
AUSTRALIAN LA CHAMPIONSHIPS @ South Australia	Saturday & Sunday 27 & 28 April
LAST NIGHT OF SEASON	Friday 15 March
AGM & PRESENTATION NIGHT @ TBA	Saturday 18 May

coles

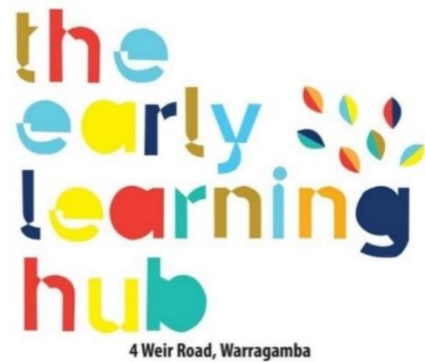


Thank you to
our **SPONSORS**
for the
2022/23 season



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WARRAGAMBA
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pietro

ITALIAN RISTORANTE

The Taste of Italy

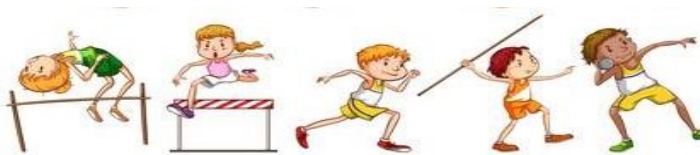


SPS

STEINS PLUMBING SOLUTIONS

PLUMBING | DRAINAGE | GASFITTING | ROOFING | EXCAVATIONS

0402 058 907





CENTRE INFORMATION

All Centre events are held at Warragamba Sporting Oval (near swimming pool) on Fridays between 6pm and 9pm. In the event of cancellation of a meeting due to wet weather or for any other reason, a notice will be placed on our Facebook page and a TEXT message will be sent to all members.

REGISTRATION fees are charged at the commencement of each season. From these fees the following payments are made on behalf of our Athletes:

- State Association registration fee
- Insurance – Athletes & Officials
- Oval hire fee and lighting expenses
- Maintenance and provision of equipment
- Trophies & awards

Each NEW athlete must show proof of age (e.g. Birth Certificate, Passport, Hospital Blue Book, or Stat Dec) when registering with this Centre. Children **will not** compete on Friday Club nights, or in any other related competition unless they are wearing the correct uniform with registration number, age patch and sponsor patch in place.

OFFICIAL CENTRE UNIFORM - U6-17 athletes for all Representative Competitions and Gala Day events is the NEW royal blue singlet. Plain black or royal blue shorts/bike pants may be worn. The Old style royal blue singlet or crop top may be worn for our Friday night club competition ONLY. Tiny Tots uniform consists of the royal blue t-shirt with our logo and plain royal blue/black shorts ONLY on Friday Centre Competition Nights. Registration numbers are to be **sewn** or **pinned securely** onto the middle front of the uniform and the age patch is to be **sewn** or **pinned securely** onto the front left-hand side of the bike pants/shorts. Compression pants (e.g. Skins, etc) are permitted UNDER shorts – NO LOGOS. Sponsor patch is to be sewn above registration number on the top right of singlet/ crop top/ t-shirt.

EVENTS HELD BY THE CENTRE

Running: - 50m, 70m, 100m, 200m, 300m, 400m, 700m, 800m, 1500m, 3000m, Long & Short Hurdles

Walking: - 700m, 1100m, 1500m

Jumping: - Long, High, Triple

Throwing: - Shot Put, Discus, Javelin, Turbo Javelin

Each child is offered a range of events each week. Other events may be introduced during the season. The children can gain achievement awards and have the satisfaction of seeing his/her own performance improve week by week.

NO CHILD HAS TO ENTER ANY EVENT THEY DO NOT WISH

Our centre is a supporter of the “SHOOSH for Kids” campaign. Where every child has the right to feel safe whilst participating in sport. That requires every parent, official, spectator or child to encourage activity but not coercion. An athlete must feel that it’s OK to not do any event that they do not feel comfortable doing. Remember our motto is “Family, Fun and Fitness” with the emphasis on “FUN”!

A CANTEEN is operated during the hours of competition and provides a wide range of refreshments. It is our aim to offer canteen facilities at reasonable prices while at the same time ensuring that our canteen is a profitable venture for our centre. All surplus revenue from sales at the canteen enables us to purchase or update equipment. Each family is charged a FUNDRAISING FEE at the start of the season and all families will go into a Prize draw on our Presentation Night. Money raised from this goes towards purchase of uniforms, awards, ribbons, and representative apparel.



Don't forget to check out WARRADALE LITTLE ATHLETICS CLUB's new Facebook page. The address of our page is <https://www.facebook.com/warralac> or @warralac

or our website: <https://warradalelac.org.au/>

Please visit the site regularly to keep up to date with all the latest news and information regarding gala days, carnivals, results, etc and what is happening in your Club. Don't forget about our photo gallery on the site. We are always looking for more photos (comp nights, gala days, championship days, etc). If you have photos of your family participating in Little A's or School athletic/cross country, please send them via messenger or email to: warradale45@gmail.com

ASSISTANCE FROM ALL PARENTS IS ESSENTIAL

Each week we need parents to help run our program. We are only too aware of how difficult it is to find time to help, however we ask you to arrange the time, as one of the main purposes of Little Athletics is for families to enjoy a night together.

CENTRE RULES

1. All parents who assist in the operation of the centre as volunteers deserve full cooperation in their efforts at controlling centre activities. **Unruly behaviour will not be tolerated.** In this regard the disciplinary decision of any committee member is absolute.
2. **Equipment is not to be handled by athletes** unless they are about to compete (shot, discus, etc).
3. When crossing the Oval at any time during competition please **ALWAYS STOP & LOOK BOTH WAYS BEFORE CROSSING THE TRACK.**
4. All accidents must be reported and recorded in the **"Accident Book."** This book and first aid kit is located at the canteen.
5. **Footwear must be worn in all events.** Spikes can only be worn **immediately** before a race then they must be taken off before leaving the track. U11 – U17 **only** to wear spikes.
6. **ALL** age managers must sign the recording sheet in the Age Folders (insurance purposes).
7. Unauthorised persons are not allowed in the canteen (this means children also).
8. Registration numbers and age patches **must be properly in place on the uniform.**
9. For a child to compete, he/she **must have a parent/adult in attendance on the oval for the whole Friday night competition. Athletes must not be "dropped off" and "picked up later."** Families with more than one athlete, please check in with older child's age group and then accompany youngest child to all events.
10. Push bikes, play balls and skateboards are not allowed on the oval at any time of athletic competition.
11. The Skateboard area and Canteen is **out of bounds for all athletes (there is NO insurance coverage if an athlete is hurt in these areas).**

COMPETITION RULES

1. Spikes are not to be worn by children in the Tots and U6 – U10 age groups. For Friday Night Club Competition, spikes should not be worn by any athlete in events which are not run entirely in lanes.
2. For events such as **Zone, Region, State, the U13-U17 age groups may wear spikes in the longer distance races, such as 800m, 1500m & 3000m.** Some other Clubs may also permit this at their track. At Warradale, as the younger & older age groups run pack start events together, the Committee has made the decision to not allow spikes to be worn in pack starts. This is due to safety reasons. When spikes are used, they must be carried by hand to that event and removed immediately the event is finished and carried by hand from the track.
3. Field areas are dangerous, so **athletes/children must not touch equipment** unless they are instructed to do so. **THIS RULE MUST BE ENFORCED.**
4. All events will be conducted under the rules of the International Amateur Athletic Federation (IAAF) or as amended by the Little Athletics Association of New South Wales.

TRACK AND FIELD SYSTEM

Age managers will take athletes to their allocated events for the night. All results are recorded by the age managers ONLY on recording sheet in the folder. Folder to be placed in Clubhouse at end of night. All throwing and jumping events will be conducted with three throws or jumps being completed. Please record all attempts including fouls.

POINT SCORE SYSTEM (for Highest Point Score Trophy) is as follows: -

1 st place	-	6 points	2 nd place	-	5 points
3 rd place	-	4 points	4 th place	-	3 points
5 th place	-	2 points	6 th place	-	1 point

All subsequent placings after 6th also receive 1 point

The following are separate awards to the Highest Point Score:

Participation	-	1 point per event competed in
Attendance	-	1 point for every Friday night attended and participated in
Improving or Equalling (once only) a previous best performance	-	1 point

END OF SEASON AWARDS

Highest Point Score:	Track & Field Trophies to a boy or girl in U6-U17 age groups.
Attendance:	Certificate for athletes who has highest attendance for the season in each age group.
Participation:	Certificate for athletes in each age group who has participated in the most events for the season.
Most Improved:	Trophy for athletes in each age group with the most improvement points.
Barry Garment Memorial	
Club Person Award:	This is presented to someone within the centre who assists and attends on a regular basis. This person can be a parent, athlete, age manager or committee member.
Junior Perpetual:	Trophy for the athlete who has shown good sportsmanship and performed well over the season (U6-U9) (see below for criteria).
Intermediate Perpetual:	As above (U10-U12)
Senior Perpetual:	As above (U13-U17)
AWD Perpetual:	As above (AWD – U6-17)
Lachlan Smith	
Encouragement Award:	Awarded to any athlete who shows great sportsmanship and tries their best during all competition.
Record Certificate:	Awarded to athletes in u6-17's for Centre Records broken/set at Centre Championships ONLY.

TROPHIES AND CENTRE CHAMPIONSHIPS

All athletes (Tiny Tots included) must complete 60% of attendance from the athlete's registration date to receive a trophy at the end of the season (*this works out to about 13 nights participation for athletes who register from Week 1*). The 60% **MUST** include 3 competition nights after Christmas. (Athletes must compete on these nights and not just show up). Weather cancellations will be taken into account. Please advise if your child cannot compete due to prolonged illness or injury. All Tiny Tots are eligible to participate at the Centre Championship and will receive ribbons for a Run, Jump, Throw and Sprint events.

CRITERIA FOR JUNIOR, INTERMEDIATE AND SENIOR ATHLETE

Junior, Intermediate and Senior athlete of the season are selected by the Committee members based on the following criteria:

- 1: Ability** **2: Participation** **3: Attendance** **4: Representation** **5: Sportsmanship**

LITTLE ATHLETICS IN GENERAL

The concept of Little Athletics was the brain child of Trevor Billingham. The first competition started in 1964 in Victoria. The New South Wales motto “Run for Fun” is simple and enjoyment will be derived from Little Athletics if this motto is always kept in mind.

The Association has gradually spread throughout Australia, commencing in New South Wales in 1970. Competing athletes in this inaugural year totalled 1500.

The season has no specific “start of season” – some centres commence as early as the first week in September, others as late as the end of October.

The season climaxes with the State Track and Field Championships held in March, while for the U13 and U15 (Multi) age groups a National Teams Championship is conducted at varying times after the State Championships. For these championships a team is selected to compete against the other States for the Teams Championship Trophy.



WEIGHTS, HEIGHTS, AND DISTANCES SPECIFICATIONS

SHOT PUT

Tiny Tots	ball
U6 boys and girls	500g
U7 boys and girls	1kg
U8 boys and girls	1.5kg
U9 boys and girls	2kg
U10 boys and girls	2kg
U11 boys and girls	2kg
U12 girls	2kg
U12 boys	2kg
U13-U14 boys & girls	3kg
U15 girls	3kg
U15 boys	4kg
U17 girls	3kg
U17 boys	5kg

DISCUS

U6 boys and girls	350g
U7 boys and girls	350g
U8 boys and girls	500g
U9 boys and girls	500g
U10 boys and girls	500g
U11 boys and girls	500g
U12 boys and girls	750g
U13 girls and boys	750g
U14 boys & girls	1kg
U15 boys & girls	1kg
U17 girls	1kg
U17 boys	1.5kg
JAVELIN	
U11-12 boys & U11-14 girls	400g
U15-U17 girls	500g
U13-U14 boys	600g
U15-U17 boys	700g

HIGH JUMP (qualifying heights)

	ZONE		REGION		STATE	
	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS
U9	.80	.85	.85	.90	.90	.95
U10	.90	.95	.95	1.00	1.00	1.05
U11	1.00	1.05	1.05	1.10	1.10	1.15
U12	1.10	1.15	1.15	1.20	1.20	1.25
U13	1.15	1.20	1.20	1.25	1.25	1.30
U14	1.20	1.25	1.25	1.30	1.30	1.35
U15	1.20	1.25	1.25	1.30	1.30	1.35
U17	1.25	1.30	1.30	1.35	1.35	1.40

HURDLES

U8 boys & girls	60m
U9 boys & girls	60m
U10 boys & girls	60m
U11 boys & girls	80m
U12 boys & girls	80m
U13 boys & girls	80m
U14 girls	80m
U14 boys	90m
U15 girls	90m
U15 boys & U17 girls	100m
U17 boys	110m
U13 boys & girls	200m
U14 boys & girls	200m
U15 - U17 boys & girls	300m

DISTANCES

U8 boys & girls	45cm
U9 boys & girls	45cm
U10 boys & girls	60cm
U11 boys & girls	60cm
U12 boys & girls	68cm
U13 boys & girls	76cm
U14 girls	76cm
U14 boys	76cm
U15 girls	76cm
U15 boys & U17 girls	76cm
U17 boys	76cm
U13 boys & girls	68cm
U14 boys & girls	76cm
U15 - U17 boys & girls	76cm

HEIGHT

U8 boys & girls	45cm
U9 boys & girls	45cm
U10 boys & girls	60cm
U11 boys & girls	60cm
U12 boys & girls	68cm
U13 boys & girls	76cm
U14 girls	76cm
U14 boys	76cm
U15 girls	76cm
U15 boys & U17 girls	76cm
U17 boys	76cm
U13 boys & girls	68cm
U14 boys & girls	76cm
U15 - U17 boys & girls	76cm



WHAT ARE YOU DOING TO HELP OUT?

Little Athletics has been successful for a number of reasons. The low cost to participate and the generous support from our members and numerous sponsors, all play a vital role of a successful club.

Parental support is vital to running our competitions each week. Without your help, we could not provide quality events for the athletes to engage in.

Little Athletics motto is: FAMILY, FUN, FRIENDSHIP and FITNESS.

Family participation was seen by the originators of Little Athletics as the strongest benefit provided by the sport. First and foremost it was seen as a family thing – an opportunity for Mum, Dad, and the children to do something together.

Fun, of course, is another part of the Little Athletics philosophy where athletes can be social and have fun whilst competing to the best of their own ability. The other side of the philosophy triangle is fitness. Fitness shows the success of a healthy outlook for athletes and parents.

Can you help more at the centre??

The answer is always **YES!** Pick up a stopwatch, measure out a throw or jump. Assist with starting or take an age group around. This help is vital to ensuring our athletes can compete each week.

Let's live by the four core values of Little Athletics and show your support:

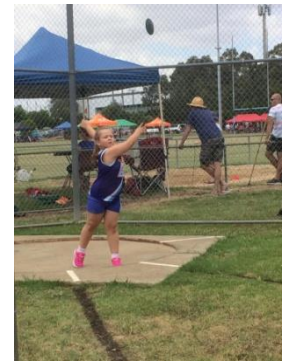
Integrity Innovation Excellence Inclusion

DO IT FOR YOUR KIDS, offer to help, don't just leave it "for someone else" each time... Your kids will thank you for it 😊😊



A FEW OF OUR WONDERFUL HELPERS OVER THE YEARS





A FEW OF OUR PAST AND PRESENT ATHLETES

NOTES FOR CHAMPIONSHIP REPRESENTATIVES

Representatives: Upon arrival at the ground, athletes must report to team managers. Athletes are requested to sit in the same area so that they can be readily found by team managers.

Uniform: NEW Centre singlet, ROYAL BLUE or BLACK shorts/bike pants **with registration number sewn to the middle front** and **age patch sewn onto the left side of the singlet or shorts**. Compression garments **must** be worn under shorts/bike pants or singlet. NO Logos. Socks and appropriate footwear are to be worn.

Footwear: **Must** be worn in all events. No spike shoes or football cleats in walks events.

Starting Blocks: May be used. Subject to facility requirements - if wearing spikes, starting blocks **MUST** be used.

Programmes: Available via social media links.

Refreshments: Available for purchase from the venue.

Wet weather: State Relays and State Championships take place regardless of weather conditions. Zone and Regional Championships will depend upon the ground condition on the day and those in authority will advise.

Unavailability: Should a selected athlete be unable to compete, please notify the Championships Officer **immediately**.

Warradale Little Athletics belongs to the Central West Metropolitan Zone. This Zone consists of the following centres and also listed are those centre's uniform colours for easy recognition.

Warradale:	Royal Blue / Sky Blue / White
Liverpool:	Green, Black, and Gold
Western Blues:	Royal Blue and White
Prestons:	Red & Black
Smithfield:	Black, Red & White

CHAMPIONSHIPS

ZONE, REGION, AND STATE

In Zone, Region and State Championship meetings, each competitor (U7-U11) shall be allowed to enter a maximum of four (4) events (not including relays and senior 3000m.) The U12-U17 may enter up to 6 events. Each competitor must qualify to proceed to the next level of competition. The manner of qualification shall be as follows:

Centre to Zone	- Unlimited - (U7 – U17)
Zone to Region	- 1 st – 4 th in Finals at our Zone (this does differ in other Zones/Regions) (U8-U17)
Region to State	- 1 st & 2 nd in Finals at each Region (Plus Next Top 8 Places overall from ALL Regions) (U9-U17)

Zone entries for the U7 to U17 competitors are “open” to any number of entries per Centre. The number of events per competitor remains at four (4) for U7-11 & six (6) for U12-17. Each event shall receive two (2) calls only, after which if any competitor is not at the starting area, the event shall proceed. Gold, Silver, and Bronze (State style) medals are presented to the first three place getters at Zone for U7's as they do not progress to Region. All finalists at Zone & Region receive a certificate. At the Region Championships, all U8's receives (State style) medals as they do not progress to State. U9-17 receive Region medals.

In addition to the above, all Warradale athletes who compete at Zone and Region will receive a Club medal at Presentation Night – depending on the level they achieve. If you qualify and compete at State, you will receive a Club Jacket (or equivalent every second year).



EVENTS AVAILABLE AT ZONE THROUGH TO STATE

	U7*	U8**	U9	U10	U11	U12	U13	U14	U15	U17
50m	*	-	-	-	-	-	-	-	-	-
70m	*	*	*	*	-	-	-	-	-	-
100m	*	*	*	*	*	*	*	*	*	*
200m	*	*	*	*	*	*	*	*	*	*
400m	-	*PS	*	*	*	*	*	*	*	*
500m (pack)	*	-	-	-	-	-	-	-	-	-
700m (pack)	-	*	-	-	-	-	-	-	-	-
800 m	-	-	*	*	*	*	*	*	*	*
1500m	-	-	-	-	*	*	*	*	*	*
3000m	-	-	-	-	-	-	*	*	*	*
700m Walk	-	-	*	-	-	-	-	-	-	-
1100m Walk	-	-	-	*	*	-	-	-	-	-
1500m Walk	-	-	-	-	-	*	*	*	*	*
60m Hurdles	-	*	*	*	-	-	-	-	-	-
80m Hurdles	-	-	-	-	*	*	*	*g	-	-
90m Hurdles	-	-	-	-	-	-	-	*b	*g	-
100m Hurdles	-	-	-	-	-	-	-	-	*b	*g
110m Hurdles	-	-	-	-	-	-	-	-	-	*b
200m Hurdles	-	-	-	-	-	-	*	*	-	-
300m Hurdles	-	-	-	-	-	-	-	-	*	*
Long Jump	*	*	*	*	*	*	*	*	*	*
High Jump	-	-	*	*	*	*	*	*	*	*
Triple Jump	-	-	-	-	*	*	*	*	*	*
Shot Put	*	*	*	*	*	*	*	*	*	*
Discus	*	*	*	*	*	*	*	*	*	*
Javelin	-	-	-	-	*	*	*	*	*	*
Multi	*	*	*	*	*	*	*	*	*	*

* U7 compete only as far as Zone

** U8 compete only as far as Region

U7 – U17 compete at Combined Multi and Cross Country & Road Walks (U9s & up for Walks)

CENTRE RELAYS (Zone, Region, and State)

4 x 100m relay for both boys and girls. One relay made up of one representative from each of the age groups – U9, U10, U11, U12 (Junior boys & girls) and another relay of a representative from each of the age groups U13, U14, U15, U17 (Senior boys & girls).

CROSS COUNTRY AND ROAD WALKS

1.	Road Walks	U9 – U10 U15 – U17	1.2 km 3 km	U11 – U12	1.5 km	U13 – U14	2 km
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Road Walks Championships will be co-hosted by Little Athletics NSW & Athletics NSW. The Championships will be open to Little Athletics NSW Members & Athletics NSW Members.

- Minimum age – U9
- An athlete must be the minimum age to compete at the meeting
- Athletes must compete in their own age group (*Rule Change – Conference 2011*)



2. Cross Country	U7 – U8	1000m	U9 – U10	1500m
	U11 – U12	2000m	U14 – U14	3000m
	U15 – U17	4000m		

Little Athletics NSW and Athletics NSW will co-deliver the 2021 NSW XC Championships.

- Minimum age – U7
- An athlete must be the minimum age to compete at this meeting
- Athletes must compete in their own age group (*Rule Change – Conference 2011*)

COMBINED MULTI EVENT

The multi event is held as a separate event for all age groups from U7 – U17 with open entry.

- U7 Boys & Girls 50m; 100m; pack start; long jump; shot put; discus
- U8 Boys & Girls 70m; 200m; pack start; long jump; shot put; discus
- U9 Boys & Girls 100m; 60m hurdles; 800m; long jump; shot put; discus
- U10 Boys & Girls 200m; 60m hurdles; 800m; long jump; shot put; discus
- U11 Boys & Girls 100m; 80m hurdles; 800m; long jump; shot put; discus
- U12 Boys & Girls 200m; 80m hurdles; 800m; long jump; shot put; discus
- U13 Boys & Girls 100m; 80m hurdles; 800m; long jump; shot put; discus
- U14 Girls 200m; 80m hurdles; 800m; long jump; shot put; discus
- U14 Boys 200m; 90m hurdles; 800m; long jump; shot put; discus
- U15 Girls 200m; 90m hurdles; 800m; long jump; shot put; high jump; javelin
- U15 Boys 100m; 100m hurdles; 800m; long jump; discus; high jump; javelin
- U17 Girls 200m; 100m hurdles; 800m; long jump; shot put; high jump; javelin
- U17 Boys 100m; 110m hurdles; 800m; long jump; discus; high jump; javelin

Multi event competitors are able to take part in regular Zone, Region, and State individual competition.

- Age Groups** - Minimum age U7 (CWM Zone allows U6 competitors at Zone Multi)
- An athlete must be the minimum age to compete & compete in their own age group
- Placings** - In the event of a tie for final placings, count backs will not apply. Tied competitors will be given equal place.

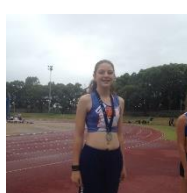
STATE RELAYS

- Minimum age U8 – Junior athletes (u8-11) compete on Saturdays & Senior athletes (U12-17) compete on Sundays.
- An athlete must be the minimum age to compete (U8 Age Group) and may compete up one year only.

There are track relays (various lengths from 4 x 100m to 4 x 800m) and field relays (jumping and throwing) for the U8 – U17's. Athletes who compete in the track relays are ineligible to compete in the field relays. This allows more children to compete at State level.

Representatives are selected for the relays on their centre performances. Usually, a squad is selected four weeks before the relays. A coach and manager are appointed for each age group and they are responsible for the training and selection of the final teams to compete in the State Relays.

Note: Baton changing practice is compulsory for all children selected for the track relays.



TECHNICAL INFORMATION

LONG JUMP (Basic rules)

1. Competitors must take off from one foot only.
2. No part of the foot can protrude over the front edge of the half metre sand rectangle.
3. If take off is behind the back edge of the rectangle then the jump is good and must be measured from the back edge (furthest from the pit) of the rectangle.
4. The competitor must not walk back through the landing area.

Measuring: The jump is measured by selecting the imprint made in the sand by the foot, hand, etc which is closest to the imprint made on the half metre square by the take-off foot.

HIGH JUMP (Basic rules)

1. Competitors must take off from one foot only.
2. U/9 & U10 Athletes are only permitted to use the 'scissor technique'.
3. Knocking off the bar is a failure.
4. Touching the ground / mat beyond the uprights without clearing the bar is a failure – i.e. if competitor runs under the bar.
5. The competitor is eliminated when he or she has three consecutive failed jumps at the same height.

Measuring: The actual height is determined by the measurement at the centre of the bar. Both ends should be measured to ensure the bar is even.

Recording: O indicates the bar has been cleared
X indicates a failed jump
- indicates that a competitor has elected to pass

SHOT PUT (Basic rules)

1. The competitor must leave from the rear half of the circle. Encourage competitors to also enter the circle from the rear.
2. The competitor must not touch the top of the stop board or the ground outside the circle during the trial with any part of their body.
3. The shot must land within the sector.
4. The competitor must not leave the circle until the shot has landed.
5. The shot must be put and not thrown – i.e. the hand must remain stationary without being pulled back. At the time the competitor takes a stance to commence to put, the shot shall be in close proximity to the neck or chin and the hand shall not be dropped below this position.

Measuring: The tape is drawn tight between the imprint and the centre of the circle. The distance is measured at the point where the tape crosses the inner edge of the ring or stop board.



DISCUS: (Basic rules)

1. The competitor must leave the circle from the rear half. Encourage competitors to also enter the circle from the rear.
2. The competitor must not touch the top of the metal ring of the circle or the ground outside the circle during the trial with any part of their body.
3. The discus must land inside the sector.
4. The competitor must not leave the circle until the discus has landed.

Measuring: The tape is drawn tight between the imprint and the centre of the circle. The distance is measured at the point where the tape crosses the inner edge of the ring or circle.

RELAYS:

1. The baton must be carried in the hand throughout a relay race and if dropped must be recovered by the athlete who dropped it.
2. The baton must be passed only within the takeover zone (30 metres). The takeover zone is marked by lines placed 20 metres before and 10 metres after the scratch line.

WALKING:

1. The athlete must maintain contact with the ground – i.e. the advancing foot must make contact with the ground before the rear foot leaves the ground.
2. The advancing leg must be straight (not bent at the knee) from the moment that the foot makes contact with the ground until it passes under the body in the vertical position.

Christmas Celebrations





Warradale Little Athletics Centre Championship Records



2022 – 2023
Season



WARRADALE LITTLE ATHLETICS CENTRE INC.
CENTRE CHAMPIONSHIP RECORDS **Historical Records*

Under 6 Boys				Under 6 Girls			
50m	E Hicks	9.31	2006	50m	C Davies	9.86	2010
70m	N Forgach	12.89	2002	70m	K Lynch	13.30	1994
100m	E Hicks	18.88	2006	100m	K Smith	20.44	2012
200m*	J Stein	40.09	2000	200m*	K Lynch	44.80	1994
200mPS	C O'Brien	47.03	2023	200mPS	F Jones	51.34	2023
300m	R Stein	1.04.61	2002	300m	K Smith	1.07.35	2012
500m*	L Bourke	2.05.28	1992	500m*			
800mW*	S Nix	7.50.00	1991	800mW*			
Long	M Borsato	2.49m	2002	Long	K Payne	2.38m	1994
C/Ball*	T Frost	5.96m	1997	C/Ball*	K Barnes	2.67m	1997
Shot 500g	N Lewtschenko	5.63m	2018	Shot500g	A Keating	3.96m	2018
Shot 1kg*	J Lee	7.90m	1990	Shot 1kg*	B Williams	4.34m	2000
Discus	M Borsato	14.48m	2002	Discus	S Stanford	11.32m	2016
Under 7 Boys				Under 7 Girls			
50m	B Lawrence	9.11	2010	50m	K Smith	9.14	2013
70m	R Stanford	12.55	2009	70m	R Galea	12.50	1995
100m	J Stein	16.53	2001	100m	R Galea	18.20	1995
200m	J Stein	35.37	2001	200m	Z Walther	39.19	2009
500m	J Stein	1.46.02	2001	500m	K Payne	1.50.00	1995
800m*	P Marshall	1.51.90	1990	800m*	A Raap	2.14.10	1990
800mW*	J Lee	6.41.00	1991	800mW*	E Kitchin	6.47.00	1991
Long	J Stein	3.14m	2001	Long	K Smith	2.93m	2013
Shot	G Manser	6.88m	1993	Shot	S Gleeson	5.22m	2014
Discus	B Lawrence	18.73m	2010	Discus	S Moore	13.82m	2005
Under 8 Boys				Under 8 Girls			
70m	C Gill	11.75	2011	70m	K Smith	12.12	2014
100m	J Jeffree	16.62	2016	100m	K Smith	17.22	2014
200m	J Stein	34.18	2002	200m	S McKechnie	37.39	2008
400m*	C Gill	1.19.98	2011	400m*	K Payne	1.24.53	1996
400mPS			NPR	400mPS	K Emslie	1.43.87	2023
700m	C Gill	2.27.51	2011	700m	K Payne	2.27.37	1996
800m*	P Marshall	3.24.00	1991	800m*	A Sellwood	4.07.80	1990
60mH	R Nelson	11.79	2010	60mH	C Grills	12.50	1994
800mW*	P Marshall	6.03.00	1991	800mW*	J Luppino	6.08.00	1991
Long	J Stein	3.56m	2002	Long	C O'Rourke	3.17m	2004
Shot	J Stein	8.93m	2002	Shot	K Payne	6.28m	1996
Discus	J Stein	21.36m	2002	Discus	K Payne	17.69m	1996

Under 9 Boys				Under 9 Girls			
70m	J Stein	10.30	2003	70m	S McKechnie	11.80	2009
100m	J Stein	14.61	2003		C Gill	11.80	2015
200m	J Stein	30.79	2003	100m	C Turunen	16.93	2000
400m	C Gill	1.11.78	2012	200m	S McKechnie	34.77	2009
800m	C Gill	2.48.20	2012	400m	C Gill	1.20.52	2015
1500m*	J Clarke	6.15.67	1996	800m	C Gill	3.02.17	2015
60mH	S McCarthy	10.16	2003	1500m*	T Vella	7.05.00	1993
700mW	R Stein	3.53.71	2005	60mH	C Gill	11.33	2015
800mW*	L Bourke	5.28.70	1995	700mW	K Tillman	4.08.94	1999
HJScissors	H Gill	1.05m	2016	800mW*	K Corbett	4.44.86	1996
HJ Flop*	J Stein	1.34m	2003	HJScissors	L Andrews	0.97m	2019
Long	C Nelson-Heck	3.72m	2005	HJ Flop*	M Gleeson	1.07m	2012
Shot	D Ayo	8.61m	1997	Long	K Corbett	3.33m	1996
Discus	J Stein	28.71m	2003	Shot	B Chilcott	6.78m	1990
Turbo Jav	D Lentini	17.98m	2016	Discus	K Payne	22.16m	1997
				Turbo Jav	C Richards	12.40m	2018

Under 6-9 Boys AWD				Under 6-9 Girls AWD			
50m	P Ersek	14.72	2007	50m	H Lewtschenko	11.90	2017
70m	P Ersek	20.13	2009	70m	H Lewtschenko	15.35	2018
100m	N Xiberras	18.27	2023	100m	H Lewtschenko	21.62	2019
200m	N Xiberras	42.26	2023	200m	H Lewtschenko	47.92	2019
60m Hurdles	N Xiberras	13.84	2023	300m	H Lewtschenko	2.03.58	2016
				400m	H Lewtschenko	2.14.56	2018
				500m	H Lewtschenko	2.58.82	2017
				700m	Nil		
				800m	Nil		
700mW	P Ersek	12.42.64	2009	700mW			
Long	N Xiberras	2.72m	2023	60mH	H Lewtschenko	19.82	2018
				Long	H Lewtschenko	2.39m	2019
Shot 1.5kg	P Ersek	4.84m	2007	Shot 1.0kg	H Lewtschenko	2.38m	2017
Shot 2kg	P Ersek	3.98m	2008	Shot 1.5kg	H Lewtschenko	2.43m	2018
				Shot 2kg	H Lewtschenko	3.13m	2019
Discus 500g	P Ersek	13.57m	2007	Discus 350g	H Lewtschenko	5.97m	2017
				Discus 500g	H Lewtschenko	6.82m	2019

Under 10 Boys				Under 10 Girls			
70m	J Stein	10.21	2004	70m	H O'Connell	10.98	2001
100m	J Stein	14.53	2004	100m	C Turunen	15.39	2001
200m	C Gill	29.10	2013	200m	H O'Connell	32.52	2001
400m	C Nelson-Heck	1.07.50	2006	400m	K Tillman	1.17.34	2000
800m	C Gill	2.41.59	2013	800m	C Gill	2.57.13	2015
1500m*	C Gill	5.22.70	2013	1500m*	C Gill	5.56.22	2015
60mH	P Marshall	10.07	1993	60mH	D Lynch	11.60	1991
800mW*	P Van Der Mast	5.28.00	1993	800mW*	E Kitchin	4.51.18	1994
1100mW	R Stein	6.45.33	2006	1100mW	K Tillman	6.20.37	2000
Long	S McCarthy	4.18m	2004	Long	C Grills	3.73m	1996
HJ Flop*	J Stein	1.40m	2004	HJ Flop*	C Grills	1.26m	1996
HJScissors	E Hopgood	1.18m	2019	HJScissors	F Vella	1.00m	2021
Shot	J Stein	10.78m	2004	Shot	M Gleeson	8.16m	2013
Discus	J Stein	35.39m	2004	Discus	K Payne	24.76m	1998
Turbo	A Pantazacos	18.96m	2015	Turbo	M Gleeson	15.00	2013

Under 11 Boys				Under 11 Girls			
100m	C Nelson-Heck	14.32	2007	100m	C Hicks	14.38	2006
200m	C Gill	29.82	2014	200m	C Hicks	30.29	2006
400m	C Gill	1.06.25	2014	400m	C Gill	1.14.17	2016
800m	C Gill	2.32.93	2014	800m	H Addie	2.54.42	2003
1500m	C Gill	5.18.02	2014	1500m	K Tillman	5.55.15	2001
60mH*	M Brennan	10.72	2003	60mH*	C Hicks	10.65	2006
80mH	E Hopgood	19.33	2021	80mH	Leila Andrews	24.20	2019
1100mW	R Stein	6.04.85	2007	1100mW	K Tillman	6.10.60	2001
800mW*	T Bourke	5.53.00	1992	800mW*	K Bourke	5.43.00	1992
1500mW*	P Van Der Mast	11.44.85	1994	1500mW*	E Kitchin	10.24.80	1995
Long	J Stein	4.56m	2005	Long	C Turunen	4.03m	2002
High	J Stein	1.40m	2005	High	C Grills	1.27m	1997
Triple	S McCarthy	9.25m	2005	Triple	H O'Connell	8.03m	2002
Shot	J Stein	12.89m	2005		C Hicks	8.03	2006
Discus 500g	H Gill	28.60m	2018	Shot	K Smith	9.64m	2016
Discus750g*	S McCarthy	28.70m	2005	Discus 500g	C Richards	16.36m	2021
				Discus750g*	S Moore	22.98m	2009
Turbo*	R Stein	23.47m	2007	Turbo*	T Portis	18.35m	2007
Javelin	H Gill	14.35m	2018	Javelin	K Smith	14.68m	2016
Under 12 Boys				Under 12 Girls			
100m	T North	13.70	2015	100m	J Muscat	14.85	2002
200m	T North	27.88	2015	200m	H Addie	31.64	2004
400m	C Gill	1.03.46	2015	400m	A Newnham	1.10.97	2006
800m	C Gill	2.25.41	2015	800m	H Addie	2.48.00	2004
1500m	C Gill	5.02.67	2015	1500m	K Tillman	5.50.53	2002
60mH*	J Stein	9.99	2006	60mH*	D Lynch	11.67	1993
80mH	D Vella	20.45	2021	80mH	S Baker	19.62	2023
1500mW	R Stein	8.42.60	2008	1500mW	K Tillman	8.43.57	2002
800mW*	P Marshall	4.30.00	1991	800mW*	C Sternbeck	5.34.00	1991
Long	J Stein	4.73m	2006	Long	J Muscat	3.87m	2002
High	J Lee	1.43m	1991	High	M Gleeson	1.40m	2015
Triple	J Stein	10.14m	2006	Triple	P Muscat	8.43m	2003
Shot 2kg	J Moore	8.69m	2019	Shot 2kg	M Gleeson	10.61m	2015
Shot 3kg*	L Gleeson	10.74m	2012	Discus	K Smith	29.75m	2017
Discus	L Gleeson	37.29m	2012	Javelin	M Gleeson	24.44m	2015
Javelin	L Gleeson	29.47	2012	Turbo*	G Addie	19.06m	2006
Turbo*	R Stein	31.11m	2008				

Under 10-12 Boys AWD				Under 10-12 Girls AWD			
50m	B Bloem	10.11	2007	50m	J Thompson	10.86	2007
70m	B Bloem	13.76	2007	70m	J Thompson	15.26	2007
100m	J Slender	34.85	2008	100m	H Lewtschenko	22.80	2021
200m	J McKechnie	44.03	2010	200m	J Thompson	51.51	2008
400m	J McKechnie	1.57.59	2010	60mh	J Thompson	19.15	2008
60mh	J McKechnie	14.75	2010	1100mw	J Thompson	10.03.90	2008
Long	B Bloem	2.24m	2007	Long	H Lewtschenko	2.41m	2021
Shot 2kg	J Slender	2.25m	2008	Shot 2kg	H Lewtschenko	3.67m	2023
Shot 3kg	J McKechnie	4.75m	2010	Discus500g	H Lewtschenko	14.05m	2023
Discus500g	J Slender	3.75m	2007	Discus750g	J Thompson	8.90m	2007
Discus750g	B Bloem	11.18m	2007				
Turbo Jav	J McKechnie	12.44m	2010				
Under 13 Boys				Under 13 Girls			
100m	T North	12.50	2015	100m	S Massih	14.33	2019
200m	T North	27.01	2015	200m	S Massih	29.85	2019
400m	J Stein	1.04.12	2007	400m	A Newnham	1.07.83	2007
800m	C Gill	2.24.55	2015	800m	K Tillman	2.47.61	2003
1500m	C Gill	4.57.81	2015	1500m	K Tillman	5.47.29	2003
3000m	S Srzich	11.28.15	2008	3000m	K Tillman	12.47.67	2003
80mH	J Stein	13.80	2007	80mH	J Kacir	15.16	1998
200mH	T North	29.26	2015	200mH	C Daniel	33.30	1992
1500mW	R Stein	9.04.71	2009	1500mW	K Tillman	8.49.17	2003
Long	J Stein	4.84m	2007	Long	K Grant	4.27m	1996
High	G Sedwell	1.45m	1995	High	S McDonald	1.30m	2008
	M Proctor	1.45m	2006		S Massih	1.30m	2019
Triple	J Stein	9.80m	2007	Triple	S Massih	8.57m	2019
Shot 3kg	L Stein	12.58m	2003	Shot	N Amor	9.13m	1997
Discus 750g				Discus750g	M Hodder	30.75m	2015
<i>Discus 1kg*</i>	<i>J Stein</i>	<i>35.25m</i>	<i>2007</i>	<i>Discus 1kg*</i>	<i>D Lynch</i>	<i>16.55m</i>	<i>1994</i>
Javelin 600g	S McCarthy	34.78m	2007	Javelin	M Gleeson	31.66m	2015
Under 14 Boys				Under 14 Girls			
100m	J Stein	12.67	2008	100m	H Addie	13.96	2006
200m	T North	25.12	2016	200m	H Addie	28.58	2006
400m	M Brennan	59.69	2006	400m	H Addie	1.04.97	2006
800m	C Gill	2.25.67	2016	800m	K Tillman	2.47.79	2004
					A Gill	2.47.79	2017
1500m	C Gill	5.00.09	2016	1500m	K Tillman	5.37.74	2004
3000m	C Gill	10.51.81	2016	3000m	S Massih	13.14.10	2021
90mH	J Stein	14.11	2008	80mH	Jana Kacir	14.48	1999
200mH	J Stein	28.90	2008	<i>90mH</i>	<i>A Jones</i>	<i>18.07</i>	<i>1993</i>
1500mW	R Stein	8.45.08	2010	200mH	H Addie	33.35	2006
Long	J Stein	5.23m	2008	1500mW	K Tillman	9.07.96	2004
High	G Sedwell	1.57m	1996	Long	Jana Kacir	4.33m	1999
Triple	J Stein	10.83	2008	High	M Gleeson	1.46m	2016
Shot 3kg	L Gleeson	14.32m	2014	Triple	S Massih	9.96m	2021
<i>Shot 4kg*</i>	<i>J Stein</i>	<i>12.34m</i>	<i>2008</i>	Shot	K Smith	10.24m	2018
Discus	L Gleeson	46.11m	2014	Discus	M Gleeson	28.13m	2016
Javelin	L Gleeson	40.26m	2014	Javelin 400g	M Gleeson	39.55m	2016
				<i>Javelin 600g*</i>	<i>A Brennan</i>	<i>19.45</i>	<i>2004</i>

Under 15 Boys				Under 15 Girls			
100m	C Truran	11.81	1995	100m	H Addie	14.04	2007
200m	B Cameron	24.50	2008	200m	H Addie	29.05	2007
400m	J Stein	56.73	2009	400m	H Addie	1.05.83	2007
800m	C Gill	2.18.09	2017	800m	K Tillman	2.51.06	2005
1500m	C Gill	4.46.61	2017	1500m	K Tillman	6.00.35	2005
3000m	S Srzich	10.49.95	2010	3000m	S Thornton	16.09.88	2010
1500mW	C Manna	10.13.13	2006	1500mW	J Addie	9.42.82	2010
90mH*	L Anderson	14.82	1994	90mH	G Addie	16.62	2009
100mH	J Stein	14.25	2009	200mH*	H Addie	32.72	2007
200mH*	J Stein	27.52	2009	300mH			
300mH	C Gill	45.85	2017	Long	H Addie	4.46m	2007
Long	B Cameron	5.93m	2008	High	G Addie	1.42m	2009
High	J Stein	1.71m	2009	Triple	H Addie	9.07m	2007
Triple	J Stein	11.93m	2009	Shot	K Smith	10.11m	2019
Shot	J Stein	14.14m	2009	Discus 1kg	K Smith	27.85m	2019
Discus	J Stein	55.72m	2009	Javelin 500g	K Smith	23.35m	2019
Javelin 700g	L Gleeson	39.11m	2015	Javelin 600g*	A Brennan	19.73m	2005
Javelin 600g*	R Stein	46.81m	2011				
Under 17 Boys				Under 17 Girls			
100m	T North	11.87	2018	100m	H Addie	13.81	2009
200m	A Nikesitch	24.44	2009	200m	H Addie	27.81	2009
400m	R Stein	55.97	2013	400m	H Addie	107.51	2008
800m	H Wilson	2.31.15	2014	800m	H Addie	2.47.92	2008
1500m	C Gill	4.49.82	2018	1500m	I Vella	8.51.28	2023
1500mW				3000m	H Perigo	21.26.99	2015
3000m	M Brennan	11.50.11	2008	100mh	H Addie	17.49	2009
110mH	J Stein	15.25	2010	200mH*	H Addie	32.47	2008
100mH*	M Brennan	15.44	2008	300mH			
200mH*	J Stein	28.65	2010	1500mW	G Addie	9.00.25	2010
300mH	C Doyle	57.03	2018	Long	G Addie	4.65m	2011
Long	R Stein	6.53	2012	High	G Addie	1.48m	2011
High	J Stein	1.75m	2010	Triple	H Addie	9.91m	2010
Triple	R Stein	12.06m	2013	Shot 3kg	K Smith	10.14m	2021
Shot 5kg	J Stein	16.19m	2011	Shot 4kg*	Z Heath	9.70m	2011
Shot 4kg*	L Stein	14.03m	2006	Discus	Z Heath	37.65m	2011
Discus 1.5kg	J Stein	54.60m	2011	Javelin 500g	K Smith	24.17m	2021
Discus 1kg*	L Stein	40.26m	2006	Javelin 600g*	H Addie	17.54m	2008
Javelin 700g	R Stein	59.87m	2013				
Javelin 600g*	L Stein	40.33m	2006				

Under 13-17 Boys AWD				Under 13-17 Girls AWD			
70m	B Bloem	13.90	2008	100m	J Thompson	21.92	2010
100m	B Bloem	14.93	2010	200m	J Thompson	48.55	2012
200m	B Bloem	33.95	2009	400m	J Thompson	1.58.70	2012
400m	J McKechnie	1.47.76	2011	800m	J Thompson	5.11.48	2010
800m	J McKechnie	4.40.36	2011	80mh	J Thompson	42.57	2011
1500m	J McKechnie	11.11.13	2011	90mh	J Thompson	52.57	2012
3000m	J McKechnie	25.26.03	2011	200mh	J Thompson	1.07.73	2011
80mh	J McKechnie	25.16	2011	Long	J Thompson	1.95m	2010
200mh	J McKechnie	48.12	2011	Triple	J Thompson	3.26m	2011
Long	B Bloem	3.97m	2010	Shot 3kg	J Thompson	2.06m	2011
High	J McKechnie	0.65m	2011	Discus 750g	J Thompson	4.92m	2010
Triple	J McKechnie	4.42m	2011	Javelin 400g	J Thompson	5.53m	2012
Shot 3kg	B Bloem	9.82m	2010				
Discus 1kg	B Bloem	18.99m	2009				
Javelin 400g	J McKechnie	7.98m	2011				



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