



# 2017 - 2018

## Fixture and Information Handbook

### Mission Statement

We strive for the right balance between healthy competition and the love for, and participation in, all of the diverse events comprising little athletics. We aim to instil this balance into our athletes from a very young age with an emphasis on the pursuit of personal bests.

**Southern Districts Little Athletics Centre Inc.**

ABN 59 788 166 869

## Contents

|   |       |
|---|-------|
| Contents .....  | 1-2   |
| Chairperson's Address .....                                   | 3     |
| Competition Dates .....                                       | 4     |
| Club Duty Roster .....  | 5     |
| Spectator Hill Seating Order .....                            | 5     |
| Executive Committee.....                                      | 6     |
| Club Details and Contacts .....                               | 7     |
| Structure of Little Athletics .....                           | 8-9   |
| Regulations for Centre Competition.....                       | 10-13 |
| Points System.....  | 14    |
| Site Allocation Policy .....                                  | 14-15 |
| Codes of Behaviour .....                                      | 16    |
| State Relay/Field Teams - Training, Photo & BBQ Day.....      | 17    |
| State Track (Relays) & Field Championship.....                | 18-19 |
| State Combined Event Championships (Multi's).....             | 19-20 |
| Zones (Heats & Quarter Finals) .....                          | 20-21 |
| State Track & Field Championship .....                        | 21    |
| Winter Competition .....                                      | 22-23 |
| Life Members.....   | 24    |
| Programme 1 .....   | 25    |
| Programme 2.....  | 26    |
| Programme 3.....  | 27    |
| Programme 4 .....   | 28    |
| Programme 5.....  | 29    |
| Championships Day 1 .....                                     | 30    |
| Championships Day 2 .....                                     | 31    |
| Track Layout.....   | 32    |
| Technical Specifications.....                                 | 33    |
| Trophies Presented By Southern Stars .....                    | 34-35 |
| Southern Districts Club Trophy Winners.....                   | 36-37 |
| Centre Athlete of the Year Trophies .....                     | 38    |
| Doig Awards – Athlete of the Year Trophies.....               | 38    |
| Vic Nolan Awards .....  | 39    |
| Centre Records .....  | 39-44 |
| Bill & Betty Allsopp Twilight Inter-Centre Relay Records..... | 45    |
| Registrations .....   | 45    |

|  |       |
|--|-------|
| SDLAC Trophy Winners 2016/17 Summer Competition.....                   | 46-48 |
| SDLAC Trophy Winners 2017 Winter Competition – Cross Country .....     | 49    |
| SDLAC Trophy Winners 2017 Winter Competition – Road Walking .....      | 49    |
| SDLAC State Championship Medallists 2017 Winter Competition .....      | 49    |
| SDLAC State Championship Medallists – 2016/17 Summer Competition ..... | 50-51 |
| State Relay Championship Medallists 2016/17 .....                      | 51    |
| SDLAC Athletes in 2016/17, ALAC State Team (Sydney).....               | 52    |
| SDLAC Athletes in 2016/17 International Competition (Malaysia).....    | 52    |
| State Multi Event Medallist's 2017 .....                               | 52    |
| SDLAC 2017/18 Sponsors .....   | 53    |
| State (LAWA) 2017/18 Sponsors.....                                     | 53    |

***All information is deemed correct at the time of printing, please check with your club manager for any clarifications needed.***

## **Chairpersons Address**

I would like to welcome our returning and new athletes to competition at Southern Districts for the 2017/18 Little Athletics season at Ern Clark.

Last season saw us face some interesting challenges due to the holding of the World Masters in Perth. We competed at the Belmont Athletics track for the first part of the season. A big thank you to the Belmont Little Athletics Centre committee for your assistance and loan of equipment for the time we competed at their venue.

Several of our SDLAC parents competed at the World Masters competition and achieved great results. Around 70 of our little athletes took part in the opening ceremony held at Elizabeth Quay. Our athletes had a great time travelling in by bus, escorting the various country competitors on the opening ceremony March, and getting to watch the entertainment and fireworks at the end of the event.

This 2017/18 season will be another busy time for our centre due to the Zones, and State finals being moved forward by several weeks due to the Commonwealth Games being held on the Gold Coast in 2018. This has resulted in our Centre Committee having to revise our competition schedule including removal of the Bill and Betty event for this year. Next year we expect to return to our more usual competition schedule.

Another milestone occurs in February 2018, being the 50<sup>th</sup> anniversary of the commencement of Little Athletics in WA back in 1968. LAWA have a range of activities in the pipeline to commemorate the event. Details will be distributed and available on Social Media as they come to hand.

This season we see a change in our main sponsors with McDonalds no longer a naming sponsor. LAWA have announced a new sponsorship arrangement with Healthways promoting the Go for 2&5 healthy eating program. In addition, it was recently announced that Coles has stepped in as a national sponsor for Athletics Australia and Little Athletics Australia with a focus on assisting grass roots Athletics.

2016/17 was another great season for SDLAC athletes with fantastic results at local, state, national and international level. Congratulations to Amos Ndakirutimana who competed in the u13 boys events at the Australian Little Athletics Championships in Sydney achieving 1 silver and 2 bronze. Congratulations also to Brooke Horner and Abby Parker (u14 girls) and Antoine Vargiolu (u14 boys) who represented WA in the International Competition in Malaysia. The group achieved 4 silvers and 7 bronze medals. Regardless of where you competed all our athletes can hold their head's high with their achievements.

A big thank you to all of the people who took part in the committee last year and for those that have agreed to work on this season's committee. I would like to say a huge thanks to Melita Field who has stepped down from her committee role as Record and Results manager. Melita played a significant role in the committee and various committee related activities over the past couple of years and I hope that she enjoys being a parent on the hill this season. Also, a big thanks to all those parents that assist at centre and club level week by week, working on sites, coaching and otherwise supporting our competition and our athletes. And last, but not least, thank you to all of our athletes for your involvement and achievements in Little Athletics over the season.

Our 2017/18 competition will be commencing on the 7<sup>th</sup> October 2017 at Ern Clark and the committee look forward to seeing you all for the start of the season.

Brad Scott  
Chairperson SDLAC

## Competition Dates

| Day                        | Date       | Time                   | Venue                           | Event  |
|----------------------------|------------|------------------------|---------------------------------|--|
| Sat                        | 07/10/17   | 7:30am                 | Ern Clark Athletic Centre       | Programme 1                                      |
| Sat                        | 14/10/17   | 7:30am                 | Ern Clark Athletic Centre       | Programme 2                                      |
| Sat                        | 21/10/17   | 7:30am                 | Ern Clark Athletic Centre       | Programme 3                                      |
| Sat                        | 28/10/17   | 7:30am                 | Ern Clark Athletic Centre       | Programme 4                                      |
| Sat                        | 04/11/17   | 7:30am                 | Ern Clark Athletic Centre       | Programme 5 <b>(Relay squads selected)</b>       |
| Sat                        | 11/11/17   | 7:30am                 | Ern Clark Athletic Centre       | Programme 1                                      |
| Sat                        | 18/11/17   | 7:30am                 | Ern Clark Athletic Centre       | Programme 2                                      |
| Sat                        | 25/11/17   | 7:30am                 | Ern Clark Athletic Centre       | Programme 3 <b>(Relay/Field teams finalised)</b> |
| Sun                        | 26/11/17   | 10:00am                | Ern Clark Athletic Centre       | Relay Training, Photo & BBQ (12pm)               |
| Sun                        | 03/12/17   | 10.30am                | Ern Clark Athletic Centre       | Programme 4                                      |
| Sat                        | 09/12/17   | 7:30am                 | Ern Clark Athletic Centre       | Programme 5                                      |
| Sat                        | 16/12/17   | 7:30am                 | Ern Clark Athletic Centre       | Programme 1                                      |
| Sat                        | 23/12/17   | <b>Christmas Break</b> |                                 |  |
| Sat                        | 30/12/17   | <b>Christmas Break</b> |                                 |  |
| Sat                        | 06/01/18   | 7:30am                 | Ern Clark Athletic Centre       | Programme 2                                      |
| Sat                        | 13/01/18   | 7:30am                 | Ern Clark Athletic Centre       | Programme 3                                      |
| Sat                        | 20/01/18   | 7:30am                 | Ern Clark Athletic Centre       | Programme 4                                      |
| Sat                        | 27/01/18   | 7:30am                 | Ern Clark Athletic Centre       | Programme 5                                      |
| Sat/Sun                    | 3&4/2/18   | TBA                    | WA Athletics Stadium            | State Multi Championships                        |
| Sat                        | 10/02/18   | 7:30am                 | Ern Clark Athletic Centre       | SDLAC Championships Day 1 *                      |
| Sun                        | 11/02/18   | 7:30am                 | Ern Clark Athletic Centre       | SDLAC Championships Day 2 *                      |
| Sat                        | 10/03/18   | TBA                    | Ern Clark Athletic Centre (TBD) | End of Season Centre Windup                      |
| <b>State Championships</b> |            |                        |                                 |  |
| Sun                        | 05/11/17   | TBA                    | WA Athletics Stadium            | Bravehearts                                      |
| Sat                        | 02/12/17   | TBA                    | WA Athletics Stadium            | State Relay Championships                        |
| Fri-Sun                    | 26-28/1/18 | TBA                    | Bunbury                         | Country Championships                            |
| Sat                        | 03/02/18   | TBA                    | WA Athletics Stadium            | State Multi Championships (U14-U17 only)         |
| Sun                        | 04/02/18   | TBA                    | WA Athletics Stadium            | State Multi Championships (U11-U17)              |
| Sat                        | 17/02/18   | TBA                    | TBA                             | Zone Finals                                      |
| Sun                        | 18/02/18   | TBA                    | TBA                             | Zone Finals                                      |
| Fri                        | 02/03/18   | TBA                    | WA Athletics Stadium            | State Championships                              |
| Sat                        | 03/03/18   | TBA                    | WA Athletics Stadium            | State Championships                              |
| Sun                        | 04/03/18   | TBA                    | WA Athletics Stadium            | State Championships                              |

\* Centre Championships are run using a 2 day programme.

## Club Duty Roster

| Date / Programme   | Canteen | Results Room | Timing Set up | Timing Put Away |
|--|---------|--------------|---------------|-----------------|
| Sat 7 Oct – 7:30am - Programme 1   | Ran     | SP           | CV            | Wil             |
| Sat 14 Oct – 7:30am - Programme 2  | QP      | Wil          | Ran           | SP              |
| Sat 21 Oct – 7:30am - Programme 3  | CV      | QP           | Riv           | Ran             |
| Sat 28 Oct – 3.00pm - Programme 4  | Wil     | Ran          | QP            | Riv             |
| Sat 04 Nov – 3.00pm - Programme 5  | Riv     | CV           | Wil           | QP              |
| Sat 11 Nov - 7:30am - Programme 1  | Ran     | Riv          | SP            | CV              |
| Sat 18 Nov - 7:30am - Programme 2  | QP      | SP           | CV            | Wil             |
| Sat 25 Nov - 7:30am - Programme 3  | CV      | Wil          | Ran           | SP              |
| Sun 03 Dec - 7:30am - Programme 4  | Wil     | QP           | Riv           | Ran             |
| Sat 09 Dec - 7:30am - Programme 5  | Riv     | Ran          | QP            | CV              |
| Sat 16 Dec – 7:30am – Programme 1  | Ran     | CV           | Wil           | Riv             |
| <b>Christmas Break</b>   |         |              |               |                 |
| Sat 6 Jan – 7:30am – Programme2  | QP      | Riv          | SP            | Wil             |
| Sat 13 Jan – 7:30am - Programme 3  | CV      | SP           | Ran           | SP              |
| Sat 20 Jan – 7:30am - Programme 4  | Wil     | Wil          | Riv           | Ran             |
| Sat 27 Jan – 7:30am – Programme 5  | Riv     | QP           | QP            | CV              |
| Sat 10 Feb – 7:30am – Championships Day 1  | Ran     | CV           | CV            | Riv             |
| Sun 11 Feb - 7:30am – Championships Day 2  | CV      | Ran          | SP            | QP              |
| <b>Note - Straight Track Timing gear set up (6:30am) and pack away requires 3 people</b> |         |              |               |                 |

## Spectator Hill Seating Order

Locations are rotated by one position each year. 2017/18 allocations from closest to the change room's end of the spectator bank are as follows:

- Canning Vale
- Ranford
- Queens Park
- South Perth
- Riverton
- Willetton

## Executive Committee

### CHAIRPERSON

Brad Scott  
chairperson@sdlac.org.au

### EXECUTIVE OFFICER

Bob Cilia  
secretary@sdlac.org.au

### TREASURER

Anna Cilia  
treasurer@sdlac.org.au

### REGISTRAR

Louisa Mikaere  
registrar@sdlac.org.au

### RESULTS MANAGER

Anna Cilia (interim)  
results@sdlac.org.au

### CHAMPIONSHIPS OFFICER

Rohana Dawson  
champs\_officer@sdlac.org.au

### UNIFORM MANAGER

Ann-Maree Moffat  
uniforms@sdlac.org.au

### ARENA MANAGER

Brad Scott  
arena\_manager@sdlac.org.au

### DEPUTY CHAIRPERSON

Bob Cilia  
secretary@sdlac.org.au

### PUBLICITY & WEB MANAGER

Hayley Shelby  
publicity@sdlac.org.au  
webmaster@sdlac.org.au

### EQUIPMENT MANAGER

Bob Cilia  
equipment@sdlac.org.au

### WINTER MANAGER

Zoe Richards  
winter\_runs@sdlac.org.au

### RECORDS MANAGER

Kelly Duncan  
results@sdlac.org.au

### SPONSORSHIP & EVENTS MANAGER

Rob Mellor  
events@sdlac.org.au

### OFFICIALS & DEVELOPMENT MANAGER COACHING COORDINATOR

Acushla Fearn  
officials@sdlac.org.au  
coaching@sdlac.org.au

### DELEGATES to ASSOCIATION MEETINGS

Brad Scott  
Bob Cilia

## Club Details and Contacts

|   |   |
|---|---|
| <p><b>CANNING VALE</b></p> <p><u>Uniform Colours</u><br/>Top - Aqua blue and white with navy trim<br/>Bottom - Navy Blue</p> <p><u>Contact</u><br/>Melissa Baines<br/>Mb 0437 900 663<br/>cvcomets@gmail.com (preferred)</p>          | <p><b>QUEENS PARK</b></p> <p><u>Uniform Colours</u><br/>Top - Gold<br/>Bottom - Navy Blue</p> <p><u>Contact</u><br/>Tim Hopkins<br/>Mb 0447 749 111<br/>queens_park@sdlac.org.au</p>  |
| <p><b>RANFORD</b></p> <p><u>Uniform Colours</u><br/>Top - Red with navy trim<br/>Bottom - Navy Blue</p> <p><u>Contact</u><br/>Ann-Maree Moffat<br/>Mb 0439 933 321<br/>RanfordLAC@hotmail.com<br/>www.ranfordathleticsclub.com.au</p> | <p><b>RIVERTON</b></p> <p><u>Uniform Colours</u><br/>Top - Green<br/>Bottom - Navy Blue</p> <p><u>Contact</u><br/>Tavia Moss<br/>Mb 0408 297 932<br/>rlacmanager@gmail.com<br/>riverton@sdlac.org.au</p>  |
| <p><b>SOUTH PERTH</b></p> <p><u>Uniform Colours</u><br/>Top – White<br/>Bottom – Navy Blue</p> <p><u>Contact</u><br/>Rowan Jones<br/>Mb 0412 533 755<br/>South_perth@sdlac.org.au<br/>www.southperthlittleathletics.com.au</p>        | <p><b>WILLETTON</b></p> <p><u>Uniform Colours</u><br/>Top – Navy blue with black trim top<br/>Bottom - Navy Blue</p> <p><u>Contact</u><br/>Bob Cilia<br/>Mb 0417 884 550<br/>willettonlac@bigpond.com</p>   |
|   | <p><b>SOUTHERN STARS (District)</b></p> <p>Uniform Colours<br/>Top – White with navy stars<br/>with red star trail<br/>Bottom – Navy Blue</p> <p><u>Contact</u><br/>Brad Scott<br/>Mb 0417 951 445<br/>chairperson@sdlac.org.au</p> <p>Bob Cilia<br/>Mb 0417 884 550<br/>willettonlac@bigpond.com</p> |



# Structure of Little Athletics

## Australian Little Athletics (ALA)

Nationally, Little Athletics is organised by Australian Little Athletics. The policy making body of ALA is the Board of Management that comprises an executive of four (President, Admin. & Finance Director, Competition & Standards Director and a Public Relations Director) together, with the Chairperson / President of each affiliated State or Territory Association.

More information available at [www.littleathletics.com.au](http://www.littleathletics.com.au)

## Little Athletics Western Australia Inc (LAWA)

The control and direction of the Little Athletics movement in the State is vested in the Board of Management, which is elected at the Annual General Meeting of the Association, by votes from affiliated Centres.

Positions on the Board of Management are honorary. The Board of Management is made up of eight positions and has a variety of roles, including such things as the running of all State Championships and Association conducted events, obtaining sponsorship and/or Government assistance, provision of publications/information, education of coaches and officials, guidance and support for all Centres and their executive, conducting meetings and conferences etc. LAWA has a full time executive officer to carry out the day to day management of the Association. This State body has quarterly meetings attended by two delegates from each affiliated Centre.

More information available at [www.walittleathletics.com.au](http://www.walittleathletics.com.au)

## Centres

The Centre is the body that organises and conducts the weekly competitions for all athletes. SDLAC has an Executive Committee elected at the Centre's Annual General Meeting which is held on the 3<sup>rd</sup> Tuesday in April. With the exception of April, meetings of the Executive Committee are generally held every 2<sup>nd</sup> Tuesday of the month. Two delegates from each affiliated Club are also invited to attend the meeting.

## Clubs

Each Club has a Committee drawn up from parents of registered athletes and other interested persons. Each Club forms a part of, and is tied to, a particular Centre. The Committee arranges training sessions for their athletes, organises social activities and keeps Club members informed of forthcoming events.

## Personal Accident Insurance & Injury to an Athlete during Training or Competition

Registered Little Athletes are covered by insurance when engaged in Little Athletics competitions, including club training sessions officially organised by or under the control of an affiliated Centre, Club or LAWA.

Voluntary workers and officials are also covered when performing voluntary work officially authorised by and under control of an affiliated Centre / Club or LAWA. **It is important to ensure you register your name on the sheets provided when officiating at Centre competition. Failure to do so may prevent you from lodging a potential claim.**

Please ensure all athlete injuries sustained during training or while competing are immediately reported to your Club manager. If an injury **has not** been reported immediately to a Club official, claiming for medical expenses incurred some weeks after an accident occurred can be very difficult.

Whilst covered by insurance at all competitions, a small excess is payable by the claimant. Claims must be lodged on the standard LAWA injury form no later than 30 days after the injury occurred and these forms must be handed to the Centre Executive Officer. Please note that the insurance does not cover the “gap” between Medicare benefits and private health insurance. Full details of the insurance cover can be obtained from LAWA.

Your Club Manager or Centre Executive Officer have the appropriate forms you are required to fill out. These forms are also available on the Centre’s website. REMEMBER the responsibility for lodging the appropriate forms lies with you.

Tiny tots, the general public and athletes injured while climbing fences or trees are NOT covered for accidents.

## Registration and Age Groups

Little Athletics caters for boys and girls between the age of five (5) and seventeen (17) as of the 1st October of that year. In summary, the season is deemed to commence on October 1st in one year and ceases on September 30th the following year. For example, if an athlete turns 10 after September 30th, that athlete will compete in the U10 age group for that season. To assist with the registration process, the table below shows competition age group based on month and year of birth.

| YEAR | JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 2012 | U6  | U6  | U6  | U6  | U6  | U6  | U6  | U6  | U6  | -   | -   | -   |
| 2011 | U7  | U7  | U7  | U7  | U7  | U7  | U7  | U7  | U7  | U6  | U6  | U6  |
| 2010 | U8  | U8  | U8  | U8  | U8  | U8  | U8  | U8  | U8  | U7  | U7  | U7  |
| 2009 | U9  | U9  | U9  | U9  | U9  | U9  | U9  | U9  | U9  | U8  | U8  | U8  |
| 2008 | U10 | U10 | U10 | U10 | U10 | U10 | U10 | U10 | U10 | U9  | U9  | U9  |
| 2007 | U11 | U11 | U11 | U11 | U11 | U11 | U11 | U11 | U11 | U10 | U10 | U10 |
| 2006 | U12 | U12 | U12 | U12 | U12 | U12 | U12 | U12 | U12 | U11 | U11 | U11 |
| 2005 | U13 | U13 | U13 | U13 | U13 | U13 | U13 | U13 | U13 | U12 | U12 | U12 |
| 2004 | U14 | U14 | U14 | U14 | U14 | U14 | U14 | U14 | U14 | U13 | U13 | U13 |
| 2003 | U15 | U15 | U15 | U15 | U15 | U15 | U15 | U15 | U15 | U14 | U14 | U14 |
| 2002 | U16 | U16 | U16 | U16 | U16 | U16 | U16 | U16 | U16 | U15 | U15 | U15 |
| 2001 | U17 | U17 | U17 | U17 | U17 | U17 | U17 | U17 | U17 | U16 | U16 | U16 |
| 2000 | -   | -   | -   | -   | -   | -   | -   | -   | -   | U17 | U17 | U17 |

# Regulations for Centre Competition

## General

1. All athletes must be registered with a club affiliated with the Southern Districts Little Athletics Centre (SDLAC). Visiting athletes may compete subject to the approval of the Arena Manager.
2. Programmed events can be amended or cancelled at the discretion of the Arena Manager.
3. Competition may not commence until a qualified First Aid Officer is in attendance.

## Competition Uniform

4. Correct uniform (and foot wear) must be worn or an athlete will be excluded from participating. A period of 2 weeks grace will be allowed at the commencement of the season for athletes competing with incorrect club uniform. Beyond this period athletes will receive a single warning and their registration number recorded in the Arena Manager's book and their club manager advised. Any subsequent breach by the same athlete will result in them being excluded from competition until the correct uniform is worn. If mitigating circumstances exist, athletes may compete out of uniform subject to the approval of the Arena Manager.
5. Unless otherwise advised, when athletes represent the Centre, a Southern Stars uniform must be worn. These can be obtained from our Centre Uniform Co-ordinator.
6. All athletes must wear the correct Club uniform with the sponsors registration number and age tag affixed to the shirt / singlet / leotard. The registration number is to be placed at the centre-front of the competition shirt / singlet / leotard, over the chest, with the age tag above it at the left shoulder. A sponsor badge shall be placed opposite the age tag at the right shoulder. **Loss of these tags will incur a replacement cost.**



7. Plain navy blue shorts may be worn however they must finish above the knee. No coloured stitching or large logos are allowed.
8. There are no specifications on socks, however, knee high socks are **NOT** to go over the knees and impede the ability to effectively judge Walking events.
9. Logos no larger than a matchbox are permitted on garments.
10. **Shoes** are compulsory for all age groups in all events run by the Centre and LAWA.
11. Only **Christmas Tree Spikes** are to be worn at the Ern Clark Athletic Centre. The use of spikes is optional, though they may only be worn in the age groups and events listed below:

U6 to U10 Age Groups - Spikes are not permitted for any event (this includes shoes capable of taking spikes).

U11 –U12 – May wear spiked shoes for Hurdles, 100m, 200m, 400m, Javelin, Long and Triple Jumps and High Jump.

U13 to U17 – May wear spiked shoes for Hurdles, 100m, 200m, 400m, 800m, 1500m, High Jump, Javelin, Long and Triple Jumps.

Shoes will carry a maximum needle spike length of **7 mm** for synthetic track, **9 mm** for synthetic field (javelin, long and triple) and 12 mm for grass (running and jumping).

The maximum number of spikes allowed per shoe is seven (7).

Spikes are **NOT** to be used in high jump events onto the 100 mm “scissors” mat or in long and triple jump events where the half metre square mat is used. Shoes capable of taking spikes cannot be worn if blanks are inserted.

Please refer to LAWA Specifications for The rules for Spikes in Relay Events;  
<http://walittleathletics.com.au/Portals/49/Competition/Rules/LA%20WA%20EVENT%20AND%20EQUIPMENT%20SPECIFICATION%20SUMMARY%202016%20FINAL.docx.pdf>

Please contact the Championships Officer for further clarification.

Use of spikes in the arena will be monitored during the season with regards to the safety of younger competitors competing in close proximity.

The code of safety for the wearing of spikes must be adhered to at all times.

## 12. **Code of Safety for the wearing of Spiked shoes:**

Spiked shoes should be donned prior to the start of a race only at the starting end of that event.

Spiked shoes should be carried with the spikes of each shoe (soles) facing one another, in order to prevent risk of accidental injury.

At the completion of a track event, spiked shoes must be REMOVED IMMEDIATELY and carried (spikes facing one another) before the athlete moves from the track. When not in use spiked shoes should be safely placed in a suitable bag and stored safely.

Any athlete who does not exercise care when using spikes may be disqualified by the arena manager from the event and also from the wearing of spiked shoes for the remainder of the meeting.

## Starting Blocks

13. Starting blocks may be used by the U11 – U17 age groups in lane-events, [i.e. all races up to and including the 400 metres (including the first leg of all relays)]. Blocks shall be entirely rigid in construction and shall give no unfair advantage to the athlete. Spikes for blocks must not exceed 15 mm with a maximum of 10 per set. The Start Marshall will check all blocks.

Personal starting blocks are not permitted where starting blocks are provided either by the venue or the Organising Committee for the Competition.

This rule will not apply where it contravenes any rule(s) made by the Venue Manager on the use of starting blocks. Any advice issued by the Venue Manager must be in writing on an official letterhead

## During Competition

14. All athletes will remain in their own age groups and genders as registered.
15. All athletes must report to the marshalling area before the commencement of events when instructed by the announcer. Athletes arriving after the start of an event may not be allowed to participate in the event concerned unless authorised by the Key Official or Start Marshall.
16. All protests must be lodged by the Club Manager in writing, accompanied by a fee of \$20, to the Arena Manager. The Protest Committee shall consist of the Arena Manager, Championships Officer or Officials & Development Manager and one (1) other Executive Committee member. The protest committee will deal with the complaint on the day, and if found to be frivolous, the fee will be forfeited. The decision handed down by the Protest Committee will be final.
17. Athletes **MUST** at all times walk around the track and not cut across the track and centre of the arena to get to the opposite side. They may only cross the track at designated places to get to the field site. Athletes must WALK on concrete surfaces. Athletes **MUST NOT** jump the fences under any circumstances.
18. Unless competing in an event or acting as an official, NO CHILD OR ADULT IS ALLOWED ON THE CENTRE ARENA DURING COMPETITION, other than for the tiny tots races.

## Misbehaviour

19. Misbehaviour before or during a track or field event, may result in an athlete or athletes being excluded from the event, by the Key Official, Chief Walks Judge or Start Marshall and reported to the Arena Manager.
20. Misbehaviour anytime at the Centre may result in an athlete or athletes being suspended from the Centre for a period of time to be decided by the Protest Committee of the day.

## Track Events

21. The walks (700m, 1100m & 1500m) & runs (300m, 500m and 1500m) all start from a curved line, and lanes will not be used. Any athlete who cuts in too sharply or causes interference to others may be disqualified. **Note** The 300 m runs are Centre Events only.
22. On completion of a lane-event, athletes must return to the lane allocated to them and face the judges. When instructed, they then report to the end of track recorder.
23. Athletes who do not participate correctly during the walking races (deliberately walking in slow motion, walking backwards etc) can be disqualified from the event and removed from the track by the Walk Judges, Chief Walk Judge or the Arena Manager.

## Field Events

24. Number of Trials

### **SDLAC Competitions, LAWA Field Relay Championships and State Multi Event Championships:**

In all field events, except for high jump, each competitor shall be allowed three trials and no competitor is allowed to have more than one trial recorded in any one round of the competition.

## Officials

25. Each club is to supply Key Officials and Site Officials as allocated. Officials are to set up equipment prior to commencement of competition and return equipment upon completion of competition.
26. For insurance purposes ALL Officials MUST sign the official's register at Announcers Desk, prior to attending sites or at the sites, whichever is applicable for that site.
27. Programmed events can be amended or cancelled, due to unforeseeable circumstances.

## Other Regulations

28. Pre-requisite to qualify for centre Championships:  
To be eligible to compete in any one event held during the Centre Championships, an athlete must have competed in competition, as per SDLAC By Laws at Centre meets leading up to the championships.

These regulations are to be read in conjunction with LAWA's Rules for Competition.

## Points System

Southern Stars uses a program called ResultsHQ, which accumulates points for each athlete over the season for each event they have competed in.

100 points is the highest number of points that can be achieved in any one event by equalling or bettering the current record held at Southern Stars in that event. At the lower end of the point scale, one point is achieved in an event by being exactly 50% slower, lower or less far than the Centre Record.

An example is the U8 boys 100 metres race where the record is (say) 14.8 seconds. If that time was equalled or bettered, the child would get 100 points for the event. If the child recorded a time of 22.20 secs which is 50% slower than the record, the child would get one point for the event. If the child recorded a time between these two times, the points would be awarded on a sliding scale between 1 point and 100 points calculated by ResultsHQ. This method applies for all track events i.e. sprints, hurdles, middle distance and walks.

The system for field events is identical with the one point starting 50% below the field record. An example is the girls U12 long jump where the record is (say) 4.98 metres. If a child achieved or bettered that in competition he or she would be awarded 100 points. 50% below the record (2.49 metres) would achieve one point. As for the track events, if the child recorded a distance between these two distances, the points would be given on a sliding scale between 1 point and 100 points calculated by ResultsHQ. This method applies for all field events i.e. throws and jumps.

For any event, for which the specifications have changed, eg. Turbo Javelin to Vortex, the athlete will be given three quarters of the points they achieved for that event for the first two years. For example, U6 Vortex which has changed from Turbo Javelin, this is a new record so the athletes will be given 75 points rather than 100 points each time the record is beaten.

## Site Allocation Policy

SDLAC Committee cannot deal with the details of site allocations at a Committee level just prior to the season starting. The Committee has adopted high level principles, and leaves it to a sub-committee to implement these principles on a fair and unemotional basis and on a time schedule that allows reasonable discussion and club preparation for the following season.

### General Principles

1. The following paragraphs use a lot of square brackets as the actual numbers will change from year to year, but this does not detract from the general principles.
2. Site allocations can be determined in May - June of each year for the following season, using the following general principles. These principles can only be changed by a resolution of a SDLAC Centre general meeting.
3. The core principle is that site allocations to clubs will be done on a pro rata basis per the number of registered athletes of a club for the previous season.
4. For example: Let's say there are 5 clubs with the previous season memberships of registered athletes being:

|              |            |     |
|--------------|------------|-----|
| Club         | A          | 50  |
| Club         | B          | 40  |
| Club         | C          | 70  |
| Club         | D          | 100 |
| Club         | E          | 80  |
| <b>Total</b> | <b>340</b> |     |

Let's also say that there are the following numbers of helpers on each site (these may change from year to year as determined by the Arena Manager):

- 7 sites (Long Jump, High Jump, Triple Jump, Javelin, Shot Put, Discus, Timing) requiring [51] people
- [9] miscellaneous positions requiring [12] people
- i.e. [63] people in total needed each week
- [2] other functions [i.e. hurdles and walks requiring 11 people] that will be generally allocated to the clubs each week.

Then the allocations will be as follows:

- Club A will need to provide 50/340 of 63 people overall i.e. 9.26 people– rounded to say 9
- Club B will need to provide 40/340 of 63 people overall i.e. 7.41 people– rounded to say 7
- Club C will need to provide 70/340 of 63 people overall i.e. 12.97 people- rounded to say 13
- Club D will need to provide 100/340 of 63 people overall i.e. 18.52 people– rounded to say 19
- Club E will need to provide 80/340 of 63 people overall i.e. 14.82 people – round up say 15

This totals to the 5 clubs providing 63 people

5. As much as practicable, individual clubs will be allocated whole sites. This will facilitate "ownership" of the smooth running of the site.
6. There may be occasions where sites will need to be shared between clubs. In these situations, clubs will liaise in good spirit and with common sense to ensure that the efficient running of the site is maintained. In any event, one club will be allocated the key official duty for a shared site.
7. As much as practicable, the allocations for the "miscellaneous positions" will be across all the clubs.
8. The site allocation will be actioned by the executive committee in accordance with the above commentary.
9. The site allocations will be kept under review during the season and will be revised in the case of special circumstances. Examples of special circumstances follow:
  - Where a club's registered athlete membership has significantly changed (either up or down) from the previous year.
  - Where a club is dissolved.
  - Where common sense demands that a review takes place.
10. The site allocations will be rotated from season to season as club numbers allow. The executive committee will do this on a fair and reasonable basis. As much as practicable, each club will rotate through all sites in a 6-8 year cycle.
11. It is noted that some sites are harder to perform than others. The Site Allocation Sub-committee will endeavour to spread the load on the clubs as evenly as possible (on a pro rata basis) in any one season.

## Conclusion

The clubs acknowledge that site-allocation is a difficult exercise and that a large degree of compromise is required from season to season. The 6-8 year cycle should even out the work-load on each individual club, as much as is practicable.



## Codes of Behaviour

Refer to LAWA, <http://walittleathletics.com.au/Resources/Policies>



## Safety

**For the safety of all members of the Centre we request that you consider the safety of yourself and others. Please adhere to the following:**

- Remember to warm up and warm down properly to avoid injury.
- Should any injury occur we have a First Aid room with a first aid officer on duty during competition. The first aid officer is required to keep records of all injuries treated.
- Only cross the track when authorised to do so and only cross at the designated places.
- Remember to wear sunscreen and, when not competing, a hat, preferably with a broad brim.
- Remember to drink lots of water to stay hydrated.
- Don't jump the fences; use the gates at all times.
- Children should not climb the trees and should always stay within the grounds unless accompanied by a parent or carer.



## No Dogs Policy

**Dogs will not be permitted inside the fenced area of Ern Clark Athletics Centre. The only exception being official Guide or Assistance dogs.**

## **STATE RELAY/FIELD TEAMS - TRAINING, PHOTO & BBQ DAY**

**DATE: Sunday 26th November 2017**

**VENUE: ERN CLARK ATHLETICS CENTRE**

### **TRACK RELAY RULES**

- U8 to U15 & U17 - One team per age per gender per centre can be nominated to compete

Competitors must compete only in their age groups

However, if any Centre has less than five (5) registered competitors available in any age group, they can promote a competitor from the age group immediately below. This competitor may then only compete in that age group for this Competition

- Relay races which are conducted are:

4 x 100m U8 – U17 Boys and Girls

4 x 200m U8 – U10 Boys and Girls

4 x 400m U11 –U17 Boys and Girls

***For Bill & Betty State Relay Events (not occurring 2017/18 season), each race is a straight final***

- ***Centre uniforms to be worn (Age tags and registration numbers not required)***  
***Rules for Spikes TBC. Please check with Championships Officer or LAWA website.***

- ***Medals will be presented to the 1st, 2nd & 3rd placed teams in each race***  
***(Only presented to the 4 competing athletes, not the reserve)***

- ***Points will be awarded with first place receiving 8 points, second receiving 7 and so on***

***The Centre with the highest overall points at the conclusion of all the events will receive a perpetual trophy***

- ***A protest fee of \$30.00 will apply to all centre protests and should be made to the arena manager, via the announcer, within 5 minutes of the completed race***

## West Australian Little Athletics Event Details

### STATE TRACK (RELAYS) & FIELD CHAMPIONSHIPS

DATE: Saturday 2nd December, 2017

VENUE: WA ATHLETICS STADIUM

## GENERAL INFORMATION

### Uniform

Athletes are required to wear full Southern Stars uniform  
(Sponsors logo, registration numbers & age tag included)

### Announcement of Squads and Teams

**Track** Training Squads will be announced after the 5<sup>th</sup> week of Saturday Centre competition. Run offs under the Centre's controlled conditions can occur until the 7<sup>th</sup> week of competition and thereafter the Relay Teams will be finalised.

**Field** Field relay teams will be announced after the 7<sup>th</sup> week of Saturday Centre competition.

### Criteria

**Track** The criteria used for selecting members of the track relay squad are:

- a) To be selected in a Training Squad, each athlete must have recorded a time in that event before the announcement of squads. Athletes shall be picked based on their personal best times run at Centre level before the date of selection.
- b) An athlete must train with the squad on the nominated training dates determined by the coach. Athletes who do not attend an organised training session without a legitimate reason may be dropped from the Relay Training Squad.
- c) After the 7<sup>th</sup> week of competition, the Relay Coach shall select a Relay Team from the Relay Training Squad. Across both track relay events the Relay Team shall have a maximum of 10 and a minimum of 5 athletes.
- d) The Relay Coach decides which athletes are selected for the Relay Team and runs in each event based on times, baton changeovers and team balance. This may result in the fastest four runners not always being chosen.

Any athlete chosen for a track relay team cannot also be a member of a field relay team. A field relay team can only be entered once a track team has been formed.

Athletes who were selected for a track relay training squad (after week 5) but **do not** make final selection into the track relay team (after week 7) will be considered for inclusion in the field relay team if they wish to participate. These athletes must advise the Championships Officer immediately (before week 7) to be considered for inclusion in the field relay team.

**Field** Athletes shall be chosen on their personal best distances achieved at Centre level before the date of selection. Teams will comprise of between two and four athletes, with no one athlete competing in more than two events.

## General

**Track:** All age groups, except U6 and U7 compete. The distances are as stated below:

U8 – U17      4 x 100 m

U8 – U10      4 x 200 m

U11 – U17      4 x 400 m

**Field:** U10 to U17 aged Athletes compete in four events determined by LAWA from the following: triple jump, long jump, javelin, shot put and discus.

## Selection

Co-ordination of the selection of athletes for the Relay Squads will be co-ordinated by the Centre's Championships Officer.

## STATE COMBINED EVENT CHAMPIONSHIPS (Multi's)

**DATE:** Saturday 3<sup>rd</sup> & Sunday 4<sup>th</sup> February 2018

**VENUE:** WA ATHLETICS STADIUM

## GENERAL INFORMATION

### Selection

U11 to U17 athletes may nominate (medals awarded to overall place getters)

### Entry

All athletes are to give Club managers an envelope with their entry fee inside. On the front of the envelope there needs to be the Athletes Registration Number, Name, Age Group.

**Entry Fee:** \$15 per athlete (subject to further notice from LAWA)

**Nomination Deadline:** To Be Confirmed

### Uniform

Athletes are required to wear full Southern Stars uniform  
(Sponsors logo, registration numbers & age tag included)

## COMPETITION

**U11 to U13 athletes** will participate in 5 events on **Sunday 4<sup>th</sup> February 2018** including

Hurdles

Sprint (100m or 200m)

800m

Long Jump

Throw (shot put or discus)

**The 800m event will always be the last event contested**

**U14-U17 girls will participate in 7 events over 2 days - Sat 3<sup>rd</sup> & Sun 4<sup>th</sup> February, 2018**

Day 1: Hurdles, High Jump, Shot Put, 200m

Day 2: Long Jump, Javelin, 800m

**U14-U17 boys will participate in 8 events over 2 days - Sat 3<sup>rd</sup> & Sun 4<sup>th</sup> February, 2018**

Day 1: 100m, Long Jump, Shot Put, 400m

Day 2: Hurdles, High Jump, Javelin, 1000m

Please note, the above programmes are under review by LAWA and events will be confirmed closer to the date on the LAWA website (<http://walittleathletics.com.au/Competition/State-Events/State-Combined-Event-Championships>)

**IF AN ATHLETE MISSES AN EVENT THEY WILL BE WITHDRAWN FROM THE MEET AND UNABLE TO COMPETE IN SUBSEQUENT EVENTS**

**ZONES - HEATS AND QUARTER FINALS**

**DATE: Sat 17th & Sun 18th February, 2018**

**VENUE: T.B.A.**

**NOMINATION**

Deadline: TBA

Late nominations may be accepted subject to administration / late fees

**ENTRY**

When available LAWA will open nominations via the family login to results HQ. **Entry Fee: \$15 per athlete** (subject to further notice from LAWA)

**SELECTION**

LAWA is reviewing State Championship Events. Please see Championships Officer or LAWA Website for confirmation of details regarding this event.

U6 - unable to compete

U7 to U8 - this meet is the State Finals (medals awarded to place getters)

U9 to U15 - competing for selection into States

U16 & U17 - not required to compete (automatic entry into States)

**UNIFORM**

U7 to U8 athletes may wear their club uniform

U9 to U15 athletes are required to wear full Southern Stars uniform (sponsors logo, registration numbers & age tag included)

**GENERAL**

Athletes may nominate for

U7 to U9 4 events maximum

U10 to U12 5 events maximum

U13 to U15 6 events maximum

There is no restriction on the number of events an athlete may compete in any one day

**IF A PARENT FAILS TO COMPLETE REQUIRED DUTIES THEIR CHILD(REN) WILL BE WITHDRAWN FROM THE MEET**

**THE CENTRE EXECUTIVE COMMITTEE RESERVES THE RIGHT NOT TO NOMINATE THE ATHLETE/S IN FUTURE WALA EVENTS**

## **For Metro Centres**

*The State Track & Field Championships will be conducted over two weekends.*

- a) Qualifying competition comprising of Heats and Quarter finals (Zones) will be conducted in each zone on a date as determined by the Board of Management.*
- b) U7, U8 and U9 athletes will be awarded Gold, Silver and Bronze at the Heats & Quarter Finals (Zones) weekend and will not proceed to the Semi Finals and Finals (States) weekend.*
- c) Semi-finals and Finals (States) will be conducted on a subsequent weekend as determined by the Board of Management.*
- d) When nominations are entered and it is known that the event will be a straight final due to insufficient competitors then this event will be run at the final time. Centres will be advised beforehand and will be responsible for informing the athletes concerned.*
- e) There is a different event programme timetable for the Heats & Quarter Finals (Zones) to the Semi-finals and Finals (States).*

## **STATE TRACK & FIELD CHAMPIONSHIPS**

**DATE: Fri 2nd March, Sat 3rd & Sun 4th March 2017**

**VENUE: WA ATHLETICS STADIUM**

## **ENTRY**

Athletes who qualify through Zones go on to compete against the qualifiers from the other Zones and Country Centres.

## **SELECTION**

U9 to U17 qualifying athletes

## **UNIFORM**

Athletes are required to wear full Southern Stars uniform  
(Sponsors logo, registration numbers & age tag included)

## **GENERAL**

Competitors in the U14 & U15 age groups who win individual medals will be eligible to be a member of the International State Team in the following July

Parents of all athletes competing at this meet **MUST** be available to help on sites as requested by the Centre Championships Officer or Officials and Development Manager

**IF A PARENT FAILS TO COMPLETE REQUIRED DUTIES THEIR CHILD(REN) WILL BE WITHDRAWN FROM THE MEET.**

**THE CENTRE EXECUTIVE COMMITTEE RESERVES THE RIGHT NOT TO NOMINATE THE ATHLETE/S IN FUTURE WALA EVENTS**

## Winter Competition

All athletes are reminded that there is an “All Centres” Winter Competition available for age groups (as listed below for Cross Country Runs & Road Walks with distances). The competition is conducted jointly by host Centres and LAWA every Saturday afternoon throughout winter, alternating each week between cross-country running and road walking. The season runs from April/May to August.

Athletes registered at the start of the summer season are able to compete in the Winter Competition at minimal additional cost, due to the use of RFID's for timing of events. There is a reduced registration fee for athletes registering for the winter season only. Towards the end of the summer competition LAWA releases a Winter Programme, which will be available on the LAWA website prior to the start of the winter season.

Competitions (Cross Country & Road Walks), over courses at different venues, will be organised in accordance to the LAWA programme.

At the conclusion of the season SDLAC awards cross-country running trophies for overall champion boy and girl and champion boy and girl, and the runner-up, in each of the three race distance categories. Trophies for road walking are awarded to the overall champion boy and girl and the first and second runners-up. These trophies are awarded to the athletes with the highest points. The points for winter competition are allocated on a similar basis as for the summer competition. Points are not awarded for participation in the State Championships, however to be eligible for an award an athlete must have become eligible to compete at the winter State Championships for cross country or road walks or both

In the past our Centre has enjoyed considerable success in the Winter Competition. To maintain our success, we encourage those athletes who have not taken part in previous winter competitions to give it a go. Information regarding the Winter Competition is available on the SDLAC and LAWA web sites or by contacting the Winter Competition Manager.

### Competition Distances

#### Cross Country Runs

|           |        |
|-----------|--------|
| U7 & U8   | 1000 m |
| U9 & U10  | 1500 m |
| U11 & U12 | 2000 m |
| U13 - U17 | 3000 m |

#### Road Walks

|           |        |
|-----------|--------|
| U9        | 1000 m |
| U10 & U11 | 1500 m |
| U12 - U17 | 2000 m |

### Qualification Requirements to Compete at the Winter State Championships

U7 – U17 athletes must compete in a minimum of cross country runs and road walks to be eligible for the respective State Championships. Please refer to the LAWA Winter Guide for clarification.

State Championship medals are present to first, second and third place getters in each age group.

## **Winter Uniform**

Centre shirt with navy blue shorts or bike pants. Each athlete must have their age group and registration number attached to their top. All athletes are to wear RFID's for each competition.

U7, U8 and U9 athletes may compete in their club uniform. Centre uniform is not compulsory.

For road walks only, a bib with number will be supplied by LAWA. This must be worn by each competing athlete.

Shoes must be worn in all winter competitions.

For full details in regard to winter competition rules and procedures please refer to the Winter Programme 2017 (available prior to the commencement of the winter season on the LAWA web site).



## Life Members

|                      |                          |                      |
|----------------------|--------------------------|----------------------|
| Mrs Pat Lewis        | Mr John Bissett          | Mrs Fay Leggatt      |
| Mr Bob Fisher (dec.) | Mrs Dolores Bissett      | Mrs Kay Bailey       |
| Mrs Maureen Green    | Mr Bill Allsopp (dec.)   | Mr Peter Fordham     |
| Mrs Ronys Horn       | Mrs Betty Allsopp        | Mrs Virginia Barnett |
| Mrs Bernice Preston  | Mr Tony Hutchings (dec.) | Mrs Joanne Baines    |
| Mr Peter Cobby       | Mr Barry O'Sullivan      | Mr David Palfreyman  |
| Mrs Kim Doig         | Mr Franc Caiulo          | Mr Calvin Leighton   |
| Mr Murray Doig       | Mrs Lynda Leinasars      | Mrs Claire Adshead   |
| Mrs Marion Boswell   | Mr Adam Duplock          | Mr Andrew Watt       |
| Dr Brian Boswell     | Mrs Christina Rebello    | Mr Tom Lenane        |

## Honorary Life Members

|                      |                           |
|----------------------|---------------------------|
| Mr Peter Ryan (dec.) | Mr Vic Nolan (posthumous) |
|----------------------|---------------------------|

**Southern Districts Patron**  
**Mrs Betty Allsopp**

| BOYS               |          |          |        |        |         |          |          |          |          |          |
|--------------------|----------|----------|--------|--------|---------|----------|----------|----------|----------|----------|
|                    | U/6      | U/7      | U/8    | U/9    | U/10    | U/11     | U/12     | U/13     | U/14     | U/15-17  |
| 1                  | 70m      | 70m      | 70m    | 70m    | 70m     |          |          | 100m     | 100m     | 100m     |
| 2                  | 100m     | 200m     | 200m   | 200m   | 200m    | 200m     | 200m     | 200m     | 200m     | 200m     |
| 3                  |          |          |        |        |         | 800m     | 800m     |          |          |          |
| 4                  |          |          | 700mW  | 700mW  | 1100mW  | 1100mW   | 1500mW   | 1500m    | 1500m    | 1500m    |
| 5                  | Shot Put | Shot Put |        |        |         | Shot Put | Shot Put | Shot Put | Shot Put |          |
| 6                  |          |          | Discus | Discus | Discus  |          |          |          | Discus   |          |
| 7                  |          |          | T Jav  |        |         |          |          |          |          |          |
| 8                  | Long J   | Long J   |        |        |         |          |          | Long J   |          | Long J   |
| 9                  |          |          |        |        |         | Triple J | Triple J | Triple J | Triple J | Triple J |
| 10                 |          |          |        |        | *High J |          | High J   |          |          |          |
| *Scissor Kick Only |          |          |        |        |         |          |          |          |          |          |

| GIRLS              |        |        |          |          |        |        |          |         |          |          |
|--------------------|--------|--------|----------|----------|--------|--------|----------|---------|----------|----------|
|                    | U/6    | U/7    | U/8      | U/9      | U/10   | U/11   | U/12     | U/13    | U/14     | U/15-17  |
| 1                  | 70m    | 70m    | 70m      | 70m      | 70m    |        |          | 100m    | 100m     | 100m     |
| 2                  | 100m   | 200m   | 200m     | 200m     | 200m   | 200m   | 200m     | 200m    | 200m     | 200m     |
| 3                  |        |        |          | 400m     |        | 800m   | 800m     |         |          |          |
| 4                  |        |        |          |          | 1100mW | 1100mW | 1500mW   | 1500m   | 1500m    | 1500m    |
| 5                  |        |        |          | Shot Put |        |        | Shot Put |         | Shot Put | Shot Put |
| 6                  |        |        | Discus   |          | Discus | Discus |          | Discus  |          |          |
| 7                  | Vortex | Vortex | T Jav    |          | T Jav  |        | Javelin  | Javelin | Javelin  | Javelin  |
| 8                  | Long J | Long J |          | Long J   |        | Long J |          | Long J  |          |          |
| 9                  |        |        | * High J |          |        |        | High J   |         | High J   |          |
| *Scissor Kick Only |        |        |          |          |        |        |          |         |          |          |

| <b>BOYS</b>               |            |            |            |            |             |             |             |             |             |                |             |
|---------------------------|------------|------------|------------|------------|-------------|-------------|-------------|-------------|-------------|----------------|-------------|
|                           | <b>U/6</b> | <b>U/7</b> | <b>U/8</b> | <b>U/9</b> | <b>U/10</b> | <b>U/11</b> | <b>U/12</b> | <b>U/13</b> | <b>U/14</b> | <b>U/15-16</b> | <b>U/17</b> |
| <b>1</b>                  | 60mH       | 60mH       | 60mH       | 60mH       | 60mH        | 60mH        | 60mH        | 80mH        | 90mH        | 100mH          | 110mH       |
| <b>2</b>                  | 100m       | 100m       | 100m       | 100m       | 100m        | 100m        | 100m        | 200mH       | 200mH       | 300mH          | 300mH       |
| <b>3</b>                  |            |            |            | 400m       | 800m        |             |             | 800m        | 800m        | 800m           | 800m        |
| <b>4</b>                  |            |            |            |            |             | 1500m       | 1500m       | 1500mW      | 1500mW      | 1500mW         | 1500mW      |
| <b>5</b>                  |            |            |            |            | Shot Put    |             |             |             |             | Shot Put       | Shot Put    |
| <b>6</b>                  | Discus     | Discus     |            | Discus     |             | Discus      | Discus      |             |             |                |             |
| <b>7</b>                  | Vortex     | Vortex     | T Jav      |            |             | Javelin     | Javelin     | Javelin     | Javelin     |                |             |
| <b>8</b>                  |            |            | Long J     | Long J     | Long J      |             |             |             | Long J      |                |             |
| <b>9</b>                  |            |            | * High J   |            |             | High J      |             | High J      |             | High J         | High J      |
| <b>*Scissor Kick Only</b> |            |            |            |            |             |             |             |             |             |                |             |

| <b>GIRLS</b>              |            |            |            |            |             |             |             |             |             |                |             |
|---------------------------|------------|------------|------------|------------|-------------|-------------|-------------|-------------|-------------|----------------|-------------|
|                           | <b>U/6</b> | <b>U/7</b> | <b>U/8</b> | <b>U/9</b> | <b>U/10</b> | <b>U/11</b> | <b>U/12</b> | <b>U/13</b> | <b>U/14</b> | <b>U/15-16</b> | <b>U/17</b> |
| <b>1</b>                  | 60mH       | 60mH       | 60mH       | 60mH       | 60mH        | 60mH        | 60mH        | 80mH        | 80mH        | 90mH           | 100mH       |
| <b>2</b>                  | 100m       | 100m       | 100m       | 100m       | 100m        | 100m        | 100m        | 200mH       | 200mH       | 300mH          | 300mH       |
| <b>3</b>                  |            |            |            |            | 800m        |             |             | 800m        | 800m        | 800m           | 800m        |
| <b>4</b>                  |            |            | 700mW      | 700mW      |             | 1500m       | 1500m       | 1500mW      | 1500mW      | 1500mW         | 1500mW      |
| <b>5</b>                  | Shot Put   | Shot Put   |            | Shot Put   |             | Shot Put    |             | Shot Put    |             |                |             |
| <b>6</b>                  | Discus     | Discus     |            |            |             |             | Discus      |             | Discus      | Discus         | Discus      |
| <b>7</b>                  |            |            | T Jav      |            |             |             |             |             |             |                |             |
| <b>8</b>                  |            |            | Long J     |            | Long J      |             | Long J      |             | Long J      |                |             |
| <b>9</b>                  |            |            |            |            |             | Triple J    |             | Triple J    |             |                |             |
| <b>10</b>                 |            |            |            | * High J   |             |             |             |             |             | High J         | High J      |
| <b>*Scissor Kick Only</b> |            |            |            |            |             |             |             |             |             |                |             |

| BOYS               |          |          |          |          |        |          |          |        |        |         |
|--------------------|----------|----------|----------|----------|--------|----------|----------|--------|--------|---------|
|                    | U/6      | U/7      | U/8      | U/9      | U/10   | U/11     | U/12     | U/13   | U/14   | U/15-17 |
| 1                  | 70m      | 70m      | 70m      | 70m      | 70m    |          |          | 100m   | 100m   | 100m    |
| 2                  | 100m     | 100m     |          |          | 200m   | 200m     |          |        |        |         |
| 3                  |          |          |          |          | 400m   | 400m     | 400m     | 400m   | 400m   | 400m    |
| 4                  |          | 300m     | 500m     | 800m     |        |          | 800m     | 1500m  | 1500m  | 1500m   |
| 5                  | Shot Put | Shot Put | Shot Put | Shot Put |        | Shot Put | Shot Put |        |        |         |
| 6                  |          |          | Discus   |          | Discus |          |          | Discus | Discus | Discus  |
| 7                  |          |          |          | T Jav    | T Jav  |          |          |        |        | Javelin |
| 8                  | Long J   | Long J   |          |          |        | Long J   | Long J   | Long J |        |         |
| 9                  |          |          |          |          |        | Triple J | Triple J |        |        |         |
| 10                 |          |          |          | *High J  |        |          |          |        | High J |         |
| *Scissor Kick Only |          |          |          |          |        |          |          |        |        |         |

| GIRLS              |        |        |          |        |          |         |          |         |          |          |
|--------------------|--------|--------|----------|--------|----------|---------|----------|---------|----------|----------|
|                    | U/6    | U/7    | U/8      | U/9    | U/10     | U/11    | U/12     | U/13    | U/14     | U/15-17  |
| 1                  | 70m    | 70m    | 70m      | 70m    | 70m      |         |          | 100m    | 100m     | 100m     |
| 2                  | 100m   | 100m   |          |        | 200m     | 200m    |          |         |          |          |
| 3                  |        |        |          |        | 400m     | 400m    | 400m     | 400m    | 400m     | 400m     |
| 4                  |        | 300m   | 500m     | 800m   |          |         | 800m     | 1500m   | 1500m    | 1500m    |
| 5                  |        |        | Shot Put |        | Shot Put |         | Shot Put |         |          |          |
| 6                  |        |        | Discus   | Discus |          | Discus  |          |         |          |          |
| 7                  | Vortex | Vortex |          | T Jav  | T Jav    | Javelin |          | Javelin |          |          |
| 8                  | Long J | Long J |          |        |          |         |          |         |          | Long J   |
| 9                  |        |        |          |        |          |         | Triple J |         | Triple J | Triple J |
| 10                 |        |        |          |        | * High J | High J  | High J   | High J  | High J   |          |
| *Scissor Kick Only |        |        |          |        |          |         |          |         |          |          |

| BOYS               |        |        |        |          |          |         |         |          |          |          |          |
|--------------------|--------|--------|--------|----------|----------|---------|---------|----------|----------|----------|----------|
|                    | U/6    | U/7    | U/8    | U/9      | U/10     | U/11    | U/12    | U/13     | U/14     | U/15-16  | U/17     |
| 1                  | 60mH   | 60mH   | 60mH   | 60mH     | 60mH     | 60mH    | 60mH    | 80mH     | 90mH     | 100mH    | 110mH    |
| 2                  | 100m   | 100m   | 200m   | 200m     | 100m     |         | 200m    | 200m     | 200m     | 200m     | 200m     |
| 3                  |        |        |        |          |          | 800m    |         | 800m     | 800m     | 800m     | 800m     |
| 4                  |        |        | 700mW  | 700mW    | 1100mW   | 1100mW  | 1500mW  |          |          |          |          |
| 5                  |        |        |        | Shot Put |          |         |         | Shot Put | Shot Put | Shot Put | Shot Put |
| 6                  | Discus | Discus | Discus |          |          |         |         |          |          |          |          |
| 7                  | Vortex | Vortex |        |          |          | Javelin | Javelin |          |          |          |          |
| 8                  |        |        | Long J | Long J   |          |         |         |          |          | Long J   | Long J   |
| 9                  |        |        |        |          |          |         |         | Triple J | Triple J | Triple J | Triple J |
| 10                 |        |        |        |          | * High J | High J  | High J  | High J   |          |          |          |
| *Scissor Kick Only |        |        |        |          |          |         |         |          |          |          |          |

| GIRLS              |        |        |          |          |        |          |         |        |          |          |          |
|--------------------|--------|--------|----------|----------|--------|----------|---------|--------|----------|----------|----------|
|                    | U/6    | U/7    | U/8      | U/9      | U/10   | U/11     | U/12    | U/13   | U/14     | U/15-16  | U/17     |
| 1                  | 60mH   | 60mH   | 60mH     | 60mH     | 60mH   | 60mH     | 60mH    | 80mH   | 80mH     | 90mH     | 100mH    |
| 2                  | 100m   | 100m   | 200m     | 200m     | 100m   |          | 200m    | 200m   | 200m     | 200m     | 200m     |
| 3                  |        |        |          | 400m     |        | 800m     |         | 800m   | 800m     | 800m     | 800m     |
| 4                  |        |        |          |          | 1100mW | 1100mW   | 1500mW  |        |          |          |          |
| 5                  |        |        | Shot Put |          |        |          |         |        | Shot Put | Shot Put | Shot Put |
| 6                  | Discus | Discus |          | Discus   | Discus |          | Discus  | Discus | Discus   |          |          |
| 7                  | Vortex | Vortex | T Jav    |          |        |          | Javelin |        | Javelin  | Javelin  | Javelin  |
| 8                  |        |        |          |          | Long J | Long J   |         | Long J |          |          |          |
| 9                  |        |        |          |          |        | Triple J |         |        |          |          |          |
| 10                 |        |        | * High J | * High J |        |          |         |        |          | High J   | High J   |
| *Scissor Kick Only |        |        |          |          |        |          |         |        |          |          |          |

| BOYS               |        |        |          |          |          |        |        |         |         |         |
|--------------------|--------|--------|----------|----------|----------|--------|--------|---------|---------|---------|
|                    | U/6    | U/7    | U/8      | U/9      | U/10     | U/11   | U/12   | U/13    | U/14    | U/15-17 |
| 1                  | 70m    | 100m   | 100m     | 100m     |          | 100m   | 100m   |         |         |         |
| 2                  | 100m   | 200m   |          |          |          |        |        | 200mH   | 200mH   | 300mH   |
| 3                  |        |        |          | 400m     | 400m     | 400m   | 400m   | 400m    | 400m    | 400m    |
| 4                  |        | 300m   | 500m     | 800m     | 800m     | 1500m  | 1500m  |         |         |         |
| 5                  |        |        |          |          |          |        |        | 1500mW  | 1500mW  | 1500mW  |
| 6                  |        |        | Shot Put |          | Shot Put |        |        |         |         |         |
| 7                  | Discus | Discus |          |          |          | Discus | Discus | Discus  |         | Discus  |
| 8                  | Vortex | Vortex | T Jav    | T Jav    | T Jav    |        |        | Javelin | Javelin | Javelin |
| 9                  |        |        |          |          | Long J   | Long J | Long J |         | Long J  |         |
| 10                 |        |        | * High J | * High J |          |        |        |         | High J  | High J  |
| *Scissor Kick Only |        |        |          |          |          |        |        |         |         |         |

| GIRLS              |          |          |        |        |          |          |          |          |          |          |
|--------------------|----------|----------|--------|--------|----------|----------|----------|----------|----------|----------|
|                    | U/6      | U/7      | U/8    | U/9    | U/10     | U/11     | U/12     | U/13     | U/14     | U/15-17  |
| 1                  | 70m      | 100m     | 100m   | 100m   |          | 100m     | 100m     |          |          |          |
| 2                  | 100m     | 200m     |        |        |          |          |          | 200mH    | 200mH    | 300mH    |
| 3                  |          |          |        |        | 400m     | 400m     | 400m     | 400m     | 400m     | 400m     |
| 4                  |          | 300m     | 500m   | 800m   | 800m     | 1500m    | 1500m    |          |          |          |
| 5                  |          |          | 700mW  | 700mW  |          |          |          | 1500mW   | 1500mW   | 1500mW   |
| 6                  | Shot Put | Shot Put |        |        | Shot Put | Shot Put |          | Shot Put |          |          |
| 7                  | Discus   | Discus   | Discus |        |          |          |          |          |          | Discus   |
| 8                  |          |          |        | T Jav  |          | Javelin  |          |          |          |          |
| 9                  |          |          | Long J | Long J |          |          | Long J   |          | Long J   | Long J   |
| 10                 |          |          |        |        |          |          | Triple J | Triple J | Triple J | Triple J |
| 11                 |          |          |        |        | * High J | High J   |          | High J   |          |          |
| *Scissor Kick Only |          |          |        |        |          |          |          |          |          |          |

| BOYS               |          |          |          |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | U/6      | U/7      | U/8      | U/9      | U/10     | U/11     | U/12     | U/13     | U/14     | U/15-16  | U/17     |
| 1                  | 70m      | 70m      | 70m      | 70m      | 70m      |          |          | 200mH    | 200mH    | 300mH    | 300mH    |
| 2                  | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     |
| 3                  |          |          |          | 400m     | 400m     | 400m     | 400m     | 400m     | 400m     | 400m     | 400m     |
| 4                  |          |          |          |          |          | 1500m    | 1500m    | 1500m    | 1500m    | 1500m    | 1500m    |
| 6                  | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put |
| 7                  | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   |
| 8                  |          |          | * High J | * High J | * High J | High J   | High J   | High J   | High J   | High J   | High J   |
| *Scissor Kick Only |          |          |          |          |          |          |          |          |          |          |          |

| GIRLS              |        |        |        |        |        |          |          |          |          |          |          |
|--------------------|--------|--------|--------|--------|--------|----------|----------|----------|----------|----------|----------|
|                    | U/6    | U/7    | U/8    | U/9    | U/10   | U/11     | U/12     | U/13     | U/14     | U/15-16  | U/17     |
| 1                  | 60mH   | 60mH   | 60mH   | 60mH   | 60mH   | 60mH     | 60mH     | 80mH     | 80mH     | 90mH     | 100mH    |
| 2                  |        | 200m   | 200m   | 200m   | 200m   | 200m     | 200m     | 200m     | 200m     | 200m     | 200m     |
| 3                  |        | 300m   | 500m   | 800m   | 800m   | 800m     | 800m     | 800m     | 800m     | 800m     | 800m     |
| 4                  |        |        | 700mW  | 700mW  | 1100mW | 1100mW   | 1500mW   | 1500mW   | 1500mW   | 1500mW   | 1500mW   |
| 5                  | Discus | Discus | Discus | Discus | Discus | Discus   | Discus   | Discus   | Discus   | Discus   | Discus   |
| 6                  | Vortex | Vortex | T Jav  | T Jav  | T Jav  | Javelin  | Javelin  | Javelin  | Javelin  | Javelin  | Javelin  |
| 7                  |        |        |        |        |        | Triple J | Triple J | Triple J | Triple J | Triple J | Triple J |
| *Scissor Kick Only |        |        |        |        |        |          |          |          |          |          |          |

| BOYS               |        |        |        |        |        |          |          |          |          |          |          |
|--------------------|--------|--------|--------|--------|--------|----------|----------|----------|----------|----------|----------|
|                    | U/6    | U/7    | U/8    | U/9    | U/10   | U/11     | U/12     | U/13     | U/14     | U/15-16  | U/17     |
| 1                  | 60mH   | 60mH   | 60mH   | 60mH   | 60mH   | 60mH     | 60mH     | 80mH     | 90mH     | 100mH    | 110mH    |
| 2                  |        | 200m   | 200m   | 200m   | 200m   | 200m     | 200m     | 200m     | 200m     | 200m     | 200m     |
| 3                  |        | 300m   | 500m   | 800m   | 800m   | 800m     | 800m     | 800m     | 800m     | 800m     | 800m     |
| 4                  |        |        | 700mW  | 700mW  | 1100mW | 1100mW   | 1500mW   | 1500mW   | 1500mW   | 1500mW   | 1500mW   |
| 5                  | Discus | Discus | Discus | Discus | Discus | Discus   | Discus   | Discus   | Discus   | Discus   | Discus   |
| 6                  | Vortex | Vortex | T Jav  | T Jav  | T Jav  | Javelin  | Javelin  | Javelin  | Javelin  | Javelin  | Javelin  |
| 7                  |        |        |        |        |        | Triple J | Triple J | Triple J | Triple J | Triple J | Triple J |
| *Scissor Kick Only |        |        |        |        |        |          |          |          |          |          |          |

| GIRLS              |          |          |          |          |          |          |          |          |          |          |          |
|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
|                    | U/6      | U/7      | U/8      | U/9      | U/10     | U/11     | U/12     | U/13     | U/14     | U/15-16  | U/17     |
| 1                  | 70m      | 70m      | 70m      | 70m      | 70m      |          |          | 200mH    | 200mH    | 300mH    | 300mH    |
| 2                  | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     | 100m     |
| 3                  |          |          |          | 400m     | 400m     | 400m     | 400m     | 400m     | 400m     | 400m     | 400m     |
| 4                  |          |          |          |          |          | 1500m    | 1500m    | 1500m    | 1500m    | 1500m    | 1500m    |
| 6                  | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put | Shot Put |
| 7                  | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   | Long J   |
| 8                  |          |          | * High J | * High J | * High J | High J   | High J   | High J   | High J   | High J   | High J   |
| *Scissor Kick Only |          |          |          |          |          |          |          |          |          |          |          |



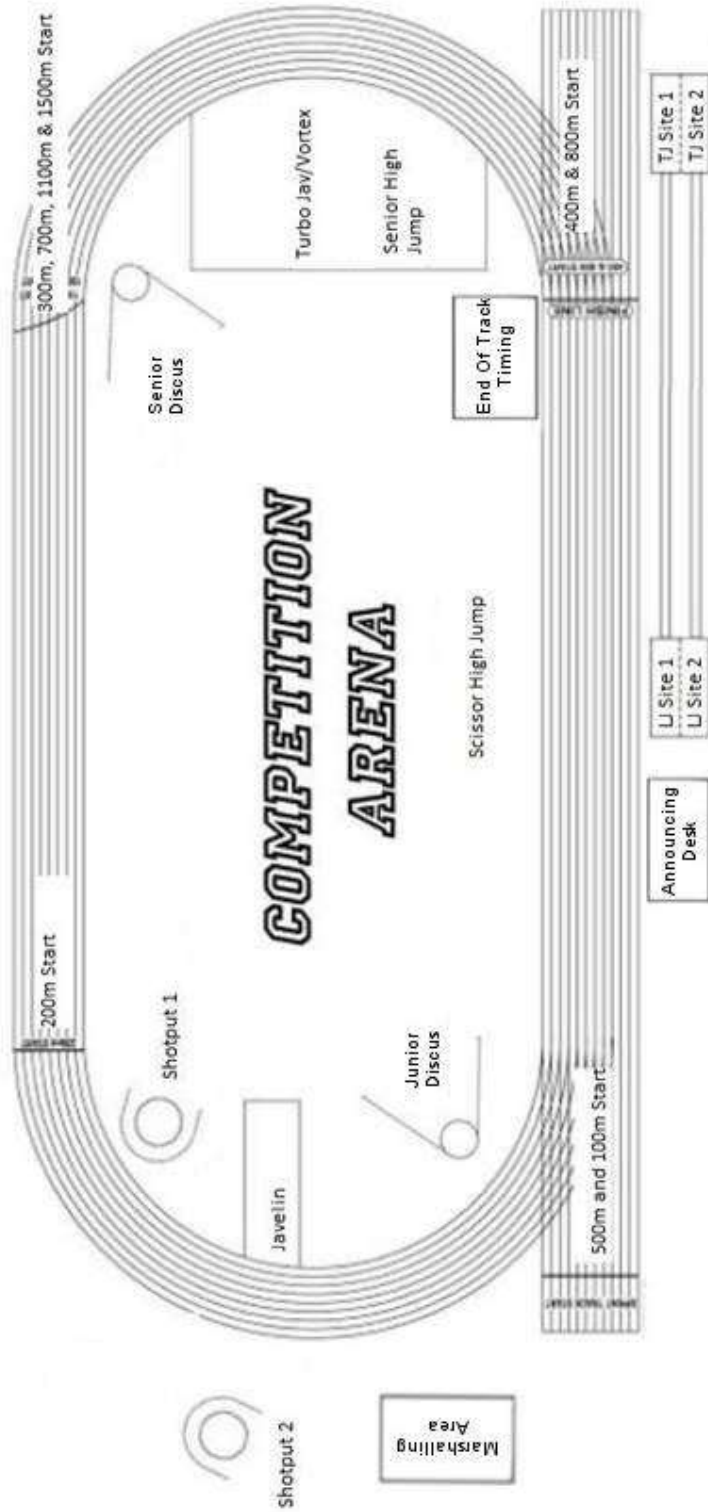
## Track Layout

# ERN CLARK ATHLETICS CENTRE

Please Note

Only competing Athletes and Officials are permitted on the Track and Field Arena.

Only enter the Arena via the gate entry points and only cross the track at the crossing points and when instructed to cross.



|                   |                     |                     |   |
|-------------------|---------------------|---------------------|---|
| <b>EQUIP SHED</b> | <b>CANTEN</b>       | <b>TOILETS</b>      | <b>OFFICE</b>   |
|                   | <b>MEETING ROOM</b> | <b>CHANGE ROOMS</b> |  |

**SPECTATOR BANK**

## LAWA Events and Equipment Specification Summary 2016/17 By Age

[illegible]

\*1 60m mini hurdles, max height 200mm

60m mini hurdles, max height 300mm

\*3 Scissor style onto scissor mats only (15

\*4 Event will be introduced in season 201

\*5 Events conducted as a combined age group

On completion of season 2016/17 these

On completion of season 2016/17 (March 2017) Events will be introduced in season 2017/18

Events may not be conducted at any level.

events may not be conducted at any level

Centres may offer these events but the

### Spike Summary

1 U6-U10 Athletes may not wear spike shoes for any event

2 U11-U12 Athletes may wear spike shoes for:

- events run entirely in lanes

- long jump, triple jump, high jump and javelin

1113-1117 Athletes may wear spike shoes for:

- all track events except walks

all other events accept ranks

long time trip to home high time and low time

- long jump, triple jump, high jump and javelin

## **Trophies Presented By Southern Stars**

### **BENNETT SHIELD**

Awarded to a Club who has the highest overall total points.

### **LEWIS TROPHY**

Awarded to the Club who has the highest overall points for female athletes.

### **HUTCHINGS TROPHY**

Awarded to the Club who has the highest overall points for male athletes.

### **AUSTRALIA DAY TROPHY**

Awarded to the Club with the highest points. A handicap system based on the results from the competition days immediately before and after the Australia Day long weekend.

### **LIFE MEMBERS TROPHY**

Awarded to the Club with the best consistency. A handicap system using total points divided by the number of competing athletes over the season.

### **ALLSOPP ENDEAVOUR AWARDS**

Awarded to a male and a female athlete who the Executive Committee considers to have shown courage and determination over the season.

### **MOST IMPROVED TROPHY**

Excludes age champion and/or runner up champion athletes. The most improved trophies are awarded within age groups to the athletes who achieve the most PBs over the season.

### **DOIG AWARDS - ATHLETE OF THE YEAR TROPHIES**

Awarded to the male and female athletes who achieve the highest cumulative points overall for the season.

### **VIC NOLAN TROPHY**

Awarded to the male and female athletes who achieve the highest cumulative points for the season in the 800 m and 1500 m events.

### **DOUG HANCY AWARD**

This is a LAWA award given out at the State Championships to one girl and one boy in the U/15 age group who has been nominated by their Centre. It is a very highly sought after award and the recipients are judged to show certain standards of behaviour that reflect moral values and depth of character. The recipients are not necessarily a champion, but someone who shows sportsmanship and courage, maintains an effort, is honest, friendly and shows a willingness to help at club training and also at regular competition.

### **AGE GROUP TROPHY**

Awarded within age groups to the athletes with the highest points for each of track and field. If an athlete has the highest points for both track and field, he or she will receive only one (larger) trophy, but can still be called the track and field champion for that age group. Runners-up will receive a trophy. This will ensure a greater number of athletes are rewarded for their efforts as any combination of champion track and/or champion field and/or runner-up track and/or runner-up field is possible.



### **CAIULO MEDAL**

Presented to any athlete who has continuously been an active member of the Centre from the youngest competing age group through to the oldest competing age groups without interruption. An active member is one who has regularly competed at events throughout the year and may be made up of any combination of both Winter and Summer Competitions.

### **OVERALL CHAMPION – CROSS COUNTRY**

Awarded to the male and female athletes who achieve the highest cumulative points overall for the season. To ensure a greater number of athletes are rewarded for their efforts Overall Champions will not be awarded a Distance Champion trophy unless they are the only eligible athlete.

### **DISTANCE CHAMPION**

Awarded to the male and female athletes in each race distance category with the highest cumulative points for the season. Runners-Up will also receive a trophy.

### **OVERALL CHAMPION-ROAD WALKING**

Awarded to the male and female athletes who achieve the highest cumulative points overall for the season. First and second Runners-up, both male and female, will also be awarded trophies.

### **TOM LENANE WINTER TROPHY**

The Tom Lenane Winter Trophy will be awarded to the overall Winter Champion Boy and Winter Champion Girl. This trophy is points based and calculated from participation in cross country and road walking during the winter season (not including the state championships). These trophies are in honour of Tom Lenane's contribution to the Southern District centre in his role as winter coach and his involvement in Little Athletics for many years.

## Southern Districts Club Trophy Winners

| <b>BENNETT SHIELD<br/>(Overall)</b> | <b>LEWIS TROPHY<br/>(Girls)</b> | <b>HUTCHINGS TROPHY<br/>(Boys)</b> |
|-------------------------------------|---------------------------------|------------------------------------|
| 1972/73 – Cannington                |                                 |                                    |
| 1973/74 – Cannington                | 1973/74 – Riverton              | 1973/74 – Cannington               |
| 1974/75 – Willetton                 | 1974/75 – Willetton             | 1974/75 – Willetton                |
| 1975/76 – Willetton                 | 1975/76 – Queens Park           | 1975/76 – Willetton                |
| 1976/77 – Riverton                  | 1976/77 – Queens Park           | 1976/77 – Willetton                |
| 1977/78 – Willetton                 | 1977/78 – Manning               | 1977/78 – Willetton                |
| 1978/79 – Riverton                  | 1978/79 – Riverton              | 1978/79 – Riverton                 |
| 1979/80 – Riverton                  | 1979/80 – Riverton              | 1979/80 – Riverton                 |
| 1980/81 – Riverton                  | 1980/81 – Riverton              | 1980/81 – Riverton                 |
| 1981/82 – Riverton                  | 1981/82 – Riverton              | 1981/82 – Riverton                 |
| 1982/83 – Riverton                  | 1982/83 – Riverton              | 1982/83 – Riverton                 |
| 1983/84 – Riverton                  | 1983/84 – Riverton              | 1983/84 – Riverton                 |
| 1984/85 – Riverton                  | 1984/85 – Riverton              | 1984/85 – Riverton                 |
| 1985/86 – Riverton                  | 1985/86 – Riverton              | 1985/86 – Riverton                 |
| 1986/87 – Riverton                  | 1986/87 – Riverton              | 1986/87 – Riverton                 |
| 1987/88 – Riverton                  | 1987/88 – Riverton              | 1987/88 – Riverton                 |
| 1988/89 – Riverton                  | 1988/89 – Riverton              | 1988/89 – Riverton                 |
| 1989/90 – Riverton                  | 1989/90 – Riverton              | 1989/90 – Riverton                 |
| 1990/91 – Riverton                  | 1990/91 – Riverton              | 1990/91 – Riverton                 |
| 1991/92 – Riverton                  | 1991/92 – Riverton              | 1991/92 – Queens Park              |
| 1992/93 – Riverton                  | 1992/93 – Riverton              | 1992/93 – Willetton                |
| 1993/94 – Riverton                  | 1993/94 – Riverton              | 1993/94 – Willetton                |
| 1994/95 – Riverton                  | 1994/95 – Riverton              | 1994/95 – Riverton                 |
| 1995/96 – Riverton                  | 1995/96 – Riverton              | 1995/96 – Riverton                 |
| 1996/97 – Riverton                  | 1996/97 – Riverton              | 1996/97 – Riverton                 |
| 1997/98 – Riverton                  | 1997/98 – Riverton              | 1997/98 – Riverton                 |
| 1998/99 – Riverton                  | 1998/99 – Riverton              | 1998/99 – Canning Vale             |
| 1999/00 – Canning Vale              | 1999/00 – Riverton              | 1999/00 – Canning Vale             |
| 2000/01 – Canning Vale              | 2000/01 – Canning Vale          | 2000/01 – Canning Vale             |
| 2001/02 – Riverton                  | 2001/02 – Riverton              | 2001/02 – Canning Vale             |
| 2002/03 – Riverton                  | 2002/03 – Riverton              | 2002/03 – Riverton                 |
| 2003/04 – Canning Vale              | 2003/04 – Canning Vale          | 2003/04 – Canning Vale             |
| 2004/05 – Canning Vale              | 2004/05 – Canning Vale          | 2004/05 – Canning Vale             |
| 2005/06 – Canning Vale              | 2005/06 – Canning Vale          | 2005/06 – Riverton                 |
| 2006/07 – Canning Vale              | 2006/07 – Canning Vale          | 2006/07 – Canning Vale             |
| 2007/08 – Willetton                 | 2007/08 – Canning Vale          | 2007/08 – Willetton                |
| 2008/09 – Riverton                  | 2008/09 – Canning Vale          | 2008/09 – Riverton                 |
| 2009/10 – Riverton                  | 2009/10 – Canning Vale          | 2009/10 – Riverton                 |
| 2010/11 – Canning Vale              | 2010/11 – Canning Vale          | 2010/11 – Canning Vale             |
| 2011/12 – South Perth               | 2011/12 – South Perth           | 2011/12 – South Perth              |
| 2012/13 – South Perth               | 2012/13 – South Perth           | 2012/13 – South Perth              |
| 2013/14 – South Perth               | 2013/14 – South Perth           | 2013/14 – South Perth              |
| 2014/15 – South Perth               | 2014/15 – South Perth           | 2014/15 – South Perth              |
| 2015/16 – South Perth               | 2015/16 – South Perth           | 2015/16 – Willetton                |
| 2016/17 – South Perth               | 2016/17 – South Perth           | 2016/17 – South Perth              |

| <b>AUSTRALIA DAY TROPHY<br/>(Club Handicap)</b> | <b>LIFE MEMBERS TROPHY<br/>(Club Consistency)</b> | <b>ALLSOPP ENDEAVOUR AWARD</b>                          |
|---|---|---|
| 1974/75 – Cannington                            |   | 1994/95 – P. Harvey - QP                                |
| 1975/76 – Willetton                             |   | 1994/95 – M. Calanni - RB                               |
| 1976/77 – Riverton                              |   | 1995/96 – J. Catalano - QP                              |
| 1977/78 – Willetton                             |   | 1995/96 – T. Kuiper - Riv                               |
| 1978/79 – Riverton                              |   | 1996/97 – K. Philp - SP                                 |
| 1979/80 – East Vic Park                         |   | 1996/97 – S. Dolphin - RB                               |
| 1980/81 – Riverton                              |   | 1997/98 – C. Nutter - Will                              |
| 1981/82 – Riverton                              | 1981/82 – East Vic Park                           | 1997/98 – K. Johnson - Will                             |
| 1982/83 – Queens Park                           | 1982/83 – Willetton                               | 1998/99 – P. Gilham - CV                                |
| 1983/84 – Queens Park                           | 1983/84 – East Vic Park                           | 1998/99 – M. Rumenos - Riv                              |
| 1984/85 – South Perth                           | 1984/85 – Queens Park                             | 1999/00 – J. Eales - Riv                                |
| 1985/86 – South Perth                           | 1985/86 –   | 1999/00 – Z. Merriden - CV                              |
| 1986/87 – South Perth                           | 1986/87 – East Vic Park                           | 2000/01 – S. Milford - SP                               |
| 1987/88 – Cannington                            | 1987/88 – Cannington                              | 2000/01 – T. Tefere - QP                                |
| 1988/89 – East Vic Park                         | 1988/89 – Willetton                               | 2001/02 – F. Boswell - CV                               |
| 1989/90 – East Vic Park                         | 1989/90 – East Vic Park                           | 2001/02 – S. Glorie - QP                                |
| 1990/91 – Queens Park                           | 1990/91 – East Vic Park                           | 2002/03 – H. Caiulo - CV                                |
| 1991/92 – Willetton                             | 1991/92 – East Vic Park                           | 2002/03 – T. Belotti - SP                               |
| 1992/93 – Willetton                             | 1992/93 – Redbacks                                | 2003/04 – M. Adshead - CV                               |
| 1993/94 – Queens Park                           | 1993/94 – Willetton                               | 2003/04 – M. Rebello - CV                               |
| 1994/95 – Willetton                             | 1994/95 – Willetton                               | 2004/05 – C. Dawson - SP                                |
| 1995/96 – Willetton                             | 1995/96 – Willetton                               | 2004/05 – S. Pallister - Will                           |
| 1996/97 –                                       | 1996/97 – Willetton                               | 2004/05 – A. Leinasars - QP                             |
| 1997/98 – Redbacks                              | 1997/98 – Redbacks                                | 2005/06 – A. Griffiths - SP                             |
| 1998/99 – Willetton                             | 1998/99 – Willetton                               | 2005/06 – J. Keeley - CJ                                |
| 1999/00 – Willetton                             | 1999/00 – Willetton                               | 2006/07 – M. King - Riv                                 |
| 2000/01 – Willetton                             | 2000/01 – Willetton                               | 2006/07 – V. Keynes - QP                                |
| 2001/02 – Curtin Juniors                        | 2001/02 – Curtin Juniors                          | 2007/08 – S. Gilham - CV                                |
| 2002/03 – Curtin Juniors                        | 2002/03 – Curtin Juniors                          | 2007/08 – P. Rufus-Ashiedu - CV                         |
| 2003/04 – Canning Vale                          | 2003/04 – Curtin Juniors                          | 2008/09 – C. McLean - Riv                               |
| 2004/05 – Curtin Juniors                        | 2004/05 – Curtin Juniors                          | 2008/09 – A. Ryan - Riv                                 |
| 2005/06 – Queens Park                           | 2005/06 – Riverton                                | 2009/10 – R. Wong - Wil                                 |
| 2006/07 - Willetton                             | 2006/07 – Como                                    | 2009/10 – T. Simpson - Ran                              |
| 2007/08 – Curtin Juniors                        | 2007/08 – Queens Park                             | 2010/11 – J. Freestone - Wil                            |
| 2008/09 – Curtin Juniors                        | 2008/09 – Canning Vale                            | 2010/11 – R. Jennings - Ran                             |
| 2009/10 – Riverton                              | 2009/10 – Canning Vale                            | 2011/12 – Z. Fisher - Riv                               |
| 2010/11 – Canning Vale                          | 2010/11 – Canning Vale                            | 2011/12 – C. Gee - SP                                   |
| 2011/12 – Canning Vale                          | 2011/12 – Canning Vale                            | 2012/13 – J. Siviour - Ran                              |
| 2012/13 – Willetton                             | 2012/13 – Willetton                               | 2012/13 – S. Throssell - QP                             |
| 2013/14 – Riverton                              | 2013/14 – Canning Vale                            | 2013/14 – S. Lara - CJ                                  |
| 2014/15 – Willetton                             | 2014/15 – Canning Vale                            | 2013/14 – T. Siviour - Ran                              |
| 2015/16 – Canning Vale                          | 2015/16 – Canning Vale                            | 2014/15 – M. Stubberfield - CV                          |
| 2016/17 – Curtin Juniors                        | 2016/17 – Canning Vale                            | 2014/15 – M. Phegley-Giura - QP                         |
|   |   | 2015/16 – Lauren Archer - SP                            |
|   |   | 2015/16 – Jayden Moss – Riv                             |
|   |   | 2016/17 – Jenny-Rose Shore –Wil<br>Pieter Jacobsz - Ran |

## Centre Athlete of the Year Trophies

| Season   | Athlete     | Club           |             |                |
|--|-------------|----------------|-------------|----------------|
| 1985/86  | R. Hume     | Queens Park    |             |                |
| 1985/86  | G. Regan    | Willetton      |             |                |
| 1986/87  | R. Hume     | Queens Park    |             |                |
| 1987/88  | K. Stafford | Queens Park    |             |                |
| 1988/89  | H. Gorey    | South Perth    |             |                |
| 1989/90  | T. Hume     | Queens Park    |             |                |
| 1990/91  | T. Hume     | Queens Park    |             |                |
| 1991/92  | D. Singe    | Willetton      |             |                |
| 1991/92  | T. Hume     | Queens Park    |             |                |
| 1992/93  | T. Hume     | Queens Park    |             |                |
| 1993/94  | T. Hume     | Queens Park    |             |                |
| 1994/95  | R. Sargeant | Riverton       |             |                |
| 1995/96  | J. Wallace  | Willetton      |             |                |
| 1996/97  | J. Wallace  | Willetton      |             |                |
| 1997/98  | J. Wallace  | Willetton      |             |                |
| 1998/99  | J. Wallace  | Willetton      |             |                |
| 1999/00  | S. Cobby    | Queens Park    |             |                |
| In 2000/01 Season awards were introduced for Boy and Girl Athletes |             |                |             |                |
| Season   | Boys        | Club           | Girls       | Club           |
| 2000/01  | S. Cobby    | Queens Park    | M. Thomas   | Willetton      |
| 2001/02  | C. Masten   | Riverton       | A. Doig     | Riverton       |
| 2002/03  | P. Gorecki  | Riverton       | A. Jacobsen | Canning Vale   |
| 2003/04  | D. Duplock  | Curtin Juniors | J. Sillis   | Canning Vale   |
| 2004/05  | D. Duplock  | Curtin Juniors | C. Keeley   | Curtin Juniors |
| 2005/06  | D. Duplock  | Curtin Juniors | A. Doig     | Willetton      |

## Doig Awards – Athlete of the Year Trophies

In the 2007/08 season the Southern Districts Little Athletics Centre recognised the significant contribution of two life members, Kim and Murray Doig and named the Athlete of the Year Trophies in their honour. In addition, runner up trophies and 3<sup>rd</sup> – 5<sup>th</sup> placegetters were also introduced.

| Season  | Boys             | Club           | Girls        | Club           |
|---------|------------------|----------------|--------------|----------------|
| 2006/07 | D. Duplock       | Curtin Juniors | A. Doig      | Willetton      |
| 2007/08 | D. Duplock       | Curtin Juniors | K. Leinasars | Queens Park    |
| 2008/09 | C. Morton Smith  | Riverton       | P. Schwass   | Queens Park    |
| 2009/10 | N. Morton Smith  | Riverton       | C. Peck      | Canning Vale   |
| 2010/11 | N. Morton Smith  | Riverton       | C. Peck      | Canning Vale   |
| 2011/12 | G. Nikpalj       | Riverton       | C. Peck      | Canning Vale   |
| 2012/13 | C. Warner        | Willetton      | S. Hartree   | Ranford        |
| 2013/14 | J. Sanjurjo      | Queens Park    | G. McMahon   | Curtin Juniors |
| 2014/15 | C. Warner        | Willetton      | G. McMahon   | Curtin Juniors |
| 2015/16 | M. Noble         | Queens Park    | C. Shelby    | South Perth    |
| 2016/17 | A. Ndakirutimana | South Perth    | E. Shore     | Willetton      |



## Vic Nolan Awards

| Season  | Boys                   | Club         | Girls           | Club         |
|---------|------------------------|--------------|-----------------|--------------|
| 2010/11 | N. Aranda              | Willetton    | C. Peck         | Canning Vale |
| 2011/12 | N. Aranda              | Willetton    | C. Peck         | Canning Vale |
| 2012/13 | J. Jansen van Rensberg | Canning Vale | H. Stubberfield | Riverton     |
| 2013/14 | J. Jansen van Rensberg | Canning Vale | C. Peck         | Canning Vale |
| 2014/15 | J. Jansen van Rensberg | Canning Vale | Teya Saville    | Willetton    |
| 2015/16 | J. Jansen van Rensberg | Canning Vale | Hayley Jones    | South Perth  |
| 2016/17 | B. Dawson              | Willetton    | Hayley Jones    | South Perth  |

## Centre Records

These records **(correct as of 23 April 2017)** have been achieved by Southern Stars athletes at WALA sanctioned meetings (i.e. SDLAC meetings, Zones, State and International events). It is the athlete's responsibility to notify and produce evidence to the Centre's Records and Results Manager if they want a performance recorded other than at Southern Districts recognised as a Centre Record. Records set at All Schools or Athletics WA meetings or at other Centre meets are NOT recognised as Centre records.

| BOYS | GIRLS |
|------|-------|
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## Track Event Records

### Hurdles

| 60 m HURDLES (*Changes to hurdle heights introduced in 2015-2016) |              |      |       |     |      |             |    |       |     |
|---|--------------|------|-------|-----|------|-------------|----|-------|-----|
| U/6*  | T. Warner    | Wil  | 11.72 | `16 | U/6* | A. Roberts  | QP | 13.44 | '17 |
| U/7   | N. Smith     | CV   | 11.68 | '99 | U/7  | C. Peck     | CV | 12.20 | '07 |
| U/7*  | A. Zein      | QP   | 11.20 | '17 | U/7* | G. Okiwelu  | CV | 11.50 | '17 |
| U/8   | B. Santich   | QP   | 10.60 | '00 | U/8  | A. Passauer | CV | 11.02 | '16 |
| U/9   | M. Willett   | Will | 10.00 | '97 | U/9  | C. Shelby   | SP | 10.17 | '16 |
| U/10  | S. Caiulo    | CV   | 10.20 | '02 | U/10 | H. Watt     | SP | 10.60 | '06 |
|   |              |      |       |     |      | P. Schwass  | QP | 10.60 | '06 |
| U/11  | J. Aranda    | Will | 9.30  | '07 | U/11 | P. Schwass  | QP | 9.90  | '07 |
| U/12  | D. Duplock   | CJ   | 9.50  | '06 | U/12 | P. Schwass  | QP | 9.60  | '08 |
| 80 m HURDLES  |              |      |       |     |      |             |    |       |     |
| U/13  | J. Smith     | CV   | 12.20 | '04 | U/13 | N. Henn     | SP | 12.65 | '07 |
|   | D. Duplock   | CJ   |       | '07 |      |             |    |       |     |
|   |              |      |       |     | U/14 | H. Watt     | SP | 12.40 | '10 |
| 90 m HURDLES  |              |      |       |     |      |             |    |       |     |
| U/14  | L. Benedict  | QP   | 12.17 | '16 | U/15 | H. Watt     | SP | 12.11 | '11 |
|   |              |      |       |     | U/16 | N Henn      | CJ | 13.10 | '10 |
|   |              |      |       |     | U/17 | V. McCann   | CV | 17.21 | '99 |
| 100 m HURDLES   |              |      |       |     |      |             |    |       |     |
| U/15  | J. Smith     | CV   | 12.68 | '06 |      |             |    |       |     |
| U/16  | J. Smith     | CV   | 12.30 | '07 |      |             |    |       |     |
| U/17  | R. Ogg       | QP   | 14.56 | '98 | U/17 | C. Keeley   | CJ | 14.50 | '07 |
| 110 m HURDLES   |              |      |       |     |      |             |    |       |     |
| U/17  | T. Throssell | QP   | 14.09 | '13 |      |             |    |       |     |



| BOYS |  |  |  |  | GIRLS |  |  |  |  |
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## Track Event Records (continued)

### Hurdles

| 200 m HURDLES   |                           |     |       |     |      |             |     |       |     |
|---|---------------------------|-----|-------|-----|------|-------------|-----|-------|-----|
| U/13  | J. Santich                | QP  | 26.90 | `02 | U/13 | P. Schwass  | QP  | 28.57 | `08 |
| U/14  | L. Benedict               | QP  | 25.36 | `16 | U/14 | P. Schwass  | QP  | 28.43 | `10 |
| U/15  | J. Smith                  | CV  | 25.00 | `06 | U/15 | C. Keeley   | CJ  | 28.80 | `05 |
| U/16  | J. Smith                  | CV  | 23.90 | `07 | U/16 | C. Keeley   | CJ  | 28.10 | `06 |
| U/17  | T. Throssell              | QP  | 23.97 | `13 | U/17 | C. Keeley   | CJ  | 28.80 | `07 |
| 300 m HURDLES (*New distance introduced in 2016-2017) |                           |     |       |     |      |             |     |       |     |
| U/15  | L. Benedict               | QP  | 41.49 | `16 | U/15 | J. Ojo      | CV  | 53.35 | `17 |
| U/16  | B. Dawson                 | Wil | 40.10 | `16 | U/16 | S. Horner   | Riv | 47.81 | `17 |
| U/17  | MJ Jansen<br>van Rensburg | CV  | 41.72 | `17 | U/17 | E. Kerrison | SP  | 52.26 | `17 |

### Sprints

| Sprints 70 METRES (*New distance introduced in 2016-2017) |                  |     |       |     |      |               |     |       |     |
|---|------------------|-----|-------|-----|------|---------------|-----|-------|-----|
| U/6   | T. Warner        | Wil | 13.49 | `15 | U/6  | B. Jones      | SP  | 12.85 | `13 |
| U/7   | B. Santich       | QP  | 10.98 | `00 | U/7  | C. Kulper     | Riv | 11.65 | `94 |
| U/8   | K. Barr          | CV  | 10.15 | `16 | U/8  | T. Kearns     | CV  | 10.70 | `03 |
| U/9   | S. Lennon        | Riv | 9.80  | `83 | U/9  | E. Mitchell   | SP  | 10.40 | `98 |
| U/10*   | D. Power         | QP  | 10.79 | `16 | U/10 | E. John Jimmi | Wil | 10.21 | `16 |
| 100 METRES  |                  |     |       |     |      |               |     |       |     |
| u/6   | M. Hamdan        | QP  | 18.89 | `16 | U/6  | B. Jones      | SP  | 18.99 | `13 |
| U/7   | B. Santich       | QP  | 15.73 | `00 | U/7  | M. Massoud    | CJ  | 17.02 | `17 |
| U/8   | Z. Holmes        | SP  | 14.80 | `98 | U/8  | C. Cochrane   | SP  | 15.50 | `90 |
|   | N. Smith         | CV  | 14.80 | `01 |      |               |     |       |     |
| U/9   | S. Lennon        | Riv | 14.00 | `83 | U/9  | F. McMahon    | Man | 14.10 | `74 |
| U/10  | I. Okiwelu       | CV  | 13.10 | `15 | U/10 | N. Darwin     | CJ  | 13.99 | `12 |
| U/11  | I. Okiwelu       | CV  | 12.83 | `16 | U/11 | M. Norup      | CJ  | 13.40 | `03 |
| U/12  | I. Okiwelu       | CV  | 12.45 | `16 | U/12 | M. Payne      | Riv | 12.88 | `11 |
| U/13  | J Smith          | CV  | 11.90 | `03 | U/13 | M. Norup      | CV  | 12.43 | `06 |
| U/14  | J. Smith         | CV  | 11.40 | `05 | U/14 | P. Schwass    | QP  | 11.80 | `10 |
| U/15  | J. Smith         | CV  | 10.60 | `06 | U/15 | M. Tsapazi    | Wil | 12.35 | `95 |
| U/16  | J. Smith         | CV  | 10.80 | `06 | U/16 | Y. Zaw        | CJ  | 12.50 | `04 |
| U/17  | T. Hall          | CV  | 11.10 | `02 | U/17 | C. Keeley     | CJ  | 12.20 | `07 |
| 200 METRES  |                  |     |       |     |      |               |     |       |     |
| U/6   | W. Jones         | SP  | 38.40 | `16 | U/6  | B. Jones      | SP  | 40.34 | `14 |
| U/7   | B. Santich       | QP  | 32.98 | `00 | U/7  | T. Baines     | Riv | 35.48 | `91 |
| U/8   | N. Smith         | CV  | 30.90 | `00 | U/8  | S. Abbott     | Wil | 32.60 | `74 |
| U/9   | N. Smith         | CV  | 29.70 | `02 | U/9  | J. Wallace    | Wil | 31.30 | `98 |
| U/10  | S. Lennon        | Riv | 27.90 | `83 | U/10 | N. Darwin     | CJ  | 29.60 | `12 |
| U/11  | I. Okiwelu       | CV  | 25.99 | `16 | U/11 | M. Norup      | CV  | 26.80 | `04 |
| U/12  | I. Okiwelu       | CV  | 25.37 | `17 | U/12 | T. McKeon     | Wil | 26.90 | `87 |
| U/13  | A. Ndakirutimana | SP  | 24.10 | `17 | U/13 | M. Norup      | CV  | 25.50 | `05 |
| U/14  | J. Smith         | CV  | 23.60 | `05 | U/14 | P. Schwass    | QP  | 25.19 | `10 |
| U/15  | A. Oliver        | CV  | 22.50 | `06 | U/15 | P. Keeley     | CJ  | 25.40 | `05 |
| U/16  | A. Oliver        | CV  | 21.90 | `06 | U/16 | P. Keeley     | CJ  | 25.60 | `05 |
| U/17  | C. Morton-Smith  | Riv | 22.38 | `11 | U/17 | P. Keeley     | CJ  | 25.40 | `07 |
| U/17  | T. Throssell     | QP  | 22.38 | `13 |      |               |     |       |     |

| BOYS | GIRLS |
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## Track Event Records (continued)

### Sprints

| 300 METRES                                |                 |     |         |     |      |            |      |         |     |
|---|-----------------|-----|---------|-----|------|------------|------|---------|-----|
| U/6                                       | M. Noble        | QP  | 1.05.56 | `14 | U/6  | B. Jones   | SP   | 1.03.39 | `14 |
| U/7                                       | A. Zein         | QP  | 57.45   | `17 | U/7  | B. Jones   | SP   | 58.39   | `14 |
| U/8                                       | N. Smith        | CV  | 51.9    | `00 | U/8  | T. Kearns  | CV   | 53.8    | `03 |
| 400 METRES                                |                 |     |         |     |      |            |      |         |     |
| U/9                                       | I. Okiwelu      | CV  | 1.11.48 | `13 | U/9  | B. Jones   | SP   | 1.14.69 | `17 |
| U/10                                      | S. Lennon       | Riv | 1.03.8  | `84 | U/10 | F. McMahon | Man  | 1.07.7  | `75 |
| U/11                                      | Z. Holmes       | SP  | 1.00.9  | `01 | U/11 | T. McKeon  | Will | 1.04.1  | `86 |
| U/12                                      | L. Velho        | Co  | 57.0    | `07 | U/12 | F. McMahon | Man  | 1.00.8  | `77 |
| U/13                                      | Z. Holmes       | SP  | 54.3    | `02 | U/13 | F. McMahon | Man  | 59.2    | `78 |
| U/14                                      | B. Dawson       | Wil | 52.88   | `15 | U/14 | M. Booth   | SP   | 58.7    | `14 |
| U/15                                      | K. King         | Riv | 50.2    | `06 | U/15 | A. Doig    | Wil  | 58.7    | `05 |
| U/16                                      | A. Oliver       | CV  | 49.70   | `07 | U/16 | A. Doig    | Will | 58.6    | `07 |
| U/17                                      | C. Morton-Smith | Riv | 49.38   | `11 | U/17 | P. Keeley  | CJ   | 59.2    | `07 |
| 500 METRES (* New event 2015-2016 season) |                 |     |         |     |      |            |      |         |     |
| U/8*                                      | K. Barr         | CV  | 1.43.55 | `15 | U/8* | B. Jones   | SP   | 1.44.55 | `15 |

### Middle Distance

| 800 METRES  |                        |     |         |     |      |                |     |         |     |
|-------------|------------------------|-----|---------|-----|------|----------------|-----|---------|-----|
| U/9         | Z. Holmes              | SP  | 2.30.9  | `99 | U/9  | C. Peck        | CV  | 2.46.10 | `09 |
| U/10        | J. Jansen Van Rensberg |     | 2.27.76 | `12 | U/10 | A. Doig        | Riv | 2.40.21 | `01 |
| U/11        | J. Aranda              | Wil | 2.22.2  | `07 | U/11 | A. Doig        | Riv | 2.31.0  | `02 |
| U/12        | J. Collingridge        | Riv | 2.16.9  | `02 | U/12 | N. Hunt Maasen | Wil | 2.25.7  | `79 |
| U/13        | C. Masten              | Riv | 2.05.8  | `02 | U/13 | N. Hunt Maasen | Wil | 2.19.0  | `80 |
| U/14        | C. Masten              | Riv | 2.02.7  | `03 | U/14 | A. Milne       | Riv | 2.19.9  | `84 |
| U/15        | D. McClennan           | QP  | 1.59.2  | `92 | U/15 | S. Lennon      | Riv | 2.18.6  | `86 |
| U/16        | S. Smith               | QP  | 1.59.8  | `04 | U/16 | A. Doig        | Wil | 2.20.7  | `07 |
| U/17        | MJ Jansen Van Rensberg | CV  | 1.58.94 | `17 | U/17 | E. Nagle       | CJ  | 2.24.07 | `16 |
| 1500 METRES |                        |     |         |     |      |                |     |         |     |
| U/11        | F. Faugno              | Wil | 4.47.4  | `80 | U/11 | A. Doig        | Riv | 5.09.2  | `02 |
| U/12        | J. Collingridge        | Riv | 4.39.12 | `02 | U/12 | N. Hunt Maasen | Wil | 4.54.1  | `79 |
| U/13        | C. Masten              | Riv | 4.26.2  | `02 | U/13 | N. Hunt Maasen | Wil | 4.47.6  | `80 |
| U/14        | C. Masten              | Riv | 4.19.0  | `03 | U/14 | A. Milne       | Riv | 4.46.9  | `84 |
| U/15        | J. Collingridge        | Riv | 4.10.4  | `06 | U/15 | S. Lennon      | Riv | 4.47.0  | `86 |
| U/16        | MJ Jansen Van Rensberg | CV  | 4.16.82 | `15 | U/16 | J. DelPup      | CV  | 5.06.08 | `14 |
| U/17        | MJ Jansen Van Rensberg | CV  | 4.05.58 | `17 | U/17 | S. Rogers      | CJ  | 5.03.9  | `08 |

| BOYS |  |  |  |  | GIRLS |  |  |  |  |
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## Track Event Records (continued)

### Walks

| 700 m WALK  |             |     |         |     |      |             |     |         |     |
|-------------|-------------|-----|---------|-----|------|-------------|-----|---------|-----|
| U/8         | B. Wade     | CV  | 3.55.80 | `03 | U/8  | N. Iredell  | QP  | 3.50.50 | `06 |
| U/9         | S. Bissett  | SP  | 3.21.00 | `89 | U/9  | A. Jacobsen | CV  | 3.27.80 | `03 |
| 1100 m WALK |             |     |         |     |      |             |     |         |     |
| U/10        | D. Mouritz  | Riv | 5.35.80 | `97 | U/10 | N. Iredell  | QP  | 5.43.90 | `06 |
| U/11        | D. McDowell | Riv | 5.16.39 | `97 | U/11 | A. Griffin  | SP  | 5.14.32 | `16 |
| 1500 m WALK |             |     |         |     |      |             |     |         |     |
| U/12        | S. Hollaway | Wil | 7.09.51 | `95 | U/12 | A. Milne    | Riv | 7.14.50 | `82 |
| U/13        | S. Hollaway | Wil | 6.48.49 | `97 | U/13 | S. Cobby    | QP  | 7.02.03 | `99 |
| U/14        | S. Hollaway | Wil | 6.19.00 | `98 | U/14 | N. Cobby    | QP  | 6.49.66 | `99 |
| U/15        | S. Hollaway | Wil | 5.54.20 | `99 | U/15 | E. Christie | Wil | 6.52.20 | `03 |
| U/16        | D. Tingay   | CJ  | 5.54.41 | `15 | U/16 | S. Avery    | Wil | 6.50.80 | `03 |
| U/17        | D. Tingay   | QP  | 5.45.07 | `16 | U/17 | N. Cobby    | QP  | 6.55.80 | `02 |

## Field Event Records

### Jumps

| LONG JUMP   |                  |     |       |     |      |                     |     |       |     |
|-------------|------------------|-----|-------|-----|------|---------------------|-----|-------|-----|
| U/6         | M. Noble         | QP  | 2.97  | `14 | U/6  | B. Jones            | SP  | 2.61  | `14 |
| U/7         | B. Santich       | QP  | 3.58  | `00 | U/7  | T. Hume             | QP  | 3.51  | `89 |
| U/8         | B. Morgan        | Wil | 4.07  | `15 | U/8  | J. Wallace          | Wil | 3.63  | `97 |
| U/9         | L. Young         | Riv | 4.58  | `91 | U/9  | G. McMahon          | CJ  | 3.97  | `14 |
| U/10        | I. Okiwelu       | CV  | 4.82  | `15 | U/10 | P. Raven            | Man | 4.28  | `79 |
| U/11        | I. Okiwelu       | CV  | 4.97  | `15 | U/11 | T. Anderson         | Wil | 4.70  | `88 |
| U/12        | I. Okiwelu       | CV  | 5.45  | `16 | U/12 | M. Field            | Wil | 4.98  | `86 |
| U/13        | S. Ball          | Ran | 5.75  | `10 | U/13 | M. Norup            | CV  | 5.42  | `06 |
| U/14        | A. Vargiolu      | CJ  | 6.33  | `16 | U/14 | J. Kang             | CO  | 5.48  | `07 |
| U/15        | D. Duplock       | CJ  | 6.42  | `09 | U/15 | J. Kang             | SP  | 5.70  | `09 |
| U/16        | M. Gorecki       | Riv | 6.31  | `05 | U/16 | P. Keeley           | CJ  | 5.66  | `06 |
| U/17        | T. Throssell     | QP  | 6.55  | `13 | U/17 | P. Keeley           | CJ  | 5.85  | `06 |
| TRIPLE JUMP |                  |     |       |     |      |                     |     |       |     |
| U/10        | W. Caon          | Wil | 9.77  | `79 | U/10 | E. John Jimmi       | Wil | 9.01  | `17 |
| U/11        | C. Tyrrell       | Riv | 10.33 | `87 | U/11 | C. Cochrane         | SP  | 9.78  | `92 |
| U/12        | W. Caon          | Wil | 11.13 | `82 | U/12 | M. Field            | Wil | 10.64 | `86 |
| U/13        | A. Ndakirutimana | SP  | 11.96 | `17 | U/13 | S. Burton           | SP  | 11.00 | `16 |
| U/14        | L. Webster       | CV  | 12.97 | `09 | U/14 | T. Reynolds-Hopkins | CJ  | 11.73 | `03 |
| U/15        | S. McDonald      | Wil | 12.64 | `09 | U/15 | J. Kang             | SP  | 11.72 | `09 |
| U/16        | J. Galos         | Ran | 13.36 | `17 | U/16 | C. Keeley           | CJ  | 11.43 | `06 |
| U/17        | T. Throssell     | QP  | 13.55 | `13 | U/17 | C. Keeley           | CJ  | 11.29 | `07 |

| BOYS | GIRLS |
|------|-------|
|------|-------|

## Field Event Records (continued)

### Jumps

| HIGH JUMP (*High Jump Scissor for U8 and Fosbury for U11 Introduced in 2015-2016 Season) |               |     |      |     |      |             |     |      |     |
|--|---------------|-----|------|-----|------|-------------|-----|------|-----|
| U/8*   | M. Noble      | SP  | 1.09 | `16 | U/8* | A. Passauer | CV  | 1.03 | `16 |
| U/9  | J. Sanjurjo   | QP  | 1.18 | `12 | U/9  | S. Burton   | SP  | 1.19 | `12 |
| U/10   | D. Millington | Riv | 1.30 | `06 | U/10 | P. Schwass  | QP  | 1.34 | `06 |
| U/11   | D. Millington | Riv | 1.40 | `06 | U/11 | P. Schwass  | QP  | 1.37 | `06 |
|  |               |     |      |     | U/11 | S. Burton   | SP  | 1.37 | `14 |
| U/11*  | I. Okiwelu    | CV  | 1.33 | `16 | U11* | E. Schabort | SP  | 1.26 | `16 |
| U/12   | R. McCann     | CV  | 1.58 | `97 | U/12 | S. Burton   | SP  | 1.60 | `15 |
| U/13   | L. Parker     | SP  | 1.69 | `14 | U/13 | S. Burton   | SP  | 1.65 | `15 |
| U/14   | L. Parker     | SP  | 1.85 | `15 | U/14 | P. Schwass  | QP  | 1.70 | `10 |
| U/15   | L. Parker     | SP  | 1.91 | `16 | U/15 | C. Bruce    | CV  | 1.67 | `08 |
| U/16   | L. Parker     | SP  | 2.00 | `17 | U/16 | A. Doig     | Wil | 1.70 | `06 |
| U/17   | T. Brennan    | Riv | 2.00 | `07 | U/17 | J. Pivac    | Wil | 1.70 | `15 |

### Throws

| DISCUS |             |     |       |     |      |             |     |       |     |
|--------|-------------|-----|-------|-----|------|-------------|-----|-------|-----|
| U/6    | M. Noble    | QP  | 16.37 | `15 | U/6  | P. Heafield | SP  | 8.60  | `16 |
| U/7    | S. Caiulo   | CV  | 18.42 | `99 | U/7  | J. Sillis   | CV  | 17.62 | `03 |
| U/8    | S. Caiulo   | CV  | 23.64 | `00 | U/8  | T. Hume     | QP  | 17.70 | `91 |
| U/9    | M. Eldon    | Riv | 29.06 | `75 | U/9  | T. Hume     | QP  | 24.42 | `92 |
| U/10   | A. Balfour  | SP  | 34.23 | `15 | U/10 | R. Hume     | QP  | 33.80 | `86 |
| U/11   | D. Collis   | SP  | 29.64 | `92 | U/11 | R. Hume     | QP  | 33.62 | `87 |
| U/12   | C. Marshall | QP  | 37.26 | `86 | U/12 | R. Hume     | QP  | 40.70 | `88 |
| U/13   | W. Wiringi  | QP  | 36.62 | `09 | U/13 | R. Hume     | QP  | 43.82 | `89 |
| U/14   | C. Marshall | QP  | 46.34 | `88 | U/14 | R. Hume     | QP  | 38.86 | `90 |
| U/15   | C. Marshall | QP  | 53.38 | `89 | U/15 | J. Siviour  | Ran | 38.03 | `14 |
| U/16   | B. Dawson   | Wil | 53.59 | `17 | U/16 | J. Siviour  | Ran | 40.92 | `15 |
| U/17   | C. Heinze   | CJ  | 49.68 | `08 | U/17 | J. Siviour  | Ran | 42.12 | `16 |

| BOYS  |                     |     |       |     | GIRLS |              |     |       |     |
|---|---------------------|-----|-------|-----|-------|--------------|-----|-------|-----|
| Field Event Records (continued)   |                     |     |       |     |       |              |     |       |     |
| Throws  |                     |     |       |     |       |              |     |       |     |
| JAVELIN (*New weights introduced Girls 12/13, Boys 15/16; Vortex U6/7 introduced 15/16) |                     |     |       |     |       |              |     |       |     |
| U/6*  | M. Noble            | QP  | 13.69 | `14 | U/6*  | E. Payne     | Wil | 8.91  | `15 |
| U/6   | W. Jones            | SP  | 20.63 | `15 | U/6   | A. Roberts   | QP  | 10.85 | `17 |
| U/7*  | M. Noble            | QP  | 27.19 | `15 | U/7*  | E. Payne     | Wil | 12.29 | `15 |
| U/7   | C. Warner           | Wil | 19.86 | `10 | U/7   | G. McMahon   | CJ  | 13.26 | `13 |
| U/8   | C. Warner           | Wil | 25.51 | `12 | U/8   | J. McKenzie  | CV  | 16.08 | `01 |
| U/9   | C. Warner           | Wil | 29.12 | `13 | U/9   | C. Peck      | CV  | 21.05 | `09 |
| U/10  | C. Indrisie         | Wil | 35.54 | `93 | U/10  | R. Hume      | QP  | 26.52 | `86 |
| U/11  | M. Willett          | Wil | 36.88 | `99 | U/11  | A. Spencer   | CJ  | 30.17 | `02 |
| U/12  | D. Howard           | Ran | 42.64 | `07 | U/12  | R. Hume      | QP  | 35.48 | `88 |
| U/13  | S. Ball             | Ran | 41.86 | `10 | U/13  | T. Saville   | Wil | 37.38 | `16 |
| U/14  | D. Howard           | CJ  | 55.80 | `09 | U/14* | T. Saville   | Wil | 46.25 | `17 |
| U/15  | D. Williamson       | Wil | 62.53 | `07 | U/14  | R. Hume      | QP  | 38.10 | `90 |
| U/15*   | C. McPartland       | Riv | 51.13 | `16 | U/15  | R. Hume      | QP  | 42.98 | `91 |
| U/16  | D. Howard           | CJ  | 64.38 | `11 | U/15* | C. Peck      | CV  | 36.98 | `15 |
| U/17  | S. Denham           | QP  | 49.13 | `01 | U16   | V. Stasyszyn | CJ  | 35.71 | `05 |
|   |                     |     |       |     | U/16* | M. Howard    | CJ  | 34.45 | `12 |
|   |                     |     |       |     | U/17  | M. Decker    | Wil | 35.94 | `08 |
|   |                     |     |       |     | U/17* | M. Howard    | CJ  | 37.82 | `14 |
| SHOT PUT (*New weights introduced for Girls Season 2012/13; Boys 2015-2016)             |                     |     |       |     |       |              |     |       |     |
| U/6   | J. Sanjurjo         | QP  | 5.62  | `16 | U/6   | A. Csontos   | SP  | 4.02  | `15 |
| U/7   | S. Caiulo           | CV  | 7.68  | `98 | U/7   | D. Mazzini   | CV  | 6.42  | `99 |
| U/8   | G. Grant            | QP  | 7.90  | `96 | U/8   | J. Sillis    | CV  | 6.55  | `04 |
| U/9   | C. Marshall         | QP  | 8.70  | `82 | U/9   | J. Wallace   | Wil | 8.18  | `98 |
| U/10  | C. Marshall         | QP  | 10.11 | `83 | U/10  | R. Hume      | QP  | 10.22 | `86 |
| U/11  | L. Musulin          | Wil | 11.60 | `96 | U/11  | R. Hume      | QP  | 12.41 | `87 |
| U/12  | C. Marshall         | QP  | 12.01 | `86 | U/12  | R. Hume      | QP  | 14.47 | `88 |
| U/13  | M. Rebello          | CV  | 12.94 | `07 | U/13  | R. Hume      | QP  | 12.43 | `89 |
| U/14  | M. Van de Klashorst | CJ  | 12.80 | `02 | U/14  | R. Hume      | QP  | 12.77 | `90 |
|   |                     |     |       |     | U/15  | R. Hume      | QP  | 13.07 | `91 |
| U/14*   | B. Robinson         | CJ  | 13.37 | `14 | U/16  | J. Siviour   | Ran | 13.94 | `15 |
| U/15  | C. Marshall         | QP  | 16.10 | `89 | U/17  | P. Keeley    | CJ  | 10.23 | `06 |
| U/16  | C. Heinze           | CJ  | 16.25 | `07 | U/17* | J. Siviour   | Ran | 14.00 | `16 |
| U/17  | C. Heinze           | CJ  | 14.86 | `08 |       |              |     |       |     |

## Allsopp (Bill & Betty) Twilight Inter-Centre Relay Records

| Boys 4 x 100 m |                    |         |     | Girls 4 x 100 m |                    |         |     |
|----------------|--------------------|---------|-----|-----------------|--------------------|---------|-----|
| U8             | Southern Districts | 1.03.70 | '98 | U8              | Melville Roar      | 1.06.82 | '09 |
| U9             | Southern Stars     | 1.00.11 | '09 | U9              | Perry Lakes        | 1.01.16 | '99 |
| U10            | Kingsway           | 56.30   | '02 | U10             | Melville Roar      | 57.89   | '12 |
| U11            | Kingsway           | 55.16   | '00 | U11             | Melville           | 56.53   | '00 |
| U12            | Kingsway           | 53.04   | '04 | U12             | Melville Roar      | 54.40   | '10 |
| U13            | Melville           | 49.66   | '97 | U13             | Rockingham         | 52.45   | '11 |
| U14            | Southern Districts | 47.35   | '16 | U14             | Southern Stars     | 51.20   | '09 |
| U15            | Kingsway           | 45.77   | '99 | U15             | Kingsway           | 50.76   | '03 |
| U16/17         | Hamersley          | 45.40   | '06 | U16/17          | Melville Roar      | 48.07   | '16 |
| Boys 4 x 200 m |                    |         |     | Girls 4 x 200 m |                    |         |     |
| U8             | Southern Districts | 2.17.89 | '00 | U8              | Hamersley          | 2.25.82 | '03 |
| U9             | Hamersley          | 2.10.34 | '02 | U9              | Southern Districts | 2.13.89 | '15 |
| U10            | Kingsway           | 2.00.85 | '02 | U10             | Melville Roar      | 2.06.37 | '12 |
| Boys 4 x 400 m |                    |         |     | Girls 4 x 400 m |                    |         |     |
| U11            | Kingsway           | 4.32.80 | '15 | U11             | Melville           | 4.33.78 | '00 |
| U12            | Kingsway           | 4.17.30 | '94 | U12             | Melville           | 4.24.30 | '06 |
| U13            | Melville Roar      | 4.03.15 | '12 | U13             | Melville           | 4.14.42 | '01 |
| U14            | Perry Lakes        | 3.48.58 | '97 | U14             | Kingsway           | 3.59.01 | '01 |
| U15            | Kingsway           | 3.39.38 | '99 | U15             | Rockingham         | 4.10.85 | '10 |
| U16/17         | Kingsway           | 3.32.67 | '05 | U16/17          | Melville           | 4.10.18 | '16 |
|                |                    |         |     |                 |                    |         |     |

## Registrations

Summarised below are the number of registered athletes per season.

| SEASON  | Total | Season    | TOTAL |
|---------|-------|-----------|-------|
| 1991/92 | 260   | 2004/05   | 332   |
| 1992/93 | 240   | 2005/06   | 368   |
| 1993/94 | 264   | 2006/07   | 484   |
| 1994/95 | 263   | 2007/08   | 476   |
| 1995/96 | 260   | 2008/09   | 516   |
| 1996/97 | 345   | 2009/10   | 496   |
| 1997/98 | 344   | 2010/11   | 452   |
| 1998/99 | 353   | 2011/12   | 430   |
| 1999/00 | 349   | 2012/13   | 474   |
| 2000/01 | 399   | 2013/14   | 434   |
| 2001/02 | 370   | 2014/15   | 435   |
| 2002/03 | 380   | 2015/2016 | 420   |
| 2003/04 | 323   | 2016/2017 | 436   |
|         |       |           |       |

## SDLAC Trophy Winners 2016 - 2017 Summer Competition

### Under 6 Boys

|                        |                   |               |
|------------------------|-------------------|---------------|
| Champion Track & Field | Ethan York        | (Ranford)     |
| Runner Up Field        | Phoenix Ishlguchi | (Queens Park) |
| Runner up Track        | Carter Barnes     | (South Perth) |
| Most Improved          | Yousef Shahin     | (Willetton)   |
|                        | James Wong        | (Willetton)   |

### Under 6 Girls

|                         |                   |                |
|-------------------------|-------------------|----------------|
| Champion Track & Field  | Asialeigh Roberts | (Queens Park)  |
| Runner Up Track & Field | Harriet Mellor    | (Canning Vale) |
| Most Improved           | Ella Williams     | (Ranford)      |

### Under 7 Boys

|                             |                      |                |
|-----------------------------|----------------------|----------------|
| Champion Track              | Alim Zein            | (Queens Park)  |
| Champion Field & R/up Track | Will Jones           | (South Perth)  |
| Runner up Field             | Isala Philips-Tairea | (Canning Vale) |
| Most Improved               | Gideon Taye          | (Queens Park)  |

### Under 7 Girls

|                 |                        |                |
|-----------------|------------------------|----------------|
| Champion Track  | Ginika Jubilee Okiwelu | (Canning Vale) |
| Champion Field  | Pippa Heafield         | (South Perth)  |
| Runner up Track | Laila O'Connor         | (Ranford)      |
| Runner up Field | Jessica Hutchins       | (Queens Park)  |
| Most Improved   | Yara Dawood            | (Ranford)      |

### Under 8 Boys

|                             |               |               |
|-----------------------------|---------------|---------------|
| Champion Track & R/up Field | Connor Shelby | (South Perth) |
| Champion Field & R/up Track | Max Noble     | (South Perth) |
| Most Improved               | Alfie Heron   | (Willetton)   |

### Under 8 Girls

|                         |                     |                |
|-------------------------|---------------------|----------------|
| Champion Track          | Sharni Wimalasinghe | (Canning Vale) |
| Champion Field          | Elarni Geary-Leofo  | (Queens Park)  |
| Runner up Track & Field | Jayda Barnes        | (South Perth)  |
| Most Improved           | Taylah Gates        | (Canning Vale) |

### Under 9 Boys

|                        |                  |                |
|------------------------|------------------|----------------|
| Champion Track & Field | Koby Barr        | (Canning Vale) |
| Runner up Track        | Stephen Grubber  | (Canning Vale) |
| Runner up Field        | Jesse Eric Swart | (Ranford)      |
| Most Improved          | Michael Huang    | (Queens Park)  |

### Under 9 Girls

|                         |                  |                |
|-------------------------|------------------|----------------|
| Champion Track          | Brianna Jones    | (South Perth)  |
| Champion Field          | Amy Passauer     | (Canning Vale) |
| Runner up Track & Field | Lauren Kelly     | (Ranford)      |
| Most Improved           | Mackenzie Bell   | (Riverton)     |
|                         | Samiah Ricciardi | (Queens Park)  |

**Under 10 Boys**

|                             |              |                  |
|-----------------------------|--------------|------------------|
| Champion Track              | Jye Sanjurjo | (Queens Park)    |
| Runner Up Track             | Declan Power | (Queens Park)    |
| Champion Field              | Aston Archer | (Curtin Juniors) |
| Champion Track & R/up Field | Ryan Cilia   | (Willetton)      |
| Most Improved               | Beau Troy    | (Canning Vale)   |

**Under 10 Girls**

|                             |                   |                |
|-----------------------------|-------------------|----------------|
| Champion Field              | Evelyn John Jimmi | (Willetton)    |
| Champion Track & R/up Field | Elysse Shore      | (Willetton)    |
| Runner up Track             | Emily Page        | (Ranford)      |
| Most Improved               | Chinonso Okiwelu  | (Canning Vale) |

**Under 11 Boys**

|                             |                 |               |
|-----------------------------|-----------------|---------------|
| Champion Track              | Kade Frost      | (Queens Park) |
| Runner up Field             | Jacob Calabrese | (Ranford)     |
| Champion Field & R/up Track | Sav Noble       | (South Perth) |
| Most Improved               | Cooper Hopkins  | (Queens Park) |

**Under 11 Girls**

|                             |                |               |
|-----------------------------|----------------|---------------|
| Champion Track & R/up Field | Scarlet Barnes | (South Perth) |
| Champion Field & R/up Track | Sophia Millar  | (South Perth) |
| Most Improved               | Amber Richards | (South Perth) |

**Under 12 Boys**

|                        |                       |                |
|------------------------|-----------------------|----------------|
| Champion Track & Field | Ifeanyichukwu Okiwelu | (Canning Vale) |
| Runner up Track        | Brady Turner          | (South Perth)  |
| Runner up Field        | Janindu Liyanage      | (Willetton)    |
| Most Improved          | Ryan Wong             | (Willetton)    |

**Under 12 Girls**

|                             |                     |               |
|-----------------------------|---------------------|---------------|
| Champion Track & R/up Field | Grace Beaglehole    | (South Perth) |
| Champion Field              | Ella Schabert       | (South Perth) |
| Runner up Track             | Hayley Jones        | (South Perth) |
| Most Improved               | Tharushi Gunatilaka | (Willetton)   |

**Under 13 Boys**

|                        |                    |                |
|------------------------|--------------------|----------------|
| Champion Track & Field | Amos Ndakirutimana | (South Perth)  |
| Runner up Track        | Jennis Joy         | (Willetton)    |
| Runner up Field        | Thomas Stubbs      | (South Perth)  |
| Most Improved          | Tyron Maloney      | (Canning Vale) |

**Under 13 Girls**

|                        |                  |                |
|------------------------|------------------|----------------|
| Champion Track & Field | Tori Moss        | (Riverton)     |
| Runner up Track        | Lara Passauer    | (Canning Vale) |
| Runner up Field        | Sophie Calabrese | (Ranford)      |
| Most Improved          | Jade Patching    | (Ranford)      |



**Under 14 Boys**

|                    |                       |                  |
|--------------------|-----------------------|------------------|
| Champion Track     | Clayton Frost         | (Queens Park)    |
| Champion Field     | Jack Evans            | (Riverton)       |
| R/up Track & Field | Antoine Vargiolu      | (Curtin Juniors) |
| Most Improved      | Odaro Purpose Osaghae | (Canning Vale)   |

**Under 14 Girls**

|                        |                  |               |
|------------------------|------------------|---------------|
| Champion Track & Field | Teya Saville     | (Willetton)   |
| Runner up Track        | Eliza Griffin    | (South Perth) |
| Runner up Field        | Carinna Schabort | (South Perth) |
| Most Improved          | Carly Pizzuto    | (Riverton)    |

**Under 15 Boys**

|                 |                          |                  |
|-----------------|--------------------------|------------------|
| Champion Track  | Jaco Jansen van Rensburg | (Canning Vale)   |
| Runner up Track | Lachlan Galvez           | (Curtin Juniors) |
| Champion Field  | Ben Rowlands             | (Riverton)       |
| Runner up Field | Aiden Ogg                | (South Perth)    |
| Most Improved   | Tiger Ross               | (Ranford)        |

**Under 15 Girls**

|                        |                  |               |
|------------------------|------------------|---------------|
| Champion Track & Field | Abbey Cilia      | (Willetton)   |
| Runner up Track        | Lara McDonald    | (South Perth) |
| Runner up Field        | Ruby Wallace     | (South Perth) |
| Most Improved          | Jenny-Rose Shore | (Willetton)   |

**Under 16 Boys**

|                 |               |                  |
|-----------------|---------------|------------------|
| Champion Track  | Bailey Dawson | (Willetton)      |
| Runner up Track | Joshua Galos  | (Ranford)        |
| Champion Field  | Luke Parker   | (South Perth)    |
| Runner up Field | Isaac Cable   | (Curtin Juniors) |
| Most Improved   | Dion Carle    | (South Perth)    |

**Under 16 Girls**

|                        |               |               |
|------------------------|---------------|---------------|
| Champion Track & Field | Sophie Horner | (Riverton)    |
| R/up Track & Field     | Eve Miller    | (Riverton)    |
| Most Improved          | Lauren Archer | (South Perth) |
|                        | Kadijah Brown | (Queens Park) |

**Under 17 Boys**

|                             |                        |                |
|-----------------------------|------------------------|----------------|
| Champion Track & R/up Field | MJ Jansen van Rensburg | (Canning Vale) |
| Champion Field & R/up Track | Alexander Maude        | (South Perth)  |

**Under 17 Girls**

|                        |               |               |
|------------------------|---------------|---------------|
| Champion Track & Field | Emma Kerrison | (South Perth) |
|------------------------|---------------|---------------|

## **SDLAC Trophy Winners 2017 Winter Competition – Cross Country**

### **Overall Champion Boy**

Christian Perkis

### **Overall Champion Girl**

Jayda Barnes

### **1000m Boys**

Champion: Alistair McQueen

Runner-up: Alex Langford

### **1000m Girls**

Champion: Taylah Gates

Runner-up: Sharni Wimalasinghe

### **1500m Boys**

Champion: Ryan Cilia

Runner-up: Blake Peckham

### **1500m Girls**

Champion: Taylah York

Runner-up: Lauren Kelly

### **2000m Boys**

Champion: Declan Somers

Runner-Up: Jayden Moss

### **2000m Girls**

Champion: Scarlett Barnes

Runner-up: Grace Beaglehole

### **3000m Boys**

Champion: Jaco Jansen Van Rensburg

Runner-up: MJ Jansen Van Rensburg

### **3000m Girls**

Champion: Tori Moss

Runner-up: Abbey Cilia

## **SDLAC Trophy Winners 2017 Winter Competition – Road Walking**

### **Overall Champion Boys**

Champion Ryan Cilia

1<sup>st</sup> Runner Up Jayden Williams

2<sup>nd</sup> Runner Up Trent Siviour

### **Overall Champion Girls**

Champion Alexandra Griffin

1<sup>st</sup> Runner Up Amber Richards

2<sup>nd</sup> Runner Up Grace Beaglehole

## **TOM LENANE 2017 Winter Champions**

**Winter Champion Girl** Alexandra Griffin

**Winter Champion Boy** Ryan Cilia

## **SDLAC State Championship Medallists 2017 Winter Competition**

### **Cross Country**

#### **Gold**

U16 Girls - 3000m Isla Hannan

U15 Boys - 3000m Jaco Jansen van Rensburg

U17 Boys 3000m MJ Jansen van Rensburg

#### **Silver**

U8 Girls - 1000m Jayda Barnes

#### **Bronze**

U15 Girls - 3000m Abbey Cilia

U17 Girls - 3000m Tanisha Cayley

### **Road Walking**

#### **Gold**

U12 Girls - 2000m Alexandra Griffin

#### **Bronze**

U10 Boys – 1500m: Ryan Cilia

## **SDLAC State Championship Medallists – 17/3/2017-19/3/2017, Summer Competition**

### **Gold**

|           |              |                        |
|-----------|--------------|------------------------|
| U9 Boys   | 70m          | Koby Barr              |
| U9 Boys   | 60m Hurdles  | Koby Barr              |
| U12 Girls | 1500m Walk   | Alexandra Griffin      |
| U12 Girls | Shot Put     | Kavya Ranaweera        |
| U12 Boys  | 60m Hurdles  | Ifeanyichukwu Okiwelu  |
| U12 Boys  | 100m         | Ifeanyichukwu Okiwelu  |
| U12 Boys  | 200m         | Ifeanyichukwu Okiwelu  |
| U12 Boys  | 400m         | Ifeanyichukwu Okiwelu  |
| U12 Boys  | Long Jump    | Ifeanyichukwu Okiwelu  |
| U13 Boys  | 100m         | Amos Ndakirutimana     |
| U13 Boys  | 80m Hurdles  | Amos Ndakirutimana     |
| U13 Boys  | 200m         | Amos Ndakirutimana     |
| U13 Boys  | Long Jump    | Amos Ndakirutimana     |
| U14 Girls | 100m         | Abby Parker            |
| U14 Girls | Javelin      | Teya Saville           |
| U14Boys   | 90m Hurdles  | Antoine Vargiolu       |
| U14 Boys  | 200m Hurdles | Antoine Vargiolu       |
| U15 Boys  | 100m Hurdles | Lubin Benedict         |
| U16Boys   | 400m         | Bailey Dawson          |
| U16 Boys  | Triple Jump  | Joshua Galos           |
| U16 Boys  | Javelin      | Luke Parker            |
| U17 Boys  | 800m         | MJ Jansen van Rensburg |
| U17 Boys  | 1500m        | MJ Jansen van Rensburg |

### **Silver**

|           |              |                    |
|-----------|--------------|--------------------|
| U10 Girls | 70m          | Evelyn John Jimmi  |
| U12 Girls | 800m         | Hayley Jones       |
| U12 Girls | 60m Hurdles  | Ella Schabort      |
| U12 Girls | Discus       | Kavya Ranaweera    |
| U12 Girls | High Jump    | Ella Schabort      |
| U13 Girls | Long Jump    | Zeta Stevens       |
| U13 Boys  | Triple Jump  | Amos Ndakirutimana |
| U14 Girls | Shotput      | Brooke Horner      |
| U14 Girls | 200m         | Abby Parker        |
| U14 Girls | Triple Jump  | Abby Parker        |
| U14 Girls | 1500m        | Eliza Griffin      |
| U14 Boys  | 100m         | Antoine Vargiolu   |
| U14 Boys  | 90 Hurdles   | Blake Pritchard    |
| U15 Boys  | 300m Hurdles | Bailey Dawson      |
| U16 Boys  | High Jump    | Luke Parker        |
| U16 Boys  | Long Jump    | Luke Parker        |
| U16 Boys  | Shot Put     | Luke Parker        |
| U17 Boys  | 1500m        | Alexander Maude    |

## **SDLAC State Championship Medallists – 17/3/2017-19/3/2017, Summer Competition**

### **Bronze**

|           |              |                    |
|-----------|--------------|--------------------|
| U9 Girls  | 800m         | Brianna Jones      |
| U9 Girls  | High Jump    | Amy Passauer       |
| U10 Girls | 800m         | Emily Page         |
| U10 Girls | Long Jump    | Evelyn John Jimmi  |
| U11 Girls | 800m         | Sophia Millar      |
| U12 Girls | Triple Jump  | Ella Schabort      |
| U12 Girls | Long Jump    | Ella Schabort      |
| U13 Girls | 80m Hurdles  | Tori Moss          |
| U13 Boys  | Triple Jump  | Elphan John Jimmi  |
| U13 Boys  | Discus       | Amos Ndakirutimana |
| U14 Girls | 400m         | Eliza Griffin      |
| U14 Girls | 800m         | Eliza Griffin      |
| U14 Girls | 1500m        | Gemma Brooks       |
| U14 Girls | Long Jump    | Abby Parker        |
| U14 Boys  | Long Jump    | Antoine Vargiolu   |
| U15 Girls | 100m         | Nicole Darwin      |
| U15 Girls | 200m         | Nicole Darwin      |
| U15 Girls | Shot Put     | Nicole Darwin      |
| U15 Girls | High Jump    | Jemimah Ojo        |
| U16 Girls | 300m Hurdles | Sophie Horner      |
| U16 Boys  | Discus       | Luke Parker        |
| U16 Boys  | Triple Jump  | Luke Parker        |

## **State Relay Championship Medallists – 11/12/2016**

### **Gold**

|           |          |
|-----------|----------|
| U13 Boys  | 4 x 100m |
| U14 Boys  | 4 x 100m |
| U13 Boys  | 4 x 400m |
| U12 Girls | Field    |
| U13 Girls | Field    |
| U14 Girls | Field    |

### **Silver**

|           |          |
|-----------|----------|
| U15 Boys  | 4 x 100m |
| U14 Girls | 4 x 400m |
| U15 Boys  | 4 x 400m |

### **Bronze**

|           |          |
|-----------|----------|
| U14 Girls | 4 x 100m |
| U10 Girls | 4 x 200m |
| U14 Boys  | 4 x 400m |
| U13 Boys  | Field    |
| U17 Boys  | Field    |

## **SDLAC Athletes in ALAC State Team (Sydney) – 22-23/4/2017**

U13 Boys      Amos Ndakirutimana    100m (**Bronze**)  
200m (**Bronze**)  
4 x 100m Relay (4<sup>th</sup>)  
Triple Jump (**Silver**)

## **SDLAC Athletes in 2016/17 - International Competition (Malaysia)**

Brooke Horner (U14 Girls)      Discus Throw – 5<sup>th</sup>  
Javelin Throw - **Silver**  
Shot Put - **Bronze**  
4x400m Relay - Bronze

Abby Parker (U14 Girls)      200m - **Silver**  
Long Jump – 4<sup>th</sup>  
Triple Jump - **Bronze**  
100m – **Bronze**  
4x400m Relay – **Bronze**  
4x100m Relay - **Bronze**

Antoine Vargiolu (U14 Boys)      200mHurdles  
Long Jump – 7<sup>th</sup>  
100m – 4<sup>th</sup>  
100m Hurdles - **Silver**  
4x100m Relay – **Silver**  
4x400m Relay - **Bronze**

## **State Multi Event – 5/2/2017**

|           |                     |                             |
|-----------|---------------------|-----------------------------|
| U13 Girls | Tori Moss (Riv)     | <b>Bronze</b> (2495) Points |
| U14 Girls | Teya Saville (Wil)  | <b>Bronze</b> (3651) Points |
| U16 Girls | Hollie Weston (Riv) | <b>Silver</b> (3990) Points |
| U16 Boys  | Bailey Dawson (Wil) | <b>Gold</b> (4489) Points   |
| U16 Boys  | Luke Parker (SP)    | <b>Silver</b> (4450) Points |

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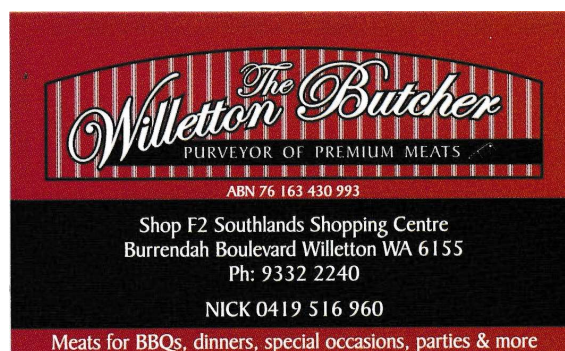
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