

## TABLE OF CONTENTS

|  |       |
|--|-------|
| About Hamersley Little Athletics Centre                | 2     |
| Hamersley Committee – 2018/2019                        | 3     |
| Hamersley Club Information and Rosters                 | 4-5   |
| Hamersley Commandments                                 | 6     |
| Health & Injury  | 6     |
| Healthy Club Policy                                    | 7     |
| Hamersley Development Squad “HDS”                      | 8     |
| Life Members   | 8     |
| Past Presidents and Arena Managers                     | 9     |
| Equipment Specifications – Boys & Girls                | 10-11 |
| Events Conducted                                       | 12    |
| Event Calendar – 2018/2019                             | 13    |
| Competition Program Reduced – Program 1                | 14-15 |
| Competition Program Reduced – Program 2                | 16-17 |
| Competition Program – Program 1                        | 18-19 |
| Competition Program – Program 2                        | 20-21 |
| Medal Day Program                                      | 22    |
| 2017/2018 Winter Competition – Information and Results | 23    |
| Map of Charles Riley Reserve                           | 24-25 |
| Rules for Competition                                  | 26-33 |
| 2017/2018 Summer Competition Results and Awards        | 34-39 |
| Centre Records Current                                 | 40-46 |
| Centre Records Obsolete                                | 47-48 |
| Athletics WA “Seniors”                                 | 48    |

## HAMERSLEY LITTLE ATHLETICS CENTRE: AIMS

The primary aim of Little Athletics is to provide a recreational activity for boys and girls, turning 6 and under 17 years of age.

One of the most frequent criticisms of youth sports programs is that although they are organised by adults with children in mind, the end result can often be more for adults.

Hamersley is proud of its reputation of child involvement and enthusiasm as we have consistently worked towards several important objectives:

- To provide the opportunity for children to participate in athletics regardless of their ability level, and at a level that is commensurate with each child's development of skills, thus providing each child opportunity to strive for success.
- To provide qualified adult leadership.
- For the child to compete as a child, and not as an adult.
- For each athlete to be treated with dignity, and be provided with the opportunity to have fun through athletics.

From these objectives, we strive to ensure that all parents who become involved in Little Athletics are primarily responsible for ensuring that our activities remain recreational.

### Little Athletics' Motto – "Family Fun and Fitness"

**PATRON:** GEORGE STRICKLAND

is proud to support the

HAMERSLEY LITTLE ATHLETICS CENTRE



## HAMERSLEY COMMITTEE 2018/2019

| POSITION                          | NAME                            | TELEPHONE       | Email Title*  |
|-----------------------------------|---------------------------------|-----------------|---------------|
| President:                        | Chris Stansbury                 | 0423 290 176    | President     |
| Vice President:                   | Valentina Alexandrova-Stapleton | 0408 484 804    |               |
| Secretary/Admin:                  | Pauletta Watson                 | 0415 856 486    | Admin         |
| Treasurer:                        | Ross Barilla                    | 0417 912 630    | Treasurer     |
| Arena Manager:                    | Karen Smith                     | 0417 913 433    | Arena.manager |
| Registrar:                        | Kristy Axworthy                 | 0450 345 719    | Registrar     |
| Club Liaison:                     | Marion Saunders                 | 0447 929 598    | Club.Liaison  |
| Selections:                       | Daniel Maltese                  | 0452 299 097    | Selections    |
| Officials Organiser, Competition: | Vacant                          |                 | Officials     |
| Officials Organiser, Events:      | Vacant                          |                 | Officials     |
| Education/Training:               | Taylor Watson                   | 0448 807 644    | Education     |
| Records/Results:                  | Martin Smith                    | 0439 930 347    | Records       |
| Equipment:                        | Brad Rowse                      | 0438 289 609    | Equipment     |
| Social Coordinator:               | Jane Toomey                     | 0410 385 859    | Social        |
| Winter Officer:                   | Anna Heitz                      | 0403 012 160    | Winter        |
| Website/Publicity:                | Ingrid Sieler                   | 9447 0050       | Publicity     |
| Uniforms:                         | Vicky Irvine                    | 9409 8468       | Uniforms      |
| Canteen:                          | Erika Porter                    | 0413 802 033    | Canteen       |
| Wendling Road Rep:                | Taylor Watson                   | 0448 807 644    | Education     |
| <b>Club Delegates:</b>            |                                 |                 |               |
| Glendale                          | Brendan Wood                    | Marion Saunders |               |
| Karrinyup                         | Paul Perin                      | Erika Porter    |               |
| North Beach                       | Justine Wartzki                 | Ingrid Sieler   |               |
| Oceanside                         | Jane Smith                      | Loana Sica      |               |
| Sorrento                          | Simon Andreas                   | Andrew Baillie  |               |
|                                   |                                 |                 |               |

This book contains all the information you need to know concerning the running of our centre. Please read it thoroughly, and do not hesitate to speak to a Committee member if you have any queries. Feel free to visit our website at [www.hamersleyaths.com](http://www.hamersleyaths.com)

\* To email add <email title>@hamersleyaths.com (eg president@hamersleyaths.com)

## HAMERSLEY LITTLE ATHLETICS CENTRE

The Hamersley Little Athletics Centre provides a competition venue and organisation for its five affiliated clubs. Competitions are mainly held at Charles Riley Reserve, North Beach each weekend over the summer period.

Hamersley is affiliated with West Australian Little Athletics Incorporated (LAWA) who govern the sport in Western Australia. LAWA is affiliated with Australian Little Athletics Incorporated, promoted as Little Athletics Australia (LAA).

Membership of our Clubs/Hamersley includes cover under the Little Athletics Australia National Insurance Program. This program is handled by V-Insurance Group (Corporate authorised representative of Willis), our insurance broker and has been exclusively designed to provide protection for members at all levels: Personal Accident, Public Liability, Professional Indemnity.

### AFFILIATED CLUB ADMINISTRATION 2018/2019

|             |           |                 |              |  |
|-------------|-----------|-----------------|--------------|--|
| Glendale    | President | David Mulhall   | 0417 852 814 | Mully522@gmail.com   |
|             | Secretary | Carolyn Mulhall | 0417 623 828 | caznelsie@yahoo.com.au   |
| Karrinyup   | President | Carissa Boss    | 0408 888 825 | klacpresident@gmail.com  |
|             | Secretary | Lisa Inglis     | 0412 089 322 | klacsecretary@gmail.com  |
| North Beach | President | David Hobbs     | 0417 707 768 | david@sideeffect.org.au  |
|             | Secretary | Jason Briggs    | 0402 263 013 | <a href="mailto:jason.briggs2@boq.com.au">jason.briggs2@boq.com.au</a> |
| Oceanside   | President | Marcus Blinco   | 0418 940 501 | loanasica@yahoo.com  |
|             | Secretary | Coby Staples    | 0438 887 773 | oceansidelittleathletics@gmail.com                                     |
| Sorrento    | President | Mark Gabbitus   | 0448 829 227 | mgabbitus@micromine.com  |
|             | Secretary | Andrea Boss     | 0421 876 909 | anjboss@live.com   |

### UNIFORMS

|  |   |
|--|---|
| Hamersley Centre<br>(used for state-run and representative events) | Gold singlet / T-shirt with maroon trim.<br>Maroon Logo.<br>Maroon shorts, bicycle pants or briefs (girls).         |
| Glendale   | Red singlet / T-shirt with white trim. Logo and name on back.<br>Black shorts, bicycle pants or briefs (girls).     |
| Karrinyup  | Light blue top with royal blue trim. Logo and name on back.<br>Royal blue shorts, bicycle pants or briefs (girls).  |
| North Beach  | Maroon T-shirt. Logo and name on back.<br>Maroon shorts, bicycle pants or briefs (girls).                           |
| Oceanside  | White T-shirt with navy panels & trim. Logo and name on back.<br>Navy blue shorts, bicycle pants or briefs (girls). |
| Sorrento   | Gold T-shirt with blue trim. Logo and name on back.<br>Blue shorts, bicycle pants or briefs (girls).                |

Leggings or compression shorts are permitted, but must match the colour of the club's pants or be plain black. Compression shorts can also be skin colour. Any logos must not exceed 7cm x 5cm. Club pants must still be worn. A second top can be worn underneath, must be white or main club colour.

## ROSTER DUTIES

At registration, you will be required to commit to a roster for Hamersley Little Athletics Centre. These will be pre-filled with past members in the first instance and then with new families at the time of registration. The Hamersley website has the available positions and the role descriptions; likewise, these will be available at the registration table on the day of registration or via the online registration portal. Most positions will require a commitment of five to seven mornings across 15 weeks of competition (depending on the role) or fortnightly for Key Officials and Field Recorders, from October to March. There is an expectation that families with more than 2 years experience choose a complex roster leaving the easier rosters for the new parents. You may also have to step up and take on other families duties with little notice to keep the program flowing. Your roster maybe changed to a "more technical" roster at any time when deemed necessary by the HLAC committee. Other rosters for Zones and State competitions will also apply – see Rules of Competition point 11).

### CLUB DUTIES/ROSTERS

**CANTEEN** (see season calendar for dates)

Roster 3 people for canteen duty

**BARBEQUE CATERING DAYS** (see season calendar for dates)

Each competition day the listed club is rostered for catering to provide and cook food for sale eg sausage sizzle (Club fundraising).

NB: A box of BBQ utensils is available for clubs to loan from the canteen. There will be an itemized list of the contents attached to the box, so the club can ensure all contents are returned or replaced if missing. There will also be a small supply of goods such as sauce, gloves etc if clubs run out on the day, which can be purchased from the canteen.

It is the catering clubs responsibility to ensure that gas is available Hamersley owns 2 gas bottles. Ensure 1 contains gas for your catering day. If it is necessary for a new bottle to be purchased you will be reimbursed; present a receipt and reimbursement form to the Treasurer.

The Social Coordinator has a catering day information sheet available from the canteen during the season to assist clubs with the organising of their BBQs.

### HAMERSLEY ROSTERS AND KEY OFFICALS

Every family is required to fulfil a number of roster duties each season when they register. The expectation is that parents will also voluntarily assist at sites during Hamersley competition days so that the program can run smoothly and efficiently. The event cannot run without enough helpers. If there is a shortage of helpers at a site during a competition day, helpers will be called for over the PA. Failure to turn up to a required roster incurs a penalty of forfeiting the following weeks' competition.

### HAMERSLEY ROSTER POSITIONS – FULL DAY ROSTERS 7.45AM TO END OF COMPETITION

Announcer & Two-way Control

Set Up: 6.30am-7.45am

Hurdles Marshall:

End of Track Marshall

Key Official, Field

Track Recording (Data Entry)

Timing Gates & Timekeeping

Data Entry Field: 9am-12pm

Pack Up: 11am-12.30pm

First Aid

Recorder, Field

Starter

Check Starter

Roster Checker

## HAMERSLEY'S COMMANDMENTS

- Little Athletics is a family sport to be enjoyed by each member in their own way. Don't spoil it by getting too intense.
- Do not force an unwilling child to participate.
- Remember – children are involved in organised sport for their enjoyment, not yours.
- Encourage your child always to play by the rules.
- Teach your child that honest effort is as important as victory, so that each result is accepted without undue disappointment.
- Turn each defeat into victory, by helping your child to work towards skill improvement and good sportsmanship. Never ridicule or abuse your child from the sidelines. There is NO circumstance which warrants humiliation.
- Remember – children learn best by example. Applaud good performances by your athlete AND by those competing with them.
- Do not project your own aspirations on to your child.
- Do not publicly question the Officials' judgement, and never their honesty. If you see something of which you disapprove, notify the Arena Manager, Club Official or any Committee member.
- Support all efforts to remove verbal and physical abuse from children's sport.
- Recognise the value and importance of volunteer coaches and officials. They give their time and resources freely to provide recreational activities for your child.

## HEALTH AND INJURY

Should an athlete experience an injury resulting in pain or swelling, do not allow him/her to compete. To minimise the chance of obtaining an injury, it is recommended that athletes learn how to warm up and stretch the muscle groups specific to each discipline, and perform this routine before participating in any event

Immediate treatment for soft tissue injury is RICED

|   |   |                       |
|---|---|-----------------------|
| R | = | REST                  |
| I | = | ICE                   |
| C | = | COMPRESSION           |
| E | = | ELEVATION             |
| D | = | DELIVER FOR DIAGNOSIS |

**IMPORTANT:** please notify the Arena Manager and a First Aid Officer via the event official of any injury that is sustained at any time during training or competition, so a record can be made. Do not pick up a fallen athlete until the injury has been examined by trained personnel. Although athletes are insured against serious injury, the cover provided under LAWA policy does not include the first \$50 of the claim.

## HAMERSLEY'S HEALTHY CLUB POLICY

### Smoking

Hamersley LAC recognises that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by ensuring all indoor areas of the club remain smoke free. We will also openly discourage adults from smoking in front of or near children.

### Alcohol

Hamersley LAC will promote the responsible use of alcohol by adults by discouraging excessive or rapid consumption.

### Other Drugs

The use of illicit drugs and performance enhancing drugs will not be tolerated under any circumstance.

### Sun Protection

The health of athletes, parents and officials is of primary concern to Hamersley LAC. Hamersley will actively seek to promote, encourage and support sun protection and awareness at local and inter-centre competitions.

Where possible Hamersley will:

- (a) Provide portable shade structures at each site on competition days
- (b) Make 30+ sunscreen available for everybody at the Northern and Southern marshalling sites during Saturday morning competitions
- (c) Provide key officials with long sleeve collared Key Officials' shirts, and encourage key officials to be sun smart role models
- (d) Promote sun safety through the Hamersley website and over the public address system on competition days
- (e) Encourage athletes, officials and parents to wear adequate hats when competing, officiating or spectating during Saturday morning competitions

### Healthy Food Choices

Hamersley LAC recognises the importance of good nutrition for sports performance by:

- (a) Providing adequate information on good nutrition and sports performance
- (b) Ensuring when food is provided, healthy alternatives are available

### Safety

Hamersley will encourage all members to adopt practices that seek to prevent injury by:

- (a) Promoting the use of protective equipment, suitable clothing and footwear
- (b) Providing safe surfaces, first aid equipment and accredited First Aiders on all competition days
- (c) Ensuring adequate public liability and player insurance of all members

NOTE: Adults and coaches are expected to set appropriate examples and act as role models for athletes. The centre will make information available to members and their families to promote healthy lifestyles. Breaches of the policy will be addressed through the Centre Committee. Anyone wishing to discuss any aspect of this Healthy Club Policy is invited to contact any member of the Centre Committee.

### Dogs

Please leave dogs at home.

## HAMERSLEY DEVELOPMENT SQUAD "HDS"

This squad has been established for all athletes aged U13 and above to provide specific event group training from accredited coaches and is designed to be in addition to normal club training activities.

If all the available places are not filled by those athletes, then U12 athletes can be considered for the squad with a nomination from their club President. All athletes must still register with their respective clubs.

Training is held during the summer season from October to March on Thursdays from 5.00pm to 6.45pm. Athletes will be able to select the events group/s in which they wish to participate. First part of the session will be either jumps/throws/hurdles and the second part of the session, sprints and middle distance. Medicine ball or strength training will be available at the end of training. Coaching is to be provided by high level ATFCA/Athletics Australia accredited coaches selected by the Hamersley HDS sub-committee.

Registration for HDS is held at Charles Riley Reserve clubrooms at the Hamersley registration day or online (usually early September). The fee for new members is \$80 and includes t-shirt. Returning members the fee is \$60 if no t-shirt is required. All members of the HDS squad are required to wear a HDS t-shirt/singlet to training.

### LIFE MEMBERS

|                    |      |                   |      |
|--------------------|------|-------------------|------|
| Bob Fergie         | 1980 | Edna Fergie       | 1980 |
| Des Mardle         | 1980 | George Strickland | 1980 |
| Margaret Ley (Dec) | 1980 | Margaret Davis    | 1980 |
| Ron Tester         | 1980 | Ken Scott (Dec)   | 1980 |
| Derek Donegan      | 1984 | Val Jones         | 1985 |
| Ian Cassey         | 1986 | Jim Starcevich    | 1986 |
| Jan Veitch         | 1988 | John Udall        | 1989 |
| Frits Vanirsen     | 1990 | Lindsey Glass     | 1993 |
| Roz Udall          | 1994 | Dave Dilley (Dec) | 1995 |
| Peter Ryan         | 1996 | Tony Claydon      | 1998 |
| Hannah Tebbutt     | 1998 | Ann Graham        | 1998 |
| Melissa Lewis      | 2001 | Warren Gee        | 2001 |
| Carol Harrison     | 2002 | Tom Kaitse        | 2002 |
| Sally Rafty        | 2002 | Don Roffman       | 2002 |
| Brendan O'Connor   | 2005 | Pieter Bergshoeff | 2005 |
| Karen Burford      | 2006 | Carole Bartlett   | 2009 |
| Pauletta Watson    | 2014 | Sharryn Chapman   | 2015 |
| John Rose          | 2015 | Steve Wisken      | 2016 |
| Martin Smith       | 2018 | Bruce Wilkins     | 2018 |



## PAST PRESIDENTS AND ARENA MANAGERS

| DATE    | PRESIDENTS               | ARENA MANAGERS    |
|---------|--------------------------|-------------------|
| 1972/73 | John Minekus             | Des Mardle        |
| 1973/74 | Des Mardle               | Allan Murrowood   |
| 1974/75 | Des Mardle               | George Strickland |
| 1975/76 | Bob Fergie               |                   |
| 1976/77 | Barry Kernaghan          | George Strickland |
| 1977/78 | George Strickland        | Ken Scott         |
| 1978/79 | George Strickland        | Ross Mills        |
| 1979/80 | George Strickland        | Derek Donegan     |
| 1980/81 | Geoff Brown              | Ian Cassey        |
| 1981/82 | Ian Cassey               | Derek Donegan     |
| 1982/83 | Ian Cassey               | Ken Edwards       |
| 1983/84 | Ian Cassey               | Noel Poetschka    |
| 1984/85 | Ian Cassey               | John Udall        |
| 1985/86 | John Udall               | Dave Dilley       |
| 1986/87 | John Udall               | Frits Vanirsen    |
| 1987/88 | John Udall               | Lindsey Glass     |
| 1988/89 | John Udall               | Lindsey Glass     |
| 1989/90 | Bruce Denham             | Lindsey Glass     |
| 1990/91 | Lindsey Glass            | Peter Ryan        |
| 1991/92 | Lindsey Glass            | Peter Ryan        |
| 1992/93 | Ed Murphy                | Peter Ryan        |
| 1993/94 | Ed Murphy                | Peter Ryan        |
| 1994/95 | Lindsey Glass            | Peter Ryan        |
| 1995/96 | Lindsey Glass            | Warren Gee        |
| 1996/97 | Warren Gee               | Ed Murphy         |
| 1997/98 | Tom Kaitse               | Ed Murphy         |
| 1998/99 | Tom Kaitse               | Pieter Bergshoeff |
| 1999/00 | Tom Kaitse               | Pieter Bergshoeff |
| 2000/01 | John Udall               | Pieter Bergshoeff |
| 2001/02 | John Udall               | Pieter Bergshoeff |
| 2002/03 | John Udall/Karen Burford | Keith Hay         |
| 2003/04 | Karen Burford            | Keith Hay         |
| 2004/05 | Karen Burford            | Keith Hay         |
| 2005/06 | David Bradbury           | Chris Hainsworth  |
| 2006/07 | David Bradbury           | Chris Hainsworth  |
| 2007/08 | David Bradbury           | John Rose         |
| 2008/09 | David Bradbury (Acting)  | John Rose         |
| 2009/10 | Sharryn Chapman          | John Rose         |
| 2010/11 | Sharryn Chapman          | John Rose         |
| 2011/12 | Sharryn Chapman          | Bruce Wilkins     |
| 2012/13 | Pauletta Watson          | Bruce Wilkins     |
| 2013/14 | Pauletta Watson          | Bruce Wilkins     |
| 2014/15 | Bruce Wilkins            | James Boggan      |
| 2015/16 | Bruce Wilkins            | James Boggan      |
| 2016/17 | Sharryn Chapman (Acting) | Karen Smith       |
| 2017/18 | Chris Stansbury          | Karen Smith       |

## EQUIPMENT SPECIFICATIONS - BOYS

| HIGH JUMP         | 7  | 8     | 9     | 10  | 11    | 12    | 13    | 14    | 15    | 16    | 17    |
|-------------------|--|-------|-------|---|-------|-------|-------|-------|-------|-------|-------|
| Start Height (m)  |  |       | 1.00  | 1.05  | 1.10  | 1.20  | 1.25  | 1.30  | 1.35  | 1.40  | 1.45  |
| Bar rises         | Bar rises in 5cm increments until 6 competitors left; then 2cm, unless larger increments are requested by all remaining competitors. . The listed Starting Heights are the current State Starting Heights. |       |       |   |       |       |       |       |       |       |       |
| JAVELIN           | 7  | 8     | 9     | 10  | 11    | 12    | 13    | 14    | 15    | 16    | 17    |
| Weight            | Vortex   | Turbo | Turbo | Turbo   | 400g  | 400g  | 600g  | 600g  | 700g  | 700g  | 700g  |
| Length +/- 5cm    |  |       |       |   | 1.900 | 1.900 | 2.250 | 2.250 | 2.350 | 2.350 | 2.350 |
| DISCUS            | 7  | 8     | 9     | 10  | 11    | 12    | 13    | 14    | 15    | 16    | 17    |
| Weight            | 350g   | 500g  | 500g  | 500g  | 500g  | 750g  | 750g  | 1kg   | 1kg   | 1kg   | 1.5kg |
| SHOT PUT          | 7  | 8     | 9     | 10  | 11    | 12    | 13    | 14    | 15    | 16    | 17    |
| Weight (kg)       | 1  | 1.5   | 2     | 2   | 2     | 2     | 3     | 3     | 4     | 4     | 5     |
| LONG JUMP         | 7  | 8     | 9     | 10  | 11    | 12    | 13    | 14    | 15    | 16    | 17    |
| Mat size (m x m)  | 1x1  | 1x1   | 1x0.5 | 1x0.5   | 1x0.2 | 1x0.2 | Board | Board | Board | Board | Board |
| TRIPLE JUMP       | 7  | 8     | 9     | 10  | 11    | 12    | 13    | 14    | 15    | 16    | 17    |
| Mat size (m x m)  |  |       |       |   | 1x0.2 | 1x0.2 | Board | Board | Board | Board | Board |
| Mat distance (m)  |  |       |       | In full metre increments starting from 4m unless safety concern |       |       |       |       |       |       |       |
| HURDLES           | 7  | 8     | 9     | 10  | 11    | 12    | 13    | 14    | 15    | 16    | 17    |
| Race Distance (m) |  | 60    | 60    | 60  | 60    | 60    | 80    | 90    | 100   | 100   | 110   |
| Height (cm)       |  | 45    | 45    | 60  | 60    | 68    | 76    | 76    | 76    | 76    | 76    |
| Run In (m)        |  | 12    | 12    | 12  | 12    | 12    | 12    | 13    | 13    | 13    | 13.72 |
| Spacing (m)       |  | 7     | 7     | 7   | 7     | 7     | 7     | 8     | 85    | 85    | 9.14  |
| Run Out (m)       |  | 13    | 13    | 13  | 13    | 13    | 12    | 13    | 105   | 105   | 14.02 |
| Flights           |  | 6     | 6     | 6   | 6     | 6     | 9     | 9     | 10    | 10    | 10    |
| 200M HURDLES      | 7  | 8     | 9     | 10  | 11    | 12    | 13    | 14    | 15    | 16    | 17    |
| Height (cm)       |  |       |       |   |       |       | 68    | 76    |       |       |       |
| Run In (m)        |  |       |       |   |       |       | 20    | 20    |       |       |       |
| Spacing (m)       |  |       |       |   |       |       | 35    | 35    |       |       |       |
| Run Out           |  |       |       |   |       |       | 40    | 40    |       |       |       |
| Flights           |  |       |       |   |       |       | 5     | 5     |       |       |       |
| 300M HURDLES      | 7  | 8     | 9     | 10  | 11    | 12    | 13    | 14    | 15    | 16    | 17    |
| Height (cm)       |  |       |       |   |       |       |       |       | 76    | 76    | 76    |
| Run In (m)        |  |       |       |   |       |       |       |       | 50    | 50    | 50    |
| Spacing (m)       |  |       |       |   |       |       |       |       | 35    | 35    | 35    |
| Run Out           |  |       |       |   |       |       |       |       | 40    | 40    | 40    |
| Flights           |  |       |       |   |       |       |       |       | 7     | 7     | 7     |

- U9 & U10 must only use 'Scissors' technique for High Jump. The 'Fosbury' is not allowed for these age groups.
- High Jump U9 to U12's, **MUST** qualify (over a bar, not elastic) at their club prior to competing at Hamersley.
- Athletes attempting High Jump records may elect to raise the bar in 1 cm lifts.
- The bar must be measured by the Arena Manager **BEFORE** a record or equal record height is attempted.

## EQUIPMENT SPECIFICATIONS - GIRLS

| <b>HIGH JUMP</b>    | 7  | 8     | 9     | 10    | 11     | 12     | 13    | 14    | 15    | 16    | 17    |
|---------------------|--|-------|-------|-------|--------|--------|-------|-------|-------|-------|-------|
| Start Height (m)    |  |       | 0.95  | 1.00  | 1.05   | 1.15   | 1.20  | 1.25  | 1.30  | 1.35  | 1.40  |
| Bar rises           | Bar rises in 5cm increments until 6 competitors left; then 2cm, unless larger increments are requested by all remaining competitors. The listed Starting Heights are the current State Starting Heights. |       |       |       |        |        |       |       |       |       |       |
| <b>JAVELIN</b>      | 7  | 8     | 9     | 10    | 11     | 12     | 13    | 14    | 15    | 16    | 17    |
| Weight              | Vortex   | Turbo | Turbo | Turbo | 400g   | 400g   | 400g  | 400g  | 500g  | 500g  | 500g  |
| Length +/- 5cm      |  |       |       |       | 1900   | 1900   | 1900  | 1900  | 2050  | 2050  | 2050  |
| <b>DISCUS</b>       | 7  | 8     | 9     | 10    | 11     | 12     | 13    | 14    | 15    | 16    | 17    |
| Weight              | 350g   | 500g  | 500g  | 500g  | 500g   | 750g   | 750g  | 1kg   | 1kg   | 1kg   | 1kg   |
| <b>SHOT PUT</b>     | 7  | 8     | 9     | 10    | 11     | 12     | 13    | 14    | 15    | 16    | 17    |
| Weight (kg)         | 1  | 1.5   | 2     | 2     | 2      | 2      | 3     | 3     | 3     | 3     | 3     |
| <b>LONG JUMP</b>    | 7  | 8     | 9     | 10    | 11     | 12     | 13    | 14    | 15    | 16    | 17    |
| Mat size (m x m)    | 1x1  | 1x1   | 1x0.5 | 1x0.5 | 1x0.2  | 1x0.2  | Board | Board | Board | Board | Board |
| <b>TRIPLE JUMP</b>  | 7  | 8     | 9     | 10    | 11     | 12     | 13    | 14    | 15    | 16    | 17    |
| Mat size (m x m)    |  |       |       |       | 1x 0.2 | 1x 0.2 | Board | Board | Board | Board | Board |
| Mat distance (m)    | In full metre increments starting from 4m unless safety issue.   |       |       |       |        |        |       |       |       |       |       |
| <b>HURDLES</b>      | 7  | 8     | 9     | 10    | 11     | 12     | 13    | 14    | 15    | 16    | 17    |
| Race Distance (m)   |  | 60    | 60    | 60    | 60     | 60     | 80    | 80    | 90    | 90    | 100   |
| Height (cm)         |  | 45    | 45    | 60    | 60     | 68     | 76    | 76    | 76    | 76    | 76    |
| Run In (m)          |  | 12    | 12    | 12    | 12     | 12     | 12    | 12    | 13    | 13    | 13    |
| Spacing (m)         |  | 7     | 7     | 7     | 7      | 7      | 7     | 7     | 8     | 8     | 85    |
| Run Out (m)         |  | 13    | 13    | 13    | 13     | 13     | 12    | 12    | 13    | 13    | 105   |
| Flights             |  | 6     | 6     | 6     | 6      | 6      | 9     | 9     | 9     | 9     | 10    |
| <b>200M HURDLES</b> | 7  | 8     | 9     | 10    | 11     | 12     | 13    | 14    | 15    | 16    | 17    |
| Height (cm)         |  |       |       |       |        |        | 68    | 76    |       |       |       |
| Run In (m)          |  |       |       |       |        |        | 20    | 20    |       |       |       |
| Spacing (m)         |  |       |       |       |        |        | 35    | 35    |       |       |       |
| Run Out             |  |       |       |       |        |        | 40    | 40    |       |       |       |
| Flights             |  |       |       |       |        |        | 5     | 5     |       |       |       |
| <b>300M HURDLES</b> | 7  | 8     | 9     | 10    | 11     | 12     | 13    | 14    | 15    | 16    | 17    |
| Height (cm)         |  |       |       |       |        |        |       |       | 76    | 76    | 76    |
| Run In (m)          |  |       |       |       |        |        |       |       | 50    | 50    | 50    |
| Spacing (m)         |  |       |       |       |        |        |       |       | 35    | 35    | 35    |
| Run Out             |  |       |       |       |        |        |       |       | 40    | 40    | 40    |
| Flights             |  |       |       |       |        |        |       |       | 7     | 7     | 7     |

- U9 & U10 must only use 'Scissors' technique for High Jump. The 'Fosbury' is not allowed for these age groups.
- High Jump U9 to U12's, **MUST** qualify (over a bar, not elastic) at their club prior to competing at Hamersley.
- Athletes attempting High Jump records may elect to raise the bar in 1 cm lifts.
- The bar must be measured by the Arena Manager **BEFORE** a record or equal record height is attempted.

## EVENTS CONDUCTED

### THE CURRENT HAMERSLEY SUMMER COMPETITION INCLUDES ALL STATE EVENTS - except for walks

| EVENT                | 7      | 8      | 9      | 10     | 11     | 12     | 13     | 14            | 15            | 16            | 17            |
|----------------------|--------|--------|--------|--------|--------|--------|--------|---------------|---------------|---------------|---------------|
| <b>SPRINTS</b>       |        |        |        |        |        |        |        |               |               |               |               |
| 70M                  | Both   | Both   | Both   | Both   |        |        |        |               |               |               |               |
| 100M                 | Both   | Both   | Both   | Both   | Both   | Both   | Both   | Both          | Both          | Both          | Both          |
| 200M                 | Both   | Both   | Both   | Both   | Both   | Both   | Both   | Both          | Both          | Both          | Both          |
| 300M (Pack Start)    | Both   |        |        |        |        |        |        |               |               |               |               |
| 400M                 |        |        | Both   | Both   | Both   | Both   | Both   | Both          | Both          | Both          | Both          |
| 4x100M Relay         |        | States | States | States | States | States | States | States        | States        | States        | States        |
| 4x200M Relay         |        | States | States | States |        |        |        |               |               |               |               |
| 4x400M Relay         |        |        |        |        | States | States | States | States        | States        | States        | States        |
| <b>LONG DISTANCE</b> |        |        |        |        |        |        |        |               |               |               |               |
| 500M                 |        | Both   |        |        |        |        |        |               |               |               |               |
| 800M                 |        |        | Both   | Both   | Both   | Both   | Both   | Both          | Both          | Both          | Both          |
| 1500M                |        |        |        |        | Both   | Both   | Both   | Both          | Both          | Both          | Both          |
| 1000M XCountry       | States | States |        |        |        |        |        |               |               |               |               |
| 1500M XCountry       |        |        | States | States |        |        |        |               |               |               |               |
| 2000M XCountry       |        |        |        |        | States | States |        |               |               |               |               |
| 3000M XCountry       |        |        |        |        |        |        | States | States        | States        | States        | States        |
| <b>HURDLES</b>       |        |        |        |        |        |        |        |               |               |               |               |
| 60M                  |        | Both   | Both   | Both   | Both   | Both   |        |               |               |               |               |
| 80M                  |        |        |        |        |        |        | Both   | Both<br>Girls |               |               |               |
| 90M                  |        |        |        |        |        |        |        | Both<br>Boys  | Both<br>Girls | Both<br>Girls |               |
| 100M                 |        |        |        |        |        |        |        |               | Both<br>Boys  | Both<br>Boys  | Both<br>Girls |
| 110M                 |        |        |        |        |        |        |        |               |               |               | Boys          |
| 200M                 |        |        |        |        |        |        | Both   | Both          |               |               |               |
| 300M                 |        |        |        |        |        |        |        |               | Both          | Both          | Both          |
| <b>WALKS</b>         |        |        |        |        |        |        |        |               |               |               |               |
| 700M                 |        |        | States |        |        |        |        |               |               |               |               |
| 1100M                |        |        |        | States | States |        |        |               |               |               |               |
| 1500M                |        |        |        |        |        | States | States | States        | States        | States        | States        |
| 1000M Road           |        |        | States |        |        |        |        |               |               |               |               |
| 1500M Road           |        |        |        | States | States |        |        |               |               |               |               |
| 2000M Road           |        |        |        |        |        | States | States | States        | States        | States        | States        |
| <b>JUMPS</b>         |        |        |        |        |        |        |        |               |               |               |               |
| Long Jump            | Both   | Both   | Both   | Both   | Both   | Both   | Both   | Both          | Both          | Both          | Both          |
| Triple Jump          |        |        |        |        | Both   | Both   | Both   | Both          | Both          | Both          | Both          |
| High Jump            |        |        | Both   | Both   | Both   | Both   | Both   | Both          | Both          | Both          | Both          |
| <b>THROWS</b>        |        |        |        |        |        |        |        |               |               |               |               |
| Shot Put             | Both   | Both   | Both   | Both   | Both   | Both   | Both   | Both          | Both          | Both          | Both          |
| Discus               | Both   | Both   | Both   | Both   | Both   | Both   | Both   | Both          | Both          | Both          | Both          |
| Javelin/Vortex U7    | Both   | Both   | Both   | Both   | Both   | Both   | Both   | Both          | Both          | Both          | Both          |

- 1) Currently no qualifying Time / Distance is required to enter the Zone / State Championships, but if an event is deemed full you may be the first cut, or receive an unsatisfactory lane or heat selection.
- 2) Events not conducted at Hamersley can still be entered.
- 3) Relay Events Entry - Selection By Hamersley.

## EVENT CALENDAR 2018/2019

**The weekly competition commences at 7.45am**  
**In the event of inclement weather the program may be deferred or modified**  
**at the discretion of the Arena Manager, with the safety of athletes in mind.**

| DATE          | EVENT  | CANTEEN | BBQ | VENUE     |
|---------------|--|---------|-----|-----------|
| SAT OCT 6     | Program 1* Reduced Program (Week 1)              | SOR     | GLE | CRR       |
| SAT OCT 13    | Program 2* Reduced Program (Week 2)              | OCE     | SOR | CRR       |
| SAT OCT 20    | Program 1* (Week 3)                              | NB      | KAR | CRR       |
| SAT OCT 27    | Program 2* (Week 4)                              | GLE     | OCE | CRR       |
| SAT NOV 3     | Program 1 PCH Fundraising Day (Week 5)           | KAR     | NB  | CRR       |
| SAT NOV 10    | Program 2 (Week 6)                               | SOR     | GLE | CRR       |
| SAT NOV 17    | Program 1 (Week 7)                               | OCE     | SOR | CRR       |
| SUN NOV 18    | Junior Athletics Carnival                        |         |     | TBC       |
| FRI NOV 23    | State Relay Run Off + Special Program            | NB      | KAR | CRR       |
| SAT NOV 24    | Program 2 (Week 8)                               | GLE     | OCE | CRR       |
| SAT DEC 1     | State Relay Championships                        |         |     | WAAS      |
| SAT DEC 8     | Program 1 (Week 9)                               | KAR     | NB  | CRR       |
| FRI DEC 14    | Program 2 Twilight + Relays (Week 10**)          | SOR     | GLE | CRR       |
| SAT DEC 15    | Community Nitro Event                            |         |     | HBF Arena |
|               | <b>CHRISTMAS BREAK</b>                           |         |     |           |
| FRI JAN 11    | Program 2 Twilight + Relays (Week 10**)          | OCE     | SOR | CRR       |
| SAT JAN 19    | Program 1 (Week 11)                              | NB      | KAR | CRR       |
| WED JAN 23    | Program 2 Twilight (Week 12)                     | GLE     | OCE | CRR       |
| SAT FEB 2     | Program 1 (Week 13)                              | KAR     | NB  | CRR       |
| SAT FEB 2 & 3 | State Combined Event Championships (Multi-Event) |         |     | TBC       |
| SAT FEB 9     | Program 2 (Week 14)                              | SOR     | GLE | CRR       |
| SAT FEB 16    | Medal Day Program (Week 15)                      | OCE     | SOR | CRR       |
| SAT FEB 23    | Zone Championships                               |         |     | TBC       |
| SUN FEB 24    | Zone Championships                               |         |     | TBC       |
| SAT MAR 2     | Presentation & Wind-up (9am)                     |         |     | CRR       |
| FRI MAR 8     | State Championships                              |         |     | WAAS      |
| SAT MAR 9     | State Championships                              |         |     | WAAS      |
| SUN MAR 10    | State Championships                              |         |     | WAAS      |
| MON APR 1     | Winter Training Starts                           |         |     | TBC       |
| TUES APR 2    | Hammersley AGM                                   |         |     | CRR       |

\*100m, 200m & 400m times will count for relay selection.

\*\* This Program 2 split over 2 weeks. Which events on which day, to be decided.

WAAS - West Australian Athletics Stadium, next to Challenge Stadium, Mt Claremont  
 CRR - Charles Riley Reserve, Wending Road, North Beach  
 J Arena – HBF Arena, Joondalup

**COMPETITION PROGRAM - REDUCED GIRLS PROGRAM 1**

**6 OCTOBER 2018**

**TWO ATTEMPTS ONLY AT THROWS & JUMPS**

**7:45 am Start to this Program**

**Events typically flow down a column. Program changes can occur.**

| <b>7</b>      | <b>8</b>      | <b>9</b>      | <b>10</b>     | <b>11</b>          | <b>12</b>          | <b>13</b>                   | <b>14</b>                   | <b>15/16/17</b>             |
|---------------|---------------|---------------|---------------|--------------------|--------------------|-----------------------------|-----------------------------|-----------------------------|
| Vortex        | 100m          | Turbo Javelin | 100m          | Discus             | Triple Jump Site 2 | Javelin                     | Javelin                     | Shot Put                    |
| 300m          | Discus Site 1 | 100m          | 800m          | 100m               | Javelin            | Discus                      | Discus                      | Triple Jump Tartan Site 5/6 |
| Discus Site 1 | Turbo Javelin | Discus        | Turbo Javelin | Triple Jump Site 1 | 100m               | 100m                        | 100m                        | 100m                        |
| 200m          | 200m          | 200m          | Discus        | Javelin            | Discus             | Triple Jump Tartan Site 5/6 | Triple Jump Tartan Site 5/6 | Discus                      |
|               |               |               | 200m          | 200m               | 200m               | 200m                        | 200m                        | 200m                        |

**NO PARENTS ARE ALLOWED ON THE CENTRE ARENA UNLESS ASSISTING  
IN THE RUNNING OF THE EVENT**

**PROGRAM SCHEDULE:**

- 6:30am Set Up Team arrives, puts out equipment
- 7:40am First call for events. For first field events of the morning only, athletes can go directly to sites. Athletes in laned events must go to marshalling areas
- 7.45am Competition program commences
- 12:00pm Target finish time. Pack-Up Team packs equipment away

U7, U8 & U9 age athletes may compete in a **MAXIMUM OF 4 EVENTS** per Saturday

U10 to U17 age athletes may compete in a **MAXIMUM OF 5 EVENTS** per Saturday

An event with a result of a 'no-throw', 'no jump', or 'Did Not Finish' **cannot** be substituted with another event. Points gained from extra events are **forfeited**, refer Rules for Competition - Point 9

**COMPETITION PROGRAM – REDUCED BOYS PROGRAM 1**

**6 OCTOBER 2018**

**TWO ATTEMPTS ONLY AT THROWS & JUMPS**

**7:45 am Start to this Program**

**Events typically flow down a column. Program changes can occur.**

| <b>7</b>         | <b>8</b>         | <b>9</b>         | <b>10</b>        | <b>11</b>        | <b>12</b>        | <b>13</b>                 | <b>14</b>                 | <b>15/16/17</b>             |
|------------------|------------------|------------------|------------------|------------------|------------------|---------------------------|---------------------------|-----------------------------|
| Long Jump Site 1 | 100m             | 100m             | Shot Put         | 800m             | 800m             | Long Jump Tartan Site 5/6 | Shot Put                  | Triple Jump Tartan Site 5/6 |
| 300m             | Long Jump Site 4 | Shot Put         | 800m             | 100m             | Shot Put         | 800m                      | 800m                      | Discus                      |
| Shot Put         | Shot Put         | Long Jump Site 3 | 100m             | Long Jump Site 4 | 100m             | 100m                      | 100m                      | 100m                        |
| 200m             | 200m             | 200m             | Long Jump Site 2 | Shot Put         | Long Jump Site 4 | Shot Put                  | Long Jump Tartan Site 5/6 | Shot Put                    |
|                  |                  |                  | 200m             | 200m             | 200m             | 200m                      | 200m                      | 200m                        |

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**COMPETITION PROGRAM – REDUCED GIRLS PROGRAM 2**

**13 OCTOBER 2018**

**TWO ATTEMPTS ONLY AT THROWS & JUMPS**

**7:45 am Start to this Program**

**Events typically flow down a column. Program changes can occur.**

| <b>7</b>            | <b>8</b>            | <b>9</b>            | <b>10</b>           | <b>11</b>           | <b>12</b>           | <b>13</b>                       | <b>14</b>                       | <b>15/16/17</b>                 |
|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------|---------------------------------|---------------------------------|---------------------------------|
| 70m                 | 70m                 | Long Jump<br>Site 3 | Long Jump<br>Site 4 | 800m                | 800m                | 800m                            | Shot Put                        | Javelin                         |
| Long Jump<br>Site 4 | Shot Put            | 70m                 | 70m                 | Shot Put            | Long Jump<br>Site 3 | Long Jump<br>Tartan<br>Site 5/6 | 800m                            | 800m                            |
| Shot Put            | Long Jump<br>Site 3 | Shot Put            | 100m                | 100m                | 100m                | Shot Put                        | 100m                            | 100m                            |
| 100m                | 100m                | 100m                | Shot Put            | Long Jump<br>Site 3 | Shot Put            | 100m                            | Long Jump<br>Tartan<br>Site 5/6 | Long Jump<br>Tartan Site<br>5/6 |
|                     |                     |                     | 400m                | 400m                | 400m                | 400m                            | 400m                            | 400m                            |

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# COMPETITION PROGRAM – REDUCED BOYS PROGRAM 2

13 OCTOBER 2018

## TWO ATTEMPTS ONLY AT THROWS & JUMPS

7:45 am Start to this Program

Events typically flow down a column. Program changes can occur.

| 7             | 8             | 9             | 10            | 11                 | 12                 | 13                          | 14                          | 15/16/17                  |
|---------------|---------------|---------------|---------------|--------------------|--------------------|-----------------------------|-----------------------------|---------------------------|
| 70m           | 70m           | Turbo Javelin | Discus        | Triple Jump Site 1 | Discus             | Triple Jump Tartan Site 5/6 | Triple Jump Tartan Site 5/6 | Javelin                   |
| Discus Site 1 | Turbo Javelin | 70m           | 70m           | 100m               | 100m               | 100m                        | Discus                      | 800m                      |
| Vortex        | 100m          | Discus        | 100m          | Discus             | Javelin            | Discus                      | 100m                        | 100m                      |
| 100m          | Discus Site 1 | 100m          | Turbo Javelin | Javelin            | Triple Jump Site 1 | 400m                        | Javelin                     | Long Jump Tartan Site 5/6 |
|               |               |               | 400m          | 400m               | 400m               | Javelin                     | 400m                        | 400m                      |

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## WEEKLY COMPETITION PROGRAM - GIRLS PROGRAM 1

**7:45 am Start to this Program**

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| 7             | 8             | 9             | 10            | 11                 | 12                 | 13                          | 14                          | 15/16/17                       |
|---------------|---------------|---------------|---------------|--------------------|--------------------|-----------------------------|-----------------------------|--------------------------------|
| Vortex        | 60m Hurdle    | 60m Hurdles   | Turbo Javelin | 800m               | 800m               | Discus                      | Javelin                     | Triple Jump<br>Tartan Site 5/6 |
| 300m          | 500m          | 800m          | 800m          | Discus             | Triple Jump Site 1 | 800m                        | 800m                        | 800m                           |
| Discus Site 1 | Turbo Javelin | Discus        | 60m Hurdles   | 60m Hurdles        | 60m Hurdles        | 80m Hurdles                 | Discus                      | Shot Put                       |
| 200m          | Discus Site 1 | 200m          |               | Javelin            | Discus             | Javelin                     | 80m Hurdles                 | 90/100m Hurdles                |
|               | 200m          | Turbo Javelin | 200m          | Triple Jump Site 1 | 200m               | Triple Jump Tartan Site 5/6 | Triple Jump Tartan Site 5/6 | Discus                         |
|               |               |               | Discus        | 200m               | Javelin            | 200m                        | 200m                        | 200m                           |

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## WEEKLY COMPETITION PROGRAM - BOYS PROGRAM 1

**7:45 am Start to this Program**

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| 7                | 8                | 9                | 10               | 11               | 12               | 13                 | 14                        | 15/16/17                    |
|------------------|------------------|------------------|------------------|------------------|------------------|--------------------|---------------------------|-----------------------------|
| Long Jump Site 3 | 60 m Hurdles     | 60m Hurdles      | Shot Put         | 800m             | 800m             | 800m               | Shot Put                  | Triple Jump Tartan Site 5/6 |
| 300m             | Long Jump Site 3 | 800m             | 800m             | High Jump        | Shot Put         | Long Jump Site 5/6 | 800m                      | 800m                        |
| Shot Put         | 500m             | Shot Put         | 60 m Hurdles     | 60 m Hurdles     | 60 m Hurdles     | 80 m Hurdles       | Long Jump Tartan Site 5/6 | Discus                      |
| 200m             | Shot Put         | 200 m            | 200m             | Shot Put         | High Jump        | High Jump          | 90 m Hurdles              | 100/110 Hurdles             |
|                  | 200 m            | Long Jump Site 3 | Long Jump Site 4 | 200m             | Long Jump Site 2 | Shot Put           | High Jump                 | Shot Put                    |
|                  |                  | High Jump        | High Jump        | Long Jump Site 3 | 200m             | 200m               | 200m                      | 200m                        |

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## WEEKLY COMPETITION PROGRAM - GIRLS PROGRAM 2

**7:45 am Start to this Program**

**Events typically flow down a column, but Program changes can occur**

| 7                | 8                | 9                | 10               | 11               | 12               | 13                        | 14                           | 15/16/17                  |
|------------------|------------------|------------------|------------------|------------------|------------------|---------------------------|------------------------------|---------------------------|
| 70m              | 70m              | Shot Put         | Shot Put         | 1500m            | 1500m            | Shot Put                  | Long Jump<br>Tartan Site 5/6 | Javelin                   |
| Long Jump Site 3 | Shot Put         | 70m              | 70m              | Shot Put         | Long Jump Site 4 | 1500m                     | 1500m                        | 1500m                     |
| Shot Put         | Long Jump Site 4 | 100m             | Long Jump Site 2 | Long Jump Site 3 | 100m             | 200m Hurdles              | 200m Hurdles                 | 300m Hurdles              |
| 100m             | 100m             | Long Jump Site 3 | 100m             | 100m             | High Jump        | Long Jump Tartan Site 5/6 | Shot Put                     | High Jump                 |
|                  |                  | 400m             | High Jump        | High Jump        | Shot Put         | 100m                      | 100m                         | 100m                      |
|                  |                  | High Jump        | 400m             | 400m             | 400m             | High Jump                 | High Jump                    | Long Jump Tartan Site 5/6 |
|                  |                  |                  |                  |                  |                  | 400m                      | 400m                         | 400m                      |

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## WEEKLY COMPETITION PROGRAM - BOYS PROGRAM 2

**7:45 am Start to this Program**

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| 7             | 8             | 9             | 10            | 11                 | 12                 | 13                   | 14                             | 15/16/17                     |
|---------------|---------------|---------------|---------------|--------------------|--------------------|----------------------|--------------------------------|------------------------------|
| 70m           | 70m           | Turbo Javelin | Discus        | 1500m              | 1500m              | Discus               | Triple Jump<br>Tartan Site 5/6 | Javelin                      |
| Discus Site 1 | Turbo Javelin | 70m           | 70m           | Javelin            | Discus             | 1500m                | 1500m                          | 1500m                        |
| Vortex        | Discus Site 1 | 100m          | 100m          | Discus             | Javelin            | 200m Hurdles         | 200m Hurdles                   | 300m Hurdles                 |
| 100m          | 100m          | Discus        | Turbo Javelin | 100m               | 400m               | Triple Jump Site 5/6 | Javelin                        | High Jump                    |
|               |               | 400m          | 400m          | Triple Jump Site 1 | Triple Jump Site 2 | 100m                 | 100m                           | 100m                         |
|               |               |               |               |                    | 100m               | Javelin              | Discus                         | Long Jump<br>Tartan Site 5/6 |
|               |               |               |               | 400m               |                    | 400m                 | 400m                           | 400m                         |

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- 7:40am First call for events. For first field events of the morning only, athletes can go directly to sites. Athletes in laned events must go to marshalling areas
- 7.45am Competition program commences
- 12:00pm Target finish time. Pack-Up Team packs equipment away

U7, U8 & U9 age athletes may compete in a **MAXIMUM OF 4 EVENTS** per Saturday  
 U10 to U17 age athletes may compete in a **MAXIMUM OF 5 EVENTS** per Saturday

An event with a result of a 'no-throw', 'no jump', or 'Did Not Finish' **cannot** be substituted with another event. Points gained from extra events are **forfeited**, refer Rules for Competition - Point 9

**MEDAL DAY PROGRAM WITH GRAND RELAY  
BOYS & GIRLS TOGETHER - 16 FEBRUARY 2019**

**7.45 am start to this Program with Grand Relay  
Events typically flow down a column, but program changes can occur**

| 7                    | 8                    | 9                    | 10                   | 11                   | 12                   | 13                   | 14                            | 15/16/17                      |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-------------------------------|-------------------------------|
| Long Jump Site 3 & 4 | 60m Hurdles          | 60m Hurdles          | 800m                 | 800m                 | Long Jump Site 1 & 2 | Discus Site 3        | Shot Put Site 1 & 2           | Triple Jump Tartan Site 5 & 6 |
| 200m                 | Long Jump Site 3 & 4 | Discus Site 1 & 2    | 60m Hurdles          | 60m Hurdles          | 800m                 | 800m                 | 800m                          | 800m                          |
| Discus Site 1 & 2    | Shot Put Site 1 & 2  | 200m                 | Long Jump Site 3 & 4 | Long Jump Site 1 & 2 | 60m Hurdles          | 80m Hurdles          | 80/90m Hurdles                | 90/100/110 m Hurdles          |
| 70m                  | 200m                 | Long Jump Site 3 & 4 | Shot Put Site 2 & 3  | Discus Site 1 & 2    | Shot Put Site 1      | Long Jump Site 5 & 6 | Triple Jump Tartan Site 5 & 6 | Discus Site 3                 |
|                      |                      |                      | 200m                 | 200m                 | 200m                 | 200m                 | 200m                          | 200m                          |

**PROGRAM SCHEDULE**

6:30am Set Up Team arrives, puts out equipment  
 7:40am First call for the **Grand Relay**  
 7:45am **Grand Relay** commences  
 8:00am Competition program commences  
 12:00pm Target finish time. Pack-Up Team packs equipment away

**MEDAL DAY**

The aim of Medal day is the opportunity for the second tier of athlete to win something.  
 Any Hamersley records broken will be recognised.  
 Athletes that are ineligible are strongly encouraged to participate on this day.  
 Medals are awarded to the overall top three place-getters in each age/sex group at the HLAC Presentation Day.

| INELIGIBLE   | ELIGIBLE                                       |
|--|--|
| 1) If you drop any event on Medal Day                                | 1) You must do ALL events to receive a medal.  |
| 2) 2017/18 Zone Medallists (U7-U8)                                   | 2) 2017/18 and prior AGE GROUP WINNERS         |
| 3) 2017/18 State Medallists (U9-U17)                                 | 3) Any prior Medal Day Medallists              |
| 4) 2017/18 State Multi Medallists                                    | 4) Any Relay Medallists (Track & Field)        |
| 5) 2018/19 AGE GROUP WINNERS* (not known until after Medal Day comp) | 5) Any Cross Country & Winter Walks medallists |
| 6) If not competed in two competition days after Christmas break     | 6) Any other athlete who is not ineligible     |

Any athletes that were registered with another centre the prior year, are ineligible if they are Zone, State or Multi medallists per points 2, 3 & 4, and they need to inform this fact to the Committee Member - Resords/Results.

\* Consistency Awards (Age Group Winners) who receive 1st, 2nd & 3rd

# 2017/2018 WINTER CROSS COUNTRY COMPETITION RESULTS

## STATE CROSS COUNTRY CHAMPIONSHIPS – MEDALLISTS

| GOLD                  | SILVER                   | BRONZE                   |
|-----------------------|--------------------------|--------------------------|
| Sam O'Sullivan U7B    | Ruby Murphy-Marshall U8G | Kate Philpott U9G        |
| Noah Braun U9B        |                          | Cassiana Papadoulis U11G |
| Owen Hurley U13B      |                          | Noah Humberstone U11B    |
| Brandon Ford U15B     |                          | Sean McConnon U14B       |
| Jessie Alexander U16G |                          |                          |
| Morgan Fletcher U17B  |                          |                          |

## CONSISTENCY AWARDS FOR CROSS COUNTRY

| DISTANCE          | WINNER          |
|-------------------|-----------------|
| 1000m (7s - 8s)   | Sam O'Sullivan  |
| 1500m (9s - 10s)  | Charli Patrick  |
| 2000m (11s - 12s) | Remy Rowse      |
| 3000m (13s - 17s) | Morgan Fletcher |

## LIFE MEMBER AWARDS FOR CROSS COUNTRY

| LIFE MEMBER | PERPETUAL TROPHY FOR                      | AWARD WINNER |
|-------------|---|--------------|
| Ryan        | Excellency                                | Noah Braun   |
| Gee         | Coach's Award<br>(Effort & Participation) | Tessa Porter |

## QUALIFIED FOR STATES

### BOYS (38 qualified)

Kai Bennett, Sam O'Sullivan, Louis Humberstone, Charles Dean, Oscar Shepherd, Cooper Bennett, Martin Segnini, Felix Collis, Callum Chansbury, Noah Braun, Caolan Allen, Brady McEntee, River Romney, Charlie Cossom, Finbar Mulhall, Joshua Bertolucci, Noah McEntee, Noah Humberstone, Tyler Bennett, Hudson Van Der Sluys, Lachy Bean, Finn O'Neill, Dylan Manning, Joshua Fletcher, Kallan Parsons, James Chansbury, Tom Alexander, Rory MacLeod, Harry Erskine, Owen Hurley, Corey Bartle, Jayden Papworth, Liam Moody, Sean McConnon, Joshua Smith, Jack Bennett, Brandon Ford, Morgan Fletcher.

### GIRLS (26 qualified)

Lucy Thomson, Stella O'Neill, Florence Erskine, Scarlett Mulhall, Danja Worrad, Nya Romney, Ruby Murphy-Marshall, Charli Patrick, Riley Tlach, Samantha Bowman, Kate Philpott, Beatrix Erskine, Faith Patrick, Evie Green, Eleanor Flowers, Isabella Heathcote, Asha Scaddan, Cassiana Papadoulis, Ally Bowman, Claudia Biddeloo, Amelie Erskine, Tessa Porter, Remy Rowse, Sienna Maltese, Tahlia Papworth, Jessie Alexander.

## WINTER COMPETITION

The Annual Subscription covers the Winter season as well. During the winter, LAWA conducts Inter-Centre Cross Country Running and Road Walking events. The events are held on Saturday afternoons, starting at 1pm, at a variety of different venues throughout the metropolitan area. Hamersley conducts regular training sessions on Monday and Thursday evenings from 4.50pm to 6.15pm. 2018/2019 training starts on Monday 1st April, 2018 at Carine Open Space. For more details contact the Hamersley Winter Officer, Natalie Fletcher.







## RULES FOR COMPETITION

Competition rules are those within the West Australian Little Athletics Incorporated (LAWA) Competition Handbook. Variations to these, enforced by Hamersley Little Athletics Centre are:

### 1. ENTITLEMENT

- (a) All competitors must be registered and financial with LAWA.
- (b) Once registered, there is a NO REFUND POLICY.
- (c) Minimum Age - All competitors must turn six years of age by 31st Dec, ie the child's birthday must be within the grid below.
- (d) Age group is determined by the athletes age as at December 31<sup>st</sup>. Whatever age a child is, in the current calendar year (January 1st to December 31<sup>st</sup>), they compete in the next age group. See age group grid below.

| Year | Jan | Feb | Mar | Apr | May | Jun | Jul | Aug | Sep | Oct | Nov | Dec |
|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| '12  | U7  | U7  | U7  | U7  | U7  | U7  | U7  | U7  | U7  | U7  | U7  | U7  |
| '11  | U8  | U8  | U8  | U8  | U8  | U8  | U8  | U8  | U8  | U8  | U8  | U8  |
| '10  | U9  | U9  | U9  | U9  | U9  | U9  | U9  | U9  | U9  | U9  | U9  | U9  |
| '09  | U10 | U10 | U10 | U10 | U10 | U10 | U10 | U10 | U10 | U10 | U10 | U10 |
| '08  | U11 | U11 | U11 | U11 | U11 | U11 | U11 | U11 | U11 | U11 | U11 | U11 |
| '07  | U12 | U12 | U12 | U12 | U12 | U12 | U12 | U12 | U12 | U12 | U12 | U12 |
| '06  | U13 | U13 | U13 | U13 | U13 | U13 | U13 | U13 | U13 | U13 | U13 | U13 |
| '05  | U14 | U14 | U14 | U14 | U14 | U14 | U14 | U14 | U14 | U14 | U14 | U14 |
| '04  | U15 | U15 | U15 | U15 | U15 | U15 | U15 | U15 | U15 | U15 | U15 | U15 |
| '03  | U16 | U16 | U16 | U16 | U16 | U16 | U16 | U16 | U16 | U16 | U16 | U16 |
| '02  | U17 | U17 | U17 | U17 | U17 | U17 | U17 | U17 | U17 | U17 | U17 | U17 |
| '01  |     |     |     |     |     |     |     |     |     | U17 | U17 | U17 |

- (e) All competitors **must** wear correct club uniform. Fastened to the front of the shirt, will be their registration number, with their age badge on the top left front, and any sponsor's badge top right front. Refer to page 4, about the rules on the usage of other garments. Failure to comply with these rules may render the athlete ineligible to compete.
- (f) Athletes must compete only in their age/gender group, except
  - a) 15 to 17's, where ages and genders may be combined and
  - b) the 800m and 1500m.
 When combining ages and genders, all athletes in an age must compete in the same race/trial.
- (g) Departure from these rules will only be with the consent of the Arena Manager on application from the Club President / Manager.

### 2. ORGANISATION

- (a) Athletes must, when called by the Announcer, report to the appropriate Marshall before all events. The only exception to this is at the start of the program, where athletes in the first field events may proceed directly to the site.
- (b) For safety reasons the centre of the Arena is not to be occupied by anybody except competing athletes and the supervising Officials. Competitors must walk around the track to reach their field sites.
- (c) Where practical, any Official shall stand aside for that event in which their child or a child they privately coach, is competing. The final decision on parent behaviour rests with the Arena Manager.

### 3. COMPETITION OFFICIALS

- (a) Key Officials will be provided by the Centre to run the competition (see Page 5).
- (b) Parent helpers will be called for on the day of competition. A minimum of 100 officials is required to run the morning's program efficiently. It is most important that this number of parent officials volunteer to help so that the program can finish close to the scheduled time.
- (c) Duties and responsibilities of all Officials and Helpers are outlined in the LAWA Officials Handbook.

### 4. PROGRAM

- (a) The published programs shown in this booklet display recommended order for events. These programs are to be considered only as a guide. The Hamersley Committee reserves the right to amend or vary event orders or cancel any of the program, as local circumstances or conditions dictate. The Committee will not be held responsible for athletes missing their events.
- (b) Track events will not be held up for Field events. Should a coincidence of events occur, Track should take preference. With the permission of the Key Official, an athlete may leave that event to compete in the Track event, but must return immediately on its completion to finish the Field event, in accordance with the LAWA rules.
- (c) Athletes will be placed up to three per lane for the start of the 800m race, and will run in lanes for approximately the first 120m. Lanes will not be used for runs longer than 800m. These events will start from a curved line.

### 5. COMPETITION

- (a) **FALSE STARTS**, Warning - yellow flag, Disqualification - red flag  
U7-U8, the third false start by an athlete, disqualification.  
U9-U17, only two false starts per race allowed, next false start disqualification.  
The rules on what constitutes a false start can be found in LAWA's Rules of Competition.
- (b) **STARTING BLOCKS** may be used by athletes in the U11 to U17 age groups in laned events only.
- (c) The wearing of shoes is mandatory in all events.
- (d) **SPIKES:**
  - (i) May be worn by athletes from U11 to U17 age groups in all laned events, Javelin, High Jump, Long Jump & Triple Jump. A Key Official or the Arena Manager may, from time to time, consider that competition conditions, or an athletes' jumping style may make the use of spikes inappropriate and ban the use of spikes for that event.
  - (ii) U13 to U17 age groups may also wear spikes in 800, 1500m & all track relays.
  - (iii) Spiked shoes **must** be carried to the start of the event, and removed on completion. The shoes are to be carried "Spikes in". Disqualification from events may result for breach of this rule, or any dangerous or frivolous use of the spikes.
  - (iv) Maximum spike lengths; 7mm for synthetic tracks; 9mm for jumps and 12mm for grass tracks. Maximum spike number per shoe is 11. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
  - (v) At the State Athletics Stadium, to maximise performance & prevent damage to the mondo surface, athletes must **not** use 'sharp' spikes that will penetrate the surface. As such, the **only** spikes **permitted** for use on the track are of the Christmas Tree shape & **7mm** in length only, the material of which the spike is made eg ceramic or metal is irrelevant & as such will not be monitored.
  - (vi) Only shoes **not** capable of taking spikes will be allowed for the U7 to U10 age groups.
- (e) In accordance with LAWA guidelines, "there will be no restriction on athletes talking or signalling back to coaches/parents as long as it does not disrupt the event and providing that the coach/parent is not officiating on that site". Any disruptions to the event will be dealt with by the Key Official and the Arena Manager.

- (f) No parents are permitted in the Centre of the Arena unless they are helping with the running of an event.
- (g) Appropriate tracksuit pants (black or club colours), not surf clothing or similar apparel, may be worn while competing in the throwing events. Tracksuit jackets or other tops must **not** be worn while competing.
- (h) Hats may be worn during participation in all events. If the hat falls off during Long Jump, Triple Jump, Shot Put, Javelin or Discus, **no** penalty will be incurred. However, in High Jump the hat is considered part of the apparel and like any other clothing, if it causes the bar to fall then it is a foul.
- (i) Competitors are limited to 1 minute after being called, in which to commence their throw or jump attempt.
- (j) On completion of all Track events, competitors must report to the judges, displaying their registration number, so results can be recorded.
- (k) On Program 1 and 2 days, athletes from the U7, U8 & U9 age groups may select a maximum of four (4) events in which to compete. Athletes from the U10 – U17 age groups may select a maximum of five (5) events, in which to compete. (Exceeding the event maximums will lead to forfeiture of either or both of individual and Club points for the final completed event(s) of the day).

## 6. DISQUALIFICATION

- (a) Misbehaviour by any athlete may result in disqualification from that or any other event, and/or suspension for a period to be decided by any two of the following: President, Arena Manager and Key Official, acting together, or in their absence, by any combination of three Committee Members and Key Officials acting together.
- (b) Athletes handling implements on Sites in the absence of Officials, may be disqualified from that event.
- (c) Disqualification will be immediate if the athletes cause interference during any race, eg by cutting in too quickly or changing lanes.
- (d) Disqualification may result if the rules relating to Spikes (see Rule 5(d)) are not adhered to.
- (e) Athletes who fail to marshal on time, go to a site without marshalling, or otherwise disrupt the program, may be ruled out of the event.

## 7. RECORDS

Centre event records are recognised on all HLAC competition days held at Charles Riley Reserve by Hamersley athletes only. HLAC does **not** recognise away or open records or records at State run events that Hamersley athletes compete in such as the Zone Championships. For a record to be claimed, athletes must compete in their own age group, see point 1 (f) and (g). Please inform the Arena Manager or the starting official beforehand if possible, if you expect to break a record so all timers are ready.

The Arena Manager should verify and record **all** records. This task may be delegated to an alternative Hamersley LAC official in some instances for expediency provided due diligence is adhered to.

- i) For a track record where electronic timing is in use, that time will be the record; if it fails then the lower of two stop watches will be the record. If no Electronic timing is in use then three stop watches are required and the middle time (rounded up to point one of a second) will be the record. For track events, the centre records at the back of this book show the current record from the previous season; the recording sheets will display the current record for the Age Group.

ii) For field record ratification to occur after week 2 of the current season, the event is to be officiated by a Level 1 or above LAWA accredited person for that event. In the case of High Jump, please call the Arena Manager **before** attempting the height.

## 8. PROTESTS

- (a) The Protest Committee shall consist of the Arena Manager, a Committee Member and the appropriate Key Official of the Site involved with the dispute.
- (b) Protests are to be presented by Club Managers to the Arena Manager in writing, within thirty (30) minutes of the completion of the event in question. A fee of fifty dollars (\$50) shall accompany the protest, which will be forfeited if the complaint is considered frivolous.
- (c) **No** video or photographic evidence will be accepted in any protest.
- (d) The Protest Committee may determine any matter not covered by these rules as may arise from time to time.

## 9. POINTS SCORING AND AWARDS

Athletes accumulate Performance based points (**not** place based points) in accordance with the scales of points as specified, and reviewed as required, by the Hamersley Committee. Points are awarded to each athlete for each event.

The Hamersley record in each event constitutes 120 points, except for the U16 & U17's where the state record constitutes 120 points and newer events may have an estimated record until an appropriate record is achieved. All competing athletes receive a minimum of 1 point for each event attempted, which currently stands at 5% of the record for throws, 40% of the record for jumps and 60% on the record for track. The calculation of points are linear, therefore performances mid-way between the tabled achievements earn half points. Where a record is broken, an athlete can exceed 120 points for the event. Where a record has been broken during the season, performances in excess of the original record will also earn greater than 120 points. Any queries regarding points, contact the Hamersley Recording Officer.

Rule 5(k) provides for the forfeiture of points. Such action is at the discretion of the Arena Manager and the Records Officer acting together.

If an athlete competes in more than their allocated events, then the points gained on the last event on the calendar they competed in are forfeited. Note this could influence relay selection and trophy calculation, as that result is erased.

### (a) Centre Consistency Awards (Age Group Winners)

An Award for 1st, 2nd & 3rd in each age/sex will be made at season's end to the athletes with the highest accumulation of points achieved from their **best 3 performances of each event**.

For every athlete over the season, the total number of events to be included are;

7's and 8's - all events, 9's to 12's - 10 events, 13's to 17's - 11 events.

Therefore, for each athlete, 9's-10's lowest event, 11's to 17's lowest 2 events will be excluded.

You must compete in **two** or more meets (excluding Medal Day) after the Christmas break.

Currently, all competition days except Medal Day are eligible for points.

**Note U9's** – as you can only do 4 events per week it is much harder to rotate the events you drop each week. Eg if you are not doing HJ then you would need to do every other event 3 times in the season to give yourself the best chance of receiving this award.

### (b) Life Member Event Awards

These are perpetual trophies, dedicated by our Life Members, to reward athletes who have demonstrated a consistently high standard in specific events throughout the season.

(i) They are awarded to the athletes with the highest accumulation of points from their best 4 performances of the target event, over all competition days excluding Medal Day.

- (ii) Must be eligible to win a Centre Consistency Award.
- (iii) U7 athletes are not eligible for Life Member awards; except for the Junior Champion trophy, Octathlon trophy and O'Connor for Junior Personal Bests.
- (iv) An athlete shall not receive more than one Life Member award; except for the Junior, Intermediate and Senior Champion trophies, Octathlon, Decathlon and Heptathlon trophies, the Graham Fellowship trophy, the Watson Overall Points trophy, and the Dunn Memorial trophy, which is awarded to an U15 athlete for High Jump.

**(c) Club Awards**

**(i) Champion Club**

Clubs progressively accumulate the points from each event, in each age/sex group. The "Champion Club" award is determined by the highest accumulation of points throughout the season, using all competition days (except medal day), as 'award eligible dates'.

**(ii) Club Consistency**

As per champion club except divided by the number of registered athletes. The club with the highest number of points per athlete wins.

**(iii) Parent Participation**

Key officials will be asked at the end of the season which Club has supported their role the most.

**(d) Championship Certificates**

The top three performers from each age/sex group for each event will be determined from performances achieved throughout the season, and will receive certificates.

**10. SELECTION OF ATHLETES TO REPRESENT HAMERSLEY**

Normally athletes compete each Saturday for their Clubs. However, there are various occasions throughout the season when our athletes will be selected to represent our Centre. Please note that non-attendance by an athlete, at an event for which the athlete was selected/qualified, without reasonable excuse, may result in the athlete not being selected in future events. The exclusion of an athlete shall be by decision of the Hamersley Selection Subcommittee.

Those dates known at the time of printing are shown on the Calendar of Events in this book. Full details will be made available nearer the time in each case.

Note, the rules for competition of State run events may or may not be consistent with Hamersley's rules or Hamersley's general accepted practices or procedures. Failure to follow the LAWA rules for competition at a State run event may result in disqualification. The rules can be found on LAWA's website.

● **State Track and Field Relay Championships**

This event is organised by LAWA, it embraces all Centres, is held at the West Australian Athletics Stadium and consists of Track Relay teams and selected Field Event teams. Track selection takes precedence over field selection, refer Field Relay Rules (a). Athletes competing in the Field Relay may not compete in a Track Relay Event and vice versa. Recent change of rules mean a Field team can compete without the appearance of a Track Team.

Initial squad invitation this year will be based on all performances up to and including week 4 (27<sup>th</sup> Oct) for track and week 6 (10<sup>th</sup> Nov) for field. Squad lists will be available the following week for viewing on the Hamersley website. All age/gender groups except U7 are involved in Track Relays. The Field relays are for athletes in U10 to U17.

### **TRACK RELAY RULES:**

- (a) A Coach/Manager is required for each age/sex squad. The Coach is selected by a sub-committee from the Centre Committee. Individuals interested in coaching teams may contact the Selections Officer at the commencement of the season. The following guidelines for Coach selection will apply:
  - (i) Previous year's coaches may be given preferential consideration, provided past work has been satisfactory.
  - (ii) Level of accreditation and field of expertise will be considered.
  - (iii) Parents or interested parties, who are active at Centre and/or Club level, will be considered.
- (b) Invitation and selection of the athletes for each relay Squad is by Hamersley Sub-committee.
- (c) Athletes must have had at least one recorded time or distance for the event, to be considered for selection. Occasionally in the older age groups, to field a team, athletes without a time or distance this year in an event but a history of good performance, may be asked for their availability.
- (d) Athlete invitation and selection will be based on rankings (i.e. season best times) at the conclusion of the last selection day. However, an athlete who is not ranked in the top 4 on times but places in the top 4, will be considered for selection. Previous performance may be considered in extenuating circumstances at the committee's discretion. Athletes who are sick or injured and wish to be considered must contact the selections officer prior to final selection day.
- (e) Addition to Squads and selection of the final team is at the discretion of each age/gender Coach/Manager and the Hamersley Selection Officer. It may be up to one day prior to the actual competition. On occasions due to illness, injury or poor performance on the day, a late change may be deemed necessary by the coach in discussion with the Selections Officer.
- (f) Centre uniform must be worn and LAWA rules for footwear apply.
- (g) Training in squads is involved, and will be separate from normal club training. It is compulsory to attend most of these sessions.
- (h) For track relay squads, a practice run may be held at the State Athletic Stadium at the coach's discretion, the week prior to Championships.

### **FIELD RELAY RULES:**

- (a) The priority of a Centre is to nominate a Track Relay Team **before** a Field Relay Team. The circumstances where an athlete can nominate for field are; 1) there is no deterrent to the track team. Therefore the replacement in the team would be close in time and willing to forfeit their possible field selection, and/or 2) the athlete was almost certain to be the reserve. The Selection Sub-Committee considers these points regarding the nomination.
- (b) 4 events will be chosen from Long Jump, Triple Jump, Javelin, Shot, and Discus to form the field relay for the U10 to U17 age groups.
- (c) A Centre may enter one team per age group.
- (d) Each team must compete in all 4 events.
- (e) Each athlete in the team may compete in no more than 2 events.
- (f) Teams may be composed of: 4 athletes with 1 event each; 3 athletes with 1 athlete competing in 2 events and the other 2 competing in 1 event each; or 2 athletes competing in 2 events each.
- (g) Medals are presented to the first three placed teams in each grouping.
- (h) Full details regarding the rules of competition and the scoring process are available from the Selections Officer.

## CODE OF CONDUCT FOR PARENTS & ATHLETES INVOLVED WITH RELAY SQUADS:

- (a) Invitation of an athlete in the preliminary squads is not to be construed as meaning that the athlete will be an automatic selection in the final team, to compete at State Relay Championships.
  - (b) Proficiency in both baton changing and the preservation of the ranking in the distances from the 100m-400m, will be necessary to attain and retain a place in the final teams.
  - (c) Athletes must be prepared to attend a majority of training sessions, whenever and wherever the coach elects to conduct the sessions. Parents are not to be involved in, nor interfere with, the training sessions, unless specifically asked to by the coach.
  - (d) The coach is to be left to make the decisions about the order of running of the athletes, as well as who will be the reserve/s, in both heats and finals (from the selected squad). They have the right to make these decisions on the day.
  - (e) All issues pertaining to selection & training must be referred to the Selection Sub-committee. Do not approach the coach directly.
- **State Combined Event Championships**

This event is organised by LAWA. U14-U17 compete over 2 days: U11-U13 compete over 1 day. Held at Coker Park and the State Athletics Stadium. It is open to all athletes in the U11 and above age groups.

- (a) Centre uniform must be worn.
- (b) Athletes compete in five or more events depending on their age group. Check the current LAWA Rules of Competition for the actual events.
- (c) Athletes nominate for the event by the nominated date in order to enter.

Note: Successful athletes in the U15 age group, may be eligible to be selected to represent WA in the National State Combined Event Championships.

- **Zone Championships (State Championship Heats and Quarter Finals)**

The State is divided into Zones which once a year conduct Championship meetings, held over two consecutive days, to determine which athletes go through to the State Championships, held two/three weeks later. The "Zones" are in effect the State heats and quarter finals There are four Centres in our Zone: Joondalup, UWA, Ridgewood and Hamersley.

- (a) U9 to U15 must wear Centre uniform; U7 & U8 can wear their club uniform.
- (b) LAWA rules for footwear, spikes and starting blocks apply.
- (c) Athletes nominate their chosen events online, and submit by a nominated closing date. Entry fee of \$10.00 per athlete will apply. Nominations after the closing date will not be accepted.
- (d) Athletes can select **any** event listed on the nomination form, whether they have competed in the event previously or not.
- (e) The maximum numbers of events that can be competed in are:  
U7, U8 & U9: 4 events over the two days  
U10 to U12: 5 events over the two days  
U13 to U15: 6 events over the two days
- (f) U7 & U8 age groups will complete their state championships at the zones competition In those age groups medals will be awarded for 1st, 2nd and 3rd in each event at the zone.
- (g) U16 and 17 age groups do not compete at the zones . Those athletes will progress directly to the State Championships in all of their chosen events, up to a maximum of 6 events over the two days.

- **State Championships (Semi Finals and Finals)**

Those athletes entitled to compete are the top qualifiers from the Zones and the U16 and U17 age groups. There are semi-finals and finals, run at the State Athletics Stadium



- (a) Centre uniform must be worn.
- (b) LAWA rules for footwear and starting blocks apply.
- (c) Successful athletes in the U13 age groups may be eligible for selection to represent WA in the National Championships (usually held in April).
- (d) Successful medal winners in the U14 & U15 age groups may be eligible to nominate for selection to represent WA in the International Challenge held in Singapore or Kuala Lumpur (usually in July).

**11. PARENT PARTICIPATION POLICY FOR ALL STATE RUN EVENTS including CROSS COUNTRY**

Parents of participating athletes are required to fulfil a roster duty. The length of time of the roster will depend on the amount of rosters allocated to Hamersley by LAWA or their representatives and the numbers of Hamersley athletes competing. Typically it is about half a day. You may be required to arrive early or stay late or undertake the roster at a time that differs from your child's competition time or clashes with their event/s. Please note that the roster duties or time required per family or athlete may change from season to season and often isn't known until, only days before the event. Some of these roster duties may require a fair degree of "athletics knowledge" and it is suggested that you pass the level one accreditation of the event that you are officiating on. These courses are online and open book and are not onerous. Send the HLAC Education Officer the proof of your completion.

Exceptions to the above may be extended to Hamersley Committee members, or others who have undertaken duties for the event prior to the event. Any other extenuating circumstances must be agreed to by the Organizer of Officials prior to the day of Competition. Failure by parents to complete their required rostered duties may result in your athlete being excluded from competing as a Hamersley Athlete in future events and/or may place your membership for the following season in jeopardy.

**12. VISITOR POLICY**

Registered athletes from other Centres are welcome at Hamersley. Visitors should provide their personal best performances to the Recording Officer at least three days prior to the competition day. Failure to do so may mean that the visitor is not appropriately graded and may be placed in the last heat of each event to avoid minimum disruption to Centre Competition. Visitors are expected to provide officials to help on sites as required. Visiting athletes will not have their results published by Hamersley, however they may request their results on the day from the recorders at each event.

**13. PRIVACY POLICY**

Parents/Guardians are advised that email distribution lists from Hamersley are not to be used for any reason other than for matters directly related to athletics at club and centre. To ensure privacy of email addresses, the sending of email requires the use of the "BCC" field at all times for bulk email communication to club members.

**14. NO PARENT/NO COMPETITION POLICY**

It is Centre policy that if a child is dropped at the Centre for competition and does not have a parent or nominated guardian present, they will not be allowed to compete until that parent or guardian arrives.

**15. WEBSITE / FACE BOOK and publishing of results.**

HLAC does not appraise every event or competition our athletes compete in and in no way suggests that information presented on electronic media is all inclusive. Parents need to forward their child's results and/or photos for the possible inclusion.

## 2017/2018 SUMMER COMPETITION RESULTS

### 2017/2018 CONSISTENCY AWARDS (AGE GROUP WINNERS) GIRLS

|            | WINNER           | RUNNER UP       | THIRD           |
|------------|------------------|-----------------|-----------------|
| <b>U7</b>  | Lucy Thomson     | Paige Mackenzie | Caitlin Boss    |
| <b>U8</b>  | Danja Worrad     | Clancy Boss     | Isabella Towie  |
| <b>U9</b>  | Kate Philpott    | Jordee Clarke   | Sophie Mckenzie |
| <b>U10</b> | Siella de Wit    | Jasmine Gray    | Aqua Samuels    |
| <b>U11</b> | Isahra Russell   | Tamzyn Aisbett  | Jasmine Orton   |
| <b>U12</b> | Sienna Maltese   | Remy Rowse      | Jekylah Garlett |
| <b>U13</b> | Jorja Elisseou   | Alana Sim       | Jessica Wheeler |
| <b>U14</b> | Poppy Briggs     | Lili Hobbs      | Jazmin Spray    |
| <b>U15</b> | Kristen Parrotte | Annie Stapleton | Kate Axworthy   |
| <b>U16</b> | Jasmine Pugh     | Rose Jacoumis   | Ashlee Ryan     |
| <b>U17</b> | Melany Smart     |                 |                 |

### 2017/2018 CONSISTENCY AWARDS (AGE GROUP WINNERS) BOYS

|            | WINNER                | RUNNER UP        | THIRD                  |
|------------|-----------------------|------------------|------------------------|
| <b>U7</b>  | Sam O'Sullivan        | Oscar Collins    | Christian Pettinicchio |
| <b>U8</b>  | Maxim Collins         | Kristian O'Shea  | Cooper Duncan          |
| <b>U9</b>  | Oliver Clark          | Ben O'Sullivan   | Noah Braun             |
| <b>U10</b> | Oskar Tindall         | David McAlinden  | Jordan Watson          |
| <b>U11</b> | James Philpott        | Caleb Moran      | Luke Delpero           |
| <b>U12</b> | James Chansbury       | Brock Hodgkinson | Ben Walford            |
| <b>U13</b> | Alex Perin            | Darcy Staples    | Jayden Evans           |
| <b>U14</b> | Liam Moody            | Jamie Minetto    | Christian Dowdeswell   |
| <b>U15</b> | Jacob Hristianopoulos | Joshua Smith     | Jack Bennett           |
| <b>U16</b> | Ben Minetto           | Eben Rasmussen   | Alex Halley-Wright     |
| <b>U17</b> |                       |                  |                        |

### 2017/2018 PERSONAL BEST AWARDS

|            | GIRLS   | BOYS                              |
|------------|---|-----------------------------------|
| <b>U7</b>  | Lucy Thomson                                    | Kai Bennett / Dylan Worrad        |
| <b>U8</b>  | Danja Worrad                                    | Maxim Collins                     |
| <b>U9</b>  | Riley Tlach                                     | Luke Sandwell / Ben O'Sullivan    |
| <b>U10</b> | Georgie Franklyn                                | Oskar Tindall                     |
| <b>U11</b> | Jessica Skinner / Claudia Biddeloo              | Tyler Bennett                     |
| <b>U12</b> | Scarlett Clarke / Sienna Maltese / Tessa Porter | Orion Ortolan                     |
| <b>U13</b> | Jorja Elisseou                                  | Alex Perin                        |
| <b>U14</b> | Jordan Irvine                                   | Liam Moody / Christian Dowdeswell |
| <b>U15</b> | Kristen Parrotte                                | Liam Di Girolami / Jack Bennett   |
| <b>U16</b> | Ashlee Ryan                                     | Marcus Tognala                    |
| <b>U17</b> |   |                                   |

## 2017/2018 "LIFE MEMBER AWARD" WINNERS

| <b>LIFE MEMBER</b> | <b>PERPETUAL TROPHY for</b>          | <b>AWARD WINNER</b>   |
|--------------------|--------------------------------------|---|
| CASSEY             | JUMPS (Long and Triple)              | Poppy Briggs (U14G)   |
| DAVIS              | WALKS                                | No Award  |
| DONEGAN            | SENIOR SPRINTING                     | Darcy Staples (U13B)  |
| JAN VEITCH         | JUNIOR SPRINTING                     | Jasmine Gray (U10G)   |
| JONES              | SHOT PUT                             | Maxim Collins (U8B)   |
| LEY                | HIGH JUMP (Fosbury)                  | Alex Perin (U13B)   |
| DILLEY             | HIGH JUMP (Scissor) Memorial Trophy  | Aqua Samuels (U10G)   |
| PAUL MARDLE        | DISCUS                               | Clancy Boss (U8G)   |
| SCOTT              | LONG DISTANCE                        | Tom Alexander (U12B)  |
| STARCEVICH         | HURDLES                              | Danja Worrad (U8G)  |
| TESTER             | JAVELIN                              | Jacob Matteo (U15B)   |
| ROFFMAN            | TURBO JAVELIN                        | Oliver Clark (U9B)  |
| O'CONNOR           | JUNIOR PERSONAL BESTS                | Riley Tlach (U9G)   |
| HARRISON           | SENIOR PERSONAL BESTS                | Jorja Elisseou (U13G)   |
| CARISSA STEERE *   | DECATHLETE of the YEAR               | Alex Perin (U13B)   |
| LEWIS              | OCTATHLETE of the YEAR               | Danja Worrad (U8G)  |
| BARTLETT           | HEPTATHLETE of the YEAR              | Oskar Tindall (U10B)  |
| GAVIN DUNN *       | HIGH JUMP U15 Memorial Trophy        | Annie Stapleton   |
| WATSON             | TOTAL OVERALL POINTS                 | Siella de Wit (U10G)  |
| TEBBUTT            | The "QUIET ACHIEVER"                 | Joshua Smith (U15B)   |
| GRAHAM             | FELLOWSHIP (Doug Hancy Nominees)     | Annie Stapleton (U15G)<br>Kate Axworthy (U15G)<br>Jacob Matteo (U15B) |
| VANIRSEN           | OUTSTANDING ASSISTANCE TO THE CENTRE | Kristy Axworthy   |
| FERGIE             | JUNIOR GIRL CHAMPION                 | Danja Worrad (U8G)  |
| STRICKLAND         | JUNIOR BOY CHAMPION                  | Maxim Collins (U8B)   |
| RAFTY              | INTERMEDIATE GIRL CHAMPION           | Siella de Wit (U10G)  |
| KAITSE             | INTERMEDIATE BOY CHAMPION            | Oskar Tindall (U10B)  |
| BRUCE TRIVETT *    | SENIOR GIRL CHAMPION                 | Poppy Briggs (U14G)   |
| JACK STURROCK *    | SENIOR BOY CHAMPION                  | Alex Perin (U13B)   |
| UDALL              | CLUB CONSISTENCY                     | Karrinyup   |
| HAMERSLEY LAC      | PARENT PARTICIPATION                 | North Beach   |
|                    | CHAMPION CLUB                        | North Beach   |

\* Not A Life Member

### 2017/2018 CENTRE CAPTAINS

Melany Smart, Morgan Fletcher, Lachlan Thomas

### 2017/2018 STATE COMBINED EVENT CHAMPIONSHIPS

Poppy Briggs      Gold      U14G

### LITTLE ATHLETICS WA - DOUG HANCY WINNER

Annie Stapleton

## 2017/2018 MEDAL DAY MEDALLISTS

### GIRLS

|            | <b>WINNER</b>    | <b>RUNNER UP</b>       | <b>THIRD</b>        |
|------------|------------------|------------------------|---------------------|
| <b>U7</b>  | Milana Giardina  | Isobel Dolphin-Spencer | Isbeau Broad        |
| <b>U8</b>  | Evie Caputi      | Claudia Shearwood      | Isla Haughton       |
| <b>U9</b>  | Hana Brindle     | Riley Tlach            | Charli Patrick      |
| <b>U10</b> | Georgie Franklyn | Gemma Gorton           | Asha Scaddan        |
| <b>U11</b> | Tania Barilla    | Jessica Skinner        | Cassiana Papadoulis |
| <b>U12</b> | Rivah Scaddan    | Scarlett Clarke        | Isabelle Andreas    |
| <b>U13</b> | Lauren Gallagher | Sophie Axworthy        | Monet Porter        |
| <b>U14</b> | Lucy Harrison    | Cleo Noonan            | Maya Rowse          |
| <b>U15</b> | Alyssa Wheeler   | Samantha Ross          | Ajani Blinco        |
| <b>U16</b> | Zoe Cooke        |                        |                     |

### BOYS

|            | <b>WINNER</b>       | <b>RUNNER UP</b>     | <b>THIRD</b>       |
|------------|---------------------|----------------------|--------------------|
| <b>U7</b>  | Dylan Worrad        | Matthew Evans        | Cooper Hayes       |
| <b>U8</b>  | Isaac May           | Rocco Parlongo       | Josh Spiro         |
| <b>U9</b>  | Callum Chansbury    | Luke Sandwell        | Cooper Porter      |
| <b>U10</b> | Finbar Mulhall      | Cooper Ward          | Finley Jamieson    |
| <b>U11</b> | Christopher Blood   | Hudson Van Der Sluys | Travis Di Giovanni |
| <b>U12</b> | Robert Wood         | Luke Ward            | Lucas Noonan       |
| <b>U13</b> | Callum Sainsbury    | Ashton Waters        | William McAlinden  |
| <b>U14</b> | David Wood          | Henry Lang           | Julian Miller      |
| <b>U15</b> |                     |                      |                    |
| <b>U16</b> | Christopher Geordas | Declan Power         | Marcus Tognala     |

### GRAND RELAY WINNER

Sorrento

### PRESIDENT'S INVITATIONAL 1500m HANDICAP

Jack Bennett

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### LAWA ATHLETE OF THE YEAR NOMINATION

NIL

### 11 YEAR AWARD: U7 – U17

Alex Halley-Wright

## 2017/2018 STATE RELAY CHAMPIONSHIPS

### GOLD MEDALLISTS

|             |       |   |
|-------------|-------|---|
| <b>U8B</b>  | 4x200 | M Collins, C Duncan, R Ramaish, O Liddle, K O'Shea      |
| <b>U9B</b>  | 4x200 | B O'Sullivan, O Chadwick, N Braun, O Clark, F Briggs    |
| <b>U13B</b> | 4x100 | D Staples, M Lumpkin, C Sainsbury, J Evans, O Hurley    |
| <b>U13B</b> | 4x400 | D Staples, M Lumpkin, C Sainsbury, J Evans, O Hurley    |
| <b>U13G</b> | 4x400 | J Elisseou, A Sim, K Pannell, J Wheeler, S Birch        |
| <b>U15G</b> | 4x100 | M Lapierre, A Stapleton, K Parrotte, K Axworthy, S Ross |
| <b>U10B</b> | Field | C Bunce, C Spratling, A Poulton                         |

### SILVER MEDALLISTS

|             |       |   |
|-------------|-------|---|
| <b>U8G</b>  | 4x200 | D Worrad, I Towie, C Ford, C Shearwood, I Haughton        |
| <b>U10G</b> | 4x200 | J Gray, A Scaddan, S de Wit, M Caporn, A Samuels          |
| <b>U10B</b> | 4x100 | O Tindall, D McAlinden, T Simmons, D Holt-Brown, J Watson |
| <b>U11G</b> | 4x100 | J Orton, E Garnett, C Kasten-Lee, T Aisbett, C Papadoulis |
| <b>U13G</b> | 4x100 | J Elisseou, K Pannell, S Birch, J Wheeler, A Sim          |
| <b>U14G</b> | 4x100 | L Hobbs, P Briggs, L Samuels, L Harrison, J Spray         |
| <b>U10G</b> | Field | E O'Shea, L Hodgkinson                                    |
| <b>U11G</b> | Field | T Barilla, I Boss, I Inglis                               |
| <b>U11B</b> | Field | C Moran, H van der Sluys, C Blood                         |
| <b>U13B</b> | Field | A Perin, R Burton   |

### BRONZE MEDALLISTS

|             |       |   |
|-------------|-------|---|
| <b>U8G</b>  | 4x100 | D Worrad, I Towie, C Ford, C Shearwood, I Haughton                |
| <b>U10B</b> | 4x200 | T Simmons, O Tindall, D McAlinden, A Fricker, J Watson            |
| <b>U11B</b> | 4x100 | J Philpott, L Delpero, F Boon, R Wood, L Pugh                     |
| <b>U11B</b> | 4x400 | D Kasten-Lee, L Delpero, N Humberstone, J Philpott, T Di Giovanni |
| <b>U12B</b> | 4x400 | J Chansbury, B Walford, L Fricker, T Alexander, B Hodgkinson      |
| <b>U14G</b> | 4x400 | L Samuels, L Hobbs, P Briggs, J Spray, L Harrison                 |
| <b>U12G</b> | Field | J Bunce, I Andreas  |
| <b>U15B</b> | Field | J Matteo, C Day   |

### 2017/2018 STATE RELAY COACHES (TRACK)

|               | <b>GIRLS COACH</b>           | <b>BOYS COACH</b>             |
|---------------|------------------------------|-------------------------------|
| <b>U8</b>     | Melany Smart/Lucija Sherwood | Nick O'Shea                   |
| <b>U9</b>     | Paul Vogal                   | Nicola Dark                   |
| <b>U10</b>    | Kevin Gray                   | John Simmons                  |
| <b>U11</b>    | Linda Orton                  | Elise Phillpot                |
| <b>U12</b>    | Nickola Maltese              | Chris Stansbury               |
| <b>U13</b>    | Michael Pannell              | Audrey Hurley/Karen Sainsbury |
| <b>U14</b>    | Nicole Samuels               | Fiona Moody                   |
| <b>U15</b>    | Pascal Lapierre              | No Team                       |
| <b>U16/17</b> | No Team                      | Taylor Watson                 |

## 2017/2018 ZONE TRACK & FIELD CHAMPIONSHIPS - MEDALLISTS U7 TO U8

| Age        | Name                   | GOLD                             | SILVER      | BRONZE                |
|------------|------------------------|----------------------------------|-------------|-----------------------|
| <b>U7B</b> | Sam O'Sullivan         | 200m, 300m                       |             | 70m, 100m             |
| <b>U7G</b> | Lucy Thomson           |                                  | Discus      |                       |
|            | Isobel Dolphin-Spencer |                                  | Long Jump   |                       |
| <b>U8B</b> | Rahul Ramaish          |                                  | 60m Hurdles |                       |
|            | Maxim Collins          | Shot Put, Turbo Jav              | Discus      |                       |
|            | Kristian O'Shea        | 60m Hurdles, Discus              | Shot Put    |                       |
|            | Cooper Duncan          | 500m                             | 100m        | 200m                  |
|            | Oscar Shepherd         |                                  |             | 500m                  |
|            | Rocco Parlongo         |                                  | Turbo Jav   | Discus                |
| <b>U8G</b> | Isabella Towie         |                                  | Long Jump   |                       |
|            | Isla Haughton          | 200m                             |             |                       |
|            | Danja Worrad           | 60m Hurdles, Shot Put, Turbo Jav | 100m        |                       |
|            | Clancy Boss            | Discus                           |             | 60m Hurdles, Shot Put |
|            | Claudia Shearwood      |                                  |             | Discus                |

### COMPETED AT THE 2018 STATE TRACK & FIELD CHAMPIONSHIPS

#### GIRLS (39)

- U9** J Clarke, K Philpott, R Tlach, S McKenzie  
**U10** A Samuels, A Scaddan, E O'Shea, G Franklyn, I Heathcote, J Gray, S de Wit  
**U11** B Gonano, C Papadoulis, E Garnett, I Boss, I Russell, J King, T Barilla  
**U12** E Gabbitus, I Andreas, J Bunce, J Garlett, R Rowse, S Maltese, T Porter  
**U13** A Sim, J Elisseou  
**U14** J Spray, L Samuels, P Briggs  
**U15** A Bates, A Stapleton, E Hepper, K Axworthy, K Parrotte, M Lapierre  
**U16/17** J Pugh, S Du Toit, M Smart

#### BOYS (39)

- U9** B Carlyon, B O'Sullivan, C Chansbury, D Elliott, N Braun, O Clark  
**U10** C Bunce, D McAlinden, O Tindall, S Carmignani, T Simmons  
**U11** C Moran, D Evans, J Philpott, L Pugh, N Humberstone, T Bennett  
**U12** B Ellis-Williams, B Walford, C Wartzki, D Moody, J Chansbury, T Du Toit  
**U13** A Perin, C Sainsbury, D Staples, J Evans, O Hurley, R Burton  
**U14** J Papworth, L Moody  
**U15** J Bennett, J Hristianopoulos, J Matteo, J Smith, L Di Girolami  
**U16/17** C Geordas, D Power, M Ryan

## 2017/2018 STATE TRACK AND FIELD CHAMPIONSHIPS – MEDALLISTS

| AGE         | NAME                  | GOLD                | SILVER              | BRONZE                 |
|-------------|-----------------------|---------------------|---------------------|------------------------|
| <b>U9G</b>  | Kate Philpott         |                     |                     | 800m                   |
| <b>U9B</b>  | Ben O’Sullivan        | 800m                | 70m                 | 200m                   |
|             | Oliver Clark          | Turbo Jav           |                     |                        |
| <b>U10G</b> | Siella de Wit         | 60mH                |                     | 100m                   |
|             | Asha Scaddan          |                     | 200m                |                        |
|             | Jasmine Gray          |                     |                     | Long Jump              |
|             | Aqua Samuels          |                     |                     | High Jump              |
| <b>U10B</b> | Chase Bunce           | Discus              |                     |                        |
|             | Oskar Tindall         |                     | High Jump, Shot Put | Long Jump              |
| <b>U11G</b> | Isahra Russell        | High Jump           |                     |                        |
|             | Bella Gonano          |                     | Javelin             |                        |
| <b>U11B</b> | James Philpott        |                     |                     | Long Jump, Triple Jump |
| <b>U12G</b> | Jada Bunce            | Discus              | Shot Put            |                        |
|             | Sienna Maltese        |                     |                     | 800m                   |
|             | Jekylah Garlett       |                     |                     | Triple Jump            |
| <b>U13G</b> | Jorja Elisseou        |                     | 80mH, 200mH         |                        |
| <b>U13B</b> | Owen Hurley           | 1500m               |                     |                        |
|             | Darcy Staples         | 200mH               | 400m, 800m          |                        |
|             | Alex Perin            | High Jump, Shot Put | Discus              | Long Jump              |
|             | Riley Burton          |                     | Javelin             |                        |
| <b>U14G</b> | Luka Samuels          |                     | 400m                | 200m                   |
|             | Poppy Briggs          |                     | Triple Jump         | High Jump              |
| <b>U15G</b> | Annie Stapleton       |                     | Triple Jump         | High Jump              |
| <b>U15B</b> | Jacob Hristianopoulos |                     | Triple Jump         |                        |
| <b>U16G</b> | Jasmine Pugh          | 400m, 800m          |                     |                        |
|             | Sinead Du Toit        | Shot Put, Discus    |                     |                        |
| <b>U16B</b> | Matthew Ryan          | 800m, 1500m         |                     |                        |
| <b>U17G</b> | Melany Smart          | 800m*, 1500m*       |                     |                        |

\* State Record

### U13 AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS APRIL 2018, GOLD COAST QLD

Alex Perin, Riley Burton, Darcy Staples, Jorja Elisseou

### INTERNATIONAL CHALLENGE, SINGAPORE, JULY 2018

Luka Samuels, Jacob Hristianopoulos

## CURRENT CENTRE RECORDS

| Age                 | Name                  | Club        | Date     | Time/Dist | Rounded Time |
|---------------------|-----------------------|-------------|----------|-----------|--------------|
| <b>60M HURDLES</b>  |                       |             |          |           |              |
| 7B                  | Mitchell Barron       | North Beach | 05/02/11 | 12.24     |              |
| 8B                  | Simon Walsh           | Karrinyup   | 09/03/02 | 10.58     | (10.6)       |
| 9B                  | Simon Walsh           | Karrinyup   | 08/03/03 | 10.00     |              |
| 10B                 | David Gourdis         | Glendale    | 21/11/98 | 10.52     | (10.6)       |
|                     | Stefan Rajakovic      | North Beach | 09/03/12 | 10.57     |              |
| 11B                 | Stefan Rajakovic      | North Beach | 02/02/13 | 9.28      |              |
| 12B                 | Nathan Low            | North Beach | 17/02/01 | 9.78      | (9.8)        |
| 7G                  | Libby Hodgkinson      | Glendale    | 28/02/15 | 12.97     |              |
| 8G                  | Danja Worrad          | North Beach | 24/01/18 | 11.55     |              |
| 9G                  | Kerrie Tierney        | Sorrento    | 28/02/15 | 11.03     |              |
| 10G                 | Poppy Briggs          | North Beach | 09/11/13 | 11.05     |              |
| 11G                 | Luka Samuels          | Karrinyup   | 28/02/15 | 10.36     |              |
| 12G                 | Sarah Sundquist       | North Beach | 24/11/12 | 10.20     |              |
| <b>80M HURDLES</b>  |                       |             |          |           |              |
| 13B                 | Shannon Bell          | Glendale    | 01/02/92 | 13.12     | (13.2)       |
| 13G                 | Michelle Carew-Gibson | Oceanside   | 21/02/93 | 12.66     | (12.7)       |
| 14G                 | Elle Leask            | Sorrento    | 26/11/11 | 13.25     |              |
| <b>90M HURDLES</b>  |                       |             |          |           |              |
| 14B                 | Shannon Bell          | Glendale    | 05/12/92 | 13.06     | (13.1)       |
| 15G                 | Michelle Carew-Gibson | Oceanside   | 22/10/94 | 13.13     | (13.2)       |
| 16G                 | Lyndsay Pekin         | Sorrento    | 20/10/01 | 14.34     | (14.4)       |
|                     | Laura Melis           | Glendale    | 19/10/02 | 14.40     |              |
| <b>100M HURDLES</b> |                       |             |          |           |              |
| 15B                 | Steven Richardson     | Glendale    | 02/12/95 | 13.73     | (13.8)       |
| 16B                 | Liam Goodyear         | Sorrento    | 01/02/14 | 14.23     |              |
| 17G                 | Lauren Holder         | Glendale    | 16/01/16 | 16.43     |              |
| <b>110M HURDLES</b> |                       |             |          |           |              |
| 17B                 | Liam Goodyear         | Sorrento    | 28/02/15 | 15.17     |              |
| <b>200M HURDLES</b> |                       |             |          |           |              |
| 13B                 | Darcy Staples         | Oceanside   | 25/11/17 | 28.57     |              |
| 14B                 | David Gourdis         | Glendale    | 25/01/03 | 28.40     |              |
| 13G                 | Melany Smart          | North Beach | 22/02/14 | 29.75     |              |
| 14G                 | Lili Hobbs            | North Beach | 11/11/17 | 29.71     |              |
| <b>300M HURDLES</b> |                       |             |          |           |              |
| U15B                | Jacob Hristianopoulos | Karrinyup   | 16/12/17 | 43.81     |              |
| U16B                | Ben Minetto           | Oceanside   | 16/12/17 | 42.26     |              |
| U17B                | Daniel Smith          | Sorrento    | 26/11/16 | 46.72     |              |
| U15G                | Jasmine Pugh          | Glendale    | 12/11/16 | 50.29     |              |
| U16G                | Jasmine Pugh          | Glendale    | 16/12/17 | 49.95     |              |
| U17G                | Jenna Newton          | Whitfords   | 29/10/16 | 55.53     |              |



## CURRENT CENTRE RECORDS

| Age         | Name              | Club        | Date     | Time/Dist | Rounded Time |
|-------------|-------------------|-------------|----------|-----------|--------------|
| <b>70M</b>  |                   |             |          |           |              |
| 7B          | David Gourdis     | Glendale    | 17/02/96 | 11.14     | (11.2)       |
| 8B          | Steven Illott     | Whitfords   | 10/11/84 | 10.48     | (10.5)       |
| 9B          | Shane Cassey      | Karrinyup   | ??/??/80 | 10.10     | (10.1)       |
|             | P Haas            | Whitfords   | 05/12/87 | 10.10     | (10.1)       |
| 10B         | G Haas            | Whitfords   | 05/12/87 | 9.70      | (9.7)        |
| 7G          | Kimberley Mickle  | Oceanside   | 22/02/92 | 11.78     | (11.8)       |
| 8G          | Natalie Hood      | Glendale    | 10/03/84 | 10.81     | (10.9)       |
| 9G          | Natalie Hood      | Glendale    | 26/01/85 | 10.25     | (10.3)       |
| 10G         | Malaika Deacon    | Karrinyup   | 22/11/86 | 9.87      | (9.9)        |
| <b>100M</b> |                   |             |          |           |              |
| 7B          | David Gourdis     | Glendale    | 24/02/96 | 15.97     | (16.0)       |
| 8B          | Shane Cassey      | Karrinyup   | ??/??/79 | 14.70     | (14.7)       |
|             | R Banks           | Glendale    | ??/??/81 | 14.70     | (14.7)       |
| 9B          | Julian Mathias    | North Beach | ??/??/77 | 13.70     | (13.7)       |
| 10B         | T Hogan           | Whitfords   | ??/??/82 | 13.60     | (13.6)       |
|             | G Haas            | Whitfords   | 30/01/88 | 13.60     | (13.6)       |
| 11B         | David Gadsden     | Sorrento    | 24/11/90 | 12.95     | (13.0)       |
| 12B         | Shane Cassey      | Karrinyup   | ??/??/82 | 12.80     | (12.8)       |
| 13B         | Alan Nowrojee     | Glendale    | 23/11/85 | 12.17     | (12.2)       |
| 14B         | S Illott          | Whitfords   | 08/12/90 | 11.87     | (11.9)       |
| 15B         | David Gourdis     | Glendale    | 08/11/03 | 11.50     |              |
| 16B         | James Ockelford   | Glendale    | 18/02/06 | 11.40     |              |
| 17B         | James Ockelford   | Glendale    | 25/11/06 | 11.70     |              |
| 7G          | Olivia Reeves     | Whitfords   | 03/02/90 | 16.59     | (16.6)       |
| 8G          | C Torre           | North Beach | ??/??/79 | 15.10     | (15.1)       |
| 9G          | Rebecca Starcevic | Sorrento    | ??/??/80 | 14.50     | (14.5)       |
| 10G         | Rebecca Starcevic | Sorrento    | ??/??/81 | 13.90     | (13.9)       |
| 11G         | Suzanne Broadrick | Whitfords   | ??/??/80 | 13.10     | (13.1)       |
| 12G         | Suzanne Broadrick | Whitfords   | ??/??/81 | 12.70     | (12.7)       |
| 13G         | Suzanne Broadrick | Whitfords   | ??/??/82 | 12.60     | (12.6)       |
| 14G         | Alison Smith      | North Beach | 01/12/90 | 12.40     | (12.4)       |
| 15G         | Lisa Morrison     | Oceanside   | 08/02/97 | 12.46     | (12.5)       |
| 16G         | Kristina Duncan   | Whitfords   | 15/02/03 | 13.00     |              |
| 17G         | Laura Melis       | Glendale    | 22/11/03 | 13.30     |              |
| <b>200M</b> |                   |             |          |           |              |
| 7B          | Shane Egan        | Whitfords   | 03/12/94 | 33.56     | (33.6)       |
| 8B          | Shane Cassey      | Karrinyup   | ??/??/79 | 31.60     | (31.6)       |
|             | S McCrae          | North Beach | ??/??/82 | 31.60     | (31.6)       |
| 9B          | J Mathias         | North Beach | ??/??/77 | 29.60     | (29.6)       |
| 10B         | G Haas            | Whitfords   | 28/11/87 | 28.33     | (28.4)       |
| 11B         | Stefan Rajakovic  | North Beach | 16/02/13 | 26.97     |              |
| 12B         | Shane Cassey      | Karrinyup   | ??/??/83 | 26.80     | (26.8)       |
| 13B         | Alan Nowrojee     | Glendale    | 23/11/85 | 24.64     | (24.7)       |
| 14B         | Alan Nowrojee     | Glendale    | 07/03/87 | 24.87     | (24.9)       |
| 15B         | Peter Maher       | Whitfords   | 07/12/96 | 23.96     | (24.0)       |
| 16B         | Michael Day       | Glendale    | 09/12/00 | 23.39     | (23.4)       |
| 17B         | James Ockelford   | Glendale    | 24/02/07 | 23.80     |              |
| 7G          | Olivia Reeves     | Whitfords   | 11/11/89 | 36.61     | (36.7)       |
| 8G          | Rebecca Starcevic | Sorrento    | ??/??/79 | 31.50     | (31.5)       |

## CURRENT CENTRE RECORDS

| Age         | Name                  | Club        | Date     | Time/Dist | Rounded Time |
|-------------|-----------------------|-------------|----------|-----------|--------------|
| <b>200M</b> |                       |             |          |           |              |
| 9G          | Rebecca Starcevich    | Sorrento    | ??/??/80 | 30.40     | (30.4)       |
| 10G         | Rebecca Starcevich    | Sorrento    | ??/??/81 | 29.10     | (29.1)       |
| 11G         | Renee Poetschka       | Karrinyup   | ??/??/82 | 27.90     | (27.9)       |
| 12G         | Suzanne Broadrick     | Whitfords   | ??/??/81 | 26.50     | (26.5)       |
| 13G         | Suzanne Broadrick     | Whitfords   | ??/??/82 | 25.70     | (25.7)       |
| 14G         | Suzanne Broadrick     | Whitfords   | ??/??/83 | 25.60     | (25.6)       |
| 15G         | J Stannard            | Sorrento    | 12/10/02 | 25.70     |              |
| 16G         | Jenna Birtles         | Sorrento    | 16/02/02 | 26.44     | (26.5)       |
| 17G         | Chloe Metcalf         | Glendale    | 24/10/15 | 27.69     |              |
| <b>300M</b> |                       |             |          |           |              |
| 7B          | Brad Dyer             | Oceanside   | 07/12/91 | 55.87     | (55.9)       |
| 7G          | Olivia Reeves         | Whitfords   | 10/02/90 | 59.52     | (59.6)       |
| <b>400M</b> |                       |             |          |           |              |
| 9B          | Scott Lothian         | Sorrento    | ??/??/80 | 1:09.20   | (1:09.2)     |
| 10B         | Shane Cassey          | Karrinyup   | ??/??/81 | 1:08.00   | (1:08.0)     |
|             | Justin Drifill        | Glendale    | ??/??/82 | 1:08.00   | (1:08.0)     |
| 11B         | Nicky Loncar          | Sorrento    | ??/??/78 | 1:04.10   | (1:04.1)     |
| 12B         | Kegan Smith           | Oceanside   | 17/02/07 | 1:02.30   |              |
| 13B         | Alan Nowrojee         | Glendale    | 30/11/85 | 58.19     | (58.2)       |
| 14B         | Fraser Fullerton      | North Beach | 25/02/12 | 56.06     |              |
| 15B         | David Preen           | Glendale    | 31/01/87 | 54.07     | (54.1)       |
| 16B         | Felipe De Castro Cruz | Sorrento    | 26/10/02 | 54.20     |              |
| 17B         | James Ockelford       | Glendale    | 17/02/07 | 55.00     |              |
| 9G          | Rebecca Starcevich    | Sorrento    | ??/??/80 | 1:10.80   | (1:10.8)     |
| 10G         | Rebecca Starcevich    | Sorrento    | ??/??/81 | 1:09.50   | (1:09.5)     |
| 11G         | Rebecca Starcevich    | Sorrento    | ??/??/82 | 1:05.00   | (1:05.0)     |
| 12G         | Debbie Whinnen        | Karrinyup   | ??/??/79 | 1:02.00   | (1:02.0)     |
| 13G         | Michelle Buttell      | Glendale    | ??/??/79 | 1:00.80   | (1:00.8)     |
| 13G         | Suzanne Broadrick     | Whitfords   | ??/??/82 | 1:00.80   | (1:00.8)     |
| 14G         | Suzanne Broadrick     | Whitfords   | ??/??/83 | 57.90     | (57.9)       |
| 15G         | Sarah Forbes          | Glendale    | 10/02/90 | 59.96     | (1:00.0)     |
| 16G         | Chloe Metcalf         | Glendale    | 07/02/15 | 1:03.49   |              |
| 17G         | Phoebe Lawes          | Whitfords   | 08/02/14 | 1:05.36   |              |
| <b>500M</b> |                       |             |          |           |              |
| 8B          | Cooper Duncan         | Sorrento    | 09/12/17 | 1:41.60   |              |
| 8G          | Kate Philpott         | Whitfords   | 18/02/17 | 1:50.06   |              |
| <b>800M</b> |                       |             |          |           |              |
| 9B          | Ben O'Sullivan        | Sorrento    | 13/01/18 | 2:44.53   |              |
| 10B         | Kale Wright           | Glendale    | 09/02/91 | 2:34.09   | (2:34.1)     |
| 11B         | Luke Heathcote        | Glendale    | 02/02/13 | 2:26.64   |              |
| 12B         | Mark Vanderlist       | Takari      | ??/??/80 | 2:20.90   | (2:20.9)     |
| 13B         | Thomas Bruins         | Glendale    | 08/02/03 | 2:16.60   |              |
| 14B         | Matthew Ryan          | Whitfords   | 21/11/15 | 2:08.80   |              |
| 15B         | Matthew Ryan          | Whitfords   | 04/02/17 | 2:07.20   |              |
| 16B         | Matthew Ryan          | North Beach | 14/10/17 | 2:07.89   |              |
| 17B         | Andrew Piccoli        | North Beach | 24/02/01 | 2:10.22   | (2:10.3)     |
| 9G          | Caitlin Knight        | Oceanside   | 05/12/09 | 2:53.84   |              |
| 10G         | Maya Fernandes        | Glendale    | 11/02/06 | 2:42.00   |              |

## CURRENT CENTRE RECORDS

| Age          | Name              | Club        | Date     | Time/Dist | Rounded Time |
|--------------|-------------------|-------------|----------|-----------|--------------|
| <b>800M</b>  |                   |             |          |           |              |
| 11G          | Sharon Kernaghan  | Karrinyup   | ??/??/79 | 2:35.80   | (2:35.8)     |
| 12G          | Gillian de Gruchy | Sorrento    | ??/??/79 | 2:26.40   | (2:26.4)     |
| 13G          | Melany Smart      | North Beach | 01/03/14 | 2:19.20   |              |
| 14G          | Melany Smart      | North Beach | 06/12/14 | 2:22.29   |              |
| 15G          | Melany Smart      | North Beach | 17/10/15 | 2:15.98   |              |
| 16G          | Melany Smart      | North Beach | 04/02/17 | 2:23.13   |              |
| 17G          | Melany Smart      | North Beach | 14/10/17 | 2:15.38   |              |
| <b>1500M</b> |                   |             |          |           |              |
| 11B          | Luke Graves       | Oceanside   | 21/11/09 | 4:58.90   |              |
| 12B          | Luke Graves       | Glendale    | 04/12/10 | 4:48.62   |              |
| 13B          | Luke Graves       | Glendale    | 25/01/12 | 4:37.41   |              |
| 14B          | Luke Graves       | Glendale    | 17/11/12 | 4:27.38   |              |
| 15B          | David Preen       | Glendale    | 28/02/87 | 4:26.01   | (4:26.1)     |
| 16B          | Daniel Roffman    | North Beach | 16/02/02 | 4:49.32   | (4:49.4)     |
| 17B          | Matthew Ryan      | North Beach | 16/12/17 | 4:28.09   |              |
| 11G          | Heidi Wheeler     | Glendale    | 22/02/86 | 5:13.28   | (5:13.3)     |
| 12G          | Jodi Bilich       | Glendale    | ??/??/79 | 5:03.90   | (5:03.9)     |
| 13G          | Jodi Bilich       | Glendale    | ??/??/80 | 4:48.60   | (4:48.6)     |
| 14G          | Melany Smart      | North Beach | 07/02/15 | 4:53.73   |              |
| 15G          | Melany Smart      | North Beach | 06/02/16 | 4:40.18   |              |
| 16G          | Melany Smart      | North Beach | 26/11/16 | 4:41.21   |              |
| 17G          | Melany Smart      | North Beach | 16/12/17 | 4:31.86   |              |

## FIELD

| <b>LONG JUMP</b> |                       |             |          |      |  |
|------------------|-----------------------|-------------|----------|------|--|
| 7B               | Michael Dodd          | Karrinyup   | 05/12/98 | 3.40 |  |
| 8B               | Michael Dodd          | Karrinyup   | 29/01/00 | 3.87 |  |
| 9B               | Alex Perin            | Karrinyup   | 01/03/14 | 4.25 |  |
| 10B              | D Foster              | Sorrento    | 19/02/94 | 4.69 |  |
| 11B              | Stefan Rajakovic      | North Beach | 02/03/13 | 5.31 |  |
| 12B              | Jason Perry           | Glendale    | 21/11/87 | 5.35 |  |
| 13B              | Alan Nowrojee         | Glendale    | 30/11/85 | 5.76 |  |
| 14B              | Alan Nowrojee         | Glendale    | 29/11/86 | 6.15 |  |
| 15B              | David Gourdis         | Glendale    | 17/01/04 | 6.77 |  |
| 16B              | Liam Goodyear         | Sorrento    | 01/03/14 | 6.00 |  |
| 17B              | Grant Szalek          | Sorrento    | 15/11/14 | 6.20 |  |
| 7G               | Kimberley Mickle      | Oceanside   | 15/02/92 | 3.19 |  |
| 8G               | Danja Worrard         | North Beach | 03/02/18 | 3.54 |  |
| 9G               | Sara Stoitis          | Karrinyup   | 15/02/92 | 4.01 |  |
| 10G              | Natalie Hood          | Glendale    | 09/11/85 | 4.27 |  |
| 11G              | Michelle Carew-Gibson | Oceanside   | 23/02/91 | 4.76 |  |
| 12G              | Michelle Carew-Gibson | Oceanside   | 25/01/92 | 4.76 |  |
| 13G              | Diana Christenson     | Karrinyup   | ??/??/74 | 5.07 |  |
|                  | Michelle Carew-Gibson | Oceanside   | 17/01/93 | 5.07 |  |
| 14G              | Lisa Morrison         | Oceanside   | 10/02/96 | 5.42 |  |
| 15G              | Lisa Morrison         | Oceanside   | 15/02/97 | 5.52 |  |
| 16G              | Laura Melis           | Glendale    | 08/02/03 | 5.09 |  |
| 17G              | Laura Melis           | Glendale    | 21/02/04 | 5.33 |  |

## CURRENT CENTRE RECORDS

| Age                | Name                     | Club        | Date     | Time/Dist |  |
|--------------------|--------------------------|-------------|----------|-----------|--|
| <b>TRIPLE JUMP</b> |                          |             |          |           |  |
| 11B                | Stefan Rajakovic         | North Beach | 23/02/13 | 10.75     |  |
| 12B                | Shane Cassey             | Karrinyup   | ??/??/83 | 11.13     |  |
| 13B                | Alan Nowrojee            | Glendale    | 25/01/86 | 12.13     |  |
| 14B                | Alan Nowrojee            | Glendale    | 07/03/87 | 13.25     |  |
| 15B                | David Gourdis            | Glendale    | 01/11/03 | 13.08     |  |
| 16B                | Grant Szalek             | Sorrento    | 01/02/14 | 12.62     |  |
| 17B                | Georgios Papatthanassiou | Karrinyup   | 10/10/09 | 12.92     |  |
| 11G                | Kirsty Fitzpatrick       | Sorrento    | 26/10/85 | 9.71      |  |
| 12G                | Kylie Vallence           | Karrinyup   | 21/11/87 | 10.02     |  |
| 13G                | Melany Smart             | North Beach | 01/02/14 | 10.84     |  |
| 14G                | Lisa Morrison            | Oceanside   | 03/02/96 | 11.25     |  |
|                    | Abigail Dargan           | North Beach | 24/11/12 | 11.25     |  |
| 15G                | Alison Smith             | North Beach | 16/11/91 | 11.34     |  |
| 16G                | Claire Nankivell         | Oceanside   | 22/11/03 | 10.68     |  |
| 17G                | Claire Nankivell         | Oceanside   | 09/10/04 | 11.04     |  |
| <b>HIGH JUMP</b>   |                          |             |          |           |  |
| <b>SCISSORS</b>    |                          |             |          |           |  |
| 9B                 | Oskar Tindall            | Sorrento    | 19/11/16 | 1.15      |  |
| 10B                | Alex Perin               | Karrinyup   | 07/02/15 | 1.32      |  |
| 9G                 | Aqua Samuels             | Karrinyup   | 18/02/17 | 1.12      |  |
| 10G                | Sophie Aitken            | Karrinyup   | 22/11/08 | 1.23      |  |
| <b>FOSBURY</b>     |                          |             |          |           |  |
| 11B                | Jay Burton               | Karrinyup   | 03/03/84 | 1.52      |  |
| 12B                | Jay Burton               | Karrinyup   | 27/10/84 | 1.62      |  |
| 13B                | Alex Perin               | Karrinyup   | 04/11/17 | 1.74      |  |
| 14B                | Grant Szalek             | Sorrento    | 18/02/12 | 1.74      |  |
| 15B                | Grant Szalek             | Sorrento    | 09/02/13 | 1.90      |  |
| 16B                | Grant Szalek             | Sorrento    | 16/11/13 | 1.89      |  |
| 17B                | Grant Szalek             | Sorrento    | 10/01/15 | 2.00      |  |
| 11G                | Anna Baric               | Glendale    | 23/02/91 | 1.38      |  |
| 12G                | Leah Richards            | Glendale    | 30/11/13 | 1.50      |  |
| 13G                | J Wilcox                 | Takari      | 09/02/85 | 1.58      |  |
| 14G                | Stacey Woodhouse         | Oceanside   | 25/02/95 | 1.65      |  |
| 15G                | Stacey Woodhouse         | Oceanside   | 18/11/95 | 1.61      |  |
| 16G                | Simone Wilson            | Sorrento    | 02/11/13 | 1.60      |  |
| 17G                | Lauren Holder            | Glendale    | 09/01/16 | 1.62      |  |

## CURRENT CENTRE RECORDS

| Age             | Name              | Club        | Date     | Time/Dist |  |
|-----------------|-------------------|-------------|----------|-----------|--|
| <b>SHOT PUT</b> |                   |             |          |           |  |
| <b>1KG</b>      |                   |             |          |           |  |
| 7B              | Maxim Collins     | Whitfords   | 18/02/17 | 7.97      |  |
| 7G              | Clancy Boss       | Karrinyup   | 11/02/17 | 7.03      |  |
| <b>1.5KG</b>    |                   |             |          |           |  |
| 8B              | Joshua Anfuso     | North Beach | 03/01/03 | 8.50      |  |
| 8G              | Danja Worrada     | North Beach | 03/02/18 | 7.32      |  |
| <b>2KG</b>      |                   |             |          |           |  |
| 9B              | Michael Pettigrew | Oceanside   | 12/02/94 | 8.36      |  |
| 10B             | Scott Vickery     | Karrinyup   | ??/??/74 | 10.32     |  |
| 11B             | Matthew Seitz     | North Beach | 11/02/06 | 11.11     |  |
| 12B             | Inaugural         |             |          |           |  |
| 9G              | Sinead Du Toit    | Whitfords   | 26/02/11 | 7.57      |  |
| 10G             | Elora Bartlett    | Glendale    | 24/01/04 | 9.38      |  |
| 11G             | Elora Bartlett    | Glendale    | 22/01/05 | 11.13     |  |
| 12G             | Elora Bartlett    | Glendale    | 04/02/06 | 12.38     |  |
| <b>3KG</b>      |                   |             |          |           |  |
| 13B             | Paul Mardle       | Sorrento    | ??/??/76 | 14.04     |  |
| 14B             | Liam Birch        | Glendale    | 26/10/13 | 14.52     |  |
| 13G             | Elora Bartlett    | Glendale    | 09/12/06 | 11.56     |  |
| 14G             | Sinead Du Toit    | Oceanside   | 14/11/15 | 11.94     |  |
| 15G             | Sinead Du Toit    | Oceanside   | 19/11/16 | 12.70     |  |
| 16G             | Sinead Du Toit    | Oceanside   | 04/11/17 | 12.48     |  |
| 17G             | Chloe Metcalf     | Glendale    | 13/02/16 | 11.28     |  |
| <b>4KG</b>      |                   |             |          |           |  |
| 15B             | Shaun O'Brien     | Karrinyup   | 13/02/93 | 15.63     |  |
| 16B             | Liam Gartlan      | Glendale    | 04/02/17 | 16.46     |  |
| <b>5KG</b>      |                   |             |          |           |  |
| 17B             | Jake O'Connor     | Oceanside   | 08/11/03 | 13.32     |  |
| <b>DISCUS</b>   |                   |             |          |           |  |
| <b>350G</b>     |                   |             |          |           |  |
| 7B              | Joshua Anfuso     | North Beach | 23/02/02 | 21.60     |  |
| 7G              | Clancy Boss       | Karrinyup   | 04/02/17 | 17.40     |  |
| <b>500G</b>     |                   |             |          |           |  |
| 8B              | Joshua Anfuso     | North Beach | 10/01/03 | 22.70     |  |
| 9B              | Shane Cassey      | Karrinyup   | ??/??/80 | 29.04     |  |
| 10B             | Paul Mardle       | Sorrento    | 17/03/73 | 33.98     |  |
|                 | J Macander        | North Beach | ??/??/83 | 33.98     |  |
| 11B             | Inaugural         |             |          |           |  |
| 8G              | Clancy Boss       | Karrinyup   | 04/11/17 | 16.92     |  |
| 9G              | Elora Bartlett    | Glendale    | 23/11/02 | 22.52     |  |
| 10G             | Nicole Kuhaupt    | Karrinyup   | ??/??/81 | 26.44     |  |
| 11G             | Inaugural         |             |          |           |  |
| <b>750G</b>     |                   |             |          |           |  |
| 12B             | Paul Mardle       | Sorrento    | ??/??/75 | 40.88     |  |
| 13B             | Paul Mardle       | Sorrento    | 21/02/76 | 49.58     |  |
| 12G             | Sinead Du Toit    | Oceanside   | 07/12/13 | 34.06     |  |
| 13G             | Sinead Du Toit    | Oceanside   | 14/02/15 | 40.57     |  |

## CURRENT CENTRE RECORDS

| Age            | Name              | Club        | Date     | Time/Dist |  |
|----------------|-------------------|-------------|----------|-----------|--|
| <b>DISCUS</b>  |                   |             |          |           |  |
| <b>1KG</b>     |                   |             |          |           |  |
| 14B            | Shannon Bell      | Glendale    | 21/02/93 | 43.96     |  |
| 15B            | Shaun O'Brien     | Karrinyup   | 07/11/92 | 50.90     |  |
| 16B            | Liam Gartlan      | Glendale    | 04/02/17 | 56.27     |  |
| 14G            | Sinead Du Toit    | Oceanside   | 13/02/16 | 35.50     |  |
| 15G            | Sinead Du Toit    | Oceanside   | 05/11/16 | 39.12     |  |
| 16G            | Sinead Du Toit    | Oceanside   | 18/11/17 | 36.44     |  |
| 17G            | Chloe Metcalf     | Glendale    | 10/10/15 | 33.01     |  |
| <b>1.5KG</b>   |                   |             |          |           |  |
| 17B            | Jake O'Connor     | Oceanside   | 07/02/04 | 37.84     |  |
| <b>JAVELIN</b> |                   |             |          |           |  |
| <b>VORTEX</b>  |                   |             |          |           |  |
| 7B             | Kristian O'Shea   | North Beach | 26/11/16 | 28.08     |  |
| 7G             | Clancy Boss       | Karrinyup   | 04/02/17 | 15.41     |  |
| <b>TURBO</b>   |                   |             |          |           |  |
| 8B             | Joshua Anfusio    | North Beach | 03/01/03 | 23.71     |  |
| 9B             | Michael Dodd      | Karrinyup   | 10/02/01 | 27.92     |  |
| 10B            | Oskar Tindall     | Sorrento    | 03/02/18 | 25.77     |  |
| 8G             | Danja Worrad      | North Beach | 24/01/18 | 16.78     |  |
| 9G             | Hayley Miller     | Oceanside   | 26/11/04 | 20.93     |  |
| 10G            | Ella O'shea       | North Beach | 07/10/17 | 20.45     |  |
| <b>400G</b>    |                   |             |          |           |  |
| 11B            | Darren Jones      | Karrinyup   | ??/??/80 | 35.76     |  |
|                | Jarrod Chapman    | Glendale    | 04/02/06 | 35.76     |  |
| 12B            | Shane Cassey      | Karrinyup   | ??/??/83 | 39.00     |  |
| 11G            | Emily Dimmer      | Oceanside   | 03/02/96 | 29.06     |  |
| 12G            | Elora Bartlett    | Glendale    | 11/02/06 | 36.02     |  |
| 13G            | Hannah Thompson   | North Beach | 13/10/01 | 36.41     |  |
| 14G            | Sinead Du Toit    | Oceanside   | 21/11/15 | 38.93     |  |
| <b>500G</b>    |                   |             |          |           |  |
| 15G            | Sinead Du Toit    | Oceanside   | 29/10/16 | 38.09     |  |
| 16G            | Sinead Du Toit    | Oceanside   | 14/10/17 | 36.40     |  |
| 17G            | Chloe Metcalf     | Glendale    | 09/01/16 | 38.80     |  |
| <b>600G</b>    |                   |             |          |           |  |
| 13B            | Philip Winstanley | Karrinyup   | ??/??/79 | 40.64     |  |
| 14B            | Darren Jones      | Karrinyup   | ??/??/83 | 47.26     |  |
| <b>700G</b>    |                   |             |          |           |  |
| 15B            | Jacob Matteo      | Glendale    | 25/11/17 | 41.60     |  |
| 16B            | Daniel Smith      | Sorrento    | 17/10/15 | 49.97     |  |
| 17B            | Daniel Smith      | Sorrento    | 25/01/17 | 52.90     |  |

## OBSOLETE CENTRE RECORDS

These events are not currently being contested at Hamersley Little Athletics Centre

| Event            | Name                  | Club        | Date     | Time/Dist | Rounded Time |
|------------------|-----------------------|-------------|----------|-----------|--------------|
| <b>TRACK</b>     |                       |             |          |           |              |
| 500M Walk 7B     | Lisa Edwards          | Glendale    | 31/01/87 | 3:03.37   | (3:03.4)     |
| 500M Walk 8B     | S Fallons             | Whitfords   | ??/??/78 | 2:59.20   | (2:59.2)     |
| 500M Walk 7G     | Beth Ward             | Karrinyup   | 18/10/86 | 3:04.04   | (3:04.1)     |
| 500M Walk 8G     | Twanay Hartung        | Whitfords   | 20/11/93 | 2:44.77   | (2:44.8)     |
| 700M Walk 9B     | S Gask                | Oceanside   | 16/02/91 | 3:42.90   | (3:42.9)     |
| 700M Walk 10B    | Kieran Hartung        | Whitfords   | 31/10/93 | 3:30.94   | (3:31.0)     |
| 700M Walk 9G     | Sofie Harrison        | North Beach | 17/01/93 | 3:44.19   | (3:44.2)     |
| 700M Walk 10G    | Samantha Irwin        | Whitfords   | 08/02/92 | 3:33.09   | (3:33.1)     |
| 1100M Walk 10B   | Simon Dib             | Karrinyup   | 14/02/04 | 5:50.30   |              |
| 1100M Walk 11B   | Paul Ryan             | Whitfords   | 11/10/97 | 6:07.07   | (6:07.1)     |
| 1100M Walk 10G   | Twanay Hartung        | Whitfords   | 18/11/95 | 6:40.01   | (6:40.1)     |
| 1100M Walk 11G   | Twanay Hartung        | Whitfords   | 05/02/97 | 5:56.75   | (5:56.8)     |
| 1500M Walk 11B   | Chris Lewis           | Takari      | ??/??/76 | 7:39.20   | (7:39.2)     |
| 1500M Walk 12B   | Andrew Miller         | Whitfords   | ??/??/83 | 7:27.01   | (7:27.1)     |
| 1500M Walk 13B   | Daniel Carew-Gibson   | Oceanside   | 09/02/91 | 7:18.75   | (7:18.8)     |
| 1500M Walk 14B   | Daniel Carew-Gibson   | Oceanside   | 26/10/91 | 7:22.94   | (7:23.0)     |
| 1500M Walk 15B   | R O'Shea              | Sorrento    | 30/11/91 | 7:11.62   | (7:11.7)     |
| 1500M Walk 16B   | Daniel Roffman        | North Beach | 24/11/01 | 7:52.19   | (7:52.2)     |
| 1500M Walk 17B   | Daniel Roffman        | North Beach | 01/02/03 | 8:29.80   |              |
| 1500M Walk 11G   | Samantha Irwin        | Whitfords   | 13/02/93 | 8:05.67   | (8:05.7)     |
| 1500M Walk 12G   | Samantha Irwin        | Whitfords   | 12/02/94 | 7:33.75   | (7:33.8)     |
| 1500M Walk 13G   | Samantha Irwin        | Oceanside   | 18/02/95 | 7:38.09   | (7:38.1)     |
| 1500M Walk 14G   | Samantha Irwin        | Oceanside   | 17/02/96 | 7:37.69   | (7:37.7)     |
| 1500M Walk 15G   | Nicole Kuhaupt        | Karrinyup   | 30/11/85 | 7:35.38   | (7:35.4)     |
| 1500M Walk 16G   | Emily Clauson         | Whitfords   | 28/10/06 | 8:15.30   |              |
| 1500M Walk 17G   | Emily Clauson         | Whitfords   | 17/11/07 | 8:15.30   |              |
| 100M Hurdles 17B | Robert Kaitse         | North Beach | 11/11/00 | 15.29     | (15.3)       |
| 400M U8B         | Robert Brayshaw       | North Beach | ??/??/80 | 1:12.90   | (1:12.9)     |
| 400M U8G         | Rebecca Starceвич     | Sorrento    | ??/??/79 | 1:12.60   | (1:12.6)     |
| 200M Hurdles 15B | Peter Maher           | Whitfords   | 22/02/97 | 26.72     | (26.8)       |
| 200M Hurdles 16B | Felipe De Castro Cruz | Sorrento    | 22/02/03 | 26.20     |              |
| 200M Hurdles 17B | Duncan Bradbury       | Karrinyup   | 13/02/10 | 25.89     |              |
| 200M Hurdles 15G | Liana Cox             | Oceanside   | 23/10/99 | 29.90     | (29.9)       |
| 200M Hurdles 16G | Lyndsay Pekin         | Sorrento    | 19/01/02 | 30.15     | (30.2)       |
| 200M Hurdles 17G | Chloe Metcalf         | Glendale    | 06/02/16 | 30.42     |              |
| <b>FIELD</b>     |                       |             |          |           |              |
| Triple Jump 8B   | Shane Cassey          | Karrinyup   | ??/??/79 | 7.85      |              |
| Triple Jump 9B   | Dean DeWit            | Whitfords   | ??/??/79 | 9.13      |              |
| Triple Jump 10B  | Craig Johnson         | Sorrento    | 16/11/91 | 9.59      |              |
| Triple Jump 8G   | Leonie Bradley        | Glendale    | 24/02/90 | 7.45      |              |
| Triple Jump 9G   | Bethanie Melis        | Karrinyup   | 18/10/86 | 8.25      |              |
| Triple Jump 10G  | Lisa Morrison         | Oceanside   | 22/02/92 | 9.14      |              |
| H/J Fosbury 10B  | Jay Burton            | Karrinyup   | ??/??/83 | 1.45      |              |
| H/J Fosbury 10G  | Tammy Mort            | Oceanside   | 21/02/93 | 1.30      |              |
| H/J Scissors 11B | Stefan Rajakovic      | North Beach | 19/01/13 | 1.36      |              |
| H/J Scissors 11G | Leah Richards         | Glendale    | 23/02/13 | 1.34      |              |

## OBSOLETE CENTRE RECORDS

| Event             | Name               | Club        | Date     | Time/Dist | Rounded Time |
|-------------------|--------------------|-------------|----------|-----------|--------------|
| 1.5KG Shot Put 7B | K Van Der Kwast    | Oceanside   | 03/02/96 | 6.22      |              |
| 1.5KG Shot Put 7G | Kimberley Mickle   | Oceanside   | 22/02/92 | 5.39      |              |
| 3KG Shot Put 12B  | Bryan Reyes        | Sorrento    | 12/02/05 | 11.07     |              |
| 4KG Shot Put 14B  | Shannon Bell       | Glendale    | 16/01/93 | 14.04     |              |
| 4KG Shot Put 16G  | A Kay              | Glendale    | 30/01/99 | 10.38     |              |
| 4KG Shot Put 17G  | Jacinta Van Kampen | Oceanside   | 07/02/04 | 9.33      |              |
| 500G Discus 7B    | Aiden Hibbs        | Sorrento    | 26/01/91 | 14.90     |              |
| 500G Discus 7G    | Kimberley Mickle   | Oceanside   | 15/02/92 | 14.26     |              |
| 750G Discus 11B   | Paul Mardle        | Sorrento    | 09/03/74 | 33.18     |              |
| 750G Discus 11G   | Sinead Du Toit     | Oceanside   | 16/02/13 | 27.95     |              |
| 1KG Discus 13B    | Alex Perin         | Karrinyup   | 20/01/18 | 39.60     |              |
| 1KG Discus 13G    | Debbie Hodgkinson  | Oceanside   | 30/10/94 | 21.72     |              |
| Turbo Jav 7B      | Michael Dodd       | Karrinyup   | 07/11/98 | 16.41     |              |
| Turbo Jav 7G      | Bianca Webb        | Sorrento    | 01/12/07 | 10.08     |              |
| 400G Javelin 7B   | Aiden Hibbs        | Sorrento    | 26/01/91 | 16.26     |              |
| 400G Javelin 8B   | Jay Hunter         | Karrinyup   | ??/??/79 | 22.36     |              |
| 400G Javelin 9B   | Peter Parlongo     | Karrinyup   | 08/02/86 | 27.88     |              |
| 400G Javelin 10B  | Aidan Rossandich   | Whitfords   | 19/02/05 | 31.84     |              |
| 400G Javelin 7G   | Emily Dimmer       | Oceanside   | 01/02/92 | 11.70     |              |
| 400G Javelin 8G   | Emily Dimmer       | Oceanside   | 30/01/93 | 16.38     |              |
| 400G Javelin 9G   | Emily Dimmer       | Oceanside   | 15/01/94 | 20.96     |              |
| 400G Javelin 10G  | Emily Dimmer       | Oceanside   | 25/02/95 | 24.96     |              |
| 600G Javelin 15B  | Shannon Bell       | Glendale    | 06/11/93 | 51.60     |              |
| 600G Javelin 16B  | Robert Kaitse      | North Beach | 05/02/00 | 38.75     |              |
| 600G Javelin 14G  | Elora Bartlett     | Glendale    | 13/10/07 | 35.34     |              |
| 600G Javelin 15G  | Karen Spivey       | Sorrento    | 28/02/87 | 32.80     |              |
| 600G Javelin 16G  | Emma Wilkinson     | Glendale    | 05/12/09 | 26.07     |              |
| 600G Javelin 17G  | Elora Bartlett     | Glendale    | 04/12/10 | 34.09     |              |

## ATHLETICS WA

The next progressive step from Little Athletics is to "Seniors". To compete at Senior Level, athletes must be twelve (12) years of age. The competitions are mostly held on Friday evenings at the WA Athletics Stadium, Mt Claremont. They also hold an All-School as well as a State Championships.

Please note athletes registered with a Little Athletics club are **not** automatically members of Athletics WA. Little Athletics athletes can register directly with Athletics WA (select LAWA as the membership type) or join a 'senior' club. You can wear your Hamersley uniform. The cost of registration is nominal but you do pay a fee every week you compete. This fee is paid online a day or two before the meet, and you nominate the events you wish to undertake at that time.

Athletics WA, hold a wider variety of events than Little Athletics, and includes all Olympic and Commonwealth Games events such as the Hammer / Pole Vault / 400m Hurdles / Steeplechase / 10000m etc.

You do compete in relevant age groups, and many events are ranked so your competition may be of similar standard. The Throws often have differing weights, and Hurdles, differing heights and race length than you might be used to. They follow the IAAF rules (some rules can be different than LA's) and have different marshalling systems.

See their Website [www.waathletics.org.au](http://www.waathletics.org.au) for more information.