

Lake Illawarra Athletics Centre

An Athletics Centre for the Whole Family.



Centre Handbook 2023/2024 Season

LAKE ILLAWARRA IS PROUDLY SPONSORED BY:

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Supported by:

**Albion Park Cakes, Pinocchio's Pizza, Coles, Shellharbour Tenpin Bowl and
Kings Track and Field supplies.**

President's Message

Welcome to all our new and returning athletes and families to Lake Illawarra Athletics, a centre that caters for the whole family.

I am excited to be the president for our 53rd season of providing athletic opportunities to athletes of the area.

Athletics is a family sport – and where possible we encourage everyone to be involved. We provide this through our commitment to allowing all ages and abilities to compete on the same night. We are essentially an athletics centre for the whole family. We endeavour to provide opportunities for athletes to compete and enjoy the fun of track and field, while making friends.

Competition commences every Friday night at 5.30pm (this may change throughout the season if deemed necessary). Our season runs from September to March with only a few weeks off over the Christmas period.

We are a centre of volunteers and only exist because of the hard work that many people have put in throughout the years. As a volunteer, you will have the opportunity to assist in various ways. We ask that you please come forward and offer your help as it is the only way we can continue to build and run our successful athletics centre. For more information on assisting, the centre please read the section on Parent Involvement.

Our centre is a non-for-profit sporting organisation and as such all-committee members and officials are unpaid and all money raised within our centre is put back to into the centre to purchase awards and equipment for your children. Please support our centre's canteen on a Friday night.

Where there are insufficient parent helpers, events might need to be delayed until help arrives. We do understand that some parents may have younger children that they need to supervise, but please volunteer if you are able to, that would be great.

Our centre has a website: www.lakeillawarralac.net.au and we are on Facebook at Lake Illawarra Athletics, which will keep both athletes and parents up to date with what is happening within the centre.

Don't forget that we have a canteen available each week as well as a BBQ. Please support our centre so that we can continue to update equipment for our athletes.

If at any stage during the season you have any questions or queries, please don't hesitate to see a member of the committee (full listing is on page 2). We will be more than happy to assist you.

Lake Illawarra Athletics Centre would like to remind you that we are a family sport, and we will not tolerate any abuse either verbal or physical towards any officials, volunteers, spectators, or athletes (refer to our Codes of Behaviour section for more information).

Members of the committee do not and will not take any responsibility for athletes that are left alone at the ground. If an athlete is left at the ground for an extended period, we may need to call for assistance from the police. We as a committee and a centre do not want this to happen, so we ask you to remain at the field always until competition for your child/ren is finished.

The Consumption of Alcohol is not permitted during competition nights, and anyone found to be either under the influence or consuming alcohol during competition will be asked to leave, or the police will be called.

Smoking is not permitted on the ground of Myimbarr Community Park. There is a smoking section located in the carpark near the entrance. Should anyone be found smoking on the field they will be asked to leave.

Regards
Kevin McGarry
President
Lake Illawarra Athletics Association

President:	Kevin McGarry – lakeillawarra_president@outlook.com 0417048148
Vice President:	Howard McGarry
Secretary:	Simone Ivanovski – lilac_secretary@outlook.com.au
Treasurer:	Raelene McGarry
Registrar:	Nick Ivanovski – lake_registrar@outlook.com
Recorder:	Nick Ivanovski
Canteen Supervisor:	Raelene McGarry
Assistant Canteen:	Patricia Tramantano
Uniform Officer:	
Ground/Equipment Officer:	Kevin McGarry
Team Manager:	Simone Ivanovski and Ashleigh Graham
Officer for Officials	Howard McGarry
Athlete Liaison Officers	Aleisha McGarry and Parker Ivanovski

General Committee:	Michelle Gregory Ashneel Narayan John Harrison Tiffany Cassen Jade Scott Trent Last Ann Crook Michelle Quick
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First Aid Officers:	Kevin McGarry
Safety Officer:	Kevin McGarry or Simone Ivanovski
Public Officer:	Robert Driscoll
Grievance officer:	Pamela Waine (Life Member)

Postal Address
PO Box 251
Warilla NSW 2528

Email: lilac@hotmail.com.au for general enquiries or lilac_carnival@outlook.com for Carnival enquiries

Website: www.lakeillawarralac.net.au

Facebook: www.facebook.com/lilac10

PARENT INVOLVEMENT IN THE CENTRE

There are some duties that are required to be performed by parents each week. Some of the major roles are listed below:

Age Manager/Assistant: Age managers are responsible for making sure that the events run correctly and as per the rules of competition. Each age manager requires helpers (assistants) to making sure athletes are in correct lanes for running races, measuring/writing results from field events onto sheets and coordinating the organisations of athletes at events.

Announcer: Each Friday night we require an announcer to call events etc if you are interested, please see a member of the committee.

Starters: Two race starters are required for each night's races. This helps to minimise mistakes and keep the races flowing through quickly.

Equipment Helpers: Setting up the equipment from 4.30pm, assisting in packing up the equipment at the end of competition. If we have people available to do this each week, we will be able to get started at the correct time and leave early.

Officials Exams: Official's exams can be done online at the LAANSW website, for further information about these please see a member of the committee.

There are other areas that you may be able to assist our centre, if you have a specific trade or qualification, please see one of our committee members listed below.

Lake Illawarra Athletics Association Inc is committed to the safety and well-being of all athletes, parents/Carers, volunteers, and administrators, who attend our training or competition nights, gala days/carnivals or who are using our equipment and facilities for their school carnivals.

We ask that you adhere to the following to help create and maintain a safe environment for our athletes (members), parents/Carers, volunteers, and visitors.

1. Before participating in athletics at Lake Illawarra, we are asking that if the following applies that you refrain from attending competition nights, training sessions or carnivals
 - Are suffering from the cold or flu
2. Unless you are an age manager or assisting at field events, we ask that you remain behind the fence. Athletes and parents are to walk around to their respective event areas and not cross the centre of the field.

We promote sun safe awareness and as such allow athletes to wear hats during competition. Please note that during high jump this is considered a part of the uniform and if it happens to knock the bar off it will be considered a foul.

The committee has the right to determine a ruling regarding an athlete who is suffering from an Injury or has a medical condition, heat stress and high jump safety.

If an athlete is required to wear a bandage for injury purposes and the wearing of such does not contravene a rule, then they may do so.

If a nominated official feels that, an athlete should not compete for fear of aggravating an injury or that the athlete is competing in a manner that may cause them any further injury, then, for that reason, the official may ask the athlete to stop competing in that event.

If a committee member or age manager witnesses an athlete competing in the high jump in an unsafe or inappropriate manner, they will warn that athlete and if it persists, the athlete will be asked to cease jumping.

Any athlete who is injured during competition is to report to the announcer who will direct them to the first aid officer.

NOTE: All injuries No Matter How Minor / Major must be referred to our first aid officer at the time of the Injury so as it can be noted in the Centres Injury Register. Failure to do this may results in any insurance claim being withheld.

Uniform

Centre singlet or crop top that must be purchased via our centre. These can be in person on competition nights or via our online store by [Clicking Here](#).

Athletes can wear either royal blue or black shorts/bike pants.

ALL athletes must compete in their registered centre uniform on a Friday night competition, at gala days, carnivals and at all LANSW/ANSW events.

No part of the clothing shall extend beyond the top of the knee for any walk event.

Competition singlets/t-shirts must not cover any compulsory numbers (e.g., centre number) or patches (e.g., age patch). An athlete will be asked to tuck in the singlet/t-shirt if it covers a compulsory number or patch and an athlete may be fouled or disqualified if they fail to comply with this request.

Athletes may wear a plain "T" shirt under their competition uniform. (The colouring of such a "T" shirt must be of a neutral colour so that it does not clash with the uniform design or colour. A white "T" shirt would be preferred).

All Little Athletes are required to wear their Registration Number and Age Patch on the front of their uniform, and they are to be clearly visible during competition. The red border around the registration number must also be clearly visible (Tiny Tots to Under 17's). The age patch is to be worn on the left-hand side of the uniform and clearly visible at all levels of competitions. (Replacement numbers and patches can be obtained from the Registrar for a specified fee, registration number \$20.00, and age patches \$2.00. These fees are not put on by the centre but by the LANSW)

Athletics NSW competitors must display both numbers on the front and back of their uniform.

Footwear

Appropriate footwear is compulsory for all athletes in all events.

No athlete may wear football boots or cleats in any event.

Athletes in the U11-U12 age groups only may wear spike shoes in events run entirely in lanes as well as Long Jump, Triple Jump, High Jump and Javelin.

Athletes in the U12-U17 age groups may wear spike shoes in all track events (laned or un-laned) except walks as well as the Long Jump, Triple Jump, High Jump and Javelin.

All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.

Spike shoes cannot be worn outside the defined "Field of Play" unless all spikes are suitably covered.

Spike length (subject to any further constraint from individual ground policies):

- a. Synthetic - Track 7mm Maximum High/Long/Triple/Javelin 9mm Maximum
- b. Grass - Track/Long/Triple/High/Javelin 12mm Maximum

Uniforms can be purchased/collected from the Uniform Officer at the recorders shed between 4.30pm and 5.30pm on Friday nights.

Age Champions/Participation Points Score

A point score system operates at Lake Illawarra Little Athletics Centre, which benefits athletes who attend regularly and participate in all events. We run on 3-week program. A detailed list of dates and weeks are in the calendar of events on pg. 9 and our 3-week program is on pg. 10.

Athletes must attend a least 50% of Friday night competitions to be eligible for end of season awards. Consideration will be given if an athlete is injured or suffering a server illness (COVID or other medical condition diagnosed by a doctor). Evidence must be email to our centre email lilac@hotmail.com.au

Tiny Tots

Tiny Tots receive 1 point per event they compete in. No times or distances are **recorded**. They participate in play activities only. End of season trophies are determined by participation and points.

U/6 to U/17's

Every athlete that competes in an event is awarded points. These points are broken down into the following: Event Placing, Event Improvement, Personal Best, Centre Records.

More points are awarded for improvement, PB or breaking centre records then placing's. All these points are added together for each event to determine our pointscore place getter at the end of season presentation. Overall age champions may not be the athletes that places in all events as greater points are awarded for improvement in events.

Athletes will be split into heats if required to allow them to try to improve and so that they are not competing against the same athletes each week. Times will be used to determine overall age group placings for each event.

In field events a count back will be used to determine placings if athletes achieve the same results.

Athletes who nominate to represent the centre at any event conducted over a weekend by LANSW or ANSW will not be penalised if they choose not to attend competition on the Friday night immediately prior to the event. These athletes will be given the same number of points for that week that they received the last time the same program (Week 1, 2, 3.) was run if they do attend and compete in the LAANSW or ANSW sanctioned event.

We use automatic timing gates so all athletes' performances on the track will be recorded straight into the athletes Results HQ portal. Age managers will record all athletes' field event performances on the results sheets, which will be entered into the results HQ Portal before the next week's competition.

Information on how to access the results HQ portal is provided to each athlete at registration.

In the event of a record an Age Manager or parent must see the Announcer / Recorder who will get an appropriate official to verify and sign the record. All records will be recognised by the Recorder at seasons end.

Centre Championships

Tiny Tots

Tiny Tots will not participate in centre championships point-score, they will still compete on the Friday nights but as there are no placings for events, they will not receive a centre championships award.

U/6 to U/17's

Athletes will be awarded points based on their performance (not placing) in each event of the centre championships. All points will be added at the end of the three rounds and the top three athletes will be awarded 1st, 2nd, and 3rd.

Centre Awards

All awards on offer at our centre are subject to certain conditions that are determined by the committee based on the season (some awards may not be presented each year).

- 100% Attendance Awards
- Age Group Placing and Participation
- Club Championships
- Bill Young Starters Encouragement Award
- Personal Best Awards
- Overall Club Champion – Boy and Girl
- Under 17's Club Champion
- Best overall performance by an Under 7 at Zone
- Best overall performance by an Under 8 Athlete at Zone and Region
- Award for Competing at State Championships
- Best performance by an athlete in the Under 9's to 12's
- Best Performance by an athlete in the Under 13's to 17's
- Most Outstanding Athlete
- Senior Athlete of the Year
- Club Person of the Year

COACHING

Training and coaching sessions will be available throughout the season for interested athletes from the **UNDER 7's and upwards**.

Days will be communicated on our Facebook page when our coach is available.

Training and coaching session will focus on the fundamentals of track and field. There will be every endeavor to cover all events. Each training session will be different and unique. During the season, there may be specific training days for certain events.

Our centre's coach for this season is Kevin McGarry {former athlete and accredited coach}. Kevin has been a coach for over 20 years and has helped many athletes from our centre compete at state and national events.

Non-co-operative or misbehaving athletes may be excluded from coaching sessions if necessary. If this occurs on numerous occasions, then they will be barred from attending training sessions.

Parents are to remain at training sessions always and are asked to help with sessions. If for some reason you need to leave you must inform the Coach. Failure to do so will result in your child sitting out the entire training session.

Athletes are asked to bring adequate fluids as well as a tracksuit or suitable warm weather clothing to wear after each session has completed.

In the event of inclement weather, the coach may suspend a session at any time. Should this occur the coach is under **NO** obligation and will not take responsibility for any athletes left unattended unless the above has been adhered to.

We encourage athletes to compete at carnivals run by our centre and other centres within our Zone as a part of the Grand Prix as well as other centres throughout New South Wales. All carnivals and coming events will be posted on our website and Facebook page, as well as outside the recorders shed for everyone to see. Lake Illawarra holds two carnivals during the season (see Calendar of Events pg. 9).

Centre Championships: Our centre championships will be held over three Friday nights during the season with athletes receiving points based on their performance in each event. Placegetters will be determined by the overall points for each age group.

Lake Illawarra Athletics October and Summer Carnival

Each season our centre runs 2 Gala Days.

Our October Carnival is one of the first events on the Little Athletics Calendar and attracts athletes from all over the state, this will be run on the 8th October 2023

Our Summer Carnival has become the biggest single day Gala Day in NSW attracting over 450 athletes not only from NSW but also from the ACT, Victoria and Queensland. This season it will be held on the 7th January 2024.

Mid-South Coast Zone Grand-Prix is contested over four carnivals hosted by Centres within the Zone each season (see calendar of events pg. 9), Specific events at each of these carnivals are designated as Grand Prix events, see individual club entry forms for details

Points are awarded based on placings for all Mid-South Coast Zone athletes who compete in Grand Prix events. To qualify for a trophy an athlete must have competed in at least 50% of the Grand Prix events for their respective age group. The top three-point scorers in each age group over the four carnivals are awarded Grand Prix trophies.

Zone Championships:

The 2023-24 Mid-South Coast Zone Championships will be held on the 2nd and 3rd December 2023 at the Rod Brown Oval, Shoalhaven High School

The Zone Championships are opened to all registered athletes from the 7's the 17's and entry is via the official nomination form with entries closing on the

This season there is an entry fee for the event which the club will cover

Regional Championships:

Details for the Venue and Date for the 2023-24 Region 4 Championships are still to be determined

Athletes from the 8-17's who place 1st, 2nd or 3rd at the Zone Championships will automatically qualify, additional athletes will be added to the qualifiers once all zones in our region have completed, we will be notified once the full list of qualifiers have been determined.

State Championships:

The 2023-24 LANSW State will be held on the 23rd and 24th March 2024 at Sydney Olympic Park, Homebush. Qualification is through the Zone/Regional Championships.

State Combined Events Championships:

The 2022-2023 LANSW State Combined Events Championships will be held on the 2nd and 3rd March 2024 at the Hunter Sports Centre in Glendale. Entry and Information will be released later.

For more information on these or other carnivals, please see a committee member on Friday nights or email us at lilac_carnival@outlook.com

CODES OF BEHAVIOUR

Australians are justifiably proud of the place sport has in their daily lives. But what is equally important to us all is the way the “game” is played and the way our sportsmen and sportswomen conduct themselves.

Unfortunately, some people (both participants and spectators) fail to live up to the traditional values of sport. Young people involved in sport have a right to participate in a safe and supportive environment. Overzealous parents and adults, and ill-tempered, disrespectful athletes, sometimes need to be reminded of appropriate behaviour for athletics.

Athletics is a community activity, which utilises athletics to help foster the development of Australian’s children, and as such, endorses and applies “Codes of Behaviour”.

The privilege of membership with the LANSW/ANSW may be withdrawn where it is determined that a person’s conduct is inconsistent with the mission of the LANSW/ANSW or our centre and in breach of the “Codes of Behaviour”.

Parents should not become involved in any dispute with athletes, other parents, or officials. If you have any problems, concerns or questions please direct them to a member of the committee.

Please note that parents/ guardians must complete a “Working with Children Check” form as part of the registration process this season.

The Codes of Conduct and Behavioural Guidelines will be given to all parents and athletes as a part of the registration process, copies of these will be on display every Friday night and are also available for download from our website www.lakeillawarralac.net.au as well the Little Athletics NSW website www.lansw.com.au and Athletics NSW website www.nswathletics.org.au

If you are involved in a dispute or have a grievance with someone you are asked to bring this to the attention of our grievance officer Pamela Waine.

All correspondence must be in writing and forward to our grievance officer at:

Lake Illawarra Little Athletics
Grievance Officer
PO BOX 251
Warilla NSW 2528

The Committee has the power to remove and/or ban any person(s) on the field of competition or in areas forbidden by the Committee.

SMOKING

Little Athletics is a smoke free zone. The Smoking of any substance is not permitted in competition. The designated area for smoking at Myimbarr Community Park in the area beyond the carpark, along the tree line on Wattle Road. Under no circumstances can you smoke within or around the Athletes.

ALCOHOL

Little Athletics is an alcohol-free zone. Consumption of alcohol at any Little Athletic Competition or Carnival is not permitted.

Member Protection

Little Athletics NSW and Athletics NSW is committed to a coordinated and comprehensive approach to promote the protection of children and adults. In accordance with the NSW Government principles for child protection and intervention, Little Athletics NSW and Athletics NSW aims to promote a safe environment for all children and adults and to recognize and notify suspected child abuse and neglect.

Little Athletics NSW and Athletics NSW is committed to the belief that all children have a right to feel safe always.

CALENDAR OF EVENTS 2023-2024 Season

Friday, 1 September 2023	Round 1 Pointscore - Program A
Friday, 8 September 2023	Round 2 Pointscore - Program B
Friday, 15 September 2023	Round 3 Pointscore - Program C
Friday, 22 September 2023	Round 4 Pointscore - Program A
Friday, 29 September 2023	Round 5 Pointscore - Program B
Friday, 6 October 2023	Round 6 Pointscore - Program C
Saturday, 7 October 2023	Working Bee - Entries Close for the October Carnival at 12.00pm Sharp
Sunday, 8 October 2023	October Carnival 2022 - 8.45am Start
Friday, 13 October 2023	Round 7 Pointscore - Program A
Friday, 20 October 2023	Round 8 Pointscore - Program B
Friday, 27 October 2023	Round 9 Pointscore - Program C
Sunday, 29 October 2023	Albion Park Little Athletics Gala Day - MSCZ Grand Prix Round 1
Friday, 3 November 2023	Round 10 Pointscore - Program A
Sunday, 5 November 2023	St Georges Basin Dragon Derby - MSCZ Grand Prix Round 2
Friday, 10 November 2023	Round 11 Pointscore - Program B
Friday, 17 November 2023	Round 12 Pointscore - Program C
Sunday, 19 November 2023	Shoalhaven Little Athletics Gala Day - MSCZ Grand Prix Round 3
Friday, 24 November 2023	Round 13 Pointscore - Program A
Zone Championships Entries Close (Subject to Change)	
Friday, 1 December 2023	NO COMPETITION DUE TO ZONE CHAMPIONSHIPS
Saturday, 2 December 2023	MSC Zone Championships - Shoalhaven - 8.00am Start
Sunday, 3 December 2023	MSC Zone Championships - Shoalhaven - 8.00am Start
Friday, 8 December 2023	Round 14 Pointscore - Program B
Friday, 15 December 2023	Round 15 Pointscore - Program C
Friday, 5 January 2024	Round 16 Pointscore - Program A
Saturday, 6 January 2024	Entries Close for the Summer Carnival
Sunday, 7 January 2024	Summer Carnival 2024 - 8.45am Start - MSCZ Grand Prix Final Round
Friday, 12 January 2024	Round 17 Pointscore - Program B
Friday, 19 January 2024	Round 18 Pointscore - Program C
Friday, 26 January 2024	No Competition Due to Australia Day
Friday, 2 February 2024	CLUB CHAMPIONSHIPS ROUND 1
Friday, 9 February 2024	NO COMPETITION DUE TO REGIONAL CHAMPIONSHIPS
Saturday, 10 February 2024	Region 4 LANSW Championships – Wollongong*
Sunday, 11 February 2024	Region 4 LANSW Championships – Wollongong*
Friday, 16 February 2024	CLUB CHAMPIONSHIPS ROUND 2
Friday, 23 February 2024	CLUB CHAMPIONSHIPS ROUND 3
(dates and location for regional championships maybe subject to change)	
Friday, 1 March 2024	Round 20 Pointsore - Program B
Saturday 2 March 2024	LANSW State Combined Events Championships - Maitland
Sunday 3 March 2024	LANSW State Combined Events Championships - Maitland
Friday, 8 March 2024	Round 21 Pointscore - Program C
Friday, 15 March 2024	Round 22 Pointscore - Program Mixed
Friday, 22 March 2024	Round 23 Pointscore - Program Mixed
Saturday 23 March 2024	LANSW State Championships - Homebush
Sunday 24 March 2024	LANSW State Championships - Homebush
Sunday, 5 May 2024	Presentation and AGM - TBA

WEEKLY PROGRAM

Events are not conducted in the below order each Age Groups will be called for their events by our announcer and are asked not to go to an event without being called.

Competition will commence at 5.30pm (please be at the ground ready to start).

	Tiny Tots	UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13+
Program A	70m	70m	70m	70m	70m	70m	Shot Put	Discus	3000m
	200m	200m	200m	200m	200m	200m	200m	200m	200m
	Shot Put	Discus	Long Jump	Shot Put	800m	800m	800m	800m	800m
	Triple Jump	Triple Jump	Turbo Jav	700m	Discus	Long Jump	High Jump	Triple Jump	Long Jump
									Javelin

	Tiny Tots	UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13+
Program B	60m	60m	60m	60m	150m	150m	1500m	1500m	200m/h - 300m/h
	150m	150m	150m	150m	400m	400m	400m	400m	400m
	Discus	Long Jump	500m	400m	Long Jump	High Jump	Triple Jump	High Jump	1500m
	Hurdles	Turbo Jav	Shot Put	Discus	Shot Put	Shot Put	Discus	Javelin	Triple Jump
									Discus

	Tiny Tots	UNDER 6	UNDER 7	UNDER 8	UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13+
Program C	50m	50m	50m	60m/h	60m/h	60m/h	80m/h	80m/h	80m/h - 110/h
	100m	100m	100m	100m	100m	100m	100m	100m	100m
	Long Jump	300m	Discus	Long Jump	700m/w	1100m/w	1100m/w	1500m/w	1500m/w
	Turbo Jav	Shot Put	Triple Jump	Shot Put	High Jump	Discus	Long Jump	Shot Put	Shot Put
							Javelin	Long Jump	High Jump

Athletes registering for the Seniors (17+) with Athletics NSW will do the same events as the Under 13+ Age group with the exception of the 80-110m/h and 200/300m/h



The Shellharbour Club

EVENT INFORMATION – This is a brief description of events and rules for more information on each event and their rules visit our website www.lakeillawarralac.net.au or speak to a member of the committee.

TRACK EVENTS

Starts

What are the basic rules?

- Athletes must start from behind the line (not touching it).
- If an athlete “breaks” before the gun is fired, the starter declares a false start. In the case of a false start the gun is fired a second time.
- If a competitor does 2 false starts, in the U6-U12 age group, they will be disqualified. (3 false starts are allowed at multi-events.)
- In the U13-17’s there is only 1 false start per race, meaning that the next competitor to false start will be disqualified.
- Seniors and Masters – There is no false starts permitted, any athlete making a false start will be disqualified (however as a local rule we will implement a 2m penalty)

How do the athletes start a race?

- For all running events, up to and including the 400m, the athletes will need to wait one metre back from the starting line. The starter, who controls the race, will call them up to the line when all the timekeepers are ready. Athletes can do a standing or crouch start.
- For the 800m, the start is in lanes with two athletes sharing one lane. The athletes must use a standing start. Athletes can cross over to the inside lane once they have passed the designated mark on the track; this is around about the start of the back straight.
- For events 1500m and over and all walks, athlete’s line up side by side along a curved start line marked on the track. The athletes in this situation can cross to the inside lane as soon as it is safe to do so.
- Exceptions for the above are all Under 6’s 200m and 300m, under 7’s 500m and Under 8’s 400m and 700m which are Pack Starts and follow the following rules, athlete’s line up side by side along a curved start line marked on the track. The athletes in this situation can cross to the inside lane as soon as it is safe to do so.

THE RACE

Obstruction

Any athlete who jostles or obstructs another athlete, to impede their progress, shall be liable to disqualification from that event.

Lane Infringement

In all races run in lanes, each athlete shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes. In the U7-U11 age group: May be disqualified if a material advantage was gained over other athletes. In the U12-U17 age groups: Shall be disqualified.

An athlete shall not be disqualified if they are pushed or forced by another person to run outside their lane or on or inside the kerb or run outside their lane in the straight or outside the outline line of their lane on a bend, with no material advantage thereby being gained and no other athlete being obstructed.

The following events shall be conducted entirely in lanes: 50m, 70m, 100m, 200m, 400m, all hurdle races. (Except the Under 6’s 200m and 8’s 400m which are packed starts)

The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where athletes may leave their respective lanes. Up to two athletes may start the race in each lane.

The 300m, 500m, 700m, 1500m, 3000m, 700m walk, 1100m walk, 1500m walk shall not be run in lanes. In these pack events, if the athlete runs on the inside of the kerb (leaving the track), the athlete will be disqualified. vi. An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race.



Hurdles

Who runs what distance?

Age	8's and 9's	10's	11's	12's	13's and 14 girls	14 Boys and 15 Girls	15 Boys and 17 Girls	17 Boys
Height	45cm	60cm	60cm	68cm	76cm	76cm	76cm	76cm
Distance	60m	60m	80m	80m	80m	90m	100m	110m

Age	13 Boys and Girls	14 Boys and Girls	15 and 17 Boys and Girls
Height	68cm	76cm	76cm
Distance	200m	200m	300m

What is the basic technique?

Hurdling is basically an extension of running. The first leg over the hurdle is called the 'lead leg' and the second leg over is called the 'trail leg'.

Lead leg - **straight up** (bent knee raised to chest), **straight out** (extend the leg over the hurdle), **straight down** over the hurdle (Plant the foot on the other side of the hurdle) Trail leg - lift the leg to the side with heel to bottom. Pull the knee Around and through to the chest, and then foot plant in the direction the athlete is running. (Some coaches like to tell their athletes to pop the balloon for this part of the action).

When can an athlete be disqualified in hurdles?

If an athlete deliberately knocks down a hurdle by hand or foot.

If an athlete interferes or impedes another athlete's performance.

If an athlete goes under or around a hurdle.

If an athlete trails their foot around the side of a hurdle

If an athlete jumps a hurdle not in their own lane.

Walk



Loss of Contact

Bent Knees

Correct

What distance do the athletes walk?

U9 700m, U10, U11 1100m, U12, U13, U14, U15, U17 1500m

What is a YELLOW PADDLE?

A Yellow Card is given when an athlete is "close" to breaking the rules. E.g., it looks like they might be starting to bend their knee too early. You can get a caution from each judge.

What is a RED CARD?

A Red Card is issued when an athlete has "broken" the rules. This can be for knees (not keeping the leg straight from first contact to a vertical position) or loss of contact with the ground.

Athletes in the U9-U11 age groups are given verbal warnings during the race. Athletes in the U12-U17 age groups are given non-verbal warnings. I.e., they are not informed by the judge during the race that they have been issued a warning and only find out at the end of the race how many warnings they have received.

When is an athlete disqualified?

If they receive a "red card" by 3 or more different walk judges. N.B. Athletes are allowed unlimited "cautions" and will not be disqualified. (This applies to Championships only. On a Friday Night Competition, we will be using a Pit Stop, where athletes will be stopped for 10 sec if they are seriously continuing to break the rules, 3 time in the pit stop will see them Disqualified, athletes will also be disqualified if they are caught running throughout the race.

FIELD EVENTS

THROWS

How do I measure?

Measurement is from the nearest edge of the landing mark of the shot to the inside of the stop board.

The zero end of the tape goes out to where the shot lands.

The tape needs to be pulled directly back through the centre of the circle.

Discus

[How heavy is the discus?](#)

Little Athletics

U6 and 7's - 350g U8-11's - 500g U12 and U/13's - 750g Synthetic U14 and 15's + U17 Girls 1kg – Synthetic
U/17 Boys - 1.5kg – Synthetic

Athletics NSW

Open Women all use 1kg – Synthetic except for those over 75 years who use 750g synthetic

U/18 and 50-59yr Men – 1.5kg – Synthetic

U/20 Men – 1.75kg – Synthetic

Open Men to 49yrs old – 2Kg – Synthetic

Men 60yrs plus – 1kg – Synthetic

[How do you throw the discus?](#)

The following is the technique for throwing the discus; however, it takes time and practice to perfect it. If the athlete throws the discus in a safe manner, anything goes.

Starting position - the athlete should stand side on to the throwing area with their feet shoulder width apart.

If the athlete is right-handed, then the right side of their body should be towards the back of the circle, vice versa for left-handed athletes.

Grip - the hand is spread over the discus with the pads of the fingers just over the edges. The thumb should gently rest at the back of the discus.

Release - out the front of the hand, off the index finger, with the arm being extended.

[Can the discus be thrown underarm?](#)

Yes, and it is a perfectly valid throw. For the younger athletes, it may take a while to be able to make a discus fly flat. In fact, the discus can come out of the hand in any way, even out the back. If thrown correctly however, athletes will get a bigger throw.

[When is a foul recorded?](#)

If the discus lands on or outside the sector lines. If the athlete leaves the circle in an uncontrolled manner.

If any part of the athlete touches the ground outside the front of the circle during the throw. If the athlete walks out the front half of the circle.

[What are some basic rules?](#)

Athletes must commence the action from a stationary position inside the circle – meaning they cannot do a run up from outside the circle. The athlete must not leave the circle until the discus has landed. Athletes must be told the reason they have been fouled. If the discus hits the cage, bounces off and lands inside the sector lines this is not a foul.

Athletes can enter the circle from any direction (front OR back), but they must exit from the back half of the circle.

Shot Put

What is a shot?

A shot is a circular metal ball that athletes must 'put' (pushing motion) as far as they can.

How heavy is the shot?

Little Athletics

U6 – 500g (Pink)	U7 - 1kg (blue)	U8 - 1.5kg (yellow)	U9 – 12's - 2kg (orange)
U13's and U14's + U/15-17G 3kg (white)		U15B 4kg (red)	U17B 5kg (green)

Athletics NSW

U/18 Women + 50-69-Year-Old Women – 3kg

Open Women to 49yrs – 4Kg

70+ Females 2Kg

U/18 Men and 50-59 Men – 6Kg

Open Men to 49yrs – 7.26Kg

70+ Men 4Kg

How do the athletes "put the shot"?



Starting Position - stand side on, feet shoulder width apart and use the non-throwing hand to aim.

Grip - sit the shot at the base of the fingers (not in the palm or in the fingertips). The thumb and little finger rest around the sides of the shot and the three middle fingers are at the back.

Sit the shot in the curve of the neck just behind or on the upper part of the jaw (not on the cheek or ear).

Putting the shot - keep the elbow up as the shot is pushed. Athletes should finish with their thumb pointing down and palm facing out. This technique stops the elbow from dropping thus ensuring the shot does not come away from the centre website at www.lakeillawarralac.net.au

neck. The saying, (“**elbow up, thumb down, palm out**”) can help remember the sequence.

When is a foul recorded?

If the shot lands on or outside the sector lines. If the hand drops away from the neck during the putting action.

If the shot is put from behind the line of the shoulder. If the shot is thrown like a ball. If the athlete leaves the circle in an uncontrolled manner. If any part of the athlete’s body touches the top (not the inside edge) of the stop board. If any part of the athlete’s body touches the outside of the circle during the putting action. If the athlete walks out the front half of the circle.

What are some basic rules?

The shot can only be put with one hand, the shot cannot be thrown like a ball, Athletes must commence the action from a stationary position inside the circle – meaning they cannot do a run up from outside the circle, the athlete must not leave the circle until the shot has landed, Athletes must be told the reason why they have been fouled, Athletes can enter the circle from any direction (front OR back), but they must exit from the back half of the circle.

Javelin

What is a Javelin?

A javelin is a metal or fibreglass implement in the shape of a spear, which the athlete must throw as far as they can.

Who can do Javelin?

Only from the under 11’s up can-do javelin

How heavy is the javelin?

Little Athletics

U11, U12, U13G, U14G 400g

U15G, U17G 500g

U13B, U14B 600g

U15B, U17B 700g

Athletics NSW

U/18 Women, 50-74 yr. old women + 70+ Men – 500g

U/20-49yr Women and 60-69 Men – 600g

U/20 to 49 Men – 800g

75+ women 400g

How do you hold the javelin?

There are three types of grips:

Claw / V grip - gripped in the “V” between the index and middle finger

1st finger grip - gripped between the first finger and the thumb

2nd finger grip - gripped between the second finger and the thumb

How do you throw the javelin?

Stand side-on with the opposite foot to the throwing arm in front, with feet slightly wider than shoulder width apart.

The javelin is drawn back until the arm is close to being straight (without the elbow being locked). The javelin should be parallel to the shoulders with the tip pointing forward at eye level.

To begin the throw, turn the chest to the front and bring the throwing arm through, leading with the elbow (as if throwing a ball over the shoulder, NOT sidearm). At all times, the javelin is above shoulder height, with the tip pointing forward.

The run-up for beginners should be a controlled 3-5 steps.

When is a foul recorded?

If the javelin is thrown underarm, slung or hurled, If the javelin lands on or outside the sector lines, If the athlete touches the lines marking the runway during their throw, If the athlete crosses the throwing arc, marking the end of the runway, during their throw, If the athlete leaves the runway before the javelin has landed, if the athlete turns their back to the landing area during the throw, If the javelin does not land point first, If the athlete leaves the runway on or in front of the extension lines from the arc.

What are some basic rules?

The javelin must be released from over the shoulder, the tip of the javelin must strike the ground first, the javelin does not need to stick in the ground to be a valid throw, it is not a foul if the javelin touches the ground during the run up, the athlete must leave the throwing area from behind the throwing arc.

JUMPS

LONG AND TRIPLE JUMP

Where do the athletes jump from?

U6 – U10: a rectangle of sand or a mat (1.22m x ½m) set up ½m back from the edge of the pit.

U11 – Seniors: a 0.2 x 1.22m Board for Long & Triple Jump, set up not less than 1m and not more than 2m back from the edge of the pit

When is a foul recorded?

If an athlete's foot goes over the front edge of the take-off

If the athlete after landing, walks back through the sand towards the take-off area, if any sort of somersault is used.

How do I measure?

The zero end of the tape is placed where the athlete lands.

U6 - U10 (with foot mark): Measurement is taken from the front of the foot imprint made in the take-off area, to the closest landing mark in the pit.

U6 - U10 (with no foot mark): If the athlete takes off from behind the nominated take-off area, measurement is taken from the back of the nominated take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.

U11 – Seniors: Whether the athlete takes off on or before the take-off area, measurement is from the front of take-off area to the closest landing mark in the pit. The measurement must be taken perpendicular to the take-off line or its extension.

TRIPLE JUMP

The Following Rules apply for Triple Jump

How do they jump?

Once the athlete's foot hits the take-off area, they need to hop off one leg, then step on the other foot, then jump into the pit, landing on both feet.

The saying, **“same, other, both”** can help remember the sequence.

When is a foul recorded?

If the athlete does not perform the hop, step, jump sequence, if the athlete does not finish the jump phase by landing in the pit.

If an athlete's foot goes over the front edge of the take-off area

If the athlete after landing, walks back through the sand towards the take-off area, if any sort of somersault is used.

HIGH JUMP

Who can do high jump?

Only U9 – Senior's athletes can do high jump, however for the Under 9's and 10's the Only Technique acceptable is the Scissors

How do the athletes get over the bar?

There are two ways for an athlete to clear the bar in high jump – the “scissors” and the “flop”, Scissors only for the Under 9's and 10's

When is a foul recorded?

If an athlete takes off from two feet if the athlete touches the landing area beyond the plane of the bar without clearing the bar if the athlete knocks the bar off the support. There is a common myth that if an athlete scrambles off the mat before the bar falls, then it is not a foul. This is incorrect. If the Chief Judge determines that the bar fell because of the athlete touching it on the way over then it will be a foul, regardless of where the athlete is when the bar eventually falls it is up to the Chief Judge as to when they stop and steady a bar that is bouncing on the supports.

What are some basic rules?

Each athlete is allowed three attempts for each height, Athletes do not have to attempt all heights, and they can pass whenever they want, including after they foul a jump.

When is an athlete's competition completed?

If the athlete misses the bar on three consecutive attempts, they are out of the competition. The last height they cleared would be recorded as the height they reached.

Where do I measure from?

Measurements for high jump are taken from the top of the middle of the bar. The height is also checked at each end of the bar to ensure that it is level. Officials need to check the end heights every time the bar is raised and when someone is attempting a record.

How do I record each jump?

Results are recorded on a high jump recording sheet.

(-) indicates an athlete did not attempt a height or has passed.

(x) Indicates an athlete failed an attempt at the height.

(o) Indicates an athlete was successful at the height.

CLUB RECORDS as of APRIL 2020

All Club Records will be verified at the completion of the season, the records that appear on the results sheet will remain the same throughout the season, so each time an athlete's breaks one of the records it needs to be measured and signed off by an official.

Age Group	Gender	Event	Record	Athlete	Date
6	Female	50m	9.00	L Foster	08-02-13
6	Male	50m	8.60	J Falconer	22-09-06
7	Female	50m	7.80	G McEwan	05-01-07
7	Male	50m	8.20	P Rooke I Shaw	12-12-80
6	Female	60m	11.51	Ayla York	07-12-18
6	Male	60m	10.70	I Shaw	12-02-10
7	Female	60m	9.80	E Beckers	17-03-15
7	Male	60m	10.00	A Moran	16-01-15
8	Female	60m	9.40	L Foster	15-03-15
8	Male	60m	8.80	J Hosking	15-03-15
9	Female	60m	9.80	S Seitaridis	16-03-07
9	Male	60m	9.80	D Nelson	09-12-11
10	Female	60m	9.20	E Headrick	19-12-14
10	Male	60m	9.72	J Whalan	29-11-13
11	Female	60m	9.30	E Bostock	09-12-11
11	Male	60m	9.28	Joshua Hosking	01-12-17
11	Male	60m	9.40	J Fernandes	16-03-07
12	Female	60m	9.50	S Milnes	19-12-14
12	Male	60m	8.70	K Roche	17-02-12
13	Female	60m	8.80	B Balfour	09-12-11
13	Male	60m	8.70	J Clay	17-02-12
14	Female	60m	9.00	M Neto K Nolan	16-03-07
14	Male	60m	8.20	J Bingham	27-03-09
15	Female	60m	8.60	J Babic	19-12-14
15	Male	60m	7.70	D Invernon	27-03-09
17	Female	60m	9.00	E Borg	27-03-09
17	Male	60m	7.80	J Fernandes	17-02-12
6	Female	70m	12.50	C Foord	23-03-01
6	Male	70m	11.60	J Kime	05-12-86
7	Female	70m	11.10	K Nolan	23-03-01
7	Male	70m	11.20	P Rooke B Martin	12-12-80
8	Female	70m	10.10	K Moxham	20-08-93
8	Male	70m	9.70	R Jimenez	08-12-89
9	Female	70m	10.70	T Scott	11-01-02
9	Male	70m	10.50	K Linnett	10-10-97
10	Female	70m	9.80	S Mowbray	09-10-98
10	Male	70m	9.80	K Linnett	19-03-99

6	Female	100m	18.28	Ayla York	21-12-18
6	Male	100m	18.40	S Findley R Jimenez	21-03-87
7	Female	100m	16.20	T Scott	04-02-00
7	Male	100m	16.20	D Mummery	27-02-87
8	Female	100m	15.10	K Dean	30-11-84
8	Male	100m	13.80	J Ovando	04-10-91
9	Female	100m	14.80	K Dean	21-03-86
9	Male	100m	14.10	J Lynch	08-10-88
10	Female	100m	14.60	T Scott	09-03-03
10	Male	100m	13.80	A Reid	01-10-77
11	Female	100m	13.20	C Booth	01-10-76
11	Male	100m	12.80	L Stokes	07-09-90
12	Female	100m	13.20	C Booth	01-10-76
12	Male	100m	12.70	A Reid	01-10-78
13	Female	100m	12.80	S Richardson	11-12-92
13	Male	100m	12.70	H Trudgett	27-02-87
14	Female	100m	12.40	S Richardson	20-11-93
14	Male	100m	12.00	T Vourliotis	09-03-03
15	Female	100m	12.60	S Richardson	25-11-94
15	Male	100m	11.90	D Invernon	17-10-08
17	Female	100m	12.60	Standard	01-10-00
17	Male	100m	11.50	D Invernon	08-01-10
18	Female	100m	14.66	Jessi Babic	21-09-18
18	Male	100m	13.48	Rodney Tebbutt	08-03-19
6	Female	150m	28.30	Ayla York	07-12-18
6	Male	150m	26.90	A Moran	02-07-14
7	Female	150m	25.50	L Da Costa	04-09-17
7	Male	150m	24.60	A Moran	04-09-17
8	Female	150m	25.45	Maddison McWilliams	07-12-18
8	Male	150m	23.40	R Moran	04-09-17
9	Female	150m	22.92	Maddison McWilliams	27-09-19
9	Male	150m	23.00	T Kirk	04-09-17
10	Female	150m	24.74	Ellie King	29-11-19
10	Male	150m	22.64	Ryder Haines	29-11-19
13	Female	150m	23.29	Telaya Blacksmith	14-02-20
14	Male	150m	22.60	Andy Dixon	14-02-20
15	Female	150m	21.78	Jada Schillert	14-02-20
17	Female	150m	23.54	Madison Callaway	14-02-20
17	Male	150m	20.91	Tyson Schillert	14-02-20
18	Male	150m	24.40	Mark Hutchison	14-02-20

6	Female	200m Pack Start	39.40	T Scott	03-12-99
6	Male	200m Pack Start	38.50	R Jimenez	12-10-21
7	Female	200m	35.30	B Ruiz	11-12-81
7	Male	200m	34.10	S Russo	03-02-84
8	Female	200m	33.10	A Kay	15-03-92
8	Male	200m	32.30	T Munro	11-03-83
9	Female	200m	32.00	T Scott	11-01-02
9	Male	200m	30.10	S Russo	08-12-85
10	Female	200m	30.10	G McEwan	06-03-10
10	Male	200m	28.00	A Reid	01-10-77
11	Female	200m	29.70	B Ruiz	23-02-86
11	Male	200m	28.00	K Linnett	05-02-00
12	Female	200m	27.60	C Booth J Zivkovic	01-10-76
12	Male	200m	26.90	A Reid	01-10-78
13	Female	200m	27.70	S Richardson	20-12-92
13	Male	200m	24.10	R Toyer	01-09-00
14	Female	200m	26.20	S Richardson	05-11-93
14	Male	200m	24.40	B Stratton	12-03-06
15	Female	200m	26.00	B Ruiz	11-03-90
15	Male	200m	23.70	B Stratton	10-11-06
17	Female	200m	26.00	Standard	01-10-00
17	Male	200m	23.70	Standard	01-10-00
18	Female	200m	31.76	Nikita Freeburn	16-11-18
18	Male	200m	29.00	Joshua Gamble	11-12-20
6	Female	300m	1:07.20	L Lynch	03-01-89
6	Male	300m	1:01.20	J Falconer	02-02-07
7	Female	300m	1:22.50	Olivia Brown	26-03-21
7	Male	300m	1:14.31	Heath Brilsky	18-12-20
8	Female	300m	1:37.82	Macey Gilroy	18-12-20
8	Male	300m	1:16.23	Izaak Wells	26-03-21
9	Female	300m	1:09.90	Paige King	18-12-20
9	Male	300m	57.34	Rory Brownlee	26-03-21
10	Female	300m	1:11.74	Calai Dach	26-03-21
10	Male	300m	56.32	Thomas Gowan	26-03-21
11	Female	300m	59.98	Ellie King	18-12-20
12	Female	300m	1:01.55	Lily Cassar	26-03-21
12	Male	300m	1:01.32	James Tebbutt	26-03-21
13	Female	300m	1:04.97	Georgia Ryan	18-12-20
13	Male	300m	51.74	Jack Andersen	18-12-20
15	Female	300m	52.20	Charli Ryan	18-12-20
18	Male	300m	1:16.26	Joshua Gamble	26-03-21

7	Female	400m	1:27.20	S Hodgekiss	01-10-72
7	Male	400m	1:21.10	P McDonald	06-02-83
8	Female	400m Pack	1:18.70	R Mounsey	01-12-01
8	Male	400m Pack	1:12.40	R Petkovski	12-10-21
9	Female	400m	1:11.30	M Riley	15-02-85
9	Male	400m	1:10.40	K Linnett	14-11-97
10	Female	400m	1:09.70	R Hollands	04-03-94
10	Male	400m	1:04.60	K Linnett	26-03-99
11	Female	400m	1:06.00	N Lacey	01-10-77
11	Male	400m	1:01.60	K Linnett	05-11-99
12	Female	400m	1:00.50	E Maddison	01-10-76
12	Male	400m	1:02.30	S Hull	27-11-81
13	Female	400m	1:03.90	S Carr	20-02-87
13	Male	400m	59.70	P Kaiserfeld	04-02-83
14	Female	400m	1:01.70	S Richardson	03-12-93
14	Male	400m	58.40	C Moore	12-12-97
15	Female	400m	1:01.80	S Seitaridis	28-09-12
15	Male	400m	55.80	P Komninos	13-03-09
17	Female	400m	1:02.00	Standard	01-10-00
17	Male	400m	54.20	J Invernnon	21-11-08
18	Female	400m	1:15.85	Eryn Abela	19-10-18
18	Male	400m	1:06.24	Kieran Jones	19-10-18
7	Female	500m	1:51.40	R Mounsey T Scott	09-03-00
7	Male	500m	1:49.80	N Chapman	17-02-89
8	Female	700m	2:32.10	R Mounsey	02-03-01
8	Male	700m	2:27.80	N Chapman	17-11-89
9	Female	800m	2:43.00	L Baldwin	05-12-82
9	Male	800m	2:43.50	G Cuttill	20-02-89
10	Female	800m	2:40.40	K Watkins	21-03-86
10	Male	800m	2:32.80	S Hull	01-10-79
11	Female	800m	2:40.80	L Ingram	11-12-83
11	Male	800m	2:28.20	S Hull	18-10-80
12	Female	800m	2:30.30	L Elms	28-02-92
12	Male	800m	2:17.60	S Hull	27-11-81
13	Female	800m	2:31.70	T Moxham	11-02-94
13	Male	800m	2:15.50	S Hull	11-02-83
14	Female	800m	2:29.40	K-L Patterson	14-11-03
14	Male	800m	2:18.50	J Invernnon	10-02-06
15	Female	800m	2:25.50	N Dimech	21-12-97
15	Male	800m	2:12.70	M Moody	02-02-96
17	Female	800m	2:25.50	Standard	01-10-00
17	Male	800m	2:04.30	J Invernnon	17-10-08
18	Female	800m	3:18.95	Madison Callaway	20-11-20
18	Male	800m	2:39.61	Kieran Jones	12-10-18

10	Female	1500m	5:25.80	K Watkins	21-02-86
10	Male	1500m	5:05.90	S Hull	01-10-79
11	Female	1500m	5:22.90	J MacFarlane	01-10-79
11	Male	1500m	4:54.40	S Hull	19-12-80
12	Female	1500m	5:09.40	L Elms	13-03-92
12	Male	1500m	4:38.70	S Hull	30-10-81
13	Female	1500m	5:04.30	T Moxham	11-03-94
13	Male	1500m	4:36.00	S Hull	04-02-83
14	Female	1500m	5:11.10	K-L Patterson	31-10-03
14	Male	1500m	4:42.30	J Invernon	24-02-06
15	Female	1500m	5:03.80	K-L Patterson	11-02-05
15	Male	1500m	4:41.30	M Moody K Linnett	01-03-96
17	Female	1500m	5:03.80	Standard	01-10-00
17	Male	1500m	4:29.00	J Invernon	24-10-08
18	Female	1500m	6:36.48	Madison Callaway	02-10-20
18	Male	1500m	5:58.52	Kieran Jones	19-10-18
13	Female	3000m	11:20.10	K-L Patterson	28-02-03
13	Male	3000m	10:57.40	J Bettson	13-03-98
14	Female	3000m	11:01.10	K-L Patterson	28-11-03
14	Male	3000m	10:31.70	T Sparks	12-03-06
15	Female	3000m	11:09.80	K-L Patterson	04-02-05
15	Male	3000m	10:19.40	M Bingham	09-12-05
17	Female	3000m	11:09.80	Standard	01-10-00
17	Male	3000m	10:14.00	J Invernon	10-10-08
18	Female	3000m	15:14.45	Shaye-Lee Frier	21-09-18
18	Male	3000m	14:44.36	Mark Hutchison	21-12-18
6	Female	60m Hurdles	13.60	R Mounsey	27-11-98
6	Male	60m Hurdles	13.70	C Onley	17-11-95
7	Female	60m Hurdles	12.00	T Scott	03-03-00
7	Male	60m Hurdles	11.60	J McNamara	01-10-93
8	Female	60m Hurdles	11.50	T Scott	23-02-01
8	Male	60m Hurdles	10.80	J Bingham	09-03-03
9	Female	60m Hurdles	10.50	R Mounsey	18-01-02
9	Male	60m Hurdles	10.30	K Linnett	14-11-97
10	Female	60m Hurdles	10.50	K Nolan	09-01-04
10	Male	60m Hurdles	9.80	K Linnett	19-03-99
11	Female	60m Hurdles	10.00	K Wagner	01-03-96
11	Male	60m Hurdles	9.60	J Bingham	09-12-05
12	Female	60m Hurdles	9.50	S Seitaridis	01-10-09
12	Male	60m Hurdles	9.50	K Linnett	02-03-01
13	Female	60m Hurdles	13.70	D Brown	02-10-09
13	Male	60m Hurdles	13.20	K Bedford	02-10-09
14	Female	60m Hurdles	12.00	N Komninos	02-10-09
14	Male	60m Hurdles	12.60	C Chisholm	02-10-09
15	Female	60m Hurdles	13.86	Charli Ryan	08-01-21
15	Male	60m Hurdles	10.80	J Bingham	02-10-09
17	Female	60m Hurdles	12.20	T Bosward	02-10-09
17	Male	60m Hurdles	14.80	P Komninos	02-10-09
18	Male	60m Hurdles	12.83	Joshua Gamble	08-01-21

11	Female	80m Hurdles	17.34	Isabella Clowes	27-11-20
11	Male	80m Hurdles	16.52	Ryland Coelho	20-09-19
12	Female	80m Hurdles	17.94	Emily Duarte	10-01-20
12	Male	80m Hurdles	17.97	Nathaniel Cable	10-01-20
13	Female	80m Hurdles	12.80	S Seitaridis	12-11-10
13	Male	80m Hurdles	12.60	D Heyman	30-01-98
14	Female	80m Hurdles	12.40	J Zivkovic	16-09-05
14	Male	90m Hurdles	13.40	D Invernon	09-03-08
15	Female	90m Hurdles	13.60	S Seitaridis	14-12-12
15	Male	100m Hurdles	14.20	D Invernon	15-03-09
17	Female	100m Hurdles	14.90	Jessi Babic	30-10-15
17	Male	100m Hurdles	14.30	M Bingham	28-09-07
17	Male	110m Hurdles	14.20	D Invernon	22-10-10
13	Female	200m Hurdles	30.60	S Seitaridis G McEwan	14-01-11
13	Male	200m Hurdles	28.50	T Vourliotis	22-02-02
14	Female	200m Hurdles	29.50	S Seitaridis	13-01-12
14	Male	200m Hurdles	28.20	C Moore A Herring	21-11-97
15	Female	200m Hurdles	29.40	S Seitaridis	26-10-12
15	Male	200m Hurdles	26.70	D Invernon	21-11-08
17	Female	200m Hurdles	30.50	E Fraser	01-10-00
17	Male	200m Hurdles	25.70	M Bingham	05-10-07
15	Female	300m Hurdles	55.59	Jada Schillert	29-11-19
15	Male	300m Hurdles	52.86	Noah Duarte	18-10-19
17	Female	300m Hurdles	58.27	Emma Hutchison	16-09-16
17	Female	300m Hurdles	51.92	Jessi Babic	18-11-16
17	Female	300m Hurdles	56.43	Jessi Babic	28-10-16
17	Male	300m Hurdles	46.42	Tyson Schillert	29-11-19
18	Female	300m Hurdles	1:09.22	Madison Callaway	23-10-20
18	Male	300m Hurdles	57.44	Joshua Gamble	04-12-20
9	Female	700m Walk	3:56.80	M Callaway	15-03-13
9	Male	700m Walk	4:00.90	J Jackson	17-03-13
10	Female	1100m Walk	6:29.70	V Reid	14-03-99
10	Male	1100m Walk	6:02.90	M Kelly	21-03-97
11	Female	1100m Walk	6:28.80	V Reid	05-02-00
11	Male	1100m Walk	6:01.90	N Mackinnon	13-02-04

12	Female	1500m Walk	8:22.80	A Burnett	14-03-99
12	Male	1500m Walk	8:11.10	N Partridge	29-03-96
13	Female	1500m Walk	8:38.40	R Kelly	21-03-97
13	Male	1500m Walk	7:36.00	D Upward	23-10-92
14	Female	1500m Walk	8:29.30	R Kelly	15-03-98
14	Male	1500m Walk	7:25.30	J Tilden	03-03-06
15	Female	1500m Walk	8:20.80	R Kelly	14-03-99
15	Male	1500m Walk	7:00.90	J Tilden	17-11-06
17	Female	1500m Walk	8:11.26	Madison Callaway	22-03-19
17	Male	1500m Walk	7:00.90	Standard	01-10-00
18	Female	1500m Walk	8:50.25	Madison Callaway	16-10-20
18	Male	1500m Walk	11:14.34	Mark Hutchison	20-09-19
6	Female	Long Jump	2.84	T Scott	05-03-99
6	Male	Long Jump	2.97	J Lambert	09-02-07
7	Female	Long Jump	3.54	T Scott	04-02-00
7	Male	Long Jump	3.34	J Lord	23-11-84
8	Female	Long Jump	3.80	K Dean	09-12-84
8	Male	Long Jump	4.19	S Russo	09-12-84
9	Female	Long Jump	4.17	R Mounsey	10-03-02
9	Male	Long Jump	4.35	J Boersma	20-12-85
10	Female	Long Jump	4.63	B Ruiz	09-12-84
10	Male	Long Jump	4.75	D Carter	01-10-79
11	Female	Long Jump	4.64	B Ruiz	07-12-85
11	Male	Long Jump	4.96	J Doyle	11-03-04
12	Female	Long Jump	5.01	J Zivkovic	14-03-04
12	Male	Long Jump	6.36	T Brown	19-01-90
13	Female	Long Jump	5.14	J Zivkovic	07-01-05
13	Male	Long Jump	5.44	K Linnett	10-03-02
14	Female	Long Jump	5.19	B Ruiz	18-11-88
14	Male	Long Jump	5.55	A Herring B Stratton	03-02-00
15	Female	Long Jump	5.33	C-L Takacs	10-02-06
15	Male	Long Jump	6.14	L Smith	14-01-11
17	Female	Long Jump	5.33	Standard	01-10-00
17	Male	Long Jump	5.87	Standard	01-10-00
18	Female	Long Jump	4.59	Nikita Freeburn	22-03-19
18	Male	Long Jump	5.17	Joshua Gamble	20-11-20

6	Female	Triple Jump	5.00	Amelia Goodes	05-03-21
6	Male	Triple Jump	5.24	Heath Brilsky	24-01-20
7	Female	Triple Jump	4.97	E Beckers	15-03-15
7	Male	Triple Jump	5.61	Reid Coelho	08-03-19
11	Female	Triple Jump	9.51	B Ruiz	20-12-85
11	Male	Triple Jump	10.02	J Bingham	09-12-05
12	Female	Triple Jump	9.98	J Zivkovic	14-03-04
12	Male	Triple Jump	10.48	K Linnett	02-03-01
13	Female	Triple Jump	10.37	S Seitaridis	07-01-11
13	Male	Triple Jump	10.74	D Gillis	07-12-85
14	Female	Triple Jump	10.77	S Seitaridis	21-10-11
14	Male	Triple Jump	12.05	B Stratton	10-03-06
15	Female	Triple Jump	11.56	L Caruana	17-11-95
15	Male	Triple Jump	12.08	L Smith	10-09-10
17	Female	Triple Jump	11.56	Standard	01-10-00
17	Male	Triple Jump	12.08	M Bingham	12-10-07
18	Female	Triple Jump	9.71	Nikita Freeburn	25-01-19
18	Male	Triple Jump	9.07	Kevin McGarry	04-01-19
9	Female	High Jump	1.19	R Mounsey H Rawiri-Gentle	14-12-01
9	Male	High Jump	1.27	M Dalby	07-01-83
10	Female	High Jump	1.31	C Morante	22-02-85
10	Male	High Jump	1.43	M Bonetic	01-10-80
11	Female	High Jump	1.39	L Partridge	07-03-97
11	Male	High Jump	1.54	M Bonetic	01-03-81
12	Female	High Jump	1.46	C Morante	07-11-86
12	Male	High Jump	1.65	M Bonetic	11-12-81
13	Female	High Jump	1.54	R Jones	25-02-84
13	Male	High Jump	1.68	G Morante	13-10-84
14	Female	High Jump	1.56	L Partridge	17-03-00
14	Male	High Jump	1.71	C Gameiro	11-03-07
15	Female	High Jump	1.56	C Morante	12-01-90
15	Male	High Jump	1.72	M Hutchison	11-12-87
17	Female	High Jump	1.56	Standard	01-10-00
17	Male	High Jump	1.80	Robert Marks	27-11-15
18	Female	High Jump	1.35	Madison Callaway	16-10-20
18	Male	High Jump	1.40	Kevin McGarry	21-09-18

6	Female	Shot Put	4.61	Charlotte O'Neill	12-01-18
6	Male	Shot Put	7.09	James Bilbiloski	08-01-21
7	Female	Shot Put	6.97	B Jackson	02-02-91
7	Male	Shot Put	8.56	N Jackson	07-11-14
8	Female	Shot Put	6.78	K Vaughan	12-11-99
8	Male	Shot Put	8.45	Noah Jackson	18-12-15
9	Female	Shot Put	6.88	A Sanders	22-02-85
9	Male	Shot Put	9.03	B Jackson	22-02-91
10	Female	Shot Put	8.68	G Hampel	12-03-89
10	Male	Shot Put	10.55	C McGrath	13-01-95
11	Female	Shot Put	10.47	G Hampel	09-03-90
11	Male	Shot Put	13.63	A Cabanas	01-03-96
12	Female	Shot Put	11.46	K Kollias	12-03-95
12	Male	Shot Put	10.67	Joshua Hosking	12-10-18
13	Female	Shot Put	10.50	B Rawiri	04-11-88
13	Male	Shot Put	14.85	P Kaiserfeld	30-10-82
14	Female	Shot Put	11.56	K Kollias	04-10-96
14	Male	Shot Put	13.26	Ryan Keen	04-01-19
14	Male	Shot 4kg	12.14	A Cabanas	14-03-99
15	Female	Shot Put	12.36	N Rea	11-03-90
15	Male	Shot Put	13.06	Ryan Keen	28-02-20
17	Female	Shot Put	10.79	Rosemary Boyland	27-10-17
17	Male	Shot Put	12.59	Ryan Keen	27-11-20
18	Female	Shot Put	8.66	Madison Callaway	16-10-20
18	Male	Shot Put	8.92	Richard Walchli	19-10-18
6	Female	Discus	11.85	H Rawiri-Gentle	19-01-07
6	Male	Discus	19.47	N Jackson	31-01-14
7	Female	Discus	17.38	H Rawiri-Gentle	09-03-08
7	Male	Discus	21.00	N Jackson	15-03-15
8	Female	Discus	18.00	T Scott	16-03-01
8	Male	Discus	24.58	R Keen	07-03-14
9	Female	Discus	21.80	T Gronau	02-03-84
9	Male	Discus	29.52	R Keen	15-03-15
10	Female	Discus	28.86	S Seitaridis	09-03-08
10	Male	Discus	36.25	P Kaiserfeld	14-03-80
11	Female	Discus	22.10	Aleisha McGarry	22-02-19
11	Male	Discus	31.61	Beau Lidbetter	14-01-22
12	Female	Discus	30.67	S Seitaridis	04-12-09
12	Male	Discus	41.55	Ryan Keen	02-03-18
13	Female	Discus	32.62	K Kollias	09-02-96
13	Male	Discus	32.07	Isaac Walchli	23-11-18
14	Female	Discus	31.36	N Rea	10-03-89
14	Male	Discus	45.08	Ryan Keen	15-02-19
15	Female	Discus	34.48	N Rea	12-01-90
15	Male	Discus	56.00	Ryan Keen	29-11-19
17	Female	Discus	34.48	Standard	01-10-00
17	Male	Discus	45.61	Ryan Keen	11-09-20
18	Female	Discus	25.63	Shaye-Lee Frier	21-09-18
18	Male	Discus	27.96	Richard Walchli	23-11-18

11	Female	Javelin	15.60	Isabella Clowes	16-10-20
11	Male	Javelin	28.74	Ryan Keen	10-03-17
12	Female	Javelin	24.62	S-L Frier	27-01-12
12	Male	Javelin	35.20	Ryan Keen	15-12-17
13	Female	Javelin	32.88	S-L Frier	01-10-00
13	Male	Javelin	26.46	J Fernandes	06-03-09
14	Female	Javelin	34.65	S Seitaridis	30-09-12
14	Male	Javelin	35.05	J Marland	21-11-14
15	Female	Javelin	35.92	S Seitaridis	14-12-12
15	Female	Javelin	25.07	M Vowles	19-10-08
15	Male	Javelin	31.96	Jai Marland	09-10-15
17	Female	Javelin	27.40	Shaye-Lee Frier	27-01-17
17	Male	Javelin	42.11	C Carrasco	15-03-09
18	Female	Javelin	25.83	Madison Callaway	30-10-20
18	Male	Javelin	36.33	Rodney Tebbutt	01-03-19
6	Female	Turbo Javelin	7.47	M Singleton	02-06-09
6	Male	Turbo Javelin	9.81	Jarod Falconer	16-03-07
7	Female	Turbo Javelin	10.52	K Meurant	25-02-11
7	Male	Turbo Javelin	12.20	J Falconer	28-09-07
8	Female	Turbo Javelin	11.74	Z Seitaridis	08-01-10
8	Male	Turbo Javelin	17.70	T Taataa	27-10-06
9	Female	Turbo Javelin	16.55	S Seitaridis	05-01-07
9	Male	Turbo Javelin	20.10	S Price	09-02-07
10	Female	Turbo Javelin	22.26	S Seitaridis	02-11-07
10	Male	Turbo Javelin	23.20	S Price	09-03-08
11	Female	Turbo Javelin	25.60	S Seitaridis	27-03-09
11	Male	Turbo Javelin	23.33	S Price	23-01-09
12	Female	Turbo Javelin	26.22	S Seitaridis	30-10-09
12	Male	Turbo Javelin	27.32	M Bingham	01-10-02
13	Female	Turbo Javelin	13.56	Aleisha McGarry	26-03-21
13	Male	Turbo Javelin	22.47	Jack Andersen	26-03-21
14	Female	Turbo Javelin	9.90	Breanna Hemmingway	11-11-16
14	Male	Turbo Javelin	14.80	Joshua Gamble	11-11-16
15	Female	Turbo Javelin	6.38	Charli Ryan	18-12-20
17	Male	Turbo Javelin	11.89	Ryan Waine	11-11-16
18	Male	Turbo Javelin	22.45	Joshua Gamble	26-03-21

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