



Season 2022/23

Handbook



Season Sponsors



PRESIDENT'S MESSAGE

Welcome to the Macquarie Hunter Athletics Club for the 2022/23 Season,

What a better way to greet our athletes back than with a new resurfaced track to compete on and even more exciting upgrades to happen at the Hunter Sports Centre including a warm up track, gym and plenty more.

It's been a tough few years for our athletes with all the covid restrictions, event cancellations and shorten season, it's now time to get back to normal! There will be carnivals on offer for our athletes to attend throughout the season; at other clubs, zone, regional, and state championships. Plenty of opportunities for our athletes to make new friendships, compete and have fun while doing it.

This season we want to focus on our athlete's experience within the club so we will be introducing a few things which include:

- Coaching will be available for our athletes on tuesday afternoons for those that want to develop their skills more, and work on extra fitness.
- A different approach to the timing system, which will allow our competition nights to run a bit quicker and our athletes will be able to access their results the next day.

As president of our club nothing makes me happier than seeing the smile on our children's faces as they make new friends, strive for personal best's and accomplish things they never thought they could do. I would love to hear all their achievements big or small, so please when you see me on friday nights or out at competitions stop me and let me know so that i can congratulate their achievements in person.

To all our members I cant wait to meet you and have a great season together!!

Jennifer Carlson

President Macquarie Hunter Athletics Club

2022/2023 COMMITTEE

EXECUTIVE:

President	Jennifer Carlson	president@machunter.com.au
Vice President Senior	Lyndall Archer	seniors@machunter.com.au
Vice President Junior Athletics	Matt Fagg	juniors@machunter.com.au
Vice President AWD Athletics	Rachael Keyes	awd@machunter.com.au
Secretary (Public Officer)	Rachael Ralph	secretary@machunter.com.au
Treasurer	Mitch Reece	treasurer@machunter.com.au
Registrar	Angela Mascini	registrar@machunter.com.au

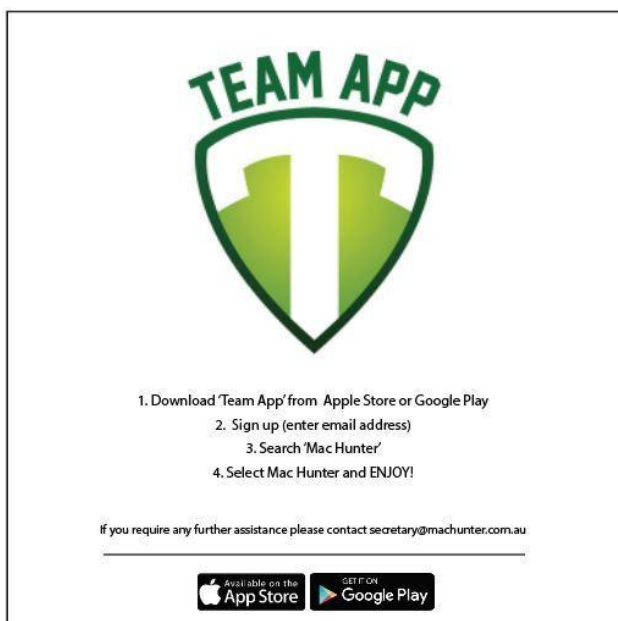
COMMITTEE:

Officer Roles

Rank & Recording Officer	Vacant	
IT Officer	Brendan Carlson	it@machunter.com.au
Uniform Officer	Meagan Austin	uniforms@machunter.com.au

WHERE TO KEEP UP TO DATE

1. Website: www.machunter.com.au
2. Email : President@machunter.com.au (mark this email as NOT SPAM)
3. Facebook : [Http://www.facebook.com/machunterathletics](http://www.facebook.com/machunterathletics)
4. Private Facebook group : <https://www.facebook.com/groups/441220075994882/>
- 5.



USEFUL LINKS

1. Little Athletics NSW website: www.lansw.com.au
2. Athletics NSW website: www.nswathletics.org.au
3. Uniforms : www.sportsmagic.com.au/clubs/athletics/macquarie-hunter-athletics/
4. Coaching Young Athletes facebook page : www.facebook.com/coachyoungathletes/

Calendar Season 2022/23

Day	Date	Event	Location
SEPTEMBER			
Fri	2/9/22	LA + Seniors carnival # 1 (5.30-8.00pm)	Hunter Sports Track
Sat	3/9/22	AWD Carnival # 1 (9.00-10.30am)	Hunter Sports Track
Fri	9/9/22	LA + Seniors carnival # 2 (5.30-8.00pm)	Hunter Sports Track
Sat	10/9/22	AWD Carnival # 2 9.00-10.30am	Hunter Sports Track
Fri	16/9/22	LA + Seniors carnival #3 (5.30-8.00pm)	Hunter Sports Track
Sat	17/9/22	AWD Carnival #3 (9.00-10.30am)	Hunter Sports Track
Fri	23/9/22	LA + Seniors carnival #4 (5.30-8.00pm)	Hunter Sports Track
Sat	24/9/22	AWD Carnival #4 (9.00-10.30am)	Hunter Sports Track
Fri	30/9/22	LA + Seniors carnival #5 (5.30-8.00pm)	Hunter Sports Track
OCTOBER			
Sat	1/10/22	AWD Carnival #5 (9.00-10.30am)	Hunter Sports Track
Fri	7/10/22	LA + Seniors carnival #6 (5.30-8.00pm)	Hunter Sports Track
Sat	8/10/22	AWD Carnival #6 (9.00-10.30am)	Hunter Sports Track
Fri	14/10/22	LA + Seniors carnival #7 (5.30-8.00pm)	Hunter Sports Track
Sat	15/10/22	AWD Carnival #7 (9.00-10.30am)	Hunter Sports Track
Fri	21/10/22	LA + Seniors carnival #8 (5.30-8.00pm)	Hunter Sports Track
Sat	22/10/22	AWD Carnival #8 (9.00-10.30am)	Hunter Sports Track
Fri	28/10/22	LA + Seniors carnival #9 (5.30-8.00pm)	Hunter Sports Track
Sat	29/10/22	AWD Carnival #9 (9.00-10.30am)	Hunter Sports Track

		NOVEMBER	
Fri	4/11/22	LA + Seniors carnival #10 (5.30-8.00pm)	Hunter Sports Track
Fri	11/11/22	LA + Seniors carnival #11 (5.30-8.00pm)	Hunter Sports Track
Sat	12/11/22	AWD Carnival #11 (9.00-10.30am)	Hunter Sports Track
Fri	18/11/22	LA + Seniors carnival #12 (5.30-8.00pm)	Hunter Sports Track
Sat	19/11/22	AWD Carnival # 12 (9.00-10.30am)	Hunter Sports Track
Wed	23/11/22	LA + Seniors carnival #13 (5.30-8.00pm)	Hunter Sports Track
		DECEMBER	
Fri	2/12/22	LA + Seniors carnival #14 (5.30-8.00pm)	Hunter Sports Track
Sat	3/12/22	AWD Carnival #14 (9.00-10.30am)	Hunter Sports Track
Fri	9/12/22	LA + Seniors carnival #15 (5.30-8.00pm)	Hunter Sports Track
Sat	10/12/22	AWD Carnival #15 (9.00-10.30am)	Hunter Sports Track
Fri	16/12/22	XMAS Party from 5:30pm	Hunter Sports Track
Sat	17/12/22	AWD Carnival #16 (9.00-10.30am)	Hunter Sports Track
		JANUARY	
Sat	7/1/23	AWD Carnival #17 (9.00-10.30am)	Hunter Sports Track
Fri	13/1/23	LA + Seniors carnival #16 (5.30-8.00pm)	Hunter Sports Track
Sat	14/1/23	AWD Carnival #18 (9.00-10.30am)	Hunter Sports Track
Fri	20/1/23	LA + Seniors carnival #17 (5.30-8.00pm)	Hunter Sports Track
Sat	21/1/23	AWD Carnival #19 (9.00-10.30am)	Hunter Sports Track
Wed	27/1/23	LA + Seniors carnival #18 (5.30-8.00pm)	Hunter Sports Track
Sat	28/1/23	AWD Carnival #20 (9.00-10.30am)	Hunter Sports Track

		FEBRUARY	
Wed	1/2/23	LA + Seniors carnival #19 (5.30-8.00pm)	Hunter Sports Track
Sat	4/2/23	AWD Carnival #21 (9am-1030am)	Fernleigh Dawes
Fri	10/2/23	LA + Seniors carnival #20 (5.30-8.00pm)	Hunter Sports Track
Sat	11/2/23	AWD carnival #22 9am-1030am)	Hunter Sports Track
Fri	17/2/23	LA + Seniors carnival #21 (5.30-8.00pm)	Hunter Sports Track
Sat	18/2/23	AWD Carnival #23 (9.00-10.30am)	Hunter Sports Track
Fri	24/2/23	LA + Seniors carnival #22 (5.30-8.00pm)	Hunter Sports Track
Sat	25/2/23	AWD Carnival #24 (9.00-10.30am)	Hunter Sports Track
		March	
Wed	1/3/23	LA + Seniors carnival #23 (5.30-8.00pm)	Hunter Sports Track
Sat	4/3/23	AWD Carnival # 25 9.00-10.30am	Hunter Sports Track
Fri	10/3/23	LA + Seniors carnival #24 (5.30-8.00pm)	Hunter Sports Track
Sat	11/3/23	AWD Carnival # 26 9.00-10.30am	Hunter Sports Track
Sat	11/3/23	Proposed Norm Johnson Carnival (Twilight)	Hunter Sports Track
Wed	15/3/23	LA + Seniors carnival #25 FINAL NIGHT BBQ	Hunter Sports Track
Sat	18/3/23	AWD Carnival # 27 9.00-10.30am	Hunter Sports Track
Sat	25/3/23	AWD Carnival # 28 9.00-10.30am	Hunter Sports Track

Weekly Club Program's

Week 1

Age Group	Event 1	Event 2	Event 3	Event 4 (Jump)	Event 5 (Throw)	Optional
Tiny Tots	Novelties	50m	200m	Long Jump	Vortex	
U6	50m	70m	200m	Long Jump	Shot Put	
U7	50m	70m	200m	Long Jump	Shot Put	
U8	60m Hurdles	200m	700m	Long Jump	Shot Put	
U9	60m Hurdles	70m	800m	Long Jump	Discus	
U10	60m Hurdles	70m	800m	High Jump (S)	Turbo Javelin	
U11	100m	200m	1500m	Long Jump	Javelin	
U12	100m	200m	1500m	High Jump	Shot Put	
U13	200mH	100m	400m	Long Jump	Javelin	3000m
U14	200mH	100m	400m	Long Jump	Javelin	3000m
U15	300mH	100m	400m	Triple Jump	Discus	3000m
U17	300mH	100m	400m	Triple Jump	Discus	3000m

Week 2

Age Group	Event 1	Event 2	Event 3	Event 4 (Jump)	Event 5 (Throw)	Optional
Tiny Tots	Novelties	70m	100m	Long Jump	Shot Put	
U6	50m	70m	100m	Long Jump	Discus	
U7	50m	70m	100m	Long Jump	Discus	
U8	70m	100m	200m	Long Jump	Vortex	
U9	70m	100m	200m	High Jump (S)	Shot Put	
U10	70m	100m	200m	Long Jump	Shot Put	
U11	100m	200m	800m	Triple Jump	Discus	
U12	100m	200m	800m	Triple Jump	Javelin	
U13	60m	200m	1500m	High Jump	Discus	1500m Walk
U14	60m	200m	1500m	High Jump	Discus	1500m Walk
U15	60m	200m	800m	Long Jump	Javelin	1500m Walk
U17	60m	200m	800m	Long Jump	Javelin	1500m Walk

Week 3

Age Group	Event 1	Event 2	Event 3	Event 4 (Jump)	Event 5 (Throw)	Optional
Tiny Tots	Novelties	50m	100m	Long Jump	Discus Variant	
U6	50m	70m	300m	Long Jump	Vortex	
U7	50m	70m	500m	Long Jump	Vortex	
U8	70m	100m	400m	Long Jump	Discus	
U9	700m Walk	100m	400m	Long Jump	Turbo Javelin	
U10	1100m Walk	100m	400m	Long Jump	Discus	
U11	80mH	1100mW	400m	High Jump	Shot Put	
U12	80mH	1500mW	400m	Long Jump	Discus	
U13	80/90mH	100m	800m	Triple Jump	Shot Put	145m
U14	80/90mH	100m	800m	Triple Jump	Shot Put	145m
U15	90/100mH	100m	1500m	High Jump	Shot Put	145m
U17	100/110mH	100m	1500m	High Jump	Shot Put	145m

CLUB CARNIVAL EVENT PROGRAMS

A Club Carnival night is conducted according to one of 3 different programs, followed on a rotating basis, starting at Program 1. If a carnival night is cancelled, due to any reason, the program that was due to occur is not skipped, it is carried over to the next carnival. The events for each program follow on the next page.

AGE CONTROLLER GUIDELINES (LITTLE A's TOTS – U17)

Each age group and gender will require a parent volunteer, each Club Carnival night, to act as an age controller. The following is a list of the actions to take.

Initial Arrival of Athletes and Start Up:

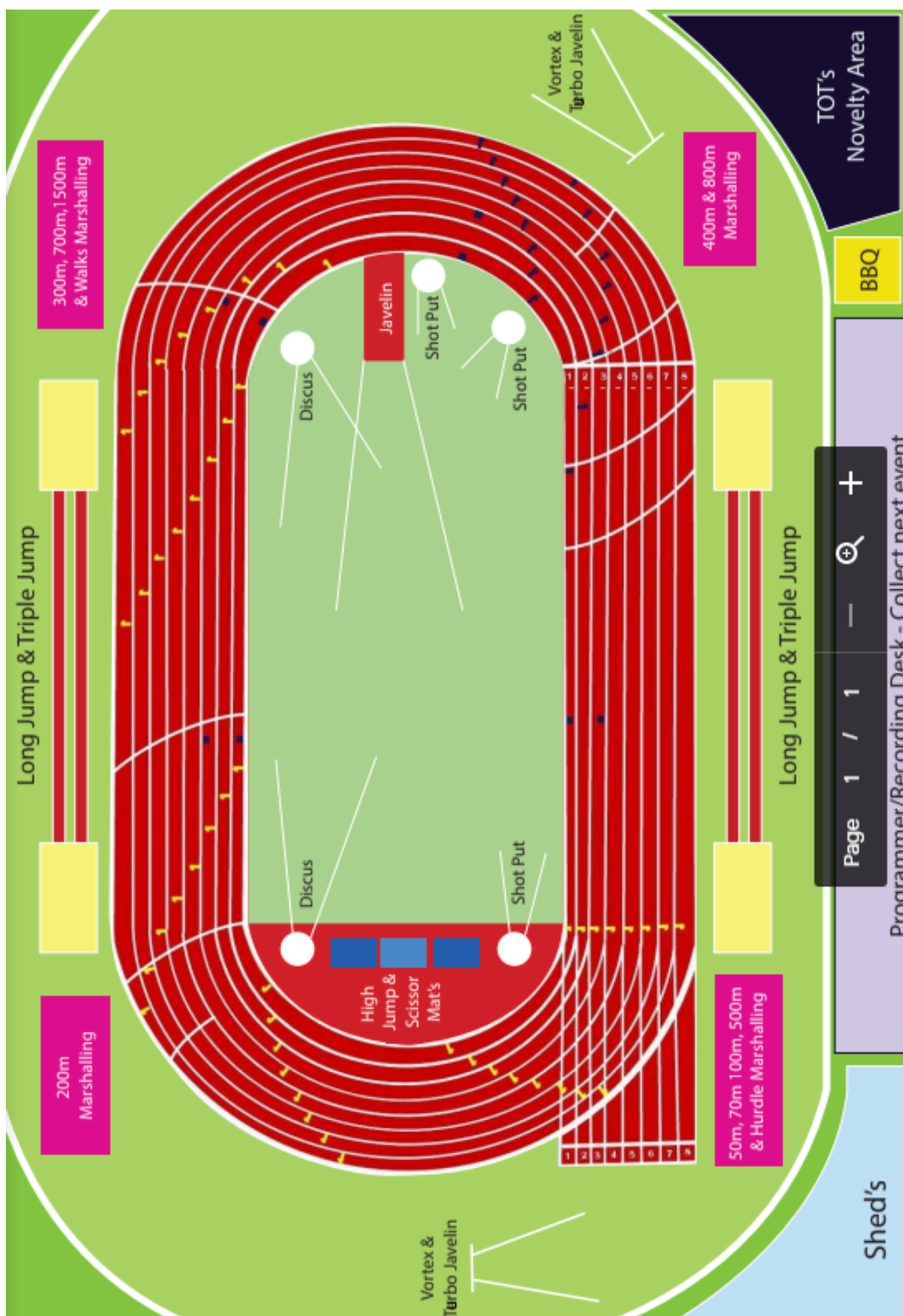
1. Collect Age Controller folder from programmer desk on arrival. Note: The Tots Co-ordinator will collect this initially.
2. The folder should have the following:
 - a. Age Controller Guidelines
 - b. Sign on sheet for parent/guardian
 - c. List of relevant committee member's phone numbers
 - d. The night's event list
 - e. Result sheet for first event
 - f. Event Specifications
 - g. Overview of Track Marshalling areas.
3. Wait at the nominated area for the age group and gender (Tub with Age and Gender label)
4. Ask if athlete is registered (or check name on first event listing). If not registered, direct them to the programmer desk to determine registration status, if not registered, a trial form will need to be completed if in a trial week, otherwise the athlete cannot compete – refer them to a committee member.
5. Athletes from another club – direct them to a committee member in order to verify. If verified, they can be added manually to result sheets.
6. Ask if parent/guardian is expected to be with the age group for the duration of the carnival or otherwise detail their involvement (e.g. moving between age groups).
7. Ask parent/guardian to assist in the running of events and monitoring of group between events or waiting in turn. Note: on the first few nights, various experienced parents and committee members will be stationed at a few of the events to provide guidance.
8. Remind parent/guardian of the obligation to remain at the track for the duration of the carnival.
9. If parent/guardian cannot be located, bring to the attention of a committee member.
10. If total numbers are extremely low (1 or 2) competitors, see a committee member about approval to combine with another age group and/or gender. Note: results must always be

recorded with the correct age group. On mutual agreement, the events to be run will follow one age group's program, in this case results to be recorded on the controlling age groups sheet with the name inserted manually and a note for the correct age group.

11. Wait for announcement before proceeding to first event, for track events please use the designated marshalling area. Note: a warmup is expected to be run for the whole club just prior to competition commencing.
12. The contact number for issues will also be announced, take note of this.

At event:

1. Familiarise yourself with what needs to be put in place and request parent helpers to fill roles for field events (e.g measure & rake pit, control/marshal group beside runway). If in doubt a committee member should be available to assist in getting started and clarifying/officiating.
2. For field events, conduct the trial in order as per athlete listing for the event and record each attempt/throw/jump.
3. For Track Events, go to nominated marshalling area for the event, take note of order of arrival i.e. queue behind other age groups that were there prior. Note: The order may be interrupted on instruction from starter or announcer usually to give priority to the youngest age groups, Tots – U7's.
4. Arrange heats for all athletes taking part and nominate and record heat + lane for each athlete (events up to 400m) on the event sheet. For events above 400m (and younger group's 300m pack start) arrange 2 parents to obtain a multi-timer and place tokens (available from the timing table). Take direction from starter for when to put athletes on the track.
5. At finish line, collect timer printout for each heat and record on sheet according to heat and lane number assigned earlier. It is intended to provide a facility to enter the results directly into a mobile device (a tent will be setup for this purpose with a number of devices). In this case the results will not need to be recorded on the sheet, however, the heat and lane must be. In the case of the events > 400m, record the placing on the sheet. In both cases, all timer printouts must be handed into the programmer with the event sheet. Once all athletes have crossed the finish line, please direct them to assemble and wait at the outside of the track away from the finish line for recording of results.
6. Return event sheet to Programmer desk (or send athlete/parent with complete event sheet). The next event will be assigned by the programmer. **UNDER NO CIRCUMSTANCES IS AN AGE GROUP TO CONDUCT MORE THAN ONE EVENT AT A TIME.**
7. On completion of last event, return age group folder to programmer desk with signed parent/guardian sheet.



Cancellations: Wet/Bad Weather or Dangerous Conditions

Announcements are made if a decision has been made to cancel a carnival at approx. 4.30pm via our facebook page, website and the app. A decision is made in keeping with all relevant safety guidelines as per Little Athletics NSW and Athletics NSW policies for to lightning, heat and dangerous conditions. Please note the safety of volunteers and centre staff during setup is a consideration into the decision. Assume it is on if no announcement is made. Note: Best endeavours are made to make the correct decision with the information at hand with a slight bias toward doing what we can to proceed, however this may lead to either conditions changing quickly or not clearing up / cooling down as expected which may result in little or no notice of cancellation. In addition to this, programs may be modified at any time to suit the conditions or start times delayed.

Uniforms

Our uniforms are provided by Sports Magic and are ordered online via their website [Click Here](#)

Navigate to Clubs > Athletics > then choose Macquarie Hunter or [Click Here](#)

We will have some stock on hand at start of season, however, to ensure you receive correct uniforms prior to major events please order as above.

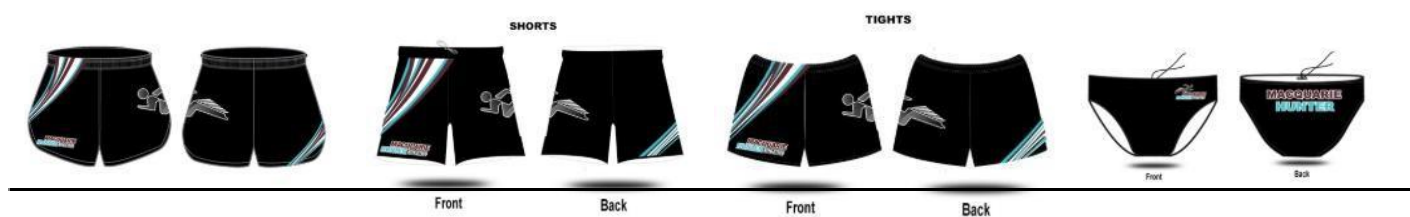
Sports Magic will be delivering to the Club only (no postage charge) for the start of the season - select club delivery when checking out. Delivery to personal addresses will be available later in the season (with postage charge):

It is vital that correct sizing is selected. If required, the purchaser is responsible for returning items and receiving a refund with Sports Magic directly (postage will apply). Must be in original packaging.

Please check on Sports Magic website for current pricing. Delivery timings, quoted on the Sports Magic Website are subject to availability, at the start of the season & expect delivery times to be longer than what is currently displayed.



NUMBER, AGE and SPONSOR PATCH ON FRONT OF UNIFORMS



Macquarie Hunter Athletics Running
Shorts
\$39.00

Macquarie Hunter Athletics Shorts
\$33.00

Macquarie Hunter Athletics Unisex
Tights
\$35.00

Macquarie Hunter Athletics
Scungies
\$37.00

Plain black shorts, tights or briefs maybe worn as an alternative. Note: no coloured stitching or company logos must be visible, Skins/ 2XU style tights must be covered with club or black plain shorts or tights

Spikes may be worn by athletes in the U11 to U17 age groups for Javelin, Long Jump, Triple Jump, High Jump and for all track events run entirely within lanes. U12 to U17 athletes may also wear spikes for events not run entirely within lanes.

Age patch: To be attached to top left shoulder of singlet/crop top or bottom left of shorts/tights/briefs

Coles patch: Top right shoulder of singlet/crop top

Numbers: Front centre of singlet/crop top. Numbers can be folded over (provided the number is not obscured on crop tops).

Friday Night Exemption: Old uniform may be worn, please make enquires as to new old stock for purchase. In the absence of uniform, please wear plain black shirt/singlet and black shorts as a temporary measure only. Number + age patch is compulsory.

TWO ORGANISATIONS: Little Athletics NSW and Athletics NSW

A confusing issue for newcomers to Athletics in NSW (and Australia) is the fact there are two separate organisations, namely, Little Athletics NSW and Athletics NSW and similar counterparts in other states. The following is a brief overview of both organisations, the interactions with each other and the events run by each. For more details, please visit their respective websites: www.lansw.com.au and www.nswathletics.org.au.

Macquarie Hunter Athletics Club is both a Little Athletics and Athletics NSW centre. Athletes aged 3 to 16 (as at 31/12/2019 for the 2019/20 season) will register as Little Athletes. Athletes in the U12 to U17 age groups can register for a free dual membership with Athletics NSW after they have registered as a Little Athlete.

Little Athletics NSW

Little Athletics caters for athletes from 5 (U6) through to 16 years old (U17). Some centres, including ours, offer a Tots program for 3 - 4 year old's. Age groups are determined by age on the 31st December of the year that registration opens. Athletes will remain in the same age group throughout the season.

In Little Athletics events, athletes must compete in their own age group and gender unless permissible under the rules for particular competitions such as relay carnivals. Events may be conducted with mixed age groups and genders, provided it is safe to do so, however, they are recorded as separate events.

There are about 200 little Athletic clubs across NSW divided into 8 "Regions" and 24 "Zones". Click on the following link for more on the structure: click on the link following and chose heading "structure" <https://lansw.com.au/about-us/>

We belong to Lake Macquarie Zone which also includes:
Eastlakes, Westlakes, Southlakes, Kotara South, Edgeworth & Cardiff.

We Belong to Region 2 (of 8) which also includes the following zones:
Hunter, Port Hunter, Central Coast.

Apart from our own club carnivals and various special carnivals put on by most centres, there are several major events hosted by Little Athletics NSW. The following is a summary:

Little Athletics Representation Progression

- LANSW Zone Championships
 - Top Eight per age group receive a Certificate
 - Top three (U8 to U17) plus next best 4 from Zones within the Region go through to the Regional Championships.
 - Top three (U7) receive Zone medals.
- LANSW Regional Championships
 - Top Eight per age group receive a Certificate
 - Top two (U9 to U17) and next best 8 across all Regions go through to the NSW State Championships.
 - Top three per age group receive Medals.
 - LANSW State Championships
 - Top Eight per age group receive a Certificate
 - Top three per age group receive State Medals (Gold, Silver, Bronze).

Under 13 athletes at the state Championships are eligible for selection to the LANSW State Team which will contest the Australian Teams Championship.

Under 15 Multi Event athletes are eligible for selection to the State Team as above.

Athletics NSW

Caters for athletes from U12's (11 years) through to Opens and Masters. Athletes who register for Athletics in the U12 to U17 age groups will automatically receive free Athletics NSW membership.

NOTE: The reverse is not true, i.e you can register with Athletics NSW only if you are 11 or older, however this does not give you membership to Little Athletics NSW. If this has been done in error, you will need to arrange a refund with Athletics NSW and re-register with Little Athletics NSW.

The important differences:

- Age group determined based on age at 31st December of the year the event that you are competing in (not start of season). This means your Athletics NSW age group will advance by a year on 1st Jan (Little Athletics age group will remain as per start of season)
- Athletes can generally compete up in age. Some restrictions apply usually based on age e.g. 12 years and under may be limited in regard to maximum distance or hurdle events they can compete in.
- Apart from National Championship events, all Athletics NSW events are entered directly without the requirement to qualify at another event.
- Some Athletic NSW events have a Little Athletics component in conjunction for those aged in the U11's and below, these are noted below.

Life Members

Name	Year	Hunter Track & Field Life Members	Original Club	Year
Dennis Westaway	1982	Wal Payne	Myers Park	
Desley Campbell	1983	Robert Weale	Myers Park	
Peter Jones	1983	Mr A.O. Payne	Myers Park	
Lorraine Finlay	1983	Mr J. Percell	Myers Park	
George Campbell	1983	Mr C. White	Myers Park	
Norm Johnson	1984	Mr A. Elrick	Myers Park	
Bob Collins	1984	Mr B. French	Myers Park	
Ellen Davies	1986	Clarence Millington	Myers Park	
Mal Davies	1986	Mr A.Young	Myers Park	
Ken Leslight	1987	Norman Dart	Myers Park	
Jan Bansgrove	1991	Ron Gilsheenan	Myers Park	
Warren Cantello	1992	Ron Sheen	Myers Park	
Garry McPherson	1994	Lance Davidson	Myers Park	
Marilyn Uraine	1994	Clarrie Quiggan	Myers Park	
Wal Schrader	1994	Otto Hansen	Myers Park	
Pat Collins	1994	Max Debnam	Myers Park	
Steve Kaiser	1994	John Bower	Myers Park	
Fred Lloyd	1995	Reg Hoy	Myers Park	
Jan Lloyd	1995	Hans Tiller	Myers Park	
Marj Lawrance	1995	Greg Tyler	Myers Park	
Alan Lawrance	1995			
Glenn Johns	1995	Eleanor Parr	Novocastrian Womens	
Beth Harradine	1996	Sandra Bruce	Novocastrian Womens	
Wendy Boyd	1996			
Allan Butters	1997	Trevor Height	Myers Park Novos	
Allan Renshaw	1997	Molly Dorne (NZ)	Myers Park Novos	
Peter Cornell	1997	Brian Morgan	Myers Park Novos	
Ken Harradine	1998	Alan Adamson (NZ)	Myers Park Novos	
John O'Donnell	2000			
Sandra Conry	2003	Stan Barwick	Hunter Track & Field	2008
Rod Conry	2003			
Ken Holder	2004			
Alan Searl	2005			
David Naylor	2007			
Macquarie Hunter Life Members				
Pam Tarrant	2009	Terry O'Carroll	2011	
Bruce Carter	2009	Terry Bailey	2011	
David Rundle	2010	Rachael Keyes	2011	
Paul Cootes	2010	Steve Probert	2012	
Michele O'Carroll	2010	Seamus Speers	2012	
Scott Taylor	2011	Chad Stephenson	2017	
		Darren Jones	2017	

NORMAN WILLIAM JOHNSON (NORM)

Norm was totally involved in athletics following his return to Lake Macquarie (from WA) in the late 1970's and was well known and respected for his untiring efforts towards the betterment of athletics locally and throughout the region.

He was solely responsible in late 1979 for the approach to the council to develop a levelled dump site at Speers Point into a top 400 metre grass athletic track and field complex as there was none in Lake Macquarie (or in Newcastle for that matter). One of Norm's legacies is the Lake Macquarie Festival of Sport, which got its beginning with 6 sports on the 31st August 1982 to coincide with the Queens Baton Relay for the Commonwealth Games in Brisbane passing through the Lake Macquarie region.

On the 6th February 1983 whilst opening the Sulphide Shield Carnival, the Mayor, Ald Geoff Pasterfield, officially named the ground "The Norm Johnson Field".

Norm also created the name of "Macquarie Shores" and an administration system that brought the club to the fore in competition. He was the backbone of the committee including the Care, Control & Management body, Little Athletics and Amateur Athletics. A tireless worker it was through his efforts that firstly the Hunter Zone Little Athletics then the Lake Macquarie Zone were formed. Under his stewardship & management skills, with the assistance of the Department of Sport & Recreation, Norm was able to secure a Commonwealth Employment Grant in 1985 which saw many improvements achieved on the athletic park. They may not have been completed for many years, if at all, except for Norm's efforts. Thanks to Norm's efforts Macquarie Shores achieved a first when Yellow Pages became a major sponsor of the Club in 1985. Macquarie Shores honoured Norm in 1985 with Life Membership for his dedication and work for the Club.

Many young athletes from Lake Macquarie Zone benefited from the trips away to Canberra/Orange (84) and with Port Hunter Zone accompanying Lake Macquarie Zone, to Queensland competing at QE2 (86), all thanks to Norm's perseverance, foresight and organisational skills.

Norm served on various Council committees, always eager to use his high degree of management skills to help develop sport and the image of Lake Macquarie. He was recognised for his efforts when in 1986 he was awarded the inaugural Sports Administrators Award at the Lake Macquarie Games official opening. This was later renamed the "NORM JOHNSON SPORTS ADMINISTRATOR OF THE YEAR AWARD" in recognition of his ongoing dedication to Sports Administration even whilst fighting the continual battle with Cancer – a fight he eventually lost, with the sporting community, particularly the

athletics community, losing such a dedicated administrator and friend. The field was renamed the “NORM JOHNSON MEMORIAL ATHLETIC FIELD” following Norm’s untimely passing.

On Friday 18th December 1987 his friends and many people from the sporting community joined Norm and his family when the Mayor of Lake Macquarie (Ald Ivan Welsh) renamed the athletic park the “NORM JOHNSON ATHLETIC FIELD” in the presence of many local and state dignitaries.

It was through Norm’s philosophy of “encourage not push” which in 1989 culminated in Macquarie Shores, the Club he loved and was so instrumental in building, achieved what others thought impossible, won the State Little Athletics Championships – breaking the bigger Sydney clubs dominance of this title.

Unfortunately Norm’s dream of a world class Athletic complex at Speers Point (he had drawn up the plans in preparation) has not come to fruition but he is sure to be looking down on Glendale Regional Athletic ground with pride keeping an eye on the next generations, including his grandchildren.

Norm’s Legacy lives on in the young athletes who have enriched their lives through sport thanks to Norm’s dedication and belief in what they can achieve.

All our lives have been enriched by knowing and being able to call Norm our friend.

Bruce James



EVENT SPECIFICATIONS

What events can each age group do & implement information. Note: the following are the events for Little

Athletics events, for Athletics NSW events please refer to the Athletics NSW website: www.nswathletics.org.au

	CENTRE ONLY	CENTRE & ZONE ONLY	CENTRE, ZONE & REGION	CENTRE, ZONE, REGION & STATE							
TRACK	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
50 metres	✓	✓									
70 metres	✓	✓	✓	✓	✓						
100 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200 metres	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400 metres	No	No	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pack Start	300m	500m	700m								
800 metres	No	No	No	✓	✓	✓	✓	✓	✓	✓	✓
1500 metres	No	No	No	No	No	✓	✓	✓	✓	✓	✓
3000 metres	No	No	No	No	No	No	No	✓	✓	✓	✓
Walk	No	No	No	700m	1100m	1100m	1500m	1500m	1500m	1500m	1500m
Hurdles	No	No	60m	60m	60m	80m	80m	80m	80 G	90 G	100 G
									90 B	100 B	110 B
200m Hurdles	No	No	No	No	No	No	No	✓	✓	No	No
300m Hurdles	No	No	No	No	No	No	No	No	No	✓	✓
Relay Jnr											
4 x 100 metres	No	No	No	✓	✓	✓	✓	No	No	No	No
Relay Snr											
4 x 100 metres	No	No	No	No	No	No	No	✓	✓	✓	✓
FIELD	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
High Jump	No	No	No	✓	✓	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Triple Jump	No	No	No	No	No	✓	✓	✓	✓	✓	✓
Discus	350gm	350gm	500gm	500gm	500gm	500gm	750gm	750gm	1kg	1kg	1.5kg B
											1kg G
Shot Put	500gm	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	4kg B	5kg B
	Pink	Blue	Yellow	Orange	Orange	Orange	Orange	White	White	Red	Green
										3kg G	3kg G
										White	White
Javelin	No	No	No	No	No	400gm	400gm	600gm B	600gm B	700gm B	700gm B
								400gm G	400gm G	500gm G	500gm G
Total # Events		8 events	9 events	11 events	11 events	13 events	13 events	15 events	15 events	15 events	15 events

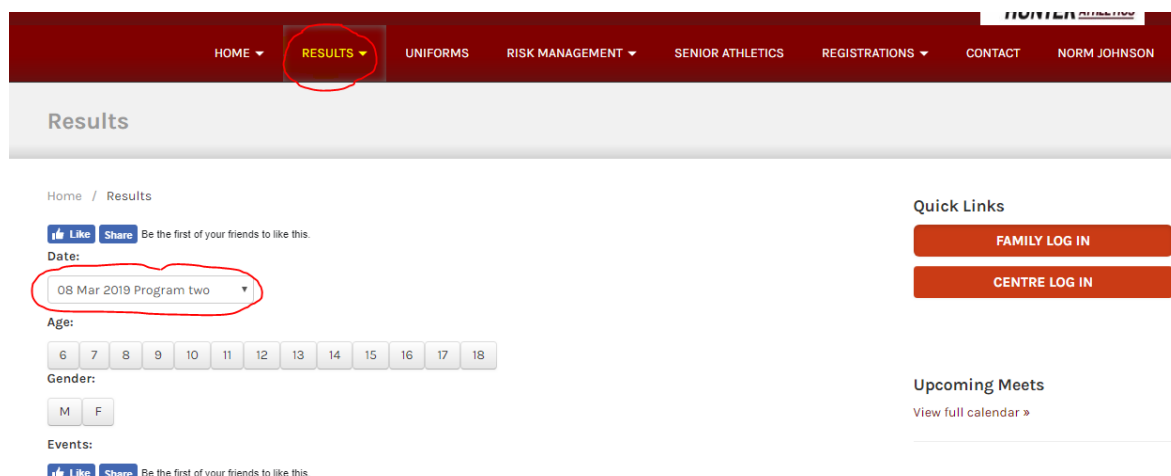
HURDLE SPECIFICATIONS - Little Athletics

Age group	Distance	Run in	Separation	Run out	Flights	Height
Under 8 Boy	60 metre	12 metre	7 metre	13 metre	6	45 cm
Under 8 Girl	60 metre	12 metre	7 metre	13 metre	6	45 cm
Under 9 Boy	60 metre	12 metre	7 metre	13 metre	6	45 cm
Under 9 Girl	60 metre	12 metre	7 metre	13 metre	6	45 cm
Under 10 Boy	60 metre	12 metre	7 metre	13 metre	6	60 cm
Under 10 Girl	60 metre	12 metre	7 metre	13 metre	6	60 cm
Under 11 Boy	80 metre	12 metre	7 metre	12 metre	9	60 cm
Under 11 Girl	80 metre	12 metre	7 metre	12 metre	9	60 cm
Under 12 Boy	80 metre	12 metre	7 metre	12 metre	9	68 cm
Under 12 Girl	80 metre	12 metre	7 metre	12 metre	9	68 cm
Under 13 Boy	80 metre	12 metre	7 metre	12 metre	9	76 cm
Under 13 Girl	80 metre	12 metre	7 metre	12 metre	9	76 cm
Under 14 Girl	80 metre	12 metre	7 metre	12 metre	9	76 cm
Under 14 Boy	90 metre	13 metre	8 metre	13 metre	9	76 cm
Under 15 Girl	90 metre	13 metre	8 metre	13 metre	9	76 cm
Under 15 Boy	100 metre	13 metre	8.5 metre	10.5 metre	10	76 cm
Under 17 Girl	100 metre	13 metre	8.5 metre	10.5 metre	10	76 cm
Under 17 Boy	110 metre	13.72 metre	9.14 metre	14.02 metre	10	76 cm
Under 17 Boy (Classified)	100 metre	13.72 metre	9.14 metre	13.16 metre	9	76 cm
Under 13 Boy	200 metre	20 metre	35 metre	40 metre	5	68 cm
Under 13 Girl	200 metre	20 metre	35 metre	40 metre	5	68 cm
Under 14 Boy	200 metre	20 metre	35 metre	40 metre	5	76 cm
Under 14 Girl	200 metre	20 metre	35 metre	40 metre	5	76 cm
Under 15 Boy	300 metre	50 metre	35 metre	40 metre	7	76 cm
Under 15 Girl	300 metre	50 metre	35 metre	40 metre	7	76 cm

Under 17 Boy	300 metre	50 metre	35 metre	40 metre	7	76 cm
Under 17 Girl	300 metre	50 metre	35 metre	40 metre	7	76 cm

ACCESS TO RESULTS

All of our carnival results are entered into Resultshq. You can view individual results directly on the MacHunter website at : <http://www.machunter.com.au/results/>.



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Results

Home / Results

Like Share Be the first of your friends to like this.

Date:

08 Mar 2019 Program two ▾

Age:

6 7 8 9 10 11 12 13 14 15 16 17 18

Gender:

M F

Events:

Like Share Be the first of your friends to like this.

Quick Links

FAMILY LOG IN

CENTRE LOG IN

Upcoming Meets

View full calendar »

Or Select “Results” on the website, choose date and age group for the results of interest. You can also login to resultshq to gain access to many features such as:

- Results by Date – includes access to 2021/22
- Results by a family member
- Graph of results with members average and centre records
- PB count
- Season Best and count for all events
- Tickets to view and print
- Link to video for more information:
<https://www.youtube.com/watch?v=EpUff3zX4DY&feature=youtu.be>

Login to Resultshq by clicking the family link shown above on the results page or go to:
<https://resultshq.com.au/Login/Index/>

The login username is the email that you used for registration.
If you cannot remember your password, go here and put in your username:
<https://resultshq.com.au/login/forgotpassword>

You will be sent an email with a link to reset your password. If you cannot remember your username/email contact the Club Registrar.

Important Note: If you have more than one account or multiple emails linked to different family members, please visit the page:

<https://support.timingsolutions.com.au/hc/en-us/articles/360028814211-Family-User-Accounts> and follow instructions on migrating to a single user account and linking family members.