



# **WOLLONGONG CITY LITTLE ATHLETICS CLUB**

**Centre Handbook  
2025 - 2026**



# Wollongong City Little Athletics

2025 - 2026

## Centre Handbook



[www.wcla.org.au](http://www.wcla.org.au)



Wollongong City Little Athletics



[www.lansw.com.au](http://www.lansw.com.au)



[www.nswathletics.org.au](http://www.nswathletics.org.au)



## President's Message

Dear athletes, families and supporters,

On behalf of the committee, it is my pleasure to welcome you all to the 2025-2026 Little Athletics season. Whether you are joining us for the first time or returning for another exciting year, we are thrilled to have you as part of our community.

It is both an honour and privilege to introduce myself as the new President of Wollongong City Little Athletics club. My name is Michelle Szczerbanik and I'm not only passionate about athletics, I am also a very proud parent of three daughters who are all actively involved in the club.

Like many of you, I first joined the athletics community through my children, and over time, I've come to truly appreciate the spirit, support and opportunities that little athletics provides. Watching my daughters grow in confidence, resilience and friendships on and off the track has inspired me to give back in a bigger way. I am genuinely excited to take on this role and continue building on the incredible work done by those who came before me.

Little Athletics is more than just running, jumping and throwing, it is about building confidence, making friends, learning new skills, and most importantly, having fun in a supportive and inclusive environment. Our club is proud to nurture these values, and we look forward watching our young athletes grow, challenge themselves and enjoy every moment.

I'd like to thank the committee for their ongoing support and dedication. Your tireless efforts behind the scenes keep everything running smoothly, and I look forward to working alongside you all. And thank you goes out to our volunteers, athletes and families who give their time and energy to make each week a success. Your ongoing support is the backbone of our club. If you are interested in joining our committee, reach out to any of our club committee members. No prior experience is necessary and even a small amount of time can make a big difference. It is also a great way to meet other families, be more involved in your child's sporting journey and help shape the future of our club.

Let's make this season one to remember. Full of personal bests, team spirit and great memories with a shared commitment to making this year the best one yet. If you see me around the track or at events, please feel free to come say hello. I would love to hear your ideas, feedback or simply have a chat.

Michelle Szczerbanik  
President  
Wollongong City Little Athletics Centre



### Wollongong City Little Athletics Committee 2025 - 2026

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 the NSW Athletics Partnership. The Committee generally meets once a month throughout the year. 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](mailto:wcla.org@gmail.com)

Executive Committee Position	Name	Email
President	Michelle Szczerbanik	<a href="mailto:President.wcla.org@gmail.com">President.wcla.org@gmail.com</a>
Vice President	Brett Barklay	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
Secretary/Public Officer	Rebecca Anderson	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
Treasurer	Paul Hare	<a href="mailto:Treasurer.wcla.org@gmail.com">Treasurer.wcla.org@gmail.com</a>
Registrar/WWCC Officer	Dannielle Hare	<a href="mailto:registrar.wcla@gmail.com">registrar.wcla@gmail.com</a>

Committee Position	Name	Email
Assistant Registrar	Shelley Donaldson	<a href="mailto:registrar.wcla@gmail.com">registrar.wcla@gmail.com</a>
Championship Officer	Michelle Szczerbanik	<a href="mailto:team.wcla@gmail.com">team.wcla@gmail.com</a>
Assistant Team Manager	Ben Szczerbanik	<a href="mailto:team.wcla@gmail.com">team.wcla@gmail.com</a>
Program Manager	Stephanie Buck	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
Gate Operator	Dannielle Hare	<a href="mailto:results.wcla@gmail.com">results.wcla@gmail.com</a>
Results Officers	Rebecca Anderson Dannielle Hare Stephanie Buck	<a href="mailto:results.wcla@gmail.com">results.wcla@gmail.com</a>
Webmasters	Lianne Munro Stephanie Buck	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>



Committee Position	Name	Email
Uniform Coordinator	Dannielle Hare	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
Publicity Officer	Dannielle Hare	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
Track & Equipment Manager	Paul Hare	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
First Aid Officers	Nellie Roberts Alandra Price	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
BBQ Coordinator	Peter Anderson Lachlan Anderson	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
Sponsorship Officer	Michelle Szczerbanik	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
Centre Photographer	TBC	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
Coach Coordinator	Brett Barklay	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
School Liaison Officers	Brett Barklay Michelle Szczerbanik	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
Tiny Tots Coordinator	TBC	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
Zone Representatives	Brett Barklay Rebecca Anderson Matt Smith	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
Life Members	Ron Thompson Karen Carli Marg Pierro Brett Barklay Chris McCabe	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>
General Committee	Lianne Munro Stephanie Buck Nellie Roberts Petrina Price Alandra Price Kate Woloch Matt Smith	<a href="mailto:wcla.org@gmail.com">wcla.org@gmail.com</a>



	Shelley Donaldson Sonia Taylor Ben Szczerbanik Peter Anderson Lachlan Anderson	
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# WOLLONGONG CITY LITTLE ATHLETICS CENTRE INC



Athletics is primarily a Summer sport and this season runs from September to March with a break over Xmas and New Year. Athletes must be signed in and waiting in lines behind their age cones in their age group by 5.00pm. 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 and send a group email by 4pm.

Invitations to local Gala Days will be forwarded to members during the season. These 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.

There are also additional carnivals, like High Velocity, that your athlete may wish to compete in. Emails from Athletics NSW will be sent to athletes when registration opens for these events. More information can be found at <https://www.nswathletics.org.au/events/list/>.

Additional information regarding Treloar Shield Series, Championship Pathway (Zone, Region, State) and State Championship Events can be found at <https://www.nswathletics.org.au/events-page>.



### Wollongong City Little Athletics Centre Calendar 2025 - 2026

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

#### August

Friday 1<sup>st</sup> online registrations start via [www.lansw.com.au](http://www.lansw.com.au)  
Saturday 16<sup>th</sup> NSW Primary Schools Carnival  
Sunday 17<sup>th</sup> NSW Primary Schools Carnival  
Friday 22<sup>nd</sup> Uniform and Rego Pack pickup day 5:30pm – 7:30pm @ Beaton Park

#### September

Wednesday 3<sup>rd</sup> Rego Pack pickup day 5:30pm-7:30pm @ Beaton Park  
Friday 19<sup>th</sup> First Club Night – Orientation/Rego Pack pickup day 4:00pm – 5:00pm @ Beaton Park (times will strictly be adhered to)  
Friday 26<sup>th</sup> Club Night  
Saturday 27<sup>th</sup> NSW All Schools Championships - Sydney Olympic Athletics Centre, Homebush 13s-17s  
Sunday 28<sup>th</sup> NSW All Schools Championships - Sydney Olympic Athletics Centre, Homebush 13s-17s  
Monday 29<sup>th</sup> NSW All Schools Championships - Sydney Olympic Athletics Centre, Homebush 13s-17s  
Tuesday 30<sup>th</sup> NSW All Schools Championships - Sydney Olympic Athletics Centre, Homebush 13s-17s

#### October

Friday 10<sup>th</sup> Club Night  
Sunday 12<sup>th</sup> Lake Illawarra LAC October Carnival – Myimbarr Community Park, Wattle Street, Flinders  
Friday 17<sup>th</sup> Ron Thompson Combined Event Carnival @ Beaton Park  
Friday 24<sup>th</sup> Club Night  
Friday 31<sup>st</sup> Club Night - Halloween

#### November

Sunday 2<sup>nd</sup> St Georges Basin Dragon Derby – Sanctuary Point Oval, Larmer Ave, Sanctuary Point  
Friday 7<sup>th</sup> Club Night  
Saturday 8<sup>th</sup> State Relay Championships – Blacktown International Sport Park, 81 Eastern Road, Rooty Hill 8s-12s  
Sunday 9<sup>th</sup> State Relay Championships – Blacktown International Sport Park, 81 Eastern Road, Rooty Hill 8s-12s  
Sunday 9<sup>th</sup> Dapto LAC Gala Day – Dapto High School Oval, 20 Cleveland Road, Dapto  
Friday 14<sup>th</sup> Club Night  
Friday 14<sup>th</sup> State Relay Championships – Blacktown International Sport Park, 81 Eastern Road, Rooty Hill 13s-Masters  
Saturday 15<sup>th</sup> State Relay Championships – Blacktown International Sport Park, 81 Eastern Road, Rooty Hill 13s-Masters  
Sunday 16<sup>th</sup> State Relay Championships – Blacktown International Sport Park, 81 Eastern Road, Rooty Hill 13s-Masters  
Friday 21<sup>st</sup> Club Night  
Sunday 23<sup>rd</sup> Shoalhaven Little Athletics Gala Day – Ron Brown Sporting Complex, 60 Park Road, Nowra  
Saturday 29<sup>th</sup> Zone South Coast Highlands Championships – Beaton Park, 37 Foley St, Gwynneville  
Sunday 30<sup>th</sup> Zone South Coast Highlands Championships – Beaton Park, 37 Foley St, Gwynneville

#### December

Friday 5<sup>th</sup> Club Night  
Saturday 6<sup>th</sup> Zone South Coast Highlands Championships BACKUP DATE – Beaton Park, 37 Foley St, Gwynneville  
Sunday 7<sup>th</sup> Zone South Coast Highlands Championships BACKUP DATE – Beaton Park, 37 Foley St, Gwynneville  
Friday 12<sup>th</sup> Last Club Night for 2024 - Christmas Program

#### January

Sunday 12<sup>th</sup> Lake Illawarra LAC Summer Carnival – Myimbarr Community Park, Wattle Street, Flinders  
Friday 16<sup>th</sup> Club Night  
Friday 16<sup>th</sup> NSW Country Championships – Barden Park, 33 Gipps St, Dubbo  
Saturday 17<sup>th</sup> NSW Country Championships – Barden Park, 33 Gipps St, Dubbo  
Sunday 18<sup>th</sup> NSW Country Championships – Barden Park, 33 Gipps St, Dubbo  
Friday 23<sup>rd</sup> Club Night  
Saturday 24<sup>th</sup> NSW Combined Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 16s-Masters  
Sunday 25<sup>th</sup> NSW Combined Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 16s-Masters  
Friday 30<sup>th</sup> Club Night

#### February

Saturday 7<sup>th</sup> Hart Sport Region 4 Championships – Beaton Park, 37 Foley St, Gwynneville  
Sunday 8<sup>th</sup> Hart Sport Region 4 Championships – Beaton Park, 37 Foley St, Gwynneville  
Friday 13<sup>th</sup> Club Night  
Friday 20<sup>th</sup> Club Night  
Friday 27<sup>th</sup> Club Night  
Saturday 28<sup>th</sup> NSW Combined Carnival – Maitland Regional Athletics Centre, 226 High Street, Maitland 7s-15s

# WOLLONGONG CITY LITTLE ATHLETICS CENTRE INC



## March

Sunday	1 <sup>st</sup> NSW Combined Carnival – Maitland Regional Athletics Centre, 226 High Street, Maitland 7s-15s
Friday	6 <sup>th</sup> Club Night – End of Season
Thursday	12 <sup>th</sup> NSW Junior Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 13s-20s
Friday	13 <sup>th</sup> NSW Junior Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 13s-20s
Saturday	14 <sup>th</sup> NSW Junior Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 13s-20s
Sunday	15 <sup>th</sup> NSW Junior Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 13s-20s
Saturday	21 <sup>st</sup> HART Sport Little Athletics State Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 9s-12s
Sunday	22 <sup>nd</sup> HART Sport Little Athletics State Championships – Sydney Olympic Park Athletics Centre, Edwin Flack Avenue, Homebush 9s-12s

## April

## May

Presentation Night – Date and Venue to be confirmed

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



## 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 \$800.00 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.

### **2025/2026 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. If a club night is cancelled due to weather the roster will roll over for the following competition night.

CLUB NIGHT	DATE	AGE GROUP 5:15PM – 6:30PM	AGE GROUP 6:30PM – 7:45PM
1	19th September 2025	6s	12s
2	26th September 2025	7s	11s
-	3rd October 2025	School Holidays	School Holidays
3	10th October 2025	8s	13s
4	17th October 2025	9s	14s
5	24th October 2025	10s	15s
6	31st October 2025	11s	16s/17s/Tiny Tots
7	7th November 2025	6s	12s
8	14th November 2025	7s	13s
9	21st November 2025	14s	8s
-	28th November 2025	Zone Championships	Zone Championships
10	5th December 2025	15s	9s
11	12th December 2025	16s/17s/Tiny Tots	10s
-	Christmas Break	---	---
12	16th January 2026	6s	11s
13	23rd January 2026	7s	12s
14	30th January 2026	8s	13s
-	6 February 2025	Region Championships	Region Championships
15	13th February 2025	9s	14s
16	20th February 2025	10s	15s
17	27th February 2025	11s	16s/17s/Tiny Tots
18	6th March 2025	6s	12s
-	13th March 2025	State Championships	State Championships



### Events for Each Age Group

Events highlighted in **RED** are not offered at Wollongong City on Club nights.

EVENT	6s	7s	8s	9s	10s	11s	12s	13s	14s	15s	16s	17s
50m	x	x										
70m	x	x	x	x	x							
100m	x	x	x	x	x	x	x	x	x	x	x	x
200m (Pack Start)	x											
200m		x	x	x	x	x	x	x	x	x	x	x
300 (Pack Start)	x											
400 (Pack Start)			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	x
3000m								x	x	x	x	x
700m Walk				x								
1100m Walk					x	x						
1500m Walk							x	x	x	x	x	x
3000m Walk								x	x	x		
5000m Walk											x	x
60m Hurdles			45cm	45cm	60cm							
80m Hurdles						60cm	68cm	76cm G				
90m Hurdles								76cm B	76cm G	76cm G		
100m Hurdles									76cm B 84cm B	76cm B 84cm B	76cm G	76cm G
110m Hurdles											76cm B 91cm B	76cm B 91cm B
200m Hurdles								76cm				
300m Hurdles									76cm	76cm		
400m Hurdles											76cm B 84cm B	76cm B 84cm B



EVENT	6s	7s	8s	9s	10s	11s	12s	13s	14s	15s	16s	17s
<b>Steeplechase 2000m</b>									x	x	x	x
<b>Long Jump</b>	x	x	x	x	x	x	x	x	x	x	x	x
<b>High Jump Scissor</b>				x	x							
<b>High Jump</b>						x	x	x	x	x	x	x
<b>Triple Jump</b>						x	x	x	x	x	x	x
<b>Shot Put</b>	500g	1kg	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg G 4kg B	3kg G 4kg B	3kg G 5kg B	3kg G 5kg B
<b>Discus</b>	350g	350g	500g	500g	500g	500g	750g	750g	1kg	1kg	1kg G 1.5kg B	1kg G 1.75kg B
<b>Javelin</b>						400g	400g	400g G 600g B	500g G 700g B	500g G 700g B	500g G 700g B	500g G 700g B
<b>Hammer</b>							3kg	3kg G 4kg B	3kg G 4kg B	3kg G 4kg B	3kg G 5kg B	3kg G 5kg B
<b>Pole Vault</b>							x	x	x	x	x	x

# WOLLONGONG CITY

## LITTLE ATHLETICS CENTRE INC



WCLA provides a 3-week rotation of events. This rotation provides the opportunity to participate in all events. Please note that the program may change due to unforeseen circumstances.

Program 1	Event 1	Event 2	Event 3	Event 4	Event 5
<b>Tiny Tots</b>	50m	Fun Activity	Long Jump		
<b>6s</b>	50m	Mini High Jump	Discus		
<b>7s</b>	50m	500m	Long Jump		
<b>8s</b>	Long Jump	70m	700m	Shot Put	
<b>9s</b>	High Jump Scissor	70m	800m	700m Walk	
<b>10s</b>	Turbo Javelin	100m	70m	1100m Walk	
<b>11s</b>	100m	Long Jump	Javelin	800m	1100m Walk
<b>12s</b>	100m	High Jump	800m	1500m Walk	
<b>13s</b>	100m	Discus	800m	Triple Jump	1500m Walk
<b>14s</b>	100m	Discus	800m	Triple Jump	1500m Walk
<b>15s</b>	100m	Discus	800m	Triple Jump	1500m Walk
<b>16s</b>	100m	Discus	800m	Triple Jump	1500m Walk
<b>17s</b>	100m	Discus	800m	Triple Jump	1500m Walk

Program 2	Event 1	Event 2	Event 3	Event 4	Event 5
<b>Tiny Tots</b>	60m Micro Hurdles	50m	Mini High Jump		
<b>6s</b>	Shot Put	100m	300m Pack		
<b>7s</b>	Mini High Jump	Shot Put	100m		
<b>8s</b>	60m Hurdles	Long Jump	100m	Discus	
<b>9s</b>	60m Hurdles	Discus	100m	Turbo Javelin	
<b>10s</b>	60m Hurdles	High Jump Scissor	400m	Shot Put	
<b>11s</b>	80m Hurdles	Triple Jump	Shot Put	400m	
<b>12s</b>	Discus	80m Hurdles	Triple Jump	400m	Javelin
<b>13s</b>	Long Jump	80m/90m Hurdles	Javelin	200m	1500m
<b>14s</b>	Javelin	90m/100m Hurdles	Long Jump	200m	1500m
<b>15s</b>	Javelin	90m/100m Hurdles	Long Jump	200m	1500m
<b>16s</b>	Javelin	100m/110m Hurdles	Long Jump	200m	1500m
<b>17s</b>	Javelin	100m/110m Hurdles	Long Jump	200m	1500m

Program 3	Event 1	Event 2	Event 3	Event 4	Event 5
<b>Tiny Tots</b>	Fun Activity	Long Jump	60m		
<b>6s</b>	Long Jump	200m	70m		
<b>7s</b>	Discus	200m	70m		
<b>8s</b>	200m	Mini High Jump	Shot Put	400m	
<b>9s</b>	200m	Shot Put	Long Jump	400m	
<b>10s</b>	Long Jump	Discus	200m	800m	
<b>11s</b>	High Jump	200m	Discus	1500m	
<b>12s</b>	Shot Put	200m	Long Jump	1500m	
<b>13s</b>	200m Hurdles	High Jump	400m	Shot Put	3000m
<b>14s</b>	300m Hurdles	High Jump	400m	Shot Put	3000m
<b>15s</b>	300m Hurdles	High Jump	400m	Shot Put	3000m
<b>16s</b>	400m Hurdles	High Jump	400m	Shot Put	3000m
<b>17s</b>	400m Hurdles	High Jump	400m	Shot Put	3000m



The 2024-2025 season was the first under the new NSW Athletics Partnership merger.

The NSW Athletics Partnership entails Little Athletics NSW (LANSW) and Athletics NSW (ANSW) delivering the first entirely unified and single Athletics offering in NSW in 56 years and has three main components.

- A single Affiliation structure
- A single Membership offering
- A single Championship and Events pathway open to all participants in the NSW Athletics community.

The NSW Athletics Partnership ensures the removal of duplicated membership costs and administration processes, while also significantly expanding competition opportunities and pathways for all members by providing everyone with the best that both LANSW and ANSW have to offer.

For more information on the NSW Athletics Partnership, please visit <https://lansw.com.au/nsw-athletics-partnership/>.



### Parent Participation Requirement

The activities of the centre are operated entirely by the efforts of parents and carers. This means that if parents and carers don't help, then the athlete's opportunities will be severely hampered. With this in mind, we ask all parents and 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 the following:

Centre top: singlet, t-shirt or crop options.

Centre bottom: shorts, bike tights, boy-leg tights or briefs

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 Club nights.**

Uniforms are available online via <https://sportsmagic.com.au/collections/wollongong-city-little-athletics-centre>

### NSW ATHLETICS PATCH PLACEMENTS

McDonald's Rego Number Centre Front

Coles Age Patch on either side of the singlet or crop top

Coles Age Patches are no longer able to be placed on the shorts

#### Uniform Patch Instructions

- The Coles age patch can now be worn on either side of the singlet or crop top.
- The registration number must be worn by all LANSW registered members, including Tiny Tots, and should be placed on the front of the singlet.

If space is limited on a crop top and both patches cannot fit, the registration number may be resized. While the red border is not a sponsor requirement, sponsor logos, registration number and season date must remain visible. The red border may be folded to reduce the overall size to accommodate both patches.



**T-Shirt - Unisex**



**Front**



**Back**

**Singlet - Female**



**Front**



**Back**



**Singlet - Male**



**Front**

**Back**

**Crop Top**



**Front**

**Back**



**Shorts**



**Front**



**Back**

**Tights**



**Front**



**Back**



**Boyleg Tights**

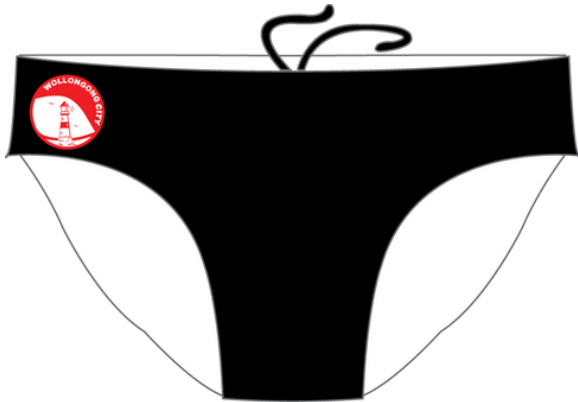


*Front*



*Back*

**Briefs**



*Front*



*Back*



### Footwear – Spikes

Footwear is compulsory for ALL competitors in ALL events. Spike shoes **MUST NOT** be worn in any U6 to U10 event.

Starting blocks can only be used by athletes wearing spikes, i.e. 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 11's up**, 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.

### 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.**

### Rules of Competition

The LANSW Rules of Competition can be found on the link below:

<https://www.nswathletics.org.au/events-page/rules-and-specifications->

### High Jump

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



## 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.

### 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 Athletics Partnership

The NSW Athletics Partnership entails Little Athletics NSW (LANSW) and Athletics NSW (ANSW) delivering the first entirely unified and single Athletics offering in NSW in 56 years. This partnership has come into effect for the 2024-2025 season.

For more information on this merger and how this affects your athlete, please refer to <https://lansw.com.au/nsw-athletics-partnership/>

### The Centre

The basic unit of Little Athletics is the Centre. This consists of one or more individual Centre's 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/ANSW. The venue for the competition of WCLA is the Kerry 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: **Athletics Wollongong, Bowral, Dapto, Illawarra Blue Stars, Kembla Joggers, Northern Illawarra, Wollondilly** and **Wollongong City**. There are 23 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.

More information can be found at <https://lansw.com.au/zone-championships/> and <https://www.nswathletics.org.au/events-page/pathway-progression>

### 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 (9 centres), South Coast Highlands (8 centres), Eastern Riverina (11 centres) and Western Riverina (8 centres).

More information can be found at <https://lansw.com.au/zone-championships/> and <https://www.nswathletics.org.au/events-page/pathway-progression>



### **Championship Events**

Information on the Championship events can be found at <https://lansw.com.au/championships/> and <https://www.nswathletics.org.au/events-page/state-championships>

### **Zone Championships**

The Zone Championships is an annual two day carnival open to the eight centres within our Zone.

### **Region Championships**

The Region Championships is an annual two day carnival open to the four Zones within our Region.

### **State Championships**

The venue for the Championships is at SOPAC - **Sydney Olympic Park Athletics Centre, Homebush,**

**For 9s to 12s:** Automatic Qualifiers (up to 24 competitors across the 8 Regions)

First and second place from each of the 8 Regions progresses 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 8<sup>th</sup> 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.

**For 13s to 15s:** Automatic Qualifiers (up to 24 competitors across the 8 Regions)

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

Additional Performance Based Qualifiers

Up to 8 additional competitors from across all Regions, Country Championships and Treloar Shield results.

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 8<sup>th</sup> 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.

**For 16s to 17s, Competition Pathway Events, Hammer Throw, Steeplechase and Pole Vault:** Direct entry via Athletics NSW website.

### **State Combined Championships**

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 senior age groups High Jump and Javelin. Entries for these championships are done on-line via the NSW Athletics Website before the cut-off date for entries.

### **State Relay Championships**

As the name suggests, the Championships are comprised entirely of relay events. The State Relays are held in November each year. Juniors (U8 to U12), compete on one weekend and Seniors (U13 to U17) compete on another weekend. The Championships are usually held at Sydney Olympic Park Athletics Centre.



### **Country Championships**

The Country Championships are for clubs that are in Regions 1 to 4 only. These are considered regional “Country” clubs. The Country Championships are held in January each year and a different country club location is selected to host each year. 9s and up are eligible to compete.

### **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 Combined Championships. Athletes are selected from the 13s, 14s & U15 age groups only.

Athletes from the 13s up can also qualify to attend the Australian Junior Championships each year. Qualification rules can be found at [www.nswathletics.org.au/events-page/national-qualifications-opportunities-](http://www.nswathletics.org.au/events-page/national-qualifications-opportunities-)



### Parent/Carer Participation at 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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:

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

### Club Champion

This award is presented to the boy and girl with the most accumulated points from the Season.

### 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.

### Junior Event Champion Award

Junior 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: 1<sup>st</sup> place in the event a majority of times during normal season, 1 point. Zone Finals: 1<sup>st</sup> 5 points, 2<sup>nd</sup> 4 points, 3<sup>rd</sup> 3 points, 4<sup>th</sup> to 8<sup>th</sup> place 2 points.

Region Finals: 1<sup>st</sup> 8 points, 2<sup>nd</sup> 6 points, 3<sup>rd</sup> 4 points, 4<sup>th</sup> to 8<sup>th</sup> place 3 points.

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

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



### Senior Event Champion Award

Senior 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, Steeplechase, High Jump, Long Jump, Triple Jump, Pole Vault, Shot Put, Discus, Javelin and Hammer. 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 Combined or Nationals, is not considered as non-attendance at club competition night.

Points are awarded as follows:

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

If an event is not contested at State, Region results will be considered.

Region Finals: 1<sup>st</sup> 8 points, 2<sup>nd</sup> 6 points, 3<sup>rd</sup> 4 points, 4<sup>th</sup> to 8<sup>th</sup> place 3 points.

If an event is not contested at Region, Zone results will be considered.

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

If an event is not contested at Zone, there will be no award.

### 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 Combined Award

The State Combined 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 13s up athlete who is selected in the NSW State Team to contest the Australian Little Athletics Championships held each year in April/May.
- any athlete who has been selected for the NSW Junior Championship team to compete at the Australian Junior Championships held each year in April.

### Ron Thompson Volunteer Award

This award will be given to a nominated and committee voted volunteer that has gone above and beyond during the season. It is named after Life Member Ron Thompson who has given up his time and dedication not only to this club but the sport of Athletics.



## **WCLA 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**

Each athlete will receive a certificate detailing their Season Best results at a Club night in all events contested.

## **Record Certificates**

Certificates are also awarded throughout the season for breaking Centre Records.



**Major Award Recipients 2024-2025 Season**

**President's Award**

Kurtis Brown

**Club Pointscore Champions**

Kurtis Brown

Ella Walker

**Kumon State Combined Award**

Not awarded

**NSW State Team Award**

Emily Perry

Savannah Wiki

**Ron Thompson Volunteer Award**

Gary Walker

**LANSW 10 years Athlete Service Award**

Imogene Anderson

**5 Years + Continuous Service Awards**

Amelie Andary

Cody Lowry

Hunter Lowry

Sadie Marando

Thomas McInnes

Hayde Randall



### Age Point-Score Champion Awards for 2024-2025

Age	Place	Girls	Age	Place	Boys
6	1st	Chloe Gao	6	1st	Jude Thompson
	2nd	Zoey Miller		2nd	Charlie Tonegato
	3rd	Scarlett Buchanan		3rd	Reuben McInnes
7	1st	Savannah Kershaw	7	1st	Eli Zappia
	2nd	Kora Harris		2nd	Mavrick Carlon
	3rd	Grace Gomes		3rd	Harvey Tubby
8	1st	Isla Tubby	8	1st	Oaka Bergen
	2nd	Laila Ingham		2nd	Elliot Swinnerton
	3rd	Piper Szczerbanik		3rd	Samuel Lago
9	1st	Ella Walker	9	1st	Isaac Worthy
	2nd	Emilia Coso		2nd	Austin Kershaw
	3rd	Ella Kalyvas		3rd	Kade Flack
10	1st	Evelyn Barlow	10	1st	Angus Barlow
	2nd	Lavina Forrest		2nd	Hurley Mussared
	3rd	Emilie Kelly		3rd	Thomas McInnes
11	1st	Sylvie Wessell	11	1st	Jarrah Flack
	2nd	Heidi Woloch		2nd	Luca Freitas
	3rd	Lola Reis-Vyse		3rd	Hayde Randall
12	1st	Corrah Campbell	12	1st	Thomas Baltyn
	2nd	Skye Davies-Gietzelt		2nd	Jacob Dowler Leo Gao
	3rd	Bronte Vermey		3rd	James Andary
13	1st	Abigail Charlton-Shaw	13	1st	Kurtis Brown
	2nd	Elsa Sandell		2nd	Mitchell Taylor
	3rd	Amara Parker		3rd	Antonio Guzman
14	1st	Maddison Watts	14	1st	Oscar Reis-Vyse
	2nd	Alleira Walker		2nd	Bennett Anderson
	3rd	Bethany Hare		3rd	No 3 <sup>rd</sup> Place
15	1st	Imogene Anderson	15	1st	Max Tubby
	2nd	Addisen Hare		2nd	Maximus Owen
	3rd	Matilda Vermey		3rd	John Robert Granado
16	1st	Tayla Wiki	16	1st	Travis McCabe
	2nd	Tiarna Heffernan		2nd	Aidan Santana
	3rd	Anisha Hira		3rd	Jack Johanson



Age	Place	Girls	Age	Place	Boys
17	1st	Georgia Walker	17	1st	No 1 <sup>st</sup> Place
	2nd	Kaitlyn Williams		2nd	No 2 <sup>nd</sup> Place
	3rd	No 3 <sup>rd</sup> Place		3rd	No 3 <sup>rd</sup> Place



### Most Improved and Encouragement Awards 2024-2025

Most Improved			
Girls		Boys	
6	Airlie Morgan Rylee Lowry	6	Oscar Howell
7	Lucy Gruber	7	Bradley Andary
8	Alexis Watts	8	Austin Ju Nash English
9	Savarnah Carlon	9	Lachlan Stewart
10	Zara Humphries	10	Cody Lowry
11	Andrea Coso	11	Joseph Walker
12	Lyla Michaloudakis	12	Elias Guzman

Encouragement			
Girls		Boys	
6	Aiyana Bergan	6	Franklin Tasevski
7	Madison Keenahan	7	Samuel Hobbs
8	Willow Tubby	8	Thomas Kelly
9	Stephanie Raval	9	Ryan Chilby
10	Hazel Michaloudakis	10	Theodore Flynn
11	Zara Chilby	11	David Watts
12	Indianna Hare	12	Samson Baltyn

### Junior Event Champion Awards 2024-2025

GIRLS	
Sprints	Ella Walker
Middle Distance	Zara Humphries
Hurdles	Skye Davies-Gietzelt
Walks	Kenzie Hare
High Jump	Heidi Woloch
Long Jump	Amelie Andary Skye Davies-Gietzelt
Triple Jump	Heidi Woloch
Shot Put	Piper Szczerbanik
Discus	Sylvie Wessell
Javelin	Indianna Hare

BOYS	
Sprints	Jarrah Flack
Middle Distance	Austin Kershaw
Hurdles	Isaac Worthy
Walks	Bailey Taylor
High Jump	Isaac Worthy
Long Jump	Jarrah Flack
Triple Jump	Hayde Randall
Shot Put	Isaac Worthy
Discus	Samson Baltyn
Javelin	David Watts



### Senior Event Champion Awards 2024-2025

GIRLS	
Sprints	Alleira Walker
Middle Distance	
Hurdles	Maddison Watts
Steeplechase	
Walks	Imogene Anderson
High Jump	Imogene Anderson
Long Jump	Addisen Hare
Triple Jump	Bethany Hare Addisen Hare
Pole Vault	
Shot Put	Imogene Anderson
Discus Throw	Tayla Wiki
Javelin Throw	Bethany Hare
Hammer Throw	Imogene Anderson

BOYS	
Sprints	Max Tubby
Middle Distance	Kurtis Brown
Hurdles	Kurtis Brown
Steeplechase	
Walks	
High Jump	Maximus Owen
Long Jump	
Triple Jump	
Pole Vault	
Shot Put	Max Tubby
Discus Throw	Maximus Owen
Javelin Throw	Max Tubby
Hammer Throw	



### Wollongong City Little Athletics Centre Records as at April 2025

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.

6 Girls	Event	Year	Time/Distance
Lauren Piatek Alexandra Parker	50m	1989 2005	9.20 secs
Lauren Elms Laura Bird	70m	1986 1995	12.70 secs
Alexandra Parker	100m	2005	18.60 secs
Isla Roberts	200m	2018	40.57 secs
Elena Piljevic	300m	2015	1:06.60 secs
Chelsy Wayne	Long Jump	2014	2.84 metres
Isla Roberts	Shot Put	2017	4.88 metres
Imogene Anderson	Discus	2016	8.43 metres

6 Boys	Event	Year	Time/Distance
G. Rodgers	50m	1983	8.70 secs
Mitchell Tubby Corey Wallace	70m	1989 1992	12.80 secs
Corey Wallace	100m	1993	18.40 secs
Keiran Morris	200m	1999	39.40 secs
Joshua Head	300m	2005	1:06.00 secs
Mitchell Tubby	Long Jump	1989	3.42 metres
Lucas D'Amico	Shot Put	2017	5.91 metres
Jack Hensen	Discus	2018	13.74 metres



<b>7 Girls</b>	<b>Event</b>	<b>Year</b>	<b>Time/Distance</b>
Savannah Wiki Sophie Howarth	50m	2017 2017	9.20 secs
Danica Rae	70m	1999	11.60 secs
Alex Church	100m	1991	16.70 secs
Alex Church	200m	1991	35.20 secs
Zoe McClatchie	500m	2014	1:52.40 secs
Lauren Elms	Long Jump	1987	3.53 metres
Chelsy Wayne	Shot Put	2015	7.41 metres
Chelsy Wayne	Discus	2015	17.35 metres

<b>7 Boys</b>	<b>Event</b>	<b>Year</b>	<b>Time/Distance</b>
Jacob Dowler	50m	2019	8.42 secs
D. O'Connor	70m	1983	11.40 secs
M.Sossai	100m	1983	16.40 secs
Dane Richards	200m	2006	35.90 secs
Charlie Winks	500m	2015	1: 46.60 secs
Clinton Tubby	Long Jump	1987	3.66 metres
Steven Sefo	Shot Put	1994	7.36 metres
Jacob Lakeman	Discus	2019	19.02 metres



<b>8 Girls</b>	<b>Event</b>	<b>Year</b>	<b>Time/Distance</b>
Harlow Pate	70m	2022	10.83 secs
S. Taylor	100m	1984	15.60 secs
Harlow Pate	200m	2022	32.79 secs
Samara Jirsa	400m	2014	1 min 16.90 secs
Manuela Piljivic	700m	2014	2 min 28.80 secs
Renee McBryde	60m Hurdles	2008	11.30 secs
Harlow Pate	Long Jump	2022	4.01 metres
Chelsy Wayne	Shot Put	2015	7.67 metres
Chelsy Wayne	Discus	2015	20.80 metres

<b>8 Boys</b>	<b>Event</b>	<b>Year</b>	<b>Time/Distance</b>
M.Giobbi	70m	1981	10.00 secs
M. Sossai Josiah Lewis Dunkley	100m	1985 2012	15.20 secs
Corey Wallace	200m	1995	32.40 secs
R. Palermo	400m	1984	1 min 10.00 secs
Jack McClatchie	700m	2014	2 min 26.30 secs
Tyren Maclou	60m Hurdles	2007	10.80 secs
M. Sossai	Long Jump	1985	3.95 metres
Tyson Graham	Shot Put	1996	7.80 metres
Nathan McBriarty	Discus	1995	19.00 metres



9 Girls	Event	Year	Time/Distance
Harlow Pate	70m	2022	10.25 secs
Harlow Pate	100m	2023	14.70 secs
Harlow Pate	200m	2023	29.65 secs
Harlow Pate	400m	2023	1 min 09.58 secs
Manuela Piljevic	800m	2015	2 min 45.60 secs
Alex Church	60m Hurdles	1993	10.60 secs
Lucinda Paine	700m Walk	2008	3 min 41.60 secs
Chelsy Wayne	Long Jump	2017	4.08 metres
Alex Church Manuela Piljevic	High Jump	1993 2015	1.20 metres
Harlow Pate	High Jump Scissor	2022	1.15 metres
Chelsy Wayne	Shot Put	2017	8.72 metres
Chelsy Wayne	Discus	2017	27.74 metres
Ane Pretorius	Turbo Javelin	2019	13.10m

9 Boys	Event	Year	Time/Distance
Jarrold Twigg Brock Scrivener	70m	2008 2009	10.00 secs
Brock Scrivener	100m	2008	14.30 secs
Christian Srbnovski	200m	2010	29.50 secs
Jack McClatchie	400m	2015	1 min 10.60 secs
Jack McClatchie	800m	2014	2 min 37.20 secs
Jett Link	60m Hurdles	2013	10.20 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



<b>10 Girls</b>	<b>Event</b>	<b>Year</b>	<b>Time/Distance</b>
Harlow Pate	70m	2024	10.06 secs
Harlow Pate	100m	2023	13.79 secs
Harlow Pate	200m	2024	28.30 secs
Harlow Pate	400m	2023	1 min 05.94 secs
Harlow Pate	800m	2024	2 min 35.37 secs
Jessica Chinnock	1500m	2010	5 min 23.80 secs
Haylee Mathieson	60m Hurdles	1993	10.20 secs
Kaela Thomas	1100m Walk	2004	6 min 15.40 secs
Harlow Pate	Long Jump	2023	4.49 metres
Alex Church	High Jump	1994	1.40 metres
Denbigh Lewis Harlow Pate	High Jump Scissor	2019 2023	1.22 metres
Chelsea Wayne	Shot Put	2017	9.80 metres
Chelsea Wayne	Discus	2018	30.78 metres
Manuela Piljevic	Turbo Javelin	2016	23.00 metres

<b>10 Boys</b>	<b>Event</b>	<b>Year</b>	<b>Time/Distance</b>
Brock Scrivener	70m	2009	9.70 secs
Brock Scrivener	100m	2009	13.70 secs
Jarraah Flack	200m	2024	28.92 secs
Corey Wallace	400m	1997	1 min 06.60 secs
D. Pinkerton	800m	1986	2 min 28.20 secs
James Seal	1500m	2009	5 min 07.40 secs
Lukas Chodat	60m Hurdles	1991	9.90 secs
Mitchell Acev	1100m Walk	2006	6 min 18.30 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



11 Girls	Event	Year	Time/Distance
Haylee Mathieson	100m	1994	13.60 secs
Harlow Pate	200m	2024	28.39 secs
Harlow Pate	400m	2024	1 min 00.64 secs
Lauren Elms Karlie Chambers	800m	1991 2005	2 min 32.00 secs
Lauren Elms	1500m	1991	5 min 04.00 secs
Taylah Davies	60m Hurdles	2006	10.30 secs
Sophie Howson	80m Hurdles	2022	13.02 secs
Chloe Lavalle	1100m Walk	2011	6 min 21.90 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
Adena Halley-Paull	Turbo Javelin	2018	14.63 metres
Tayla Wiki	Javelin	2020	21.28 metres

11 Boys	Event	Year	Time/Distance
Angus Glover Bailey Antrobus Brock Scrivener	100m	2009 2010 2010	13.20 secs
Leroy Veerhuis	200m	2014	27.40 secs
Joel Walsh	400m	1997	1 min 03.60 secs
Christopher Sink	800m	2014	2 min 28.50 secs
Christopher Sink	1500m	2014	4 min 57.00 secs
Jett Link	60m Hurdles	2015	9.80 secs
Sonny O'Brien	80m Hurdles	2022	14.10 secs
Mitchell Acev	1100m Walk	2008	5 min 54.10 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
William Willis	Turbo Javelin	2018	20.60 metres
Ryan Monkman	Javelin	2020	18.85 metres



12 Girls	Event	Year	Time/Distance
Chelsea Ezeoke	100m	2017	12.98 secs
Chelsea Ezeoke	200m	2017	26.31 secs
Chelsea Ezeoke	400m	2017	1 min 01.78 secs
Taylah Davies	800m	2007	2 min 30.70 secs
Karlie Chambers	1500m	2005	5 min 11.90 secs
Sarah Carli	60m Hurdles	2006	9.90 secs
Emily Benefiel	80m Hurdles	2020	14.24 metres
Kristie Edwards	1500m Walk	1995	8 min 29.00 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
Savannah Wiki	Discus	2023	30.93 metres
Savannah Wiki	Javelin	2023	26.91 metres

12 Boys	Event	Year	Time/Distance
Michael Melfi	100m	2023	12.37 secs
Michael Melfi	200m	2023	25.87 secs
Michael Melfi	400m	2023	1 min 01.16 secs
Hamish Paine	800m	2008	2 min 21.00 secs
Hamish Paine	1500m	2008	4 min 51.90 secs
Clinton Tubby	60m Hurdles	1992	9.40 secs
Sonny O'Brien	80m Hurdles	2023	13.73 secs
Mitchell Acev	1500m Walk	2008	7 min 46.10 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
Michael Melfi	Shot Put	2023	12.36 metres

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## LITTLE ATHLETICS CENTRE INC



Adam Murphy	Discus	1996	42.20 metres
Jarrod Twigg	Javelin	2010	32.50 metres



13 Girls	Event	Year	Time/Distance
Jamie-Lee Hoebergen Tegan Richards Brittany Constable	100m	2000 2007 2010	12.80 secs
Sailina Heritage	200m	2016	26.56 secs
Maddison McWilliams	400m	2023	59.07 secs
Drew Cooney	800m	2023	2 min 18.25 secs
Karlie Chambers	1500m	2007	4 min 58.30 secs
Liz Monahan	3000m	1998	10 min 58.00 secs
Delta Amidzovski	80m Hurdles	2019	12.40 secs
Delta Amidzovski	200m Hurdles 68cm	2018	28.97 secs
Abigail Charlton-Shaw	200m Hurdles 76cm	2024	36.14 secs
Nicole Upward	1500m Walk	1999	7 min 14.50 secs
Delta Amidzovski	Long Jump	2019	5.16 metres
Delta Amidzovski	Triple Jump	2019	10.64 metres
Delta Amidzovski	High Jump	2018	1.60 metres
Savannah Wiki	Shot Put	2023	11.26 secs
Chelsy Wayne	Discus	2020	39.88 metres
Savannah Wiki	Javelin	2023	30.32 metres

13 Boys	Event	Year	Time/Distance
Kardue Daniels	100m	2008	11.60 secs
Nathaniel Richardson	200m	2005	25.20 secs
Thomas Partland	400m	2020	57.53 secs
Thomas Partland	800m	2021	2 min 10.78 secs
Thomas Partland	1500m	2020	4 min 39.22 secs
Thomas Partland	3000m	2020	9 min 56.49 secs
Jarrod Twigg	80m Hurdles	2012	12.30 secs
Kurtis Brown	90m Hurdles	2024	16.63 secs
Christopher Twigg Jarrod Twigg	200m Hurdles 68cm	2009 2011	28.20 secs
Kurtis Brown	200m Hurdles 76cm	2024	32.32 secs
Troy Upward	1500m Walk	1995	7 min 41.50 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



14 Girls	Event	Year	Time/Distance
Charly-Rose Dunne	100m	2012	12.40 secs
Charly-Rose Dunne	200m	2012	26.00 secs
Karlie Chambers	400m	2007	59.20 secs
Madeline Eaton	800m	2013	2 min 28.70 secs
Karlie Chambers	1500m	2007	5 min 05.70 secs
Sarah Carli	3000m	2007	11 min 00.40 secs
Delta Amidzovski	80m Hurdles	2019	12.32 secs
Maddison Watts	90m Hurdles	2025	19.80 secs
Charly-Rose Dunne	200m Hurdles	2011	28.70 secs
Alleira Walker	300m Hurdles	2024	57.38 secs
Summer Micallef	1500m Walk	2009	7 min 40.90 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
Savannah Wiki	Shot Put	2024	11.68 metres
Chelsy Wayne	Discus	2021	41.16 metres
Tayla Wiki	Javelin	2022	31.34 metres

14 Boys	Event	Year	Time/Distance
Lukas Chodat	100m	1994	11.30 secs
Lukas Chodat	200m	1994	23.70 secs
Justin Leigh	400m	2007	55.60 secs
Scotti Hamilton	800m	2013	2 min 12.40 secs
Liam Henderson	1500m	2012	4 min 26.10 secs
Jack McClatchie	3000m	2019	10 min 27.27 secs
Jarrold Twigg	90m Hurdles	2013	12.20 secs
Oscar Reis-Vyse	100m Hurdles	2024	20.11 secs
Jarrold Twigg	200m Hurdles	2012	27.00 secs
Oscar Reis-Vyse	300m Hurdles	2024	57.22 secs
Troy Upward	1500m Walk	1997	7 min 00.60 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 3kg	1997	14.70 metres
Bennett Anderson	Shot Put 4kg	2025	7.59 metres
Adam Murphy	Discus	1998	55.66 metres
Hamilton Tenkate	Javelin 600g	2018	41.64 metres

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## LITTLE ATHLETICS CENTRE INC



Bennett Anderson	Javelin 700g	2025	23.90 metres
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15 Girls	Event	Season	Time/Distance
Haylee Mathieson	100m	1998	12.30 secs
Delta Amidzovski	200m	2020	25.59 secs
Karlie Chambers	400m	2009	57.60 secs
Karlie Chambers	800m	2008	2 min 19.20 secs
Grace Pomery	1500m	1920	4 min 52.43 secs
Liz Monahan	3000m	1999	10 min 54.70 secs
Delta Amidzovski	90m Hurdles	2021	12.89 secs
Ashley Thomas	200m Hurdles	2005	28.10 secs
Delta Amidzovski	300m Hurdles	2021	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
Chelsy Wayne	Discus	2022	42.80 metres
Nikki Dalla Vecchia	Javelin	2005	29.94 metres

15 Boys	Event	Season	Time/Distance
Lukas Chodat Jarrod Twigg	100m	1996 2013	11.20 secs
Jarrod Twigg	200m	2014	23.20 secs
Hamish MacDonald	400m	2012	54.30 secs
Scotti Hamilton	800m	2014	2 min 08.90 secs
Alexander Seal	1500m	2012	4 min 24.00 secs
Daniel MacDonald	3000m	1998	10 min 06.60 secs
Jarrod Twigg	100m Hurdles	2013	12.90 secs
Jarrod Twigg	200m Hurdles	2014	24.00 secs
Darnell Wright	300m Hurdles	2019	43.30 secs
Troy Upward	1500m Walk	1997	7 min 20.30 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



16 Girls	Event	Season	Time/Distance
	100m		
	200m		
Anisha Hare	400m	2024	1:10.09 secs
	800m		
	1500m		
	3000m		
	100m Hurdles		
	400m Hurdles		
Tiarna Heffernan	1500m Walk	2024	10:02.21 secs
Tayla Wiki	Long Jump	2024	3.26 metres
Tiarna Heffernan	Triple Jump	2024	6.64 metres
	High Jump		
Tayla Wiki	Shot Put	2024	8.98 metres
Tayla Wiki	Discus	2024	29.20 metres
Tayla Wiki	Javelin	2024	27.59 metres

16 Boys	Event	Season	Time/Distance
Jack Johanson	100m	2024	12.29 secs
Jack Johanson	200m	2024	24.26 secs
Travis McCabe	400m	2024	1:03.70 secs
Jack Johanson	800m	2024	2:19.50 secs
Jack Johanson	1500m	2024	5:22.22 secs
Travis McCabe	3000m	2024	14:34.61 secs
Travis McCabe	110m Hurdles	2024	20.41 secs
Travis McCabe	400m Hurdles	2024	1:17.88 secs
Travis McCabe	1500m Walk	2024	12:30.91 secs
Jack Johanson	Long Jump	2024	5.14 metres
Travis McCabe	Triple Jump	2024	9.89 metres
Travis McCabe	High Jump	2024	1.35 metres
Travis McCabe	Shot Put	2024	8.03 metres
Travis McCabe	Javelin	2024	22.32 metres
Travis McCabe	Discus	2024	22.10 metres



17 Girls	Event	Season	Time/Distance
Lakeisha Graham-Jackson	100m	2012	12.20 secs
Sarah Carli	200m	2010	25.80 secs
Loen Sevastos	400m	2023	59.18 secs
Grace Pomery	800m	2020	2 min 23.04 secs
Sarah Carli	1500m	2009	5 min 13.20 secs
Jasmine Klusenberg	3000m	2020	12 min 22.60 secs
Delta Amidzovski	100m Hurdles	2023	13.87 secs
Sarah Carli	200m Hurdles	2010	27.30 secs
Kailee Moore	300m Hurdles	2020	46.95 secs
Jasmine Klusenberg	1500m Walk	2021	8 min 00.57 secs
Delta Amidzovski	Long Jump	2023	5.43 metres
Kailee Moore	Triple Jump	2020	11.29 metres
Rosie Tozer	High Jump	2018	1.66 metres
Chelsy Wayne	Shot Put	2024	14.89 metres
Chelsy Wayne	Discus	2023	50.97 metres
Natalie Lower	Javelin	2015	26.86 metres

17 Boys	Event	Season	Time/Distance
Christopher Twigg	100m	2012	10.70 secs
Chase Grant	200m	2023	22.85 secs
Chase Grant	400m	2024	51.30 secs
Joe Hinds	800m	2023	2 min 01.75 secs
Joe Hinds	1500m	2023	4 min 23.56 secs
Joe Hinds	3000m	2023	9 min 41.90 secs
Jarrold Twigg	110m Hurdles	2014	14.30 secs
Christopher Twigg Dane English	200m Hurdles	2011 2009	26.40 secs
Gabriel Bickel	300m Hurdles	2017	41.49 secs
Mitchell Acev	1500m Walk	2008	7 min 42.50 secs
Ethan Zvargulis	Long Jump	2019	6.21 metres
Ethan Zvargulis	Triple Jump	2019	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
William Willis	Discus	2024	46.50 metres



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SHELLHARBOUR



*Horizon  
Bank*

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