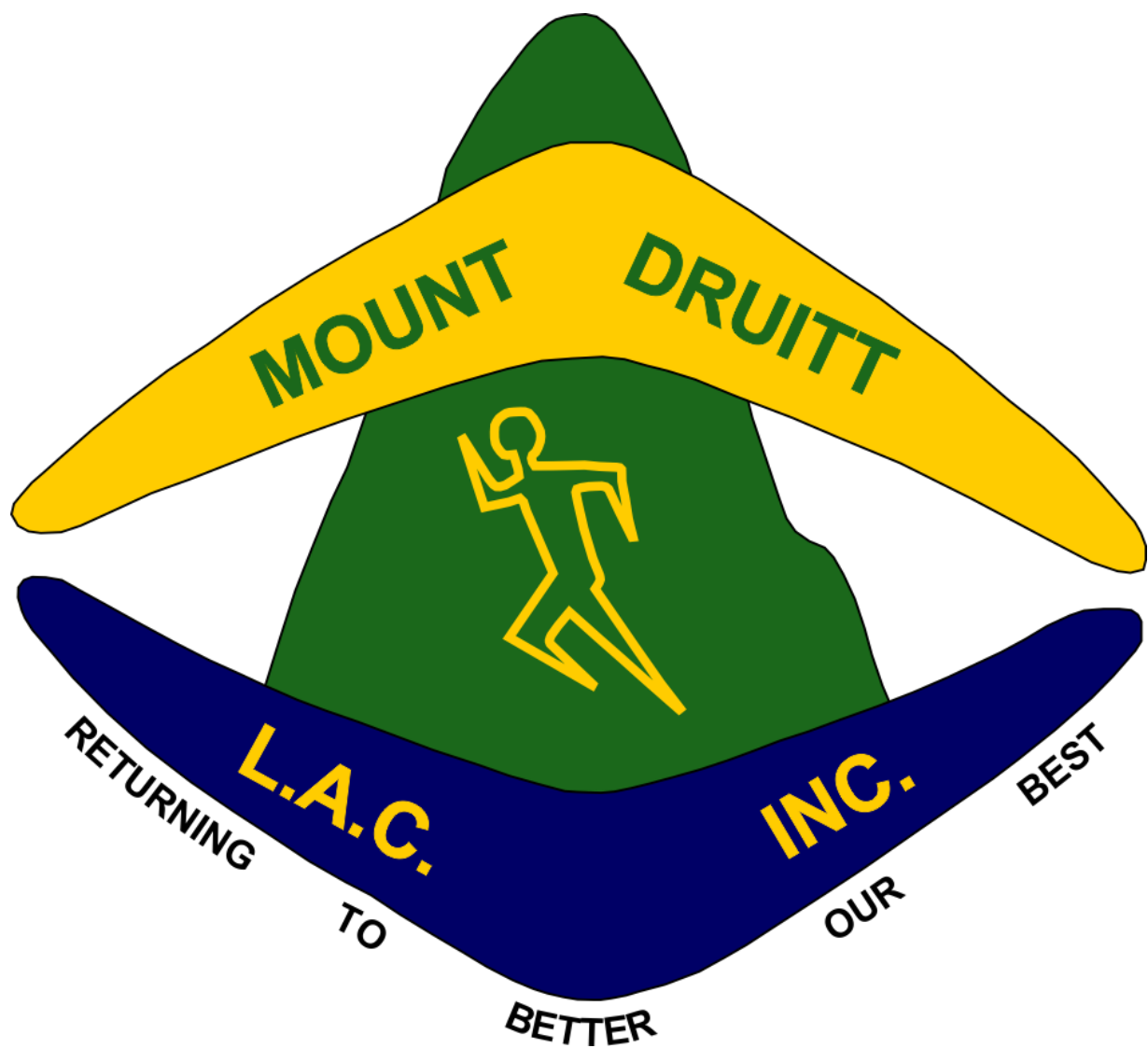


Mount Druitt
Little Athletics Centre Inc

<http://www.mountdruittlac.com.au>

HANDBOOK 2024 – 2025



RUN -JUMP-THROW-WALK
FOR FUN AND GOOD HEALTH

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Parents & Athletes Welcome

Your 2024-2025 Committee, I would like to welcome all our new and returning families to Mount Druitt Little Athletics Centre. Please take the time to read through this Handbook to familiarise yourself with the Rules of our Centre and of our sport. Please keep your handbook in a safe place as it has a lot of useful information for this season.

Our web page <http://www.mountdruittlac.com.au> is regularly updated with news, important dates, and **contains all the Handbook information**. Please like and follow our Facebook page <http://www.facebook.com/mountdruittlac> as it will continue to be the most up to date source of news and upcoming events such as Gala Days, Championships, and fundraising.

New and Returning Members please carefully read this Handbook as changes are made yearly.

2024-2025 will mark a union between the Junior and Senior peak bodies in NSW with a partnership between Little Athletics NSW (LANSW) and Athletics NSW (ANSW) eventually to be just Athletics NSW.

Athletics requires far more parental assistance than any team sports and we be depending on parents to be on the field to assist. Field events will need up to five parents to assist and we will need parents to assist on the track, to get the athletes to the start line and to place judge. Please don't just sit in your car. Come down to fence and be ready to help if asked.

Being involved excites your kids and makes them proud of their Centre and their family. Your support ensures all your children's experiences are pleasurable ones on our competition nights and puts our Centre in high regard with other Centres in the City of Blacktown. Any parent who is wishing to take up a permanent key position such as Committee, Timekeepers, Recorders, Starters and Age Managers you will be issued a Mount Druitt Little Athletics Polo Shirt. All Officials and Age Managers will also have access to unlimited free water, coffee, or tea.

All our Age Managers and Committee are volunteers, please support them as they all work very hard to ensure all our children compete fairly and above all enjoy themselves.

Please support our Canteen, place your dinner orders before going on to the field. Your order will be waiting for you when your child's events are finished, avoiding disappointment.

I would like to thank our returning committee members for standing for another year, your commitment is greatly appreciated and warm welcome to our new committee members. If you would like to be part of your committee, please speak to any of us.

Every week assistance is required to set up on a competition night, just come down to field at 4pm to lend a hand. We also need help with mid-week mowing and linemaker, speak to any of us to volunteer.

My best wishes to all our Athletes for a fun and rewarding season.

Regards

Mount Druitt Little Athletics Centre Committee

Mount Druitt Little Athletics Centre Inc

Committee for 2024/2025 Season

Executive Committee:

President	Simon Howie	president@mountdruittlac.com.au	0451 061 145
Vice President	Ronald Pollett	enquiries@mountdruittlac.com.au	0417 233 428
Secretary	Nicole E Flindt	secretary@mountdruittlac.com.au	0432 392 196
Treasurer	Kathy Gross	kgross511@gmail.com	0422 906 676
Registrar	Kathy Steele	k.steele@live.com.au	0404 568 695

Committee:

Records & Rankings	Renee Howie	reenehowie37@gmail.com	0435 280 394
Championships Officer	Renee Howie	reenehowie37@gmail.com	0435 280 394
Canteen	Megan Telford	megantelford4@live.com	0420 818 518
Equipment	Erin McElhinney	mcelhinney1985@gmail.com	0402 992 416
Coaching	Connor Garland	connorg598@gmail.com	0412 219 662
Uniform Coordinator	Megan Telford	megantelford4@live.com	0420 818 518
Publicity	Simon Howie	president@mountdruittlac.com.au	0451 061 145
Officials	Connor Garland	connorg598@gmail.com	0412 219 662
Fundraising	Peta Little	petaroblittle@gmail.com	0412 301 083
Sponsorships	Simon Howie	president@mountdruittlac.com.au	0451 061 145
Equipment Assistants	Jamie Annabel	jamie.annabel1@gmail.com	0401 303 269
	Simon Howie	president@mountdruittlac.com.au	0451 061 145
Public Officer	Ronald Pollett	enquiries@mountdruittlac.com.au	0417 233 428

GENERAL INFORMATION

Health & COVID-19 SAFETY

The COVID-19 continues to be a problem in our community and will affect how our Centre operates but its risks can be reduced by:

- Wash hands regularly and use supplied sanitiser, especially before assisting at events, rubbish in the bins.
- **If a member of your family has been unwell, please stay home.**
- Families who advise our Records & Rankings Officer before competition will receive participation points.

VENUE FOR COMPETITION:

The Centre competes at Hanna Reserve, Hyatts Road, Oakhurst. (Between Jersey Rd & Luxford Rd)

COMPETITION:

Competition commences each Friday evening at **5.30 pm sharp** for the 10's-20's age groups, for javelin throw, and at **6.00 pm sharp** for Tiny Tots and 6's-20's age groups and concludes around 9pm. **Please be on time.**

Javelin throw is held every second week on the top field for 10's-12's in Week 1 and 13's-20's in Week 2.

All age groups not competing in javelin should assembly around their barrels at 5.45pm.

Competition is run in accordance with our two-weekly programme running over 20 weeks from the 3rd Friday September 2023 to the 2nd Friday March 2024.

Officials and Age Managers should sign in and collect your folders fifteen (15) minutes before Competition. Officials should sign in thirty (30) minutes prior to the start of Championships Day and other Special Events.

REGISTRATIONS:

All athletes must register or renew online at: <http://www.mountdruittlac.com.au/registrations.html>

Online Registrations open first of August each season. Active Kids Vouchers are accepted.

Registrations will be open to all Boys and Girls with dates of birth from the 01/01/2007 to the 31/12/2020. Tiny Tots with dates of birth from the 01/08/2020 to the 31/12/2020 may not trial, register or compete until their 3rd Birthday.

Registration Days are held on the 2nd & 3rd Saturday, 3rd & 4th Sunday of August, and 1st and 2nd Friday September. Registrations will also be accepted every competition evening throughout the season but only between 5pm & 6pm.

REGISTRATION FEES:

Tiny Tots (4's to 5's): \$90 per child

6's to 17's: \$130 per child

Under 20's: \$130 per person

Children of all ages who have **never** been registered with Little Athletics are eligible for a free two-week trial.

Your Registration Fees includes LANSW and ANSW affiliation, insurance and for all athletes, ground and canteen hire, Medals, Certificates, Trophies and free entry for Zone, Region, and State Championships.

General Information (Continued)

Upon registration, each child will be issued with:

- a) One LANSW registration number (Middle front of shirt or crop top)
- b) One age group patch (Left side of shorts, bike pants or top left shirt or crop top)
- c) One Coles sponsor patch (Top Right shirt or crop top, must be above registration number)
- d) One Centre Handbook per family

PROOF OF AGE is required for **all new Registrations and Transfers**.

THERE ARE NO REFUNDS, the majority of your Registration Fee goes directly to the LANSW.

TRANSFER FEE: \$40 per 6's-17's & U20's athlete and \$20 per Tiny Tot. This is the difference between the LANSW's Affiliation Fee & our Centre's Fee.

ANSW REGISTRATION:

Nepean Seniors is our affiliated Club NSW Club.

Athletes may choose to register with any NSW Senior Club.

Please contact NSW for registration information.

UNIFORMS:

Centre Uniform consists of Bottle Green (main colour), with Navy-Blue and Gold indigenous design to celebrate our connection to our local community.

Full uniform is required for all LANSW Championships & Gala Days

Crop Top	\$60.00	Unisex Singlet	\$60.00
Hipsters (Short Bike Pants)	\$60.00	Unisex Shorts	\$60.00
Scrunchies	\$5.00	Range of Hats & Training Shirts	

Uniform Option: Bottle Green plain T-shirt, but can only be worn at club level

All patches must be firmly attached to your uniform or t-shirt. If sewing is not one of your skills?

Life Member Miriam Ebejer can help you out by sewing your patches: 0408 111 391 (Fee applies)

Athletes are expected to be in uniform within 2 weeks of registration unless uniform supplies are not available. Singlets should be tucked inside Running Shorts, Hipsters and Bike Pants if your age patch cannot be seen when in the competition area.

All athletes shall only compete in our **Centre's Approved Uniform** when competing at our Centre's competition nights, ours, and other Centre's Gala Days and all LANSW events.

ATTENDANCE:

Athletes are encouraged to attend weekly for experience, awards, points, and representative selections. If a lengthy absence occurs through illness, injury, or any other valid reason **or if you or family member is unwell**, please notify our Records and Rankings Office, Renee Young on 0451061145 or Facebook message or enquiries@mountdruittlac.com.au

Failure to notify the Records and Rankings Officer could jeopardise your child's awards eligibility.

The provision of medical certificates will ensure that the Centre can properly assess the issue of awards - but will not give 100% attendance.

General Information (Continued)

**** 66% attendance is a requirement for all Athletes to be eligible for ALL Awards.** If you have some concerns that you haven't met this minimum requirement, please discuss with the President so that your case can be submitted before the committee rather than being disappointed on the day of presentation.

PARENT/GUARDIAN RESPONSIBILITIES

Being involved excites your kids and makes them proud of their Centre and their family. At Mount Druitt Little Athletics Centre, we believe family is the backbone of our Centre and we hope to provide all participants adults and children with a fun, friendly, safe and inspiring environment to attend each week.

Our Centre's policy is that at least one parent/guardian **must attend** the field always while their children are competing or training. **Being in your car or in the car park all night does not qualify.**

NOTE: Any child found not to have a parent/guardian in attendance will be removed from the competition area. **We are not a Child-Minding Service.**

These rules are in place to ensure that rapid action can be taken in the case of an emergency on any competition or training night. This also ensures parents/guardians meet their responsibilities as helpers on the night.

At least two Parents are required to assist our Age Managers with Spiking, Measuring, Raking Retrieving at field events and lap counting and placing judging at track events. However, the more the merrier.

If an Age Group is **unable** to get at least two Parents/Guardians to assist, then the age group cannot take the field until these positions are filled. Exemptions are made in the case of an age group having parents assisting in official roles and age groups elsewhere. If your age group has plenty of helpers, please consider helping an age group that is short of helpers.

Assistance will also be required for: Time Keeping, Place Judging, Starting and other duties as requested to ensure our competition nights flow smoothly and to make it a shorter night for everyone. Any Parent wishing to accept a permanent official position, for at least two seasons will be issued with a Mount Druitt Little Athletics Polo Shirt. One free water and unlimited free tea and coffee, during competition nights, will be provided for all our officials and age managers.

Parents please also remember that before entering your child into a Special Event (i.e.: Zone, Region, Centre Championships etc.) **that you will be required to assist at these events on a roster system.** If you are unable or unwilling for any reason to assist at Mount Druitt's rostered event you may jeopardising your child's entry into these events and eligibility for awards as outlined in the Awards section of this Handbook.

ALCOHOL AND DRUGS OF ADDICTION:

Alcohol and drugs of addiction shall not be consumed during Mount Druitt Little Athletics Centre event.

This is not only our Centre's rule but is also a Council Regulation and condition of the ground hire and a requirement of LANSW.

Anyone found consuming alcohol, to be intoxicated or under the influence of any drug within the Hanna Reserve Precinct on any competition night, training night or any event will be asked to leave. This includes both playing fields, long jump pits area, discus areas, spectator areas, car parks, cricket nets and amenities block.

Failure to abide by this rule could jeopardise yours's and your child's insurance coverage

BEHAVIOUR:

Age Managers are generally responsible for the behaviour of the children, however if after warnings problems continue to persist with disruption to other athletes, the following course of action should be taken.

- 1) Time out/leave the ground for 1 event (**Age Manager without committee permission**)
- 2) Time out/leave the ground for 2 events (**Age Manager without committee permission**)
- 3) Loss of competition points for the night or the event. (**Age Manager in consultation with a committee person**)
- 4) Asked to leave for the remainder of the night (**Age Manager in consultation with a committee person**)
- 5) A formal letter advising that you will no longer be able to attend unless your parent/guardian goes around with you on the night with a reminder that rule 6 is the next step. (**By committee only**)
- 6) A formal letter and suspension for the remainder of the season. (**By committee only**)

OFFICIALS:

All Centres are run by parents/ of Little Athletes registered with that Centre and other interested person, most of whom have no prior knowledge of the sport. By helping your child and others each Friday night (or when available), this enables us to finish competition on time - and not miss events before the lights go out. This assistance is both rewarding and enjoyable, particularly from your child's viewpoint - athletics is a family sport.

Parents can assist in the following ways with little or no experience, **YOU LEARN AS YOU GO**: -Recording, timekeeping, place judging, starting, umpiring, judging, measuring, raking, lifting high jump bars, retrieving etc.

Please remember, failure to obtain sufficient officials each week places your child and others in jeopardy for competition participation through event cancellation and or unable to take the field to compete.

EXAMS FOR OFFICIALS:

Mount Druitt Little Athletics Centre, The Association and the Zone encourage the qualification of officials.

Online exams can be done through Athletics Australia by visiting Little Athletics NSW:

<https://lansw.com.au/officials-courses-seminars>

Level 1 will give you the accreditation where you can officiate at **our and other clubs, or zone level**. To officiate at other LANSW and Region carnivals there are further accreditations organised throughout the season in conjunction with the Zone

Any parent/official who would like to further their experience beyond our club please discuss with the Officer for Officials or the President.

PUBLICITY:

News items and results will be published in our Newsletter (when available) as well as local newspapers where space is allocated. Information on coming events and carnivals as well as Sponsors will appear in the Newsletter and on the Noticeboard (located inside the Foyer). **PLEASE READ**. Updated information is also available on our website <http://www.mountdruittlac.com.au>. We continue to do a lot of news / updates on Facebook Page so please join our page <http://www.facebook.com/mountdruittlac>

COACHING:

Coaching for Track and Field events is available for Registered Athletes. Bring along a towel and a bottle of water. For times and dates please see Coach Connor Garland or a committee member and they can advise you when it is on or point you to Connor to discuss in more detail.

FUND RAISING:

We hold raffles on Competition nights (usually a meat tray) and larger raffles on Gala Days and Centre Championships. If you know any local business that would like to donate a raffle prize, please let us know. We will also call for volunteers to help with any Bunnings BBQs.

GALA DAYS:

Gala Days are just for fun events held throughout the season by many Centres. They are an opportunity to compete against athletes from other Centre's in various standard and fun events. Usually, you get to pick 4 events from a short list and could win medals or trophies and there is an entry fee.

WET AND HOT WEATHER CANCELLATIONS:

Decisions to cancel or compete are never taken lightly. The **HEALTH AND SAFETY** of our athletes, parents and officials will always be our number one priority but we must also give families value for money.

We will consider LANSW very strict extreme weather rules, directions from Blacktown City Council, RADAR and forecasts from the Bureau of Meteorology and our extensive knowledge of local weather conditions before making any decision. Decisions to cancel or compete are made around **5PM** and will be posted on Facebook shortly after.

YOU SHOULD ALWAYS ASSUME COMPETITION WILL BE ON.

The program cancelled will then transfer to the next available competition night.

Blacktown City Council ground closures will be strictly adhered to and are posted on Facebook, **9839 6575** or <http://services.blacktown.nsw.gov.au/wetweather>. Competition or training is not permitted on a closed ground

EQUIPMENT:

Assistance is always required in setting up and packing away the equipment each competition night. Our Equipment Officer is usually at the ground from 4pm, please don't hesitate to volunteer your assistance. Help is always need to setup, move, and pack up the hurdles, please don't wait to be asked. We are always seeking volunteers to assist with mid-week line marking, mowing, and maintaining equipment, please speak to our Equipment Officer.

ETIQUETTE & SAFETY:

When Etiquette and Common-sense are in operation, it promotes safety amongst athletes and officials and allows events to take place smoothly.

- * Walk and Running training should be separated so that neither group gets in the way of the other.
- * Do not walk across any run-up areas, go around the back.
- * When athletes are throwing the Discus and Shot Put, the area in front of the circle is **OUT OF BOUNDS**. Everyone should walk **BEHIND** the circle. Athletes should wait well back from the circle at Shot Put and behind the cage at Discus and **NEVER** holding onto the cage.
- * When an athlete is High Jumping, the area behind the bags should be kept clear to avoid distraction.
- * Only cross the running tracks beyond the finish lines and take extreme care if a race is in progress.
- * Only athletes, officials & helpers are to be at the Javelin area (top field) when it is in progress.
- * Please follow your program
- * Age groups waiting to use a field competition area, or a track start should be 10m away from another group.

RULES OF COMPETITION

OBJECT:

The object of these Rules shall be to set down the requirements for Competition for all meetings conducted by the Association, or on behalf of the Association. All such meetings are to be conducted under the rules as set down in the IAAF Handbook, LANSW ROC and LAA Standard Rules or as otherwise stated in this Handbook.

UNIFORM:

All Athletes registered with the LANSW and competing at this Centre, other Centres, Zone and LANSW meetings shall compete only our Centre Approved Uniform as notified to the LANSW each year.

Large Registration Number shall be firmly fixed to the front of the athlete's top with the border clearly shown and to be clearly visible when in a competition area. On smaller sized crop tops for athletes in the 12's-17's age group the lower sponsors band may be folded under not cut off.

Small Age Patch Number shall be firmly fixed on the left leg of the athlete's shorts, bike pants or hipsters.

Coles Sponsors Patch shall be firmly fixed to the athlete's top above and right of the registration number. On Small sized crop tops the Coles sponsors patch may cover only the boarder of the Registration Number patch.

Unless these patches are attached as stated, **competition will not be permitted** at Gala Day, Zone, Region, State, State Multi, State Relays, Road Walks or Cross County events.

If any Patches are lost, please notify our Centre Registrar or any Centre Committee Person. It is the parents' responsibility to have these patches replaced (**Additional age patches will be available at a cost of \$1. Replacement of lost numbers cost \$5**) in accordance with the Association's rules, with no exceptions.

REPORTING FOR EVENTS:

Athletes are required to be **at the field Fifteen (15) minutes prior to start** of weekly competition for assembly and are generally required thirty (30) minutes prior to the start of Championships.

Athletes should **WARM UP** before any competition. Start with one slow jog/lap of the Track and finish with gentle stretching exercises. This will save body/muscle damage which can occur by competing when cold. Other warmups and stretches can be done away from events in the grass area outside the track.

Once children have been marshalled to their event/s, they are completely in the charge of the Age Manager and Officials of the event/s, until the Officials has dismissed the entire age group: -

(a) During weekly competition, the Judge should be the only person to speak to the competitors in the progress of the event.

Age Managers should assist in keeping competitors from being restless. The Executive Committee or Officials from other events are permitted to talk to competitors - provided no disruption to the event is caused and assistance is not being provided.

(b) The Judge may advise a competitor ONLY if he/she feels the competitor is competing in a manner dangerous to them.

(c) The only time coaching can take place is during normal training nights.

If any Officials, Parents, Relatives etc. wishing to encourage their children on the Track, this is only permitted from OUTSIDE the fence.

Spectators are not allowed on the field during any competition. The only people allowed on the field are the registered competitors and SIGNED ON officials and parent helpers.

While all the above is in progress, no problems should arise with injury through lack of concentration and no problems should arise with the **STRINGENT INSURANCE RULES WHICH NOW APPLY** should an accident occur.

COMPETING IN EVENTS

Because of many incidents that have occurred in the last few seasons, the Executive has been forced to implement some changes for athletes competing in events - including both track & field. Concern has been expressed at the number of athletes e.g., Walking, talking, skipping, running backwards etc. and **not competing in the spirit of the event.**

Competitors noted by officials behaving in this manner, will be disqualified and no points for the event will be awarded. The Centre recognises the need for some athletes to walk during a running event, and these athletes will not be disadvantaged. Competitors, who once having started an event, and having a genuine reason for retiring from the event, will be awarded one (1) point for competing.

FOOTWEAR:

Shoes **SHALL** always be worn during competition & training at this Centre & at all Association conducted events. Competing in bare feet is no longer allowed. Running shoes may be worn by athletes as purchased off the shelf. Spiked shoes **shall not** be worn by any athlete competing in Tiny Tots, 6's, 7's, 8's, 9's, and 10's age groups.

Athletes in the 11's/U12's age group may wear spiked shoes only in track events which are run entirely in lanes (70m, 100m, 200m and 400m only) and all field events except Discus and Shot Put. Spikes shall not be worn in walks. Athletes in the 13's to 17's & U20's age groups may wear spiked shoes in all events except Shot Put, Discus and Walks.

The maximum size of spikes at this Centre is 12mm on the grass track and javelin run-up, 9mm on the long jump run ups and all spike holes shall be filled. Maximum spike length varies at different grounds. Most synthetics tracks only allow only 7mm "Christmas Trees".

No Rule Changes this Season

STARTING BLOCKS:

Starting Blocks may be used at the discretion of the athlete; the athlete must show that they can use them proficiently to not hold up the starting of the event in a reasonable time.

GRADING:

Grading is necessary to give all athletes a fair chance at competition; it assists the Centre to allocate points; it is used to select athletes for representative carnivals by studying the individual times and distances as well as consistency. Once this has been completed, the athletes are selected on ability.

RESULTS:

Most Little Athletics Centre including ours use the Results HQ system for recording and posting results. Each family will receive a username (the email addressed you registered with) and login and can view their results at: <https://www.resultshq.com.au> or using the ResultsHQ app which is free to download from apple or android store. Results are entered by our Records and Rankings Officer after each competition night. Please remember our Records and Rankings Officer is also a volunteer and will be entering results in their own time. Please be patient. Track and field event score sheets can be viewed on request.

POINT SCORE SYSTEM:

Point scores are worked out over the whole season of weekly competition. Points are recorded after times from all heats are combined, times and distances are noted, and points allocated. Points are carried over on a weekly basis and therefore regular attendance is encouraged. Apart from the above point system, a separate chart is kept for each time athletes better their own previous best. This will assist in deciding the Encouragement/Improvement Awards.

ENTRIES FOR ZONE CHAMPIONSHIPS:

An entry Fee for Zone and Region is paid by the Centre. **This season it is again included in the registration fee, and therefore no additional fees are payable.**

Age Managers will distribute entry Forms. These must be returned via the Age Manager or the Championships Officer by the close date noted on the entry form. **No late entries will be accepted.**

In Zone, Region and State Championships, each competitor shall be allowed to enter no more than four (4) events, except 12's-17's & U20's who can enter up to 6 events. Each centre is only allowed to submit 4 athletes in the one event e.g., if we have five 7's Boys entered in the 100m we must then ask the athlete with the slowest time to change his event or opt to compete in 3 events only. For 12's-17's & U20's this rule does not apply.

Once acceptance of Zone Championships has been received, athletes must be prepared to also compete at Region and State, as eligible. Athletes must also have parents arrange transport and be in attendance to help on a roster system with events and report to the Team Manager, failure to report and assist will jeopardise your child's nomination for Junior, Intermediate and Senior Championship nominations.

The Minimum Requirement for Junior / Intermediate / Senior Champion Nominations is Entry to Zone and Entering West Met Zone Championships.

CENTRE CHAMPIONSHIPS:

Centre Championships are held on the last weekend of January or 1st weekend of February. The dates will depend on what day Australia Day falls and a held over two days.

They are open to all REGISTERED MOUNT DRUITT LITTLE ATHLETICS CENTRE ATHLETES who satisfy participation requirements for the events they have chosen, e.g., an athlete that has only competed 1 or 2 times in the 3000m would normally not qualify however eligibility will be decided by the Officer for Records and Rankings.

Athletes in the 9's to 17's & U20's Age Groups may compete in up to Six (6) events

Athletes in the 6's to 8's Age Groups may compete in up to Four (4) who are permitted to enter Four (4) events.

Tiny Tots will continue with play training activities.

Entry forms for Centre Championships will be handed out in November/December and must be lodged by the due date noted on the entry form (Early January). **No Late entries will be accepted.**

ENTRY FEE is \$10 per under 6's - 17's & U20's and \$5 per Tiny Tot.

The Minimum Requirement for Junior / Intermediate / Senior Champion Nominations is Entry to Zone and Entering Centre Championships.

CENTRE RECORDS:

Centre records can be broken on any Competition night and Centre Championships Day.

Any record that has not been set can only be set on Championships Day and thereafter can be set on any competition night. All records broken throughout the season will be recorded and if still standing at the end of the Athletics season will be entered our next Yearbook.

Field Events:

Records will only be recognised if An Official be present at the field event.

If an athlete is getting close to breaking a record, the Age Manager must request that an **Official be present** to verify the measurement procedure and sign-off the record.

Straight Track Events:

Records will only be recognised when TWO timekeepers are present.

If an athlete is getting close to breaking a record, the Age Manager must inform the starters and finish line officials to ensure there are at least two timekeepers to time and sign-off the record.

Round Track Events:

Times are electronically taken and will be verified by the timekeeper/recorder.

All Records must be approved by the Officer for Records and Rankings.

** If any changes are made to the rules of competition by the executive committee during the season, then a re-print of the rules of competition is required and the amended page to be posted on the notice board for the remainder of the season. Failure to do this will mean the new rule is not valid.

EVENTS AVAILABLE

Events	6's	7's	8's	9's	10's	11's	12's	13's	14's	15's	16's	17's	U/20
50m Sprint	X	X											
70m Sprint	X	X	X	X	X								
100m Sprint	X	X	X	X	X	X	X	X	X	X	X	X	X
200m Sprint	Pack	X	X	X	X	X	X	X	X	X	X	X	X
300m Pack Start	X												
400m Sprint			Pack	X	X	X	X	X	X	X	X	X	X
500m Pack Start		X											
700m Pack Start			X										
800m Run				X	X	X	X	X	X	X	X	X	X
1500m Pack Start						X	X	X	X	X	X	X	X
3000m Pack Start								X	X	X	X	X	X
700m Walk				X									
1100m Walk					X	X							
1500m Walk							X	X	X	X	X	X	X
60m Hurdles			X	X	X								
80m Hurdles						X	X	X	G				
90m Hurdles									B	G			
100m Hurdles										B	G	G	G
110m Hurdles											B	B	B
200m Hurdles								X	X				
300m Hurdles										X	X	X	
400m Hurdles													X
Shot Put	X	X	X	X	X	X	X	X	X	X	X	X	X
Discus	X	X	X	X	X	X	X	X	X	X	X	X	X
Javelin					X*	X	X	X	X	X	X	X	X
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X	X
Triple Jump						X	X	X	X	X	X	X	X
High Jump				X	X	X	X	X	X	X	X	X	X
Relays			X	X	X	X	X	X	X	X	X	X	X

Tiny Tots will participate in play training activities, running, jumping, and throwing.

* Turbo Javelin

AWARDS

Awards are presented in the form of Trophies, Medals, Ribbons and Certificates as a means of encouragement to the athletes. **They will be awarded on performances, attendance** and other criteria as outlined below as well as throughout the season and selected by a panel consisting of the Executive Committee.

When children enjoy their sport, the winning comes easy, sportsmanship is evident, and encouragement is high. Pressure is not necessary at any time - **ENCOURAGEMENT IS**.

NOTE: The minimum attendance to be eligible for any Award is 66% from available competition nights.

15's-20's age groups who are working part time and find they must work on the occasional Friday will have a **minimum attendance of 50%** from competition nights available. A letter from the athlete can be written and then signed by their manager with company stamp or have their manager write a letter on a company letter head stating the Friday / Date that was or will be required to work, this will then need to be handed into the Records and Rankings Officer ASAP. In the event you think you may be getting close to 50% please discuss your concern to the Records and Rankings Officer as soon as possible! So, you can discuss this with your employer.

TINY TOTS:

Trophies are awarded based on behaviour, sportsmanship, listening, learning, and having fun. This age group must have a minimum of **50% attendance**. **NOTE:** There is a sign on sheet for parents each Friday and this is used as our reference for attendance **FAILURE TO SIGN ON WILL RESULT IN NO TROPHY**.

PLACE IN AGE GROUP:

These awards are based on points for events recorded on competition nights. Placing trophies for 1st, 2nd and 3rd are for Boys and Girls Age Groups.

ENCOURAGEMENT/IMPROVEMENT AWARD:

This is awarded to the athlete in each age group who tries hard at bettering their own personal best while participating on a regular basis in all events.

100% PARTICIPATION AWARD:

Children who are not receiving any other trophy and have 100% attendance and registered before the 10th week of competition will be awarded a 100% Participation Trophy in recognition of perfect attendance.

PARTICIPATION AWARD:

These are trophies awarded to children in the Centre who are not receiving any other trophy and **who have satisfied regular attendance (minimum 66%)**. Children who register later in the season are calculated on a pro-rata basis, wash out days are also considered.

5- & 10-YEAR TROPHY:

Awarded to athletes who have 5 or 10 consecutive years registrations with Mount Druitt Little Athletics Centre with regular attendance throughout the seasons. The Officer for Records and Rankings will determine an athletes' regular attendance & provide details of exceptional circumstances to the Executive at the completion of the season for consideration.

LEE ALLEN MEMORIAL TROPHY:

This award is both a perpetual and an individual trophy and was introduced in the 1991/1992 season, in recognition of the former Centre stalwart Lee Allen.

It is awarded to the athletes with the most improvements in certain track events and is determined by the Records and Rankings Officer at the completion of the season.

AWARDS (continued)

JENNY MCNAMARA MEMORIAL TROPHY:

This award is both a perpetual and an individual trophy and was introduced in the 2014/2015 season, in memory of our late Life Member, Vice President and Records and Rankings Officer Jenny McNamara.

This award is based on "Total Improvements in Field Events" over the season and is determined by the Records and Rankings Officer at the completion of the season.

This award replaces the Warren Munro Memorial Trophy 1994-2014.

PRESIDENTS AWARD:

This is presented in recognition of helpfulness throughout the season or a great deed in the support of our centre.

This award is open for athletes, parents, and officials.

MULTI POINT SCORE MEDALS:

These special medals will continue to be awarded and are based on the [points/performances achieved at our Centre Championships](#). It is important, therefore, to encourage athletes to participate in the maximum number of events to ensure maximum points - to be awarded at the Presentation Day.

JUNIOR (6's-8's), INTERMEDIATE (9's-12's) & SENIOR BOYS/GIRLS (13's-17's & U20's) CHAMPION:

These trophies are both a perpetual and individual trophy and are awarded to athletes based on their "overall" results and participation across the season and are voted on by the Committee via a blind ballot. These are our major awards, the selection criteria are tough, and the decisions made by the Committee are final. All nominated athletes receive a trophy. The minimum criteria considered are:

- **Must Enter and Compete at Zone Championships (7's-17's)**
- **Must Enter and Compete at Centre Championships (6's-17's)**
- **Must Enter and Compete at State Championships (Under 20's)**
- Attendance
- Place in Age Group
- Centre Improvements (PB's)
- Centre Championships Results & Centre Championships Multi Point Results
- West Met Zone Championships Results (7's-17's)
- Region 6 Championships Results (8's-17's), if qualified
- LANSW/ANSW State Championships Results (9's-17's & U20's), if qualified
- Centre and Championship Records
- Parent Assistance

Eligibility Conditions Explained

Must Enter and Compete at Zone Championships:

Athletes in the 7's-17's & U20's age groups must enter and compete in at least one event at Zone Championships. Athletes must compete in all events they have entered.

Must Enter and Compete at Centre Championships:

Athletes in the 6's-17's & U20's age groups must enter and compete in at least one event at Centre Championships. Athletes must compete in all events they have entered.

Attendance:

The athlete must have the minimum 66% attendance to be eligible for nomination.

Place in Age B/G:

Based on points for events recorded on competition nights.

AWARDS (continued)

Centre Improvements:

Total personal bests (PBs) on competition nights and at centre championships.

Centre Championships Results:

Based on placings in all events at Centre Championships.

Centre Championships Multi Point:

Based on the total events points at Centre Championships as above

West Met Zone Championships Results (7's-17's & U20's):

Region 6 Championships Results (8's-17's & U20's):

LANSW State Championships Results 7's-17's & U20's):

Based on placings in events at these championships, excludes relays.

If an athlete qualifies for the next Championship Level, either as an automatically or as additional qualifier, they must compete at that championship to be eligible for nomination.

If an Athlete does not compete in an event, they have chosen the parent or athlete must report to the Team Manager on the day to advise the reason.

Centre, Zone, Region, and State Records:

Based on the number of Centre and Championship records set through the season, excludes relays.

Parent Assistance:

Parent, Carer or Guardian assistance is mandatory at Centre Championships and Zone, Region, and State Championships.

A roster will be posted by the Championships Committee before these events.

All parents are required to report to the Team Manager on arrival and assist at the time they have been rostered, there are no exceptions to this rule.

Please see or them manager or championships officer

Exemptions

- **Injury:** This is accepted where a medical certificate is presented. If the athlete continues to have an ongoing injury of the same nature, then only one certificate is required. If an Injury is sustained on the day, however this must be reported to the team manager on the day.

- Missing a called event at Zone, Region, or State, this is only an accepted reason provided the athlete and parent are sitting with the Mount Druitt Team, when sitting together as a team we (all parents and athletes) can all look out for each other and at times that is no one's fault an event call can be missed.

- **ANY** other reasons must be advised at the time and will be considered by the Committee.

Not Eligible (Additional to the above)

- No Show for an Event, not wanting to compete in your nominated event, wanting to concentrate on other events (dropping a nominated event).

- Parent Not Attending Zone/Region/State Championships

CENTRE RECORDS
(CENTRE RECORDS 1985 to 22023-2024 INCLUSIVE)

UNDER 6	GIRLS	YR	RECORDS	UNDER 6	BOYS	YR	RECORDS
50m	K. Cain	88	0.09.9	50m	J. Parrelli	07	0.09.6
50m	R. Taco	05	0.09.9				
70m	T. Bird	93	0.13.6	70m	A. Dyer	90	0.13.6
100m	T. Bird	93	0.19.7	100m	A. Dyer	90	0.19.6
*200m	L. Jackson	90	0.42.7	*200m	M. Howard	93	0.40.3
200m Pack Start				200m Pack Start			
300m Run	C. Borg	00	1.09.4	300m Run	A. Benko	00	1.07.4
Shot Put (500g)	I. Tanaki	19	4.37m	Shot Put (500g)	R. Thatcher	18	4.16m
# Shot Put (1kg)	T. Bird	93	4.42m	# Shot Put (1kg)	W. O'Brien	02	5.68m
Discus (350g)	R. Palmer	09	11.06m	Discus (350g)	W. O'Brien	02	15.63m
Long Jump	T. Bird	93	2.79m	Long Jump	J. Grieve	89	2.63m
				Long Jump	L. Neuifi	11	2.63m
UNDER 7	GIRLS	YR	RECORDS	UNDER 7	BOYS	YR	RECORDS
50m	I. Zammit	23	0.09.04	50m	M. Howard	94	0.09.1
70m	A. Warwick-Smith	92	0.12.2	70m	J. TeWhata	92	0.11.8
100m	L. Betty Tanaki	17	0.17.68	100m	D. Asonitis	99	0.17.0
200m	T. Kalinowski	86	0.39.3	200m	M. Howard	94	0.36.3
500m Run	C. Escandor	03	2.04.3	500m Run	D. Asonitis	99	1.46.7
Shot Put (1kg)	T. Bird	94	6.17m	Shot Put (1kg)	W. O'Brien	03	7.24m
Discus (350g)	S. Hill	17	13.55m	Discus (350g)	W. O'Brien	02	18.61m
Long Jump	O. Airhumwunde	11	3.11m	Long Jump	E. Morris	87	3.29m
UNDER 8	GIRLS	YR	RECORDS	UNDER 8	BOYS	YR	RECORDS
70m	O. Airhumwunde	12	0.11.3	70m	R. Osmond	92	0.11.7
100m	L. B. Tanaki	18	0.16.42	100m	M. Coupland	95	0.15.8
200m	N. Burling	85	0.35.2	200m	M. Howard	95	0.33.2
*400m Sprint	N. Burling	85	1.20.2	*400m Sprint	M. Coupland	95	1.13.7
400m Pack Start	S. Swanson-Tu'umatavai	21	1:59.35	400m Pack Start	A. Sangwan	22	2:37.94
700m Run	T. Russell	01	2.44.1	700m Run	M. Howard	95	2.25.2
@700m	T. Wild	05	2.41.4 Mondo				
60m Hurdles	B. Blackburn	01	0.12.1	60m Hurdles	D. Asonitis	00	0.11.8
Shot Put (1.5kg)	S. Hill	18	6.72m	Shot Put (1.5kg)	W. O'Brien	04	7.11m
Discus (500g)	T. Talau	23	18.01m	Discus (500g)	R. Osmond	92	21.54m
Long Jump	L. B. Tanaki	18	3.31m	Long Jump	G. Chin	90	3.56m
UNDER 9	GIRLS	YR	RECORDS	UNDER 9	BOYS	YR	RECORDS
70m	O. Airhumwunde	12	0.10.7	70m	D. Asonitis	01	0.10.7
100m	O. Airhumwunde	12	0.15.3	100m	R. Osmond	93	0.14.9
200m	J. Airhumwunde	10	0.33.0	200m	M. Cleary	92	0.31.9
400m	C. Fleming	96	1.14.7	400m	M. Cleary	92	1.12.4
800m	C. Fleming	96	2.57.0	800m	D. Asonitis	01	2.42.5
60m Hurdles	T. Bird	96	0.11.1	60m Hurdles	A. Byrne	94	0.11.0
				60m Hurdles	S. Hogg	98	0.11.0
700m Walk	T. Wild	05	4.02.90	700m Walk	S. Washburn	03	4.00.8
Shot Put (2kg)	T. Bird	96	6.52m	Shot Put (2kg)	W. O'Brien	05	8.40m
Discus (500g)	D. Defoe	04	21.53m	Discus (500g)	J. Schofield	16	22.94m
Long Jump	T. Doodson	96	3.87m	Long Jump	R. Osmond	93	4.02m
High Jump	O. Airhumwunde	12	1.15m	High Jump	D. Asonitis	01	1.20m

Archived Records: * Event No Longer Available @ BISP (Away) # Changed Weight

CENTRE RECORDS
(CENTRE RECORDS 1985 to 22023-2024 INCLUSIVE)

UNDER 10	GIRLS	YR	RECORDS		UNDER 10	BOYS	YR	RECORDS
70m	C. Fleming	97	0.10.7		70m	A. Falzon	01	0.10.5
100m	R. Asonitis	00	0.15.1		100m	A. Falzon	01	0.14.4
200m	R. Asonitis	00	0.31.5		200m	A. Byrne	95	0.30.8
400m	R. Asonitis	00	1.08.0		400m	V. Borg	02	1.09.2
800m	R. Asonitis	00	2.51.8		800m	V. Borg	02	2.30.7
*800m Pack	SL. Punter	19	3:54.60		*800m Pack	A. Baig	19	3:19.15
*1500m Run	T. Wild	06	5.48.5		*1500m Run	V. Borg	03	5.08.9
60m Hurdles	C. Archer	95	0.11.4		60m Hurdles	A. Byrne	95	0.11.7
					@60m Hurdles	B. Hawanek	05	11.7 Mondo
1100m Walk	T. Doodson	97	6.06.6		1100m Walk	S. Washburn	04	6.13.4
Shot Put (2kg)	K. Wong	19	8.18m		Shot Put (2kg)	W. O'Brien	05	9.16m
Discus (500g)	K. Wong	19	26.88m		Discus (500g)	R. Osmond	94	26.78m
Long Jump	C. Fleming	97	4.10m		Long Jump	R. Osmond	94	4.33m
High Jump	O. Airhumwunde	13	1.25m		High Jump	D. Asonitis	02	1.32m
UNDER 11	GIRLS	YR	RECORDS		UNDER 11	BOYS	YR	RECORDS
100m	R. Asonitis	01	0.14.3		100m	C. Schwarz	91	0.13.7
200m	R. Asonitis	01	0.29.8		200m	C. Schwarz	91	0.28.5
400m	R. Asonitis	01	1.06.4		400m	V. Borg	03	1.07.5
800m	R. Asonitis	01	2.40.3		800m	V. Borg	03	2.30.2
1500m Run	R. Asonitis	01	5.31.8		1500m Run	V. Borg	03	4.58.5
*60m Hurdles	T. Bird	98	0.11.3		*60m Hurdles	A. Falzon	02	0.11.0
80m Hurdles	E. Malueth	22	0.18.42		80m Hurdles	J. Olarewaju	22	0.14.42
*1500m Walk	S. Potter	95	9.32.1		*1500m Walk	R. Portelli	95	12.44.2
1100m Walk	T. Wild	08	6.13.6		1100m Walk	G. Sellen	96	6.28.1
					@ 1100m Walk	S. Washburn	05	5.43.8 Mondo
Shot Put (2kg)	K. Wong	19	9.60m		Shot Put (2kg)	N. Kennedy	99	9.36m
Discus (500g)	K. Wong	20	32.96m		Discus (500g)	CJ. Parker	19	16.17m
#Discus(750g)	D. Defoe	05	28.95m		#Discus (750g)	C. James	87	25.90m
Long Jump	C. Fleming	98	4.28m		Long Jump	R. Osmond	95	4.80m
Triple Jump	R. Asonitis	01	9.12m		Triple Jump	A. Falzon	02	9.62m
High Jump	C. Archer	96	1.26m		High Jump	T. Drayton	85	1.36m
Javelin (400g)	K. Wong	20	19.27m		Javelin (400g)	T. Sasinszki	18	19.33m
UNDER 12	GIRLS	YR	RECORDS		UNDER 12	BOYS	YR	RECORDS
100m	R. Asonitis	02	0.14.0		100m	C. Schwarz	92	0.13.4
200m	R. Asonitis	02	0.28.3		200m	C. Schwarz	92	0.26.9
400m	R. Asonitis	02	1.04.0		400m	P. Clegg	97	1.02.9
800m	R. Asonitis	02	2.30.4		800m	D. Asonitis	04	2.30.6
					@800m	V. Borg	05	2.20.8 Mondo
1500m Run	R. Asonitis	02	5.13.3		1500m Run	D. Asonitis	04	4.57.7
					@1500m	V. Borg	05	4.49.8 Mondo
*60m Hurdles	C. Archer	97	0.10.8		*60m Hurdles	P. Clegg	97	0.10.5
*60m Hurdles	T. Bird	99	0.10.8					
80m Hurdles	M. Owen	20	0.17.95		80m Hurdles	R. Parker	20	0.18.98
1500m Walk	B. Morabito	02	7.55.1		1500m Walk	S. Washburn	05	7.36.5
Shot Put (2kg)	A. Blackburn	02	12.23m		Shot Put (2kg)	H. Howie	23	5.35
					#Shot Put(3kg)	T. Dufty	07	9.77m
Discus (750g)	A. Blackburn	03	31.88m		Discus (750g)	C. Stretton	94	28.76m
Long Jump	L. Borg	00	4.77m		Long Jump	C. Schwarz	92	5.01m
Triple Jump	K. Dick	93	9.43m		Triple Jump	C. Schwarz	92	10.35m
High Jump	C. Fleming	99	1.39m		High Jump	T. Drayton	86	1.47m
					High Jump	D. Ashford-Wykes	97	1.47m
Javelin (400g)	C. Schofield	18	21.62m		Javelin (400g)	D. Parker	18	24.52m

Archived Records: * Event No Longer Available @ BISP (Away) # Changed Weight

CENTRE RECORDS
(CENTRE RECORDS 1985 to 22023-2024 INCLUSIVE)

UNDER 13	GIRLS	YR	RECORDS		UNDER 13	BOYS	YR	RECORDS
100m	D. Defoe	07	0.13.5		100m	C. Schwarz	93	0.12.7
200m	J. Airhumwunde	15	0.28.10		200m	C. Schwarz	93	0.26.3
400m	C. Fleming	00	1.04.0		400m	P. Clegg	98	0.59.4
800m	C. Archer	98	2.37.3		800m	A. Scollie	01	2.21.5
1500m Run	R. Asonitis	03	5.11.2		1500m Run	V. Borg	05	4.55.5
3000m	T. Wild	09	11.54.0		3000m	V. Borg	05	10.31.7
80m Hurdles	J. Airhumwunde	15	0.15.40		80m Hurdles	P. Clegg	98	0.13.1
200m Hurdles	J. Airhumwunde	15	0.32.40		200m Hurdles	S. Mace	98	0.30.4
1500m Walk	R. Lee	00	7.43.6		1500m Walk	D. Connolly	96	7.20.4
Shot Put (3kg)	A. Blackburn	03	11.40m		Shot Put (3kg)	C. Stretton	95	12.69m
Discus (750g)	K. Wong	22	38.01m		Discus (750g)	V. Wolfgramm	22	37.41m
					#Discus (1kg)	C. Stretton	95	34.16m
Long Jump	C. Fleming	00	4.88m		Long Jump	J. Khan	98	5.51m
Triple Jump	C. Fleming	00	9.94m		Triple Jump	C. Schwarz	93	10.64m
High Jump	J. Airhumwunde	15	1.55m		High Jump	T. Drayton	87	1.60m
Javelin (400g)	C. Morrison	99	30.92m		Javelin (600g)	J. Khan	98	36.40m
UNDER 14	GIRLS	YR	RECORDS		UNDER 14	BOYS	YR	RECORDS
100m	R. Asonitis	04	12.8		100m	J. Khan	99	0.11.9
200m	C. Fleming	01	0.28.1		200m	J. Khan	99	0.24.3
400m	R. Asonitis	03	1.03.0		400m	S. Greco	01	0.58.4
800m	C. Archer	99	2.34.1		800m	V. Borg	06	2.19.2
1500m Run	C. Ebejer	01	5.36.2		1500m Run	V. Borg	06	4.39.9
3000m	C. Jones	01	11.59.8		3000m	V. Borg	06	10.17.5
80m Hurdles	J. Cumberland	95	0.15.2		90m Hurdles	C. Schwarz	94	0.13.2
200mHurdles	C. Archer	99	0.30.8		200m Hurdles	S. Grech	01	0.29.6
1500m Walk	B. Lee	01	7.15.6		1500m Walk	D. Connolly	97	6.37.1
Shot Put (3kg)	K. Wong	22	13.01m		Shot Put (3kg)	H. McLeod	19	13.23 m
					#Shot Put(4kg)	C. Stretton	96	11.84m
Discus (1kg)	K. Wong	22	35.73m		Discus (1kg)	C. Stretton	96	39.50m
Long Jump	L. Borg	02	4.91m		Long Jump	J. Khan	99	6.25m
Triple Jump	D. Defoe	08	10.01m		Triple Jump	J. Khan	99	12.70m
High Jump	C. Archer	99	1.50m		High Jump	J. Khan	99	1.78m
Javelin (400g)	K. Wong	23	23.83m					
#Javelin (600g)	C. Morrison	00	28.70m		Javelin (600g)	J. Khan	99	43.42m
UNDER 15	GIRLS	YR	RECORDS		UNDER 15	BOYS	YR	RECORDS
100m	J. Cumberland	96	0.13.3		100m	J. Khan	00	0.11.3
200m	L. Borg	02	0.26.4		200m	J. Khan	00	0.23.7
400m	N. Watts	95	1.02.9		400m	J. Khan	00	0.52.1
800m	C. Archer	00	2.34.3		800m	V. Borg	07	2.13.1
1500m Run	R. Keenawinna	05	5.26.7		1500m Run	G. Wordsworth	01	4.41.4
3000m	R. Keenawinna	05	11.46.7		3000m	V. Borg	07	9.44.8
90m Hurdles	C. Archer	00	0.14.8		100m Hurdles	J. Khan	00	0.14.3
* 200m Hurdles	J. Cumberland	96	0.30.2		* 200m Hurdles	A. Washburn	00	0.27.4
300m Hurdles	R. Cereno	17	1.03.77		300m Hurdles	T. Foote	17	0.51.74
1500m Walk	C. Jones	02	7.27.3		1500m Walk	D. Connolly	98	6.15.8
Shot Put (3kg)	S. Wolfgramm	23	12.93m		Shot Put (4kg)	C. Stretton	97	13.32m
Discus (1kg)	S. Wolfgramm	22	39.64m		Discus(1kg)	J. Bartley	10	43.43m
Long Jump	C. Archer	00	5.10m		Long Jump	J. Khan	00	6.35m
Triple Jump	D. Defoe	09	10.04m		Triple Jump	W. Pettiford	95	12.55m
High Jump	C. Archer	00	1.60m		High Jump	J. Khan	00	1.85m
Javelin (500g)	ML. Conn	23	21.80m		Javelin (700g)	S. Palmer	12	30.91m
#Javelin (600g)	C. Morrison	01	34.00m		#Javelin (800g)	J. Khan	00	46.70m

Archived Records: * Event No Longer Available @ BISP (Away) # Changed Weight

CENTRE RECORDS
(CENTRE RECORDS 1985 to 22023-2024 INCLUSIVE)

<u>UNDER 16</u>	<u>GIRLS</u>	<u>YR</u>	<u>RECORDS</u>		<u>UNDER 16</u>	<u>BOYS</u>	<u>YR</u>	<u>RECORDS</u>
100m					100m			
200m					200m			
400m					400m			
800m					800m			
1500m Run					1500m Run			
3000m					3000m			
1500m Walk					1500m Walk			
100m Hurdles					110m Hurdles			
300m Hurdles					300m Hurdles			
Shot Put (3kg)					Shot Put (5kg)			
Discus (1kg)					Discus (1.5kg)			
Long Jump					Long Jump			
Triple Jump					Triple Jump			
High Jump					High Jump			
Javelin (500g)					Javelin (700g)			
<u>UNDER 17</u>	<u>GIRLS</u>	<u>YR</u>	<u>RECORDS</u>		<u>UNDER 17</u>	<u>BOYS</u>	<u>YR</u>	<u>RECORDS</u>
100m	E. Rea	21	0.14.17		100m	B. Klemenic	21	0.11.97
200m	E. Steele	12	0.30.4		200m	E. Duggan	18	0.24.90
400m	J. Tedeschi	16	1.13.60		400m	S. Palmer	14	0.59.4
800m	J. Tedeschi	17	2.52.0		800m	S. Palmer	13	2.19.3
1500m Run	T. Wild	12	6.04.7		1500m Run	S. Palmer	13	4.56.8
3000m	J. Tedeschi	16	11.22.73		3000m	S. Palmer	12	11.07.4
1500m Walk	T. Wiseman	14	8.47.9		1500m Walk	C. Ollerenshaw	09	8.41.3
100m Hurdles	J. Tedeschi	17	0.17.55		* 100m Hurdles	B. Shelley	12	0.16.4
					110m Hurdles	B. Klemenic	21	0.17.10
* 200m Hurdles	J. Tedeschi	15	0.33.94		* 200m Hurdles	M. Herder	16	0.29.61
300m Hurdles	J. Tedeschi	17	1.03.80		300m Hurdles	B. Klemenic	20	0.52.85
Shot Put (3kg)	M.L. Conn-Evans	23	9.44m		Shot Put (5kg)	S. Palmer	14	12.08m
# Shot Put(4kg)	M. Weber	11	6.28m					
Discus (1kg)	M.L. Conn-Evans	23	27.35m		Discus (1.5kg)	J. Bartley	10	39.48m
Long Jump	E. Rea	11	4.76m		Long Jump	J. Parker	21	5.70m
Triple Jump	M. Donovan	12	9.27m		Triple Jump	B. Klemenic	21	11.78m
High Jump	M. Weber	11	1.35m		High Jump	M. Herder	16	1.70m
Javelin (500g)	M.L. Conn-Evans	23	24.97m					
#Javelin (600g)	C. McNamara	10	16.99m		Javelin (700g)	S. Palmer	14	37.72m
<u>UNDER 20's</u>	<u>Women</u>	<u>YR</u>	<u>RECORDS</u>		<u>UNDER 20's</u>	<u>Men</u>	<u>YR</u>	<u>RECORDS</u>
100m					100m			
200m					200m			
400m					400m			
800m					800m			
1500m Run					1500m Run			
3000m					3000m			
1500m Walk					1500m Walk			
100m Hurdles					110m Hurdles			
400m Hurdles					400m Hurdles			
Shot Put (4kg)					Shot Put (6kg)			
Discus (1kg)					Discus (1.75kg)			
Long Jump					Long Jump			
Triple Jump					Triple Jump			
High Jump					High Jump			
Javelin (600g)					Javelin (800g)			

Archived Records: * Event No Longer Available @ BISP (Away) # Changed Weight

PROGRAM

6's Boys & Girls		7's Program Boys & Girls	
<u>Week 1</u>	<u>Week 2</u>	<u>Week 1</u>	<u>Week 2</u>
300m	50m	500m	50m
70m	Long Jump	70m	Long Jump
100m	Shot Put	100m	Discus
Discus	200m Pack Start	Shot Put	200m
Long Jump		Long Jump	
8's Boys & Girls		9's Boys & Girls	
<u>Week 1</u>	<u>Week 2</u>	<u>Week 1</u>	<u>Week 2</u>
700m	60m Hurdles(45cm)	70m	60m Hurdles(45cm)
70m	Shot Put	100m	700m Walk
100m	Long Jump	Long Jump	High Jump (Scissors)
Discus	200m	Discus	Shot Put
Long Jump		400m	800m
400m Pack Start			200m
10's Boys & Girls		11's Boys & Girls	
<u>Week 1</u>	<u>Week 2</u>	<u>Week 1</u>	<u>Week 2</u>
Turbo Javelin (5:30 Start)	60m Hurdles(60cm)	Javelin (5:30 Start)	80m Hurdles(60cm)
Shot Put	1100m Walk	100m	1100m Walk
70m	Discus	1500m Run	Discus
100m	Long Jump	Triple Jump	Long Jump
High Jump (Scissors)	800m Sprint	Shot Put	High Jump
400m	200m	400m	800m Run
			200m
12's Boys & Girls		13's & 14 's Boys & Girls	
<u>Week 1</u>	<u>Week 2</u>	<u>Week 1</u>	<u>Week 2</u>
Javelin (5:30 Start)	80m Hurdles(68cm)	100m	Javelin (5:30 Start)
100m	1500m Walk	1500m Run	80m Hurdles(76cm)
1500m Run	High Jump	Long Jump	1500m Walk
Triple Jump	Long Jump	Discus	Shot Put
Shot Put	Discus	High Jump	Triple Jump
400m	800m	400m	800m
	200m	3000m	200m
			13's 200m Hurdles(68cm)
			14's 200m Hurdles(76cm)
15's – 17's Boys & Girls		Under 20's Men & Women	
<u>Week 1</u>	<u>Week 2</u>	<u>Week 1</u>	<u>Week 2</u>
100m	Javelin (5:30 Start)	100m	Javelin (5:30 Start)
High Jump	1500m Walk	High Jump	1500m Walk
1500m Run	Triple Jump	1500m Run	Triple Jump
Discus	Shot Put	Discus	Shot Put
Long Jump	800m	Long Jump	800m
400m	200m	400m	200m
3000m	15G 90m Hurdles(76cm)	3000m	W 100m Hurdles(76cm)
	15B/16G/17G 100m Hurdles(76cm)		M 110m Hurdles(76cm)
	16B/17B 110m Hurdles(76cm)		400m Hurdles(76cm)
	300m Hurdles(76cm)		

These are the events for the day but not necessarily in the right order, your age manager will have the actual schedule, and this program may be subject to change.

SPONSORSHIP

Sponsors support the children's/Centre activities and provide facilities which may not be otherwise available. Whilst the Centre has had good support over the years - additional and continuing support is required. **If any parent is aware of a potential sponsor**, your advice would be appreciated so that it can be followed up - additional sponsorship is always sought after, **please advise the President**.

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Joe's Meat Market

2024 – 2025 CALENDAR OF EVENTS –PROGRAM

2024

August	1	Online Registrations Open	
	25	Registrations Collection – (Sun) Uncle Bucks (12PM -3PM)	
	31	Registrations Collection – (Sat) Uncle Bucks (12PM -3PM)	
SEPTEMBER	6	Registrations Collection – (Fri) Hanna Reserve (5PM -7PM)	
	13	Registrations Collection and Orientation Night– (Fri) Hanna Reserve (5PM -9PM)	
	20	First Friday Night Competition	Week 1
	27	Friday Night Competition	Week 2
OCTOBER	4	Friday Night Competition Zone Championships Entries Open	Week 3
	11	Friday Night Competition	Week 4
	18	Friday Night Competition	Week 5
	25	Friday Night Competition	Week 6
	30	Mount Druitt Gala Day Entries Open	
NOVEMBER	1	Friday Night Competition Zone Championships Entries Closed	Week 7
	8	Friday Night Competition	Week 8
	10	State Relay Championships SOPAC Homebush 8-12 (Sun)	
	15	Friday Night Competition	Week 9
	16-17	State Relay Championships SOPAC Homebush 13+ (Sat & Sun)	
	18	Mount Druitt Gala Day Entries Closed (Mon)	
	22	Friday Night Competition	Week 10
	24	Mount Druitt Gala Day (Sunday)	
	29	Friday Night Competition (Centre Championships Entries Open)	Week 11
DECEMBER	6-7-8	West Met Zone Championships BISP (Fri-Sun)	
	13	Friday Night Competition	Week 12
	20	Friday Night Competition (Xmas BBQ)	Week 13
	27	No Competition: Merry Christmas	

2025

JANUARY	3	No Competition: Happy New Year	
	10	Friday Night Competition	Week 14
	17	Friday Night Competition (Centre Championships Entries closed)	Week 15
	24	Friday Night Competition	Week 16
	25-26	NSW Combined Championships 13's – Masters (SOPAC, Homebush)	
	31	Centre Championships Friday 6pm-9pm	
FEBRUARY	2	Centre Championships Sunday 11am-3pm	
	7-8-9	LANSW Region 6 Championships BISP	
	14	Friday Night Competition	Week 17
	21	Friday Night Competition	Week 18
	28	Friday Night Competition	Week 19
MARCH	1-2	LANSW State Combined Championships 7's-Opens (Griffith)	
	7	Friday Night Competition	Week 20
	14	Last Friday Night Competition	Week 21
	15-16	LANSW/ANSW State Championships (SOPAC, Homebush) 13+	
	22-23	LANSW State Championships (SOPAC, Homebush) 9-12 (Also Opens 20-23)	
MAY	18	A.G.M & Trophy Presentation 1:00PM Sharp to 4PM – Uncle Bucks (Sun)	
JULY	TBC	LANSW State Cross Country & Road Walks	

Tip: Tear off or print this page and place on your Fridge