Lake Illawarra Athletics Centre

An Athletics Centre for the Whole Family.

Centre Handbook 2026/2027 Season

LAKE ILLAWARRA IS PROUDLY SPONSORED BY:

The Shellharbour Club
Warilla Bowls and Rec Club
Bendigo Bank – Shellharbour and Oak Flats
Steve's Mobile Pizza and Coffee Van
Big Pink Soft Serve
NMTG
Flinders Pre School

Supported by:
Albion Park Cakes, Bunnings, Coles and Kings Track and Field supplies.

President's Message

Welcome

As we begin our 56th season, I'm proud to serve as president of this wonderful centre, which provides athletics opportunities and fosters a family-friendly atmosphere.

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.

I hope that you enjoy our season and make new friends and if you have any questions please contact myself or one of my committee members

Regards
Kevin McGarry
President
Lake Illawarra Athletics Association

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

COMMITTEE AND CONTACTS FOR 2025-26 SEASON

President:	Kevin McGarry – lakeillawarra_president@outlook.com 0417048148
Vice President:	
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
Canteen Officer Friday Night:	Tauris Ivanovski
Uniform Officer:	Kate Mace
Equipment Officer:	Rob Mace
Team Manager:	
Officer for Officials	Kevin McGarry
Athlete Liaison Officers	Isabella Clowes

General Committee: Mel Auld
Aleisha McGarry
Rebecca Welch

First Aid Officers:	**Kevin McGarry**
Safety Officer:	**Kevin McGarry or Simone Ivanovski**
Public Officer:	**Michael Marsh**
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.

Starter and Timing Gate Operators: assist with the running of competition nights by acting as our starter for all running events or help with the timing of the events as a gate operator – training will be provided.

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 NSW Athletics website, for further information about these please see a member of the committee. Home - NSW Athletics

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 20's). The age patch is to be worn on the singlet or crop top, as shown below

(Replacement numbers and patches can be obtained from the Registrar for a specified fee, registration number $30.00, and age patches $5.00. These fees are not put on by the centre but by the LANSW)

Athletes in the opens or masters will be issued a separate number at the event check in.

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 6's – 10's age groups shall not wear spike shoes.

Athletes in the 11's – 12's may wear spike shoes in events run entirely in lanes only. Spike shoes may also be worn for long jump, triple jump, high jump, and javelin.

Athletes in the 13's + may wear spike shoes in all track events (includes laned or un-laned events) except walks. Spike shoes may also be worn for 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

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 at 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 (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.

All other age groups
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 than placing's. All these points are added together for each event to determine our Pointscore placegetters at the end of season presentation. Overall age champions may not be the athletes that place 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.

To access your Results HQ family portal follow the information below

New Athletes:
1. Click here.
2. Enter your registered email address. (The email address this message was sent to.)
3. Click on "Submit".
4. An email containing your logon details will be sent to you.

Returning Athletes
Continue to use your login details from last season
Once you have your logon details:
1. Go to our website www.lakeillawarralac.net.au
2. Select the "Family Log In" link.
3. Enter your Username. (The email address this message was sent to.)
4. Enter your Password.
5. You can select "Profile" to change your Password as desired.

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.

AWARDS

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 athlete in the 7's at Zone
- Best overall performance by athletes in the 8's Athlete at Zone and Region
- Award for Competing at State Championships (9's to 12's)
- 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.**

Training from September to March will be on Wednesdays at 4pm and Sundays at 3pm, Training costs $5.00 per athlete and payable to the coaches on the day.

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 is fortunate to have Kevin McGarry as our Coaching Coordinator {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, Kevin is assisted by Aleisha McGarry who is a has a Certificate III in Fitness, State Level athlete and aspiring Coach who will be overseeing the Throws events at Training

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.

CHAMPIONSHIPS AND CARNIVALS

We encourage athletes to compete at carnivals run by our centre and 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 help 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.

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.

All other Age Groups 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.

Lake Illawarra Athletics October and Summer Carnival

Each season our centre runs 2 Gala Days.

The 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 11th October 2026

The Howard McGarry Memorial Summer Carnival has become one of 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 10th January 2027

Zone Championships:

The 2026-27 Mid-South Coast Zone Championships will be held on the 5th and 6th December 2026 at Myimbarr Community Park (our ground). This is opened to all athletes from the 7's to 20's – Entry details will be available later in the season

Regional Championships:

The Region 4 Championships venue and date have not yet been determined once received we will update our calendar of events on our website

Progression from the Zone Championships for the 8's to 15's, athletes in the 16's, 17's and 20's may wish to compete via nomination

State Championships:

Athletes from the 9's to 15's will progress via the Region 4 Championships (qualification process will be notified to all athletes competing at the Regional Championships.

Athletes from the 16's onward can enter the State Championships when entries become available

Date for the relevant State Championships can be found in our Seasons Calendar or on our Website

State Combined Events Championships or Little Athletics State Multi Event Championships:

Athletes can directly enter these championships with entry information available once entries open, there are different dates for some age groups and these can be found in our Seasons Calendar or on our Website

State Relays

Team entries will be available once more information is available, athletes can visit our website for more information

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 NSW Athletics may be withdrawn where it is determined that a person's conduct in inconsistent with the mission of the NSW Athletics 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 as NSW Athletics Website Home - NSW Athletics

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

Friday, 4 September 2026	Round 1 Pointscore - Program A
Friday, 11 September 2026	Round 2 Pointscore - Program B
Friday, 18 September 2026	Round 3 Pointscore Program C
Friday, 25 September 2026	Round 4 Pointscore - Program A
Friday, 2 October 2026	Round 5 Pointscore - Program B
Friday, 9 October 2026	Round 6 Pointscore - Program C
Sunday, 11 October 2026	**Bendigo Bank October Carnival**
Friday, 16 October 2026	Round 7 Pointscore - Program A
Friday, 23 October 2026	Round 8 Pointscore - Program B
Sunday, 25 October 2026	**Albion Park Little Athletics Gala Day -**
Friday, 30 October 2026	Round 9 Pointscore - Program C
Sunday, 1 November 2026	**St Georges Basin Dragon Derby**
Friday, 6 November 2026	Round 10 Pointscore - Program A
Sunday, 8 November 2026	**Valour NSW Relay Championships (8s-12s)**
Friday, 13 November 2026	Round 11 Pointsore - Program B
13th-15th November 2026	**Valour NSW Relay Championships (13's-Masters)**
Friday, 20 November 2026	Round 12 Pointscore - Program C
Sunday, 22 November 2026	**Shoalhaven Little Athletics Gala Day**
Friday, 27 November 2026	Round 13 Pointscore - Program A
Friday, 4 December 2026	Competition TBA
Saturday, 5 December 2026	**MSC Zone Championships - Lake Illawarra**
Sunday, 6 December 2026	**MSC Zone Championships - Lake Illawarra**
Friday, 11 December 2026	Round 14 Pointscore - Program B
Friday, 18 December 2026	XMAS Round feature 100m Handicap and Mile Run
Friday, 8 January 2027	Round 15 Pointscore - Program C
Sunday, 10 January 2027	**Howard McGarry Memorial Summer Carnival**
Friday, 15 January 2027	Round 16 Pointscore - Program A
15th-17th January 2027	**NSW Country Championships**
Friday, 22 January 2027	Round 17 Pointscore - Program B
23rd-24th January 2027	**Combined Events State Championships SOPAC**
Friday, 29 January 2027	Round 18 Pointscore - Program C
Friday, 5 February 2027	Round 19 Pointscore – Program A
6th and 7th Fenruary 2027	Coles Regional Championships – Wagga Wagga
Friday, 12 February 2027	Club Championships Round 1 – (program B)
Friday, 19 February 2027	Club Championships Round 2 – (program C)
20th-21st February 2027	**Hart Sport NSW Combined Carnival**
Friday, 26 February 2027	Club Championships Round 3 – (Program A)
Friday, 5 March 2027	Round 20 Pointscore - Program B
11-14th March 2027	**NSW State Championships (Opens and Little Athletics) - SOPAC**
Friday, 12 March 2027	Round 21 Pointscore - Program C
18th-21st March 2027	**NSW Junior Championships - SOPAC**
Friday, 19 March 2027	Round 22 Pointscore - Program A
Friday, 26 March 2027	Round 23 Pointscore - Relay and Handicap night
Sunday, 2 May 2027	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	6's	7's	8's	9's	10's	11's	12's	13'+
Program A	70m	70m	70m	70m	70m	70m	Shot Put	Discus	3000m
	200m	200m Pack Start	200m	200m	200m	200m	200m	200m	200m
	Shot Put	Discus	Long	Long Jump	800m	800m	800m	800m	800m
	Modified T/Jump	Modified T/Jump	Turbo Jav	700m	Discus	Long	Long	Triple Jump	High Jump
				Turbo Jav	Modified T/Jump	Fly Hi Jav			Javelin

	Tiny Tots	6's	7's	8's	9's	10's	11's	12's	13's+
Program B	60m	60m	60m	60m	400m	400m	400m	400m	400m
	150m	150m	150m	150m	150m	150m	1500m	1500m	1500m
	Discus	Long	500m	400m Pack Start	H/Jump	Modified T/Jump	H/Jump	Long Jump	Long Hurdles (200,300 or 400)
	Hurdles	Turbo Jav	Shot	Discus	Shot Put	Shot Put	Discus	Javelin	Triple Jump
									Discus

	Tiny Tots	6's	7's	8's	9's	10's	11's	12's	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	300m	Discus	Modified T/Jump	700m/w	1100m/w	1100m/w	1500m/w	1500m/w
	Turbo Jav	Shot Put	Modified T/Jump	Shot Put	L/Jump	Discus	Triple Jump	Shot Put	Shot Put
					Fly Hi Jav	H/Jump	Javelin	H/Jump	Long Jump

Programs maybe modified on the night of competition

The Shellharbour Club