



**WOLLONGONG
CITY
LITTLE
ATHLETICS
CLUB**

**Centre Handbook
2022 - 2023**



Wollongong City Little Athletics

2022 - 2023

Centre Handbook



www.wcla.org.au



Wollongong City Little Athletics



www.lansw.com.au

Wollongong City Little Athletics

Welcome, athletes and families to Wollongong City Little Athletics Club (WCLA) for season 2022-2023.

I'm Chris McCabe, president of WCLA. A club such as WCLA cannot provide the competition experience it does without the hard work of those who volunteer their time to work on the club committee. On behalf of the current committee, I would like to acknowledge the hard work done by last year's committee, they worked very hard to provide competition and enjoyment for the athletes.

Every season, it is with a little sadness that we farewell our under 17 age group of athletes. Many of the young adults in this age group started with WCLA when they were very young and have been members for up to 10 years and in some cases beyond. These athletes have made a valuable contribution to our club and were great leaders and role models for the younger athletes. We wish them every success for the future in their personal and sporting endeavours.

It is a pleasure to be involved in this club, where friendships are formed and our 'family, fun and fitness' message is seen all the time. It is this encouragement and friendship that encourages our athletes to participate in competitions outside of club competition. This was evident at the State Relay, Zone, Regional and State Championships.

In a sport that can be considered an individual sport, the State Relay Championships provide the 'competing as part of a team' experience. Each year a great weekend is had by all athletes and enthusiastic parents cheering the teams on at Sydney Olympic Park. Each year athletes have the opportunity to compete at Zone Championships. Apart from the competition, participating at these carnivals brings athletes and their families closer together and promotes club spirit. This season both the Zone Championships will be held at Dapto Little Athletics with a backup venue of Beaton Park. Regional Championships will be held at Griffiths. We hope that athletes take the opportunity to participate in these competitions.

Finally, I would like to acknowledge the new committee for the upcoming 2022-2023 season. The committee members give up their time to ensure that WCLA continues to provide a high level of competition. It is a collective team effort that enables competition to be held each week. Each committee member contributes to our club so that it can improve and grow to continually provide an environment of 'family, fun and fitness'. Little Athletics is more than a sport, It is a community-oriented organisation which enables the entire family to do something together.

On behalf of the committee, we hope that your athletic experience is a memorable one.

Yours in athletics

Chris McCabe
President
Wollongong City Little Athletics Centre Inc

Wollongong City Little Athletics Committee 2022 - 2023

Wollongong City Little Athletics Centre Committee is made up of parents & carers who volunteer their time to ensure the center functions in accordance with the guidelines set down by NSW Little Athletics. The Committee generally meets during the 1st Week of each month throughout the year, this season due to covid we will hold our meeting online. All members are welcome to attend or contribute items for discussion. If you cannot attend, please send your item/s via the club website email address, wcla.org@gmail.com

Committee Position	Name	Email
President	Chris McCabe	president.wcla@gmail.com
Vice President / Publicity Manager	Stephanie Hopper	vicepresident.wcla@gmail.com
Secretary / Public Officer	Rebecca Anderson	wcla.org@gmail.com
Treasurer / Results Database / First Aid / Web Master	Michelle Reid	results.wcla@gmail.com
Registrar / WWC	Sascha McCabe	registrar.wcla@gmail.com
Uniforms	Samantha Brown	admin@sbnominees.com.au
Team Manager / Assistant Registrar	Jamie Dawson	team.wcla@gmail.com
Registrar Assistant	Lianne Munro	
Track & Equipment Officer	Chris McCabe	
Program Manager / Zone Rep	Brett Barklay Chris McCabe	
Life Members	Ron Thompson Karen Carli Marg Pierro Brett Barklay Chris McCabe	

Wollongong City Little Athletics

General Committee	Hannah Reid-O'Brien Sharon Stevens Danielle Hare Matt Clark Lauren Clark	
BBQ Coordinator	Lianne & David Williams	
BBQ Shopper	Julie Hopper	juleshopper2@bigpond.com

Centre Coaches

<i>Below is a contact list of our Club Coaches, feel free to contact them for training times & pricing</i>		
Level 2 Adv	Chris Twigg	0400 923 487
Level 2	Chris McCabe	0414 538 589
Level 2	Brett Barklay	0412 909 145
Level 1	Reece Gibbins	0402 096 152

Wollongong City Little Athletics

Athletics is primarily a Summer sport and this season runs from September to March with a break over Xmas & New Year.

Athletes must be signed in by 5pm and should be waiting in lines behind age baskets in their age group by 5.15 pm. Athletes must wait for an Age Manager to take them to their events.

If due to weather competition is cancelled, we will attempt to update our Facebook pages, the website www.wcla.org.au by 4pm &/or send a group email.

All local Gala Days on the calendar (*listed in Italics*) are extra Competitions you may like to enter. Entry Forms will be available closer to the date and are mostly available on the website of the host club. There is usually a small fee to enter and is a great way to meet new friends whilst enjoying some competition.

Barbeque Roster

A Barbeque is prepared for each season. This is the club's main way of raising funds to cover the high cost each week to run at the Kerryn McCann Athletics Centre (Beaton Park). The fees are in excess of \$700.00 per competition night. With this in mind, please assist with set up and help the barbeque coordinator when your child/s age group is rostered.

2022/2023 BBQ Roster

Please arrange 2-3 parents per age group to help out on the BBQ. Please note, there will be a sign on sheet.

October

07/10/2022	U11 Boys & Girls
14/10/2022	U10 Boys & Girls
21/10/2022	U9 Boys & Girls
28/10/2022	U8 Boys & Girls

November

04/11/2022	U7 Boys & Girls
11/11/2022	U6 Boys & Girls
18/11/2022	U13/U14 Boys & Girls

December

02/12/2022	U12 Boys & Girls
09/12/2022	U11 Boys & Girls
16/12/2022	U10 Boys & Girls

January

13/01/2023	U9 Boys & Girls
20/01/2023	U8 Boys & Girls
27/01/2023	U15/U17 Boys & Girls

February

10/02/2023	U7 Boys & Girls
17/02/2023	U6 Boys & Girls
24/02/2023	U13/U14 Boys & Girls

March

03/03/2023	U12 Boys & Girls
10/03/2023	U11 Boys & Girls
24/03/2023	U10 Boys & Girls
31/03/2023	U9 Boys & Girls

If a club night is cancelled due to weather the roster will roll over for the following competition night.

Wollongong City Little Athletics

Sponsorship

Thank you to our Major Sponsors, **[insert names]** for their continued support.

If you know of a business that may be interested in donating to the Club or BBQ, could you please advise the WCLA Secretary. Donations of BBQ supplies or a financial donation to the club would be greatly appreciated. WCLA would promote and advertise sponsorship received. This would be done via our website, Facebook Page and at the track.

Wollongong City Little Athletics

Wollongong City Little Athletics Centre Calendar 2022 - 2023

Please Note: Changes to the calendar are sometimes unavoidable. The website and Facebook will advise of any changes to the calendar.

August

Monday 1st online registrations start via www.lansw.com.au
Wednesday 10th Rego Pack pickup day 5pm-7pm @ Beaton Park
Sunday 21st Rego Park pickup day 10am-1pm @ Beaton Park

October

Friday 7th First Club Night
Friday 14th Club Night
Friday 21st Club Night
Sunday 23rd *Albion Park LAC Gala Day – John O'Dwyer Oval, Croom Regional Sporting Complex, Croom Rd Albion Park*
Friday 28th Club Night

November

Friday 4th Club Night
Sunday 6th *St Georges Basin LAC Dragon Derby – Sanctuary Point Oval, Larmer Ave, Sanctuary Point*
Friday 11th Club Night
Saturday 12th State Relay Championships – Sydney Olympic Athletics Centre, Homebush U8-U11
Sunday 13th State Relay Championships – Sydney Olympic Athletics Centre, Homebush U12-U17
Friday 18th Club Night
Sunday 20th *Dapto LAC Gala Day – Dapto High School Oval, 20 Cleveland Road, Dapto*
Saturday 26th Zone 4 South Coast Highlands Championships – Dapto High School Oval, 20 Cleveland Road, Dapto
Sunday 27th Zone 4 South Coast Highlands Championships – Dapto High School Oval, 20 Cleveland Road, Dapto
Sunday 27th *Shoalhaven LAC Gala Day – Ron Brown Oval, Shoalhaven High School, 60 Park Road, Nowra*

December

Friday 2nd Club Night
Friday 9th Club Night
Friday 16th Last Club Night for 2022

January

Sunday 8th *Lake Illawarra LAC Summer Carnival – Myimbarr Community Park, Wattle Street, Flinders*
Friday 13th Club Night
Friday 20th Club Night
Friday 27th Club Night

February

Saturday 4th Coles Region 4 Championships – West End Sports Stadium, Merrigal St, Griffith
Sunday 5th Coles Region 4 Championships – West End Sports Stadium, Merrigal St, Griffith
Friday 10th Club Night
Friday 17th Club Night
Friday 24th Club Night

March

Friday 3rd Club Night
Saturday 4th Kumon State Combined Carnival – Bill Jacob Athletic Field, Wagga Wagga
Sunday 5th Kumon State Combined Carnival – Bill Jacob Athletic Field, Wagga Wagga
Friday 10th Club Night
Saturday 18th McDonalds State Championships – Sydney Olympic Park Athletics Centre, Homebush U9-U17 TBC
Sunday 19th McDonalds State Championships – Sydney Olympic Park Athletics Centre, Homebush U9-U17 TBC
Friday 24th Club Night
Friday 31st Club Night End of Season

April

Saturday 22nd Australian Little Athletics Championship - U13/U15 Date and Venue TBC
Sunday 23rd Australian Little Athletics Championship - U13/U15 Date and Venue TBC
Presentation Night – Date and Venue to be confirmed

June – August – State Cross Country & Road Walks- Dates & Venues TBC

Wollongong City Little Athletics

Events for Each Age Group

EVENT	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U17
50m	x	x									
70m	x	x	x	x	x						
100m	x	x	x	x	x	x	x	x	x	x	x
200m	x	x	x	x	x	x	x	x	x	x	x
400m			x	x	x	x	x	x	x	x	x
500m (Pack Start)		x									
700m (Pack Start)			x								
800m			x	x	x	x	x	x	x	x	x
1500m						x	x	x	x	x	x
3000m								x	x	x	x
700m Walk				x							
1100m Walk					x	x					
1500m Walk							x	x	x	x	x
60m Hurdles			x	x	x						
80m Hurdles						x	x	x	Girls		
90m Hurdles									Boys	Girls	
100m Hurdles										Boys	Girls
110m Hurdles											Boys
200m Hurdles								x	x		
300m Hurdles										x	x
Long Jump	x	x	x	x	x	x	x	x	x	x	x
High Jump				x	x	x	x	x	x	x	x
Triple Jump						x	x	x	x	x	x
Shot Put	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kgG 4kg B	3kg G 5kg B
Discus	500g	350g	500g	500g	500g	500g	750g	750g G 1kg B	1kg	1kg	1kg G 1.5kgB
Javelin						400g	400g	400g G 600g B	400g G 600g B	500g G 700g B	500g G 700g B

Wollongong City Little Athletics

WCLA provides a 3-week rotation of events so athletes can compete in a range of events. This rotation provides the opportunity to participate in all events over the 3-week rotation. The events for each age group are approved by Little Athletics NSW. Please note that the program may change due to unforeseen circumstances. However, the club will endeavour to keep program disruptions to a minimum.

Program 1	Event 1	Event 2	Event 3	Event 4	Event 5
Under 6	50m (1)	Long Jump	Discus		
Under 7	50m (1)	500m (4)	Long Jump		
Under 8	Long Jump	70m (3)	700m (5)	Shot Put	
Under 9	High Jump (SK)	70m (3)	800m (6)	700m	
Under 10	100m (2)	Turbo Javelin	70m (3)	1100m	
Under 11	100m (2)	Long Jump	800m (6)	Javelin	1100m Walk (8)
Under 12	100m (2)	High Jump	800m (6)	1500m Walk	
Under 13	100m (2)	Discus	800m (6)	Triple Jump	1500m
Under 14	100m (2)	Discus	800m (6)	Triple Jump	1500m
Under 15/17	100m (2)	Discus	800m (6)	Triple Jump	1500m

Program 2	Event 1	Event 2	Event 3	Event 4	Event 5
Under 6	Shot Put	100m (4)	300m Pack (5)		
Under 7	Long Jump	Shot	100m (4)		
Under 8	60m hurdles (1)	Long Jump	100m (4)	Discus	
Under 9	60m hurdles (1)	Discus	100m (4)	Turbo Javelin	
Under 10	60m hurdles (1)	High Jump (SK)	400m (6)	Shot Put	
Under 11	80m hurdles (2)	Triple Jump	Shot Put	400m (6)	
Under 12	Discus	80m hurdles (2)	Triple Jump	400m (6)	Javelin
Under 13	Long Jump	80m hurdles (2)	Javelin	200m (7)	1500m
Under 14	Javelin	Sprint hurdles (3)	Long Jump	200m (7)	1500m
Under 15/17	Javelin	Sprint hurdles (3)	Long Jump	200m (7)	1500m

Program 3	Event 1	Event 2	Event 3	Event 4	Event 5
Under 6	Long Jump	200m (3)	70m (4)		
Under 7	Discus	200m (3)	70m (4)		
Under 8	200m (3)	Long Jump	Shot Put	400m (5)	
Under 9	200m (3)	Shot Put	Long jump	400m (5)	
Under 10	Long Jump	Discus	200m (3)	800m (6)	
Under 11	High Jump	200m (3)	Discus	1500m	
Under 12	Shot Put	200m (3)	Long jump	1500m	
Under 13	200m hurdles (2)	High Jump	400M (5)	Shot Put	3000m
Under 14	200m hurdles (2)	High Jump	400M (5)	Shot Put	3000m
Under 15/17	300m hurdles (1)	High Jump	400M (5)	Shot Put	3000m

Little Athletics N.S.W

Thank you for choosing Little Athletics as a sport for your child. We hope you enjoy the experience, and that both you and your child can learn new skills and make new friends. Little Athletics would not exist if it were not for the enthusiastic support offered by parents and carers for all Centre and Association activities. Thank you for your assistance.

A great source of information about Little Athletics and the various activities and events on offer is our website www.lansw.com.au. Make sure you visit the site sometime.

If you have any questions or queries about Little Athletics, your first point of contact should always be your local Centre. Make sure you know who the Committee members are and feel free to approach them at any time.

Welcome to the Little Athletics family!

Little Athletics N.S.W Mission Statement

“The Little Athletics Association of NSW aspires to provide the community with recreational athletic activities that contribute to the healthy development of our children.”

Such activities will promote:

- Fun
- Fitness
- Development of skills
- The building of character and self esteem
- The fostering of good sportsmanship in a safe, positive, family-friendly and inclusive environment

Excerpt from the Little Athletics NSW handbook.

Parent Participation Requirement.

The activities of the centre are operated entirely by the efforts of parents & carers. This means that if parents & carers don't help, then the athlete's opportunities will be severely hampered. With this in mind, we ask all parents & carers to help where they are able to. For most it will mean sharing a task each week. If the necessary assistance is provided, the athletes will benefit from an uninterrupted program.

Tasks include Age Managers, Age Manager Assistants, starter, set up, pack up, place judging, and the barbeque. There are always plenty of experienced parents, carers and the committee on hand to answer any questions you may have.

Helping with events on the night is very satisfying, it allows you to enjoy the time with your child and it makes the night go quicker.

Parents/carers must always stay at the grounds. Please **do not** drop your child/ren off and leave, as any unsupervised child/ren can, and will, be excluded from competition. In the event that your child is injured, a parent/carer must be present. If you are not present, our only option is to call an Ambulance.

If your child is representing the club at representative carnivals a parent roster will be implemented for children entered and is a condition of entry.

Thank you from the WCLA Committee.

Competition Rules and Centre Uniform

Uniform

Centre Uniform is compulsory at Centre level and all Association sanctioned carnivals.

The Centre uniform comprises of following:

Centre singlet top, Centre t-shirt, Centre shorts or Centre crop set.

Little Athletics Registration Number and Age Patch (Coles patch & numbers are to be added as per the below photos). These items must be attached to the front of all Centre uniforms before an athlete competes. Any sponsor's name and borders surrounding numbers on the registration and age patch must be visible and are not to be cut off.

Registration numbers must be clearly displayed on the front of the uniform T-shirt, singlet top, or two-piece uniform, so it is visible at all times when competing. The age patch is to be worn on the upper left-hand side of the competitor's T-shirt or on the left-hand side of the bike shorts.

Please note: Athletes who are trialing or not in full uniform are unable to receive competition points. An athlete who is not in full uniform is also unable to be awarded a centre record. For these reasons, it is important to always have your correct uniform on at competitions.

Two Week Trial Period

We offer a trial Registration to new athletes where they can compete for the **first 2 consecutive weeks** of the season at a cost of \$40.00. After the 2 weeks, the athlete is required to obtain **full** registration with \$40.00 being deducted from the full fee. **However, to compete for centre competition points, competitors must be fully registered and in full uniform.** Uniforms are at a cost of \$66 for the set, (\$33 top, \$33 bottoms) and must be worn once an athlete is registered, **no exceptions.**



Skins

Skins and other brand above the knee pants can be worn (irrespective of stitching etc.) but only as an undergarment under shorts or pants for both girls and boys.

Footwear – Spikes (the following is taken from LANSW page)

- Footwear is compulsory for ALL competitors in ALL events. Spike shoes **MUST NOT** be worn in any U6 to U10 event (this is a Little Athletics Australia standard rule).
- Starting blocks can only be used by athletes wearing spikes, ie U11 and above.
- Competitors in the U11 and U12 age group may wear spikes in events run entirely in lanes, long jump, triple jump and high jump.
- Competitors in the U13 to U17 age groups may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump, javelin, 800m, 1500m and 3km.
- Competitors must not wear spike shoes with the spikes removed in any event. Spike shoes must only be worn during the event and are not to be worn to and from the event.

Appropriate enclosed footwear is compulsory at Centre level and all Championship Carnivals. Spikes may be worn **from Under 11's**, but not in pack start events. Under 13's and over may wear spikes in 800m. Spikes **must** be removed immediately after each event and carried with the athlete. There is a maximum spike length of 7mm for track events and 9mm for field events. Spike shoes are not necessary.

High Jump

All U/9 and U/10 athletes must do scissor kicks when competing in the High Jump as per NSW Little Athletics regulations.

Dual Registration

Dual Registration provides the opportunity for any Little Athlete in Age Groups (U12-U17) to experience Senior Athletics. Athletics NSW with Little Athletics offers a Dual membership to all registered Little Athletic members (U12-U17 years) free of charge. This membership allows you to compete in Athletics Australia, Athletics NSW and Little Athletics events that occur all year. By registering with a Senior Club, it also provides the added benefit of creating a clear pathway for your future running success.

Our local senior clubs are - Athletics Wollongong, Illawarra Blue Stars and Kembla Joggers. More information about dual registration can also be found on the Athletics NSW website. Any queries regarding local senior club competitions should be directed directly to the club. Each club has its own website and Facebook page for details.

Behaviour and Safety

Behaviour

Parents are responsible for the conduct and behaviour of their children at all times. The members of the committee or the Age Manager reserve the right to remove children who disrupt events. Under the LANSW policy on child protection, either a parent or carer must accompany their children at all times, as in previous years it is a requirement that all athletes have a parent or nominated carer at the grounds at all times, please do not drop off. Children who are accompanied by a parent or carer during the Centre's activities, will not be able to compete and therefore will not receive competition points.

Safety

Athletes and spectators must never walk in front of the Discus, Shot Put or Javelin events as you could be seriously injured. You are also reminded that you must never intentionally interfere with any athlete during their run up for the Long Jump, Triple Jump or High Jump. When crossing the track always check that there is no race in progress. Children **must not** leave their Age Groups without first informing their Age Manager.

After Your Race

At the completion of your race, return to the finish line, remove your spikes then athletes are to stand in the lanes they started in until the Track Judge calls them away. You then proceed in order to the recording table to have your places and times recorded. When all times are recorded your Age, Manager will take you to your next event.

Working with Children

Of utmost importance is the safety and well-being of all children and adults.

All parents and volunteers must sign a working with children form before being involved with the activities of your centre.

Getting Involved

At Little Athletics NSW, we understand that just like our athletes, our parents come from a diverse range of backgrounds and as such have different talents and experience. There is a place for everyone at Little Athletics and there are a number of ways that you can become involved. You may have skills that the centre doesn't even know they need, so if you think you can help with something, please let the committee know.

Codes of Behavior

Athletes

1. Compete and train for the "fun of it", not just to please your parents or coach.
2. Play by the rules.
3. Never argue with the official's decision. Let your Centre Manager or Coach ask any necessary questions.
4. Control your temper – no "mouthing off", breaking equipment, throwing implements or other equipment.
5. Work equally for yourself and your team in relay and team events, your team's performance will benefit and so will your own.
6. Be a good sport. Cheer all good performances, whether you are Centre mates or your opponents. Do not act smart or 'cocky'.

7. Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of any athlete.
8. Remember that the goal of training or competition is to have fun, improve your skills and feel good.
Do not be a show-off or brag about your own performances.
9. Cooperate with your coach, Centre mates and opponents, for without them you would have no competition.
10. Participate for your own enjoyment and benefit, not just to please parents and coaches.
11. Remember all that is ever requested of you is to 'Be Your Best'.

Parents/Carers

A child's basic training in good sportsmanship comes from the home!

1. If children are interested, encourage them to participate. However, if your child is not willing, do not force him/her.
2. Focus upon your child's efforts and performance rather than the overall outcome of the event.
3. This assists your child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
4. Teach your child that honest effort is as important as victory so that the result of each competition is accepted without undue disappointment.
5. Encourage your child to always participate according to the rules.
6. Never ridicule or yell at your child for making a mistake or losing a competition.
7. Remember children are involved in organised sports for their enjoyment not yours. If children are interested, encourage them to participate. However, if your child is not, don't 'push' them.
8. Remember that children learn best by example, applaud good performances by **ALL** athletes.
9. If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgement and honesty in public. Remember that most officials give their time and effort for your child's involvement voluntarily.
10. Support all efforts to remove verbal and physical abuse from children's sporting activities.
11. Recognize the value and importance of volunteer coaches; they give their time and resources to provide recreational activities for your child.

NSW Little Athletics Structure

The Centre

The basic unit of Little Athletics is the Centre. This consists of one or more individual Centres competing together at a common venue. All athletes registered with the Centre are eligible to compete provided they meet minimum qualification levels deemed by the Centre and LANSW. The venue for the competition of WCLA is the Kerryn McCann Athletics Centre, Foley's Road, Gwynneville

The Zone

Centres have been grouped into Zones by the Little Athletics Association for the purpose of providing the next level of competition. **Wollongong City** is part of the **South Coast/ Highlands Zone**, which consists of the following centres: **Bowral, Dapto, Northern Illawarra** and **Wollongong City**. There are 24 Zones throughout NSW. Centres within each zone elect delegates to attend Zone meetings chaired by a Zone Coordinator, who is elected by the delegates. At these meetings, Zone policy is determined, and the Zone Championships are organised. The meetings are also used as a forum where Centres can raise problems that they are having difficulty in solving. The Zone Coordinator liaises regularly with the New South Wales Little Athletics Association.

The Region

LANSW consists of eight Regions, WCLA and our zone are part of Region 4. This region consists of 4 zones. The zones are Mid-South Coast (6 centres), South Coast Highlands (4 centres), Eastern Riverina (10 centres) and Western Riverina (7 centres).

Championship Events

Zone Championships

The Zone Championship is an annual two-day carnival open to the five Centres within our Zone.

For more information, please contact your Team Manager or a Committee Member.

Regional Championships

The Regional Championship is an annual two-day carnival.

For more information, please contact a Committee Member.

State Championships

The venue for the Championships is at SOPAC - **Sydney Olympic Park Athletics Centre, Homebush**, on **18th and 19th March 2023**.

Automatic Qualifiers (up to 24 competitors across the 8 Regions)

First and second place from each of the 8 Regions will progress to the State Championships.

Additional Performance Based Qualifiers

Up to 8 additional competitors from across all Regions.

To determine the additional performance-based qualifiers, all athletes (from finals) after the automatic qualifiers, across all Regions, will be collated and the best 8 determined. Where there are equal performances for the 8th position, all athletes that achieved that equal performance are excluded from the State Championships. This could mean that some events will have less than the 8 additional competitors.

Kumon State Combined Carnival

The Kumon State Combined Carnival is held on the first full weekend in March each year, normally at a Country venue. The venue for 2022/23 is at Bill Jacob Athletic Field, Wagga Wagga. This season's Championships is set down for **Saturday 4th March and Sunday 5th March 2023**. Any Athlete in the U7 through to U17 is eligible to compete at these championships, however numbers may be capped. Athletes participate in **ALL** of the events on offer for their particular age group. The events consist of 100m or 200m, 800m, Long Jump, Shot Put, Discus, Hurdles and in the U17 High Jump and Javelin. Entries for these championships are done on-line via the NSW Little Athletics Website before the cut-off date for entries.

State Relay Carnival

The State Relay Championships is the largest event on the LANSW calendar in terms of number of competitors. This season's relay is scheduled for **Saturday 12th November and Sunday 13th November 2022**. As the name suggests the Championships are comprised entirely of relay events. The State Relays are held in November each year. Juniors (U8 to U11), compete on the Saturday and Seniors (U12 to U17) compete on the Sunday. The Championships are usually held at Sydney Olympic Park Athletics Centre.

State Cross Country and Road Walks

Although not during the regular LANSW season, this event is usually held on the first Sunday in July each year. Athletes in the U7 through to U17 age groups are eligible to enter. Entries can be done online. There are **NO** entries taken on the day.

Australian Championships

The ALAC (Australian Little Athletics Championships) is a one-day event, including 2 lead-up camps held every year, hosted by each State or Territory on a rotational basis. Athletes are selected for the NSW team based on their performances during the State Championships and State Multi Event Championships. Athletes are selected from the U13 & U15 age groups only.

Parent/Carer Participation at L.A. Carnivals

Parent assistance is required for any child who compete at State Relays, Zone, Region or State Championships. Parent requirements are based on the number of athletes entered into the carnival. A parent roster is prepared, and every effort is made to allocate a roster duty at a time to coincide with child/ren's event.

Athlete Travel Assistance

If a Wollongong City Athlete is chosen to represent Little Athletics Australian Championships an application can be made for financial assistance. The assistance can be granted only for travel outside of NSW (not including ACT). The assistance is not available for school events.

Personal Accident Insurance

Little Athletics Australia (which includes every affiliated Association and Centre) provides Personal Accident Insurance cover for all registered Little Athletes, officials and voluntary workers. **This cover does not extend to spectators.**

Cover for Athletes is effective in the following circumstances:

- When engaged in Little Athletics competitions and training, which is officially organised by and under the control of the LANSW or a Centre.
- When travelling directly to and from, either of the above.

Cover for Officials and Voluntary Workers is effective in the following circumstances:

- When a volunteer or official is actively involved in helping or officiating at a competition conducted by LANSW or a Centre.
- When travelling directly to and from an activity conducted by LANSW or a Centre
- Due to limitations of the Insurance code, you must remain on the outside of the circular fence if not officiating or helping conduct events.

It should be noted that anyone who suffers an injury or accident, who is on the field but not officiating/helping, is not covered by this policy.

Wollongong City Little Athletics Recognition Awards

The Club recognises the performance of athletes based on point-score achieved through competition and to encourage children to continue in the sport of athletics. The Clubs awards are as follows:

Age Point-score Champion

This award is presented to 1st, 2nd and 3rd place-getters in both boys and girls age groups on points accumulated throughout the season. Points are awarded to athletes at centre competition nights, for performance in events programmed for their Age group. Points will be awarded for performance in each event. Points are not awarded for heats.

An athlete's attendance must be at least 50% of the season to be eligible.

The points are awarded as follows:

1st Place: 4 points, **2nd Place:** 3 points, **3rd Place:** 2 points, **All other participants** 1 point.

Age Group Awards

There are two other awards that may be awarded for age groups up to the U12 age group.

These awards are based on performance and sportsmanship.

Event Champion Award

Event Champions are awarded in the following events:

Sprints (laned events up to and including 400m), Middle Distance (over 400m and Pack Starts), Hurdles, Walks, High Jump, Long Jump, Triple Jump, Shot Put, Discus and Javelin. An athlete's attendance must be at least 50% of the season to be eligible for these awards. An athlete who is not at a club competition night because they are competing at an Athletic event e.g. State Multi or Nationals, is not considered as non-attendance at club competition night.

Points are awarded as follows: 1st place in the event a majority of times during normal season, 1 point.

Zone Finals: 1st 5 points, 2nd 4 points, 3rd 3 points, 4th to 8th place 2 points.

Regional Finals: 1st 8 points, 2nd 6 points, 3rd 4 points, 4th to 8th place 3 points.

State Finals: 1st 10 points, 2nd 9 points, 3rd 8 points, 4th 7 points, 5th 6 points, 6th 5 points, 7th 4 points, 8th 3 points, 9th to 16th 2 points, 17th to 24th 1 point.

Holding a current Record: Centre Level 1 point, Zone 2 points, Regional 3 points, State 4 points, National 5 points.

Participation Award

A participation award will be presented to any registered athlete who competes at Centre level and receives no other awards; and are in attendance at the WCLA Centre Presentation.

President's Award

This award is given to the person who, in the opinion of the President, best reflects the spirit of Little Athletics. That is an athlete who best represents the "family, fun and fitness" as well as "to be your best".

State Multi Award

The State Multi Award is awarded to an athlete (boy or girl) who from our club achieves the highest position in the top 8 placements of the State Multi Event. If the above criteria are not achieved in any season, the award will not be awarded.

NSW State Team Award

This award is given to any U13 or U15 child who is selected in the NSW State Team of 26 to contest the Australian Little Athletics Championships held each year in April/May.

5 Years' Service Award

An award will be given to any athlete who has achieved 5 years continuous service with WCLA.

LANSW 10 Year Athlete Service Award

This award is a certificate provided by LANSW to athletes who have given 10 years **continuous** service at any Little Athletics Club in NSW and is presented upon the age in that the 10 years is achieved.

WCLA Life Member Award

Wollongong City Little Athletics presents a Life Member award. This award is presented to individuals who have made a long and outstanding contribution to the Centre and to Little Athletics in general. Nominations for Life members will be accepted up until the end of February each year, for consideration by the Acting committee.

Season Best Certificates

Certificates are awarded to 1 Athlete from each age group who accumulate the most season best performances across all events throughout the 2022/2023 season.

Certificates are also awarded throughout the season for breaking Centre Records

Award Recipients 2021-2022 Season.

President's Award

Kaitlyn Williams

Kumon State Combined Award

Harlow Pate

LANSW 10 years Athlete Service Award

Noah Towill
Mikaela Markovski
Zoe McClatchie

5 Years + Continuous Service Awards

Flynn Barlow
Matilda Crawford
Ezekiel Curtis
Jack Johanson
Lara Johanson
Denbigh Lewis
Nickan Rahmannia
Elizabeth Suthers
Madison Watts
Savannah Wiki
Tayla Wiki
Kaitlyn Williams

Wollongong City Little Athletics

Age Point-Score Champion Awards for 2021-2022

Age	Place	Girls	Age	Place	Boys
U6	1st	Emilia Coso	U6	1st	Xavier Curtis
	2nd	Abigail Chudleigh		2nd	Louis Vanderglas
	3rd	Josie Nainggolan		3rd	Jack Foreman
U7	1st	Arlo Brown	U7	1st	Angus Barlow
	2nd	Evelyn Barlow		2nd	Max Britton
	3rd	Emily Leach		3rd	Jai Costabile
U8	1st	Harlow Pate	U8	1st	Isaac Park
	2nd	Heidi Woloch		2nd	Darcy Woods
	3rd	Andrea Coso		3rd	Oliver Hawkins
U9	1st	Aaliah Gaudiosi	U9	1st	Pauliasi Lago
	2nd	Emily Hopper		2nd	Jacob Dowler
	3rd	Hartley Brown		3rd	Flynn Courtney
U10	1st	Amara Parker	U10	1st	Mitchell Taylor
	2nd	Caitlin Barnard		2nd	Ezekiel Curtis
	3rd	Amelia Park		3rd	Flynn Barlow
U11	1st	Savannah Wiki	U11	1st	Michael Melfi
	2nd	Honor Brown		2nd	Randy O'Brien
	3rd	Emily Clark		3rd	Sonny O'Brien
	3rd	Madison Bright			
U12	1st	Imogene Anderson	U12	1st	Isaac Malcolm
	2nd	Ivy Foster		2nd	Callan Malcolm
	3rd	Flavia Freddo		3rd	Joshua Costabile
U13	1st	Madhu Mahen	U13	1st	Liam Crawford
	2nd	Tayla Wiki		2nd	Tomoki Henderson
	2nd	Emily Benefiel		3rd	Hunter Bright
	3rd	Elizabeth Suthers			
U14	1st	Kaitlyn Williams	U14	1st	Marcus Melfi
	2nd	Morgan Simon		2nd	Cooper Morrison
	3rd	Allira Houston Gee		3rd	Waldo Pretorius
U15	1st	Zoe McClatchie	U15	1st	Nickan Rahmannia
	2nd	Keira Rejske		2nd	Chase Grant
	3rd	Alyssa Monkman		3rd	No 3rd Place
U17	1st	Kaylee Reid-O'Brien	U17	1st	Jack McClatchie
	2nd	Lara Johanson		2nd	Joe Hinds
	3rd	Loen Sevastos		3rd	Keegan Whitten

Wollongong City Little Athletics

Most Improved and Encouragement Awards 2021-2022

Most Improved				Encouragement			
Girls		Boys		Girls		Boys	
U6	Isabelle Irish	U6	Iziaha Ma'u	U6	Imogen Courtney	U6	Hamish Ostermeyer
U7	Zara Humphries	U7	Elliott Gruber	U7	Evie Towse	U7	Bradley Cohen
U8	Hunter Lowry	U8	Jesse Curtis	U8	Ainslie Dowler	U8	Yonal Perera
U9	Serena Cordaro	U9	Liam Clark	U9	Indianna Hare	U9	Asher Barlow
U10	Audrey Leach	U10	Kurtis Brown	U10	Jemma Monkman	U10	Griffin Whittaker
U11	Maddison Watts	U11	Ethan Sherlock	U11	Jessica Olsen	U11	Henri Luchetti
U12	Lily Towse	U12	William Morrison	U12	Cheyannah Hall	U12	N/A

Event Champion Awards 2021-2022

Sprints	Caitlin Barnard	Chase Grant
Middle Distance	Lara Johanson	Joe Hinds
Hurdles	Emily Benefiel	Hunter Bright
Walks	Morgan Simon	Michito Henderson
High Jump	Emily Benefiel	Sonny O'Brien Marcus Melfi
Long Jump	Aaliah Gaudiosi	Pauliasi Lago
Triple Jump	Allira Houston Gee	Cooper Morrison
Shot Put	Savannah Wiki	Michael Melfi
Discus	Savannah Wiki	Randy O'Brien
Javelin	Savannah Wiki	Waldo Pretorius

Wollongong City Little Athletics

Wollongong City Little Athletics Centre Records as at April 2022

All Centre records must be verified by a WCLA committee member. Field events measure must be left in and be ratified and signed off by a Committee Member.

Under 6 Girls	Event	Season	Time/Distance
Lauren Piatek Alexandra Parker	50 metres	1989 2005	9.2 secs
Lauren Elms Laura Bird	70 metres	1986 1995	12.7 secs
Alexandra Parker	100 metres	2005	18.6 secs
Isla Roberts	200 metres	2018	40.57secs
Elena Piljevic	300 metres	2015	1 min 06.6 secs
Chelsy Wayne	Long Jump	2014	2.84 metres
Isla Roberts	Shot Put	2017	4.88 metres
Imogene Anderson	Discus	2016	8.43 metres

Under 6 Boys	Event	Season	Time/Distance
G. Rodgers	50 metres	1983	8.7 secs
Mitchell Tubby Corey Wallace	70 metres	1989 1992	12.8 secs
Corey Wallace	100 metres	1993	18.4 secs
Keiran Morris	200 metres	1999	39.4 secs
Joshua Head	300 metres	2005	1 min 06.0 secs
Mitchell Tubby	Long Jump	1989	3.42 metres
Lucas D'Amico	Shot Put	2017	5.91metres
Jack Hensen	Discus	2018	13.74 metres

Wollongong City Little Athletics

Under 7 Girls	Event	Season	Time/Distance
Savannah Wiki Sophie Howarth	50 metres	2017 2017	9.2 secs
Danica Rae	70 metres	1999	11.6 secs
Alex Church	100 metres	1991	16.7 secs
Alex Church	200 metres	1991	35.2 secs
Zoe McClatchie	500 metres	2014	1 min 52.4 secs
Lauren Elms	Long Jump	1987	3.53 metres
Chelsy Wayne	Shot Put	2015	7.41 metres
Chelsy Wayne	Discus	2015	17.35 metres

Under 7 Boys	Event	Season	Time/Distance
Jacob Dowler	50 metres	2019	8.42 secs
D. O'Connor	70 metres	1983	11.4 secs
M.Sossai	100 metres	1983	16.4 secs
Dane Richards	200 metres	2006	35.9 secs
Charlie Winks	500 metres	2015	1 min 46.6 secs
Clinton Tubby	Long Jump	1987	3.66 metres
Steven Sefo	Shot Put	1994	7.36 metres
Jacob Lakeman	Discus	2018	19.02metres

Wollongong City Little Athletics

Under 8 Girls	Event	Season	Time/Distance
Harlow Pate	70 metres	2022	10.83 secs
S. Taylor	100 metres	1984	15.6 secs
Harlow Pate	200 metres	2022	32.79 secs
Samara Jirsa	400 metres	2014	1 min 16.9 secs
Manuela Piljivic	700 metres	2014	2 min 28.8 secs
Renee McBryde	60m Hurdles	2008	11.3 secs
Harlow Pate	Long Jump	2022	4.01 metres
Chelsy Wayne	Shot Put	2015	7.67 metres
Chelsy Wayne	Discus	2015	20.80 metres

Under 8 Boys	Event	Season	Time/Distance
M.Giobbi	70 metres	1981	10.0 secs
M. Sossai Josiah Lewis Dunkley	100 metres	1985 2012	15.2 secs
Corey Wallace	200 metres	1995	32.4 secs
R. Palermo	400 metres	1984	1 min 10.0 secs
Jack McClatchie	700 metres	2014	2 min 26.3 secs
Tyren Maclou	60m Hurdles	2007	10.8 secs
M. Sossai	Long Jump	1985	3.95 metres
Tyson Graham	Shot Put	1996	7.80 metres
Nathan McBriarty	Discus	1995	19.0 metres

Wollongong City Little Athletics

Under 9 Girls	Event	Season	Time/Distance
Ashley Dribbus	70 metres	2010	10.4 secs
Eliza Berrell	100 metres	2011	14.9 secs
Elina Sefo	200 metres	1995	31.6 secs
Hannah Dove	400 metres	2002	1 min 12.84 secs
Manuela Piljevic	800 metres	2015	2 min 45.6 secs
Alex Church	60m Hurdles	1993	10.6 secs
Lucinda Paine	700m Walk	2008	3 min 41.6 secs
Chelsy Wayne	Long Jump	2017	4.08 metres
Alex Church Manuela Piljevic	High Jump	1993 2015	1.20 metres
Imogene Anderson Denbigh Lewis	High Jump Scissor	2018 2018	1.08 metres
Chelsy Wayne	Shot Put	2017	8.72 metres
Chelsy Wayne	Discus	2017	27.74 metres
Ane Pretorius	Turbo Javelin	2019	13.10m

Under 9 Boys	Event	Season	Time/Distance
Jarrold Twigg Brock Scrivener	70 metres	2008 2009	10.0 secs
Brock Scrivener	100 metres	2008	14.3 secs
Christian Srbnovski	200 metres	2010	29.5 secs
Jack McClatchie	400 metres	2015	1 min 10.6 secs
Jack McClatchie	800 metres	2014	2 min 37.2 secs
Jett Link	60m Hurdles	2013	10.2 secs
Harley Brisbane	700m Walk	2002	4 min 10.70 secs
Victor Costabile	Long Jump	1988	4.47 metres
Nathan McBriarty	High Jump	1997	1.30 metres
Randy O'Brien	High Jump Scissor	2019	1.16 metres
Steven Ryan	Shot Put	1995	8.10 metres
Adam Murphy	Discus	1993	27.52 metres
Randy O'Brien	Turbo Javelin	2020	20.23 metres

Wollongong City Little Athletics

Under 10 Girls	Event	Season	Time/Distance
Ashley Dribbus Max Fraser	70 metres	2011 2013	10.2 secs
Max Fraser	100 metres	2014	14.0 secs
Ashley Dribbus	200 metres	2011	29.2 secs
Ashley Dribbus	400 metres	2010	1 min 09.3 secs
Karlie Chambers	800 metres	2004	2 min 37.4 secs
Jessica Chinnock	1500 metres	2010	5 min 23.8 secs
Haylee Mathieson	60m Hurdles	1993	10.2 secs
Kaela Thomas	1100m Walk	2004	6 min 15.4 secs
Chelsea Wayne	Long Jump	2018	4.17 metres
Alex Church	High Jump	1994	1.40 metres
Denbigh Lewis	High Jump Scissor	2019	1.22 metres
Chelsea Wayne	Shot Put	2017	9.80 metres
Chelsea Wayne	Discus	2018	30.78 metres
Manuela Piljevic	Turbo Javelin	2016	23.0 metres

Under 10 Boys	Event	Season	Time/Distance
Brock Scrivener	70 metres	2009	9.7 secs
Brock Scrivener	100 metres	2009	13.7 secs
Bailey Antrobus	200 metres	2009	29.1 secs
Corey Wallace	400 metres	1997	1 min 06.6 secs
D. Pinkerton	800 metres	1986	2 min 28.2 secs
James Seal	1500 metres	2009	5 min 07.4 secs
Lukas Chodat	60m Hurdles	1991	9.9 secs
Mitchell Acev	1100m Walk	2006	6 min 18.3 secs
James Giggacher	Long Jump	1991	4.54 metres
Mitchell Deans	High Jump	2001	1.42 metres
Sonny O'Brien	High Jump Scissor	2020	1.21 metres
Steven Ryan	Shot Put	1996	9.83 metres
Adam Murphy	Discus	1993	31.38 metres
Randy O'Brien	Turbo Javelin	2020	23.37 metres

Wollongong City Little Athletics

Under 11 Girls	Event	Season	Time/Distance
Haylee Mathieson	100 metres	1994	13.6 secs
Jamie-Lee Hoebergen	200 metres	1999	28.5 secs
Karlie Chambers	400 metres	2004	1 min 06.3 secs
Lauren Elms Karlie Chambers	800 metres	1991 2005	2 min 32.0 secs
Lauren Elms	1500 metres	1991	5 min 04.0 secs
Taylah Davies	60m Hurdles	2006	10.3 secs
Chloe Lavallo	1100m Walk	2011	6 min 21.9 secs
Taylah Davies	Long Jump	2005	4.60 metres
Sally Hudson	Triple Jump	2000	9.51 metres
Alex Church	High Jump	1994	1.44 metres
Melissa Winnell	Shot Put	1993	10.23 metres
Anne Zamuner	Discus	1993	25.24 metres
Tayla Wiki	Javelin	2020	21.28m

Under 11 Boys	Event	Season	Time/Distance
Angus Glover Bailey Antrobus Brock Scrivener	100 metres	2009 2010 2010	13.2 secs
Leroy Veerhuis	200 metres	2014	27.4 secs
Joel Walsh	400 metres	1997	1 min 03.6 secs
Christopher Sink	800 metres	2014	2 min 28.5 secs
Christopher Sink	1500 metres	2014	4 min 57.0 secs
Jett Link	60m Hurdles	2015	9.8 secs
Mitchell Acev	1100m Walk	2008	5 min 54.1 secs
G. Lloyd	Long Jump	1983	4.77 metres
M. Newson	Triple Jump	1985	9.48 metres
Mitchell Deans Trevor Hudson	High Jump	2001 2002	1.48 metres
Steven Ryan	Shot Put	1996	10.41 metres
Adam Murphy	Discus	1994	31.24 metres
Ryan Monkman	Javelin	2020	18.85 metres

Wollongong City Little Athletics

Under 12 Girls	Event	Season	Time/Distance
Chelsea Ezeoke	100 metres	2017	12.98 secs
Chelsea Ezeoke	200 metres	2017	26.31 secs
Chelsea Ezeoke	400 metres	2007	1 min 01.78 secs
Taylah Davies	800 metres	2007	2 min 30.7 secs
Karlie Chambers	1500 metres	2005	5 min 11.9 secs
Sarah Carli	60m Hurdles	2006	9.9 secs
Kristie Edwards	1500m Walk	1995	8 min 29.0 secs
Taylah Davies	Long Jump	2007	4.91 metres
Haylee Mathieson	Triple Jump	1994	9.87 metres
Taylah Davies Emma Walsh	High Jump	2006 2018	1.48 metres
Chelsea Ezeoke	Shot Put	2018	13.97 metres
Jamaya Wayne	Discus	2017	30.58 metres
Chelsea Ezeoke	Javelin	2017	20.11 metres

Under 12 Boys	Event	Season	Time/Distance
Nataniel Richardson	100 metres	2003	12.4 secs
Nataniel Richardson	200 metres	2003	26.4 secs
Hamish Paine	400 metres	2008	1 min 01.7secs
Hamish Paine	800 metres	2008	2 min 21.0 secs
Hamish Paine	1500 metres	2008	4 min 51.9 secs
Clinton Tubby	60m Hurdles	1992	9.4 secs
Mitchell Acev	1500m Walk	2008	7 min 46.1 secs
Corey Wallace	Long Jump	1998	5.02 metres
Corey Wallace	Triple Jump	1999	10.70 metres
Adam Stanworth	High Jump	1994	1.55 metres
Paul Zamuner	Shot Put	1991	12.26 metres
Adam Murphy	Discus	1996	42.20 metres
Jarrod Twigg	Javelin	2010	32.50 metres

Wollongong City Little Athletics

Under 13 Girls	Event	Season	Time/Distance
Jamie-Lee Hoebergen Tegan Richards Brittany Constable	100 metres	2000 2007 2010	12.8 secs
Sailina Heritage	200 metres	2016	26.56 secs
Tegan Richards	400 metres	2006	1 min 01.2 secs
Karlie Chambers	800 metres	2006	2 min 26.9 secs
Karlie Chambers	1500 metres	2007	4 min 58.3 secs
Liz Monahan	3000 metres	1998	10 min 58.0 secs
Delta Amidzovski	80m Hurdles	2018	12.4 secs
Delta Amidzovski	200m Hurdles	2018	28.97 secs
Nicole Upward	1500m Walk	1999	7 min 14.5 secs
Delta Amidzovski	Long Jump	2018	5.16 metres
Delta Amidzovski	Triple Jump	2018	10.64 metres
Delta Amidzovski	High Jump	2018	1.60 metres
Melissa Winnell	Shot Put	1994	10.17 secs
Chelsy Wayne	Discus	2020	39.88 metres
Nikki Dalla Vecchia	Javelin	2003	27.18 metres

Under 13 Boys	Event	Season	Time/Distance
Kardue Daniels	100 metres	2008	11.6 secs
Nathaniel Richardson	200 metres	2005	25.2 secs
Thomas Partland	400 metres	2020	57.53 secs
Thomas Partland	800 metres	2020	2 min 10.78 secs
Thomas Partland	1500 metres	2020	4 min 39.22 secs
Thomas Partland	3000 metres	2020	9 min 56.49 secs
Jarrold Twigg	80m Hurdles	2012	12.3 secs
Christopher Twigg Jarrod Twigg	200m Hurdles	2009 2011	28.2 secs
Troy Upward	1500m Walk	1995	7 min 41.5 secs
D. Diep	Long Jump	1988	5.47 metres
Adam Murphy	Triple Jump	1996	10.95 metres
Michael James	High Jump	2011	1.67 metres
Adam Murphy	Shot Put	1997	15.36 metres
Adam Murphy	Discus	1996	43.90 metres
Damian De Santis	Javelin	1998	36.95 metres

Wollongong City Little Athletics

Under 14 Girls	Event	Season	Time/Distance
Charly-Rose Dunne	100 metres	2012	12.4 secs
Charly-Rose Dunne	200 metres	2012	26.0 secs
Karlie Chambers	400 metres	2007	59.2 secs
Madeline Eaton	800 metres	2013	2 min 28.7 secs
Karlie Chambers	1500 metres	2007	5 min 05.7 secs
Sarah Carli	3000 metres	2007	11 min 00.4 secs
Delta Amidzovski	80m Hurdles	2019	12.32 secs
Charly-Rose Dunne	200m Hurdles	2011	28.7 secs
Summer Micallef	1500m Walk	2009	7 min 40.9 secs
Delta Amidzovski	Long Jump	2019	6.03 metres
Haylee Mathieson	Triple Jump	1996	10.29 metres
Delta Amidzovski	High Jump	2019	1.75 metres
Chelsy Wayne	Shot Put	2020	11.67 metres
Chelsy Wayne	Discus	2020	41.16 metres
Sonia Della Vecchia	Javelin	2000	26.82 metres

Under 14 Boys	Event	Season	Time/Distance
Lukas Chodat	100 metres	1994	11.3 secs
Lukas Chodat	200 metres	1994	23.7 secs
Justin Leigh	400 metres	2007	55.6 secs
Scotti Hamilton	800 metres	2013	2 min 12.40 secs
Liam Henderson	1500 metres	2012	4 min 26.1 secs
Jack McClatchie	3000 metres	2019	10 min 27.27 secs
Jarrold Twigg	90m Hurdles	2013	12.2 secs
Jarrold Twigg	200m Hurdles	2012	27.0 secs
Troy Upward	1500m Walk	1997	7 min 00.6 secs
Victor Costable	Long Jump	1993	5.80 metres
Adam Schilder	Triple Jump	1994	11.86 metres
Keegan Whitten	High Jump	2020	1.76 metres
Adam Murphy	Shot Put	1997	14.7 metres
Adam Murphy	Discus	1998	55.66 metres
Hamilton Tenkate	Javelin	2018	41.64metres

Wollongong City Little Athletics

Under 15 Girls	Event	Season	Time/Distance
Haylee Mathieson	100 metres	1998	12.3 secs
Delta Amidzovski	200 metres	2020	25.59 secs
Karlie Chambers	400 metres	2009	57.6 secs
Karlie Chambers	800 metres	2008	2 min 19.2 secs
Grace Pomery	1500 metres	1920	4 min 52.43 secs
Liz Monahan	3000 metres	1999	10 min 54.7 secs
Delta Amidzovski	90m Hurdles	2020	12.89 secs
Ashley Thomas	200m Hurdles	2005	28.1 secs
Delta Amidzovski	300m Hurdles	2020	45.24 sec
Nicole Upward	1500m Walk	2002	8 min 02.10 secs
Delta Amidzovski	Long Jump	2020	5.73 metres
Abbie Taddeo	Triple Jump	2009	10.76 metres
Rosie Toser	High Jump	2017	1.72 metres
Chelsy Wayne	Shot Put	2022	12.17 metres
Jamaya Wayne	Discus	2020	38.69 metres
Nikki Dalla Vecchia	Javelin	2005	29.94 metres

Under 15 Boys	Event	Season	Time/Distance
Lukas Chodat Jarrod Twigg	100 metres	1996 2013	11.2 secs
Jarrod Twigg	200 metres	2014	23.2 secs
Hamish MacDonald	400 metres	2012	54.3 secs
Scotti Hamilton	800 metres	2014	2 min 8.9 secs
Alexander Seal	1500 metres	2012	4 min 24.0 secs
Daniel MacDonald	3000 metres	1998	10 min 06.6 secs
Jarrod Twigg	100m Hurdles	2013	12.9 secs
Jarrod Twigg	200m Hurdles	2014	24.0 secs
Darnell Wright	300m Hurdles	2019	43.30 secs
Troy Upward	1500m Walk	1997	7 min 20.3 secs
Jarrod Twigg	Long Jump	2013	5.83 metres
Matthew Clark	Triple Jump	1995	12.54 metres
Matthew Clark Trevor Hudson	High Jump	1994 2006	1.80 metres
Adam Murphy	Shot Put	1998	15.96 metres
Adam Murphy	Discus	1998	53.98 metres
Dean Anderson	Javelin	2002	43.16 metres

Wollongong City Little Athletics

Under 17 Girls	Event	Season	Time/Distance
Lakeisha Graham-Jackson	100 metres	2012	12.2 secs
Sarah Carli	200 metres	2010	25.8 secs
Ioan Sevastos	400 metres	2022	59.24 secs
Grace Pomery	800 metres	2020	2 min 23.04 secs
Sarah Carli	1500 metres	2009	5 min 13.2 secs
Jasmine Klusenberg	3000 metres	2020	12 min 22.6 secs
Sarah Carli	100m Hurdles	2010	14.4 secs
Sarah Carli	200m Hurdles	2010	27.3 secs
Kailee Moore	300m Hurdles	2020	46.95 secs
Jasmine Klusenberg	1500m Walk	2020	8 min 00.5 secs
Kailee Moore	Long Jump	2019	5.32 metres
Kailee Moore	Triple Jump	2020	11.29 metres
Rosie Tozer	High Jump	2018	1.66 metres
Sherryn Micallef	Shot Put	2015	10.23 metres
Sherryn Micallef	Discus	2015	26.44 metres
Natalie Lower	Javelin	2015	26.86 metres

Under 17 Boys	Event	Season	Time/Distance
Christopher Twigg	100 metres	2012	10.7 secs
Christopher Twigg	200 metres	2012	22.9 secs
Hamish MacDonald	400 metres	2014	51.8 secs
Ethan Zvargulis	800 metres	2018	2 min 07.7 secs
Joshua Kentwell	1500 metres	2011	4 min 27.9 secs
Jack McClatchie	3000 metres	2022	10 min 15.01 secs
Jarrold Twigg	110m Hurdles	2014	14.3 secs
Christopher Twigg Dane English	200m Hurdles	2011 2009	26.4 secs
Gabriel Bickel	300m Hurdles	2017	41.49 secs
Mitchell Acev	1500m Walk	2013	7 min 42.5 secs
Ethan Zvargulis	Long Jump	2018	6.21 metres
Ethan Zvargulis	Triple Jump	2018	12.52 metres
Austen Lantry	High Jump	2017	1.90 metres
Jarrold Twigg	Shot Put	2015	11.49 metres
Jarrold Twigg	Javelin	2015	43.69 metres
Jarrold Twigg	Discus	2015	39.15 metres

Thank you to our Sponsors for your continued support

OPTUS



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