



2019 - 2020

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

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Proudly supported by..... 54

2019/20 Little Athletics Partners 54

Chairperson's Address

Welcome everyone to the 2019/20 little athletics season as part of the Southern Districts Little Athletic Centre and affiliated little athletics clubs.

While our athletics numbers were down last season, as were most centres across WA and the other states, this did not impact the quality of competition and the success of our athletes at the various state and national competitions. SDLAC earned the Stuart Dunne Award for the best performing Metropolitan Centre at the 2018/2019 State Championships. We had 78 SDLAC athletes compete achieving 58 medals in total. With Tori Moss, Jordan-Blaze Lightbourn and Josh Jones leading the pack each receiving 4 medals.

Congratulations goes to both Tori and Jordan-Blaze (JB) with them winning the female and male WA Little Athlete of the year award respectively. To have one athlete achieve this at your Centre is a great achievement, to take out both State awards is a fantastic acknowledgment of the level of competition that SDLAC provides, the training and support of the athlete's respective clubs and trainers and the capabilities and drive of both JB and Tori.

SDLAC were represented at the 2018/19 ALAC competition held in Hobart, all athletes competed to their best returning some great personal results.

SDLAC sent a 7-athlete contingent to the Kuantan and Kuala Lumpur Little Athletics competition as part of the 55 athlete LAWA International squad. Congratulations to Tori Moss, Cameron Scott, Jordan-Blaze Lightbourn, Tyron Maloney, Grace Beaglehole, Jade Patching and Kavya Ranaweera. Between them they returned with 6 gold medals, 4 silver medals and 6 bronze medals. Oh, and Tori Moss picked up Best Athlete Girls u15 for competition. Fantastic achievement to all of our athletes.

To our Winter athletes, another great season and some great achievements. Well done to you all and a huge effort by Graham and Sonia and all that helped in running such a successful Winters competition.

This season we have moved from our old five week program to a three week program. The three week program means that each athlete will complete each event once over the three week period. It also means that competition finishes earlier so not such a long day for the athletes, parents and family members that come down to watch the events. Due to timing constraints imposed by LAWA and the City of Canning we have had to reschedule our regular season from the normal 15 week to a 12 week season with our centre championships on top of that and then on to zones and states. The committee will look at whether there is a possibility to revise the post season schedule once we have had a chance to see how the new three week program progresses.

I would like to thank those parents who volunteer whether on site at the weekly competition, at committee level, for both their local club and the centre. Without your time and effort there would be no competition for our athletes. In particular I would like to thank those parents who have worked on the SDLAC committee for the past season. A lot of preparation and work is done behind the scenes in order to hold our competition. A big thank you to those people who have stepped up onto the centre committee this season, great to have you all on board.

To all our returning and new athletes I hope you enjoy your competition during the season, and I look forward to seeing you achieve to your capabilities and most of all enjoy yourself.

Cheers
Brad Scott
SDLAC Chairperson

Competition Dates

Day	Date	Time	Venue	Event
Sat	12/10/19	7.30am	Ern Clark Athletic Centre	Programme 1
Sat	19/10/19	7.30am	Ern Clark Athletic Centre	Programme 2
Sat	26/10/19	7.30am	Ern Clark Athletic Centre	Programme 3 <i>(State Relay nominations closes 27/10/19)</i>
Sat	02/11/19	7.30am	Ern Clark Athletic Centre	Programme 1 <i>(State Relay squads selected)</i>
Sat	09/11/19	NO COMPETITION		
Sat	16/11/19	7.30am	Ern Clark Athletic Centre	Programme 2 <i>(Final run off for State Relay)</i>
SUN	17/11/19	TBA	Ern Clark Athletic Centre	Junior Athletics Carnival (ages U6 to U8)
Sat	23/11/19	7.30am	Ern Clark Athletic Centre	Programme 3
Sat	30/11/19	7.30am	Ern Clark Athletic Centre	Programme 1
Tues	03/12/19	5.00pm	Ern Clark Athletic Centre	Bill & Betty Relay Event
FRI-SUN	6-8/12/19	TBA	WA Athletics Stadium	Australian All School Championships
Sat	07/12/19	7.30am	Ern Clark Athletic Centre	Programme 2
Sat	07/12/19	12.00pm	Ern Clark Athletic Centre	Relay Training, Photo & BBQ
MON	9/12/19	TBA	WA Athletics Stadium	National Nitro Schools Challenge Final
SAT	14/12/19	TBA	WA Athletics Stadium	State Relay Championships
Sun	15/12/19	12.00pm	Ern Clark Athletic Centre	Programme 3
** CHRISTMAS BREAK **				
Sat	11/01/20	4.00pm	Ern Clark Athletic Centre	Programme 1 <i>(Twilight Event)</i>
Sat	18/01/20	4.00pm	Ern Clark Athletic Centre	Programme 2 <i>(Twilight Event)</i>
FRI	24/01/20	5.00pm	Ern Clark Athletic Centre	Programme 3 <i>(Twilight Event)</i>
FRI-SUN	24-26/01/20	TBA	Margaret River	Country Championships
Sat	01/02/20	7.30am	Ern Clark Athletic Centre	SDLAC Championships Day 1 *
Sun	02/02/20	7.30am	Ern Clark Athletic Centre	SDLAC Championships Day 2 *
Sat	T.B.C.	TBA	Ern Clark Athletic Centre	End of Season Centre Windup
SAT	08/02/20	TBA	WA Athletics Stadium	State Multi Championships (U14-U17 only)
SUN	09/02/20	TBA	WA Athletics Stadium	State Multi Championships (U11-U17)
SAT	15/02/20	TBA	Venue TBA	Zone Finals
SUN	16/02/20	TBA	Venue TBA	Zone Finals
FRI	13/03/20	TBA	WA Athletics Stadium	State Championships
SAT	14/03/20	TBA	WA Athletics Stadium	State Championships
SUN	15/03/20	TBA	WA Athletics Stadium	State Championships

* Centre Championships are run using a two day program

Club Duty Roster – 2019/2020

Date / Programme	Canteen	Results	Timing Set up	Timing Put Away	Equipt. Assist
Sat 12 Oct 2019 – 7:30am - Programme 1	Q/Park	Ran	Riv	S/Perth	C/Vale
Sat 19 Oct 2019 – 7:30am - Programme 2	Will	C/Vale	S/Perth	Ran	Q/Park
Sat 26 Oct 2019 – 7:30am - Programme 3	Riv	Will	C/Vale	Q/Park	S/Perth
Sat 2 Nov 2019 – 7:30am - Programme 1	Ran	S/Perth	Q/Park	C/Vale	Riv
Sat 16 Nov 2019 - 7:30am – Programme 2	C/Vale	Riv	Will	S/Perth	Ran
Sat 23 Nov 2019 - 7:30am - Programme 3	Q/Park	Ran	Riv	Will	S/Perth
Sat 30 Nov 2019 - 7:30am - Programme 1	Will	Q/Park	S/Perth	Riv	C/Vale
Sat 7 Dec 2019 - 7:30am - Programme 2	Ran	Will	C/Vale	Q/Park	Riv
SUN 15 Dec 2019 – 12.00pm – Programme 3	C/Vale	S/Perth	Q/Park	Ran	Will
* * CHRISTMAS BREAK * *					
Sat 11 Jan 2020 – 4.00pm Programme 1 TWILIGHT	C/Vale	Will	Q/Park	S/Perth	Ran
Sat 18 Jan 2020 – 4.00pm - Programme 2 TWILIGHT	Ran	Riv	Will	C/Vale	Q/Park
FRI 24 Jan 2020 – 5:00pm - Programme 3 TWILIGHT	Q/Park	S/Perth	Ran	Will	Riv
Sat 1 Feb 2020 – 7:30am – Championships Day 1	Will	Ran	S/Perth	Riv	C/Vale
SUN 2 Feb 2020 - 7:30am – Championships Day 2	Riv	C/Vale	Ran	Q/Park	S/Perth

Results One person from each Club is to assist in the results office for the competition day.

Timing Setup Three people required to setup end of track timing gates, tent and computer, one person to remain on the computer for first half of competition.

Timing P/Away Changeover of computer operator for second half of competition and then a further two people to assist with packing up the timing gates, tent and computer, returning back to the equipment shed.

Equipt Asst. Start at 6.45am to assist removing equipment out of the Equipment area to the fence line for KO's and site helpers to retrieve their own sites equipment. Then to return at end of the programme to assist pack away the equipment back into the equipment area.

Spectator Hill Seating Order

Locations are rotated by one position each year. 2019/20 allocation starting closest to the change rooms' end of the spectators grass hill are as follows:-

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

Executive Committee

CHAIRPERSON

Brad Scott
chairperson@sdlac.org.au

SECRETARY

Simone Barnes
secretary@sdlac.org.au

TREASURER

Jannet Patching
treasurer@sdlac.org.au

REGISTRAR

Louisa Mikaere
registrar@sdlac.org.au

RESULTS MANAGER

Vanessa Monard
results@sdlac.org.au

CHAMPIONSHIPS OFFICER

Acushla Fearn
champs_officer@sdlac.org.au

UNIFORM MANAGER

Graham Griffin
uniforms@sdlac.org.au

ARENA MANAGER

Sonia Tingay
arena_manager@sdlac.org.au

DELEGATES to ASSOCIATION MEETINGS

Brad Scott
Sonia Tingay

DEPUTY CHAIRPERSON

Simone Barnes
secretary@sdlac.org.au

PUBLICITY & WEB MANAGER

Sonia Tingay
publicity@sdlac.org.au
webmaster@sdlac.org.au

EQUIPMENT MANAGER

Justin Page
equipment@sdlac.org.au

WINTER MANAGER

Graham Griffin
winter_runs@sdlac.org.au

RECORDS MANAGER

Vanessa Monard
records@sdlac.org.au

SPONSORSHIP & EVENTS MANAGER

Michael Andrews
events@sdlac.org.au

OFFICIALS & DEVELOPMENT MANAGER COACHING COORDINATOR

T.B.A.
officials@sdlac.org.au
coaching@sdlac.org.au

MEMBER PROTECTION INFO OFFICER

Michael Andrews

Club Details and Contacts

<p>CANNING VALE</p> <p><u>Uniform Colours</u> Top - Aqua Blue and White with Aqua trim Bottom - Navy Blue</p> <p><u>Contact</u> Amy Andrews Mob: 0433 996 671 Nichole Wimalasinghe Mob: 0402 270 486 cvcomets@gmail.com</p>	<p>QUEENS PARK</p> <p><u>Uniform Colours</u> Top - Gold and Navy with Navy trim Bottom - Navy Blue</p> <p><u>Contact</u> Tim Hopkins Mob: 0447 749 111 queens_park@sdlac.org.au</p>
<p>RANFORD</p> <p><u>Uniform Colours</u> Top - Red and Navy with Navy trim Bottom - Navy Blue</p> <p><u>Contact</u> Ann-Maree Moffat Mob: 0439 933 321 RanfordLAC@gmail.com www.ranfordathleticsclub.com.au</p>	<p>RIVERTON</p> <p><u>Uniform Colours</u> Top - Green and White with Green trim Bottom - Navy Blue</p> <p><u>Contact</u> Tavia Moss Mobile: 0408 297 932 rlacmanager@gmail.com riverton@sdlac.org.au</p>
<p>SOUTH PERTH</p> <p><u>Uniform Colours</u> Top – White and Navy with White trim Bottom – Navy Blue</p> <p><u>Contact</u> Rowan Jones Mobile: 0412 533 755 South_perth@sdlac.org.au www.southperthlittleathletics.com.au</p>	<p>WILLETTON</p> <p><u>Uniform Colours</u> Top – Navy Blue with Black trim Bottom - Navy Blue</p> <p><u>Contact</u> Sonia Tingay Mobile: 0425 795 123 willettonlac@bigpond.com</p>
<p>SOUTHERN STARS (District)</p> <p><u>Uniform Colours</u> Top – White with Navy stars with Red star trail Bottom – Navy Blue</p> <p><u>Contact</u> Brad Scott Mobile: 0417 951 445 chairperson@sdlac.org.au</p> <p>Simone Barnes Mobile: 0417 960 922 secretary@sdlac.org.au</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. and Finance Director, Competition and 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

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

Centres

The Centre is the body who organise and conduct the weekly competitions for all athletes. SDLAC has an Executive Committee, who are elected at the Centre's Annual General Meeting, (held on an agreed date within 4 months after 31st March (as per Constitution)). With the exception of the AGM, meetings of the Executive Committee are to be on the 1st Tuesday of each month. Two delegates from each affiliated Club are invited to attend each general meeting.

For more information, please see the Centre Constitution.

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.

For more information, please see the Centre Constitution.

Personal Accident Insurance and 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 competitions. 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 may have the appropriate forms you are required to fill out. These forms are also available on the LAWA 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 categories of five (5) and seventeen (17). To assist with the registration process, the table below shows competition age groups based on year of birth.

2019/2020 Season – Age Groupings

Age	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Year	2014	2013	2012	2011	2010	2009	2008	2007	2006	2005	2004	2003

For further details on Registrations:

<https://walittleathletics.com.au/how-to-register-2/>

Code of Conduct – The Top 5

Visiting athletes, coaches and officials are also asked to respect our Code of Conduct.

This is an extract from the full policy

Little Athletes

- Participate in Little Athletics for the 'fun of it' and not just to please parents and coaches.
- Compete according to the rules, any form of cheating is unacceptable.
- Any approach to an official should be in a courteous manner. Never argue with an Official.
- Be a good sport. Acknowledge all good results, whether they be by your Centre/Club, or the other Centre/Club.
- Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.

Parents

- Encourage children to participate if they are interested. However, if a child is not willing do not force him or her. Children are involved in Little Athletics for their enjoyment, not yours.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Encourage athletes always to participate according to the rules.
- Recognise the value and importance of coaches and officials of whom the vast majority are volunteers.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, officials give their time and effort for your child's involvement.

Officials

- Officiate according to the rules and where subjective judgement is necessary decide on the basis of what is fair to all athletes.
- Be consistent, objective and courteous in calling all infractions.
- Commend honest effort not just performance excellence and condemn unsporting behaviour and promote respect for all opponents.
- Co-operate with other officials to discourage improper conduct by spectators.
- Make a personal commitment to keep yourself informed of sound officiating principles and rule changes.

Coaches

- Be reasonable in your demands on athletes' time, energy and enthusiasm.
- Teach athletes the rules of the sport are mutual agreements which no one should evade or break.
- Avoid over-coaching the better performing athletes, all athletes deserve and need equal time.
- Remember children participate for fun and enjoyment and winning is only part of their motivation. Never ridicule or yell at children for making mistakes or losing an event.
- Ensure equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.

Spectators

- Keep to designated spectator areas and do not encroach on the arena or competition sites.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performances regardless of the event outcome.

- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the athletes to do likewise.
- Condemn the use of violence, bad language and verbal abuse in any form, be it by spectators, coaches, officials or athletes.
- **Demonstrate appropriate social behaviour by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.**

The full LAWA Code of Conduct can be found here –
<https://walittleathletics.com.au/resources/policies/>

Safeguarding and Child Protection

Little Athletics WA is committed to supporting their Member Centres and Clubs to provide child safe environments for all Members within the Little Athletics programs. As a program solely for participation by members under the age of 18-years-old, Little Athletics WA has a strong mandate to ensure its Safeguarding and Child Protection strategies are adhered to, for the support and protection of all involved from athlete and parents, to committee, members, coaches and other volunteers.

SDLAC is committed to following the *National Principles for Child Safe Organisations*

1. Child safety and wellbeing is embedded in organisational leadership, governance and culture.
2. Children and young people are informed about their rights, participate in decisions affecting them and are taken seriously.
3. Families and communities are informed and involved in promoting child safety and wellbeing.
4. Equity is upheld and diverse needs respected in policy and practice.
5. People working with children and young people are suitable and supported to reflect child safety and wellbeing values in practice.
6. Processes to respond to complaints and concerns are child focused.
7. Staff and volunteers are equipped with the knowledge, skills and awareness to keep children and young people safe through ongoing education and training.
8. Physical and online environments promote safety and wellbeing while minimising the opportunity for children and young people to be harmed.
9. Implementation of the national child safe principles is regularly reviewed and improved.
10. Policies and procedures document how the organisation is safe for children and young people.

Where and as required, Centre and Club Committee members, volunteers, coaches and officials must supply proof of a Working with Children Check or National Police Clearance. These are kept on a register and reviewed annually.

Member Protection Information Officer (MPIO)

MPIOs are the first point of call for inquiries, complaints or concerns about harassment, abuse or discrimination in an organisation or club. They provide information about a person's rights, responsibilities and options when managing an issue or complaint, and provide advice about the Member Protection Policy of a sport.

Each club is encouraged to have an MPIO for club queries and concerns. SDLAC also has an MPIO for centre related concerns.

Should you wish to speak with the Centre's MPIO, please email mpio@sdlac.org.au

For more information, or to view other Little Athletics policies, visit www.walittleathletics.com.au

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 footwear) 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.**



Plain navy blue shorts may be worn however they must finish above the knee. No coloured stitching or large logos are allowed.

7. 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.
8. Logos no larger than a matchbox are permitted on garments.
9. **Shoes** are compulsory for all age groups in all events run by the Centre and LAWA.
10. 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://littleathletics.com.au/Portals/25/LAA%20Standard%20Rules%20June%202018-2.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.

11. **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

12. 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

13. All athletes will remain in their own age groups and genders as registered.
14. 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.
15. All protests must be lodged by the Club Manager in writing, accompanied by a fee of \$50, 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.
16. 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.
17. 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

18. 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.
19. 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

20. The walks (700m, 1100m and 1500m) and runs (300m, 500m and 1500m) all start from an appropriate start line, and lanes will not be used. Any athlete who cuts in too sharply or causes interference to others may be disqualified. **Note** The 300m runs are Centre Events only.
21. On completion of a lane-event, athletes must stay in the lane allocated to them and face the judges. When instructed, they then report to the end of track recorder.
22. 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. All walking races will include a cut off time that is equal to the minimum time required to qualify for 1 point as at the start of the season. At this time the event shall be considered complete and athletes not yet finished will be asked to leave the track.

Field Events

23. 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

24. 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.
25. For insurance purposes, ALL Officials MUST sign the official's register at the Announcers Desk, prior to attending sites or at the sites, whichever is applicable for that site.
26. Programmed events can be amended or cancelled, due to unforeseeable circumstances.

Other Regulations

27. Pre-requisite to qualify for centre Championships:
Athletes qualify for an event at Centre Championships by competing in THAT event in the current season, at least three (3) times prior to the weekend of the Centre Championships, regardless of whether they have successfully completed THAT event or not. This applies to all age groups competing at SDLAC. Athletes may qualify for as many events at Centre Championships as their respective age group allows. **Please note the Executive Committee may vote to amend this regulation for all age groups.**

These regulations are to be read in conjunction with LAWA's Rules for Competition and SDLAC By-Laws.

Points System

SDLAC 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 SDLAC 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 distance than the Centre Record.

An example is the U8 Boys 100m 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 *e.g.* 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

The SDLAC Committee allocate out duties to the various clubs on a season by season basis. At a high level this takes the following into account:

- 1) Number of athletes registered to each club
- 2) History of site allocations for duty for each club
- 3) Level of difficulty of the duties associated with each site.

The site duty allocations are undertaken to ensure the effective running of the centre while also ensuring that the allocations are done in a fair and equitable fashion to the clubs.



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, SDLAC has 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.



No Smoking Policy

Athletics understands the harmful affects of smoking on health, fitness and performance in sport, and as a result has adopted the following Policy:

Athletes/Participants are reminded that smoking adversely affects performances and are prohibited from smoking at all whilst engaged in Little Athletics activities.

Premises and competition areas should be declared smoke free zones - smoking permitted only where a special smoking area is designated.

Coaches and Officials are reminded of their responsibilities as role models particularly with juniors, and are asked to refrain from smoking whilst associated with our sport.

Spectators are reminded smoking is inappropriate behaviour in a sporting environment and are asked to respect our Smoking Policy.

Bill & Betty State Relay Event
DATE: Tuesday 3rd December 2019
VENUE: ERN CLARK ATHLETICS CENTRE

In preparation for the State Track and Field Relay event being held on the 14th December, 2019 SDLAC will host the Bill and Betty Track Relay Event at Ern Clarke Athletics Centre. SDLAC track teams will be competing against track relay teams from other Centres. ***For Bill & Betty State Relay Events, each race is a straight final.*** No individual/team medals will be presented however 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.***

TRACK RELAY RULES

- U8 to U15,U16/U17 combined - One team per age per gender per centre can be nominated to compete.
- Competitors must compete only in their age group, unless a Centre has less than five (5) registered competitors available in any age group. If this occurs, Centres can promote a competitor from the age group immediately below. This competitor may then only compete in that age group competition.

- Relay races 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

A protest fee of \$50.00 will apply to all Centre protests and should be made to the Arena Manager, via the Announcer, within 5 minutes of the completed race.

- ***Centre uniforms to be worn (Age tags and registration numbers not required)***

Rules for Spikes TBC. Please check with Championships Officer or LAWA website.

SDLAC (State Relay/Field Teams) - Training, Photo and BBQ Day
DATE: Saturday 7th December 2019 (after that days centre competition)
VENUE: ERN CLARK ATHLETICS CENTRE

In preparation for the State Track and Field Relay event being held on the 14th December, 2019, SDLAC will host track and field relay training at Ern Clarke Athletics Centre. SDLAC track relay teams will conduct practice races against other age groups and genders. Field sites will also be open and available for training. Track and field team photos will be taken, and SDLAC will host a BBQ for team members and coaches. All team members and coaches are highly encouraged to attend and participate in this event in preparation for the State Relay event.

- ***Centre uniforms to be worn (Age tags, Coles and registration numbers not required)***

West Australian Little Athletics Event Details

State Track (Relays) and Field Championships

DATE: Saturday 14th December 2019

VENUE: WA ATHLETICS STADIUM

Uniform

Athletes are required to wear full SDLAC uniform
(Coles logo, registration numbers and age tag included)

Announcement of Squads and Teams

To be eligible for consideration to be included in a track or field relay team, all interested athletes must register their interest to their Club Manager and fill in their preferences on the Club Nomination Form (available via Club Manager) by 5pm on the 27th **October**. No late nominations will be accepted.

Any athlete can nominate for track team only, field team only or nominate for consideration to be included in either the track or field team. *Any athlete chosen for a track relay team cannot also be a member of a field relay team.*

Track Relay Training Squads will be announced after the 4th week of Saturday Centre competition. Run offs under the Centre's controlled conditions can occur until the 5th week of competition to allow an athlete who failed to obtain a time in the first four weeks to do so and thereafter the Relay Teams will be finalised.

Field Field relay teams will be announced after the 6th 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 finalisation 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 5th 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.

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 (U/11-U/17 only), 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.

***Medals will be presented to the 1st, 2nd & 3rd placed teams in each race
(Only presented to the 4 competing athletes, not the reserve) This is for LAWA State Events only.***

State Combined Event Championships (Multis)

DATE: Saturday 8th & Sunday 9th February 2020

VENUE: WA ATHLETICS STADIUM

GENERAL INFORMATION

Selection

There will be unlimited entries from each Centre, but only the top five points tally will be taken into account for the overall trophy.

The competition is open to the U11 to U17 age groups.

Under 11 - Under 13: 5 Events

Under 14 - 17: 7 Events

Entry

When available, LAWA will open nominations via the family login to Resultshq.

Further information will also be available via LAWA e-newsletters sent to members.

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

Nomination Deadline: To Be Confirmed

Uniform

Athletes are required to wear full SDLAC uniform

(Coles logo, registration numbers and age tag included)

COMPETITION (Qualifications)

Refer to: <http://www.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: Saturday 15th and Sunday 16th February 2020

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 Resultshq.

Further information will also be available via LAWA e-newsletters sent to members.

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

SELECTION

Please see Championships Officer or LAWA Website for confirmation of details regarding this event.

U6 - **unable to compete**

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

U9 to U15 - competing for selection into States

U16 and 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 SDLAC uniform (Coles logo, registration numbers and age tag included)

GENERAL

Athletes, subject to change from LAWA, may nominate for:-

U7 to U9 4 events maximum (\$10 Entry Fee per Event, payable on nomination/Results HQ)

U10 to U12 5 events maximum (\$10 Entry Fee per Event, payable on nomination/Results HQ)

U13 to U15 6 events maximum (\$10 Entry Fee per Event, payable on nomination/Results HQ)

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) MAY BE
WITHDRAWN FROM THE MEET**

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

For Metro Centres

The State Track and 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 and 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 program timetable for the Heats and Quarter Finals (Zones) to the Semi-finals and Finals (States).*

State Track & Field Championships

DATE: Friday 13th March, Saturday 14th & Sunday 15th March 2020

VENUE: WA ATHLETICS STADIUM

ENTRY

Athletes who qualify through Zones go on to compete against the qualifiers from the other Zones and Country Centres. (Must nominate via Results HQ and fees applicable of \$10 per event or as otherwise set by LAWA). Further information will also be available via LAWA e-newsletters sent to members.

SELECTION

U9 to U17 qualifying athletes

UNIFORM

Athletes are required to wear full SDLAC uniform
(Coles logo, registration numbers and age tag included)

GENERAL

Competitors in the U14 and 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) MAY BE WITHDRAWN FROM THE MEET

THE CENTRE EXECUTIVE COMMITTEE RESERVES THE RIGHT NOT TO NOMINATE THE ATHLETE/S IN FUTURE LAWA 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 and 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 Program, which will be available on the LAWA website prior to the start of the winter season.

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

At the conclusion of the season, SDLAC awards Cross Country trophies to the Overall Champion Boy and Girl, as well as the Champion Boy and Girl and Runner- up across two age group categories – 7-10 years and 11-17 years. Encouragement awards are also presented to one boy and one girl. At the conclusion of the Walks season, trophies are presented to the Overall Champion Boy and Girl. One Encouragement award is presented to a boy or girl.

These trophies are awarded based on points accrued excluding the State finals.

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 websites or by contacting the Winter Officer.

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 Program 2020 (available prior to the commencement of the winter season on the LAWA website).

Life Members

Mrs Pat Lewis	Mr John Bissett	Mrs Fay Leggatt
Mr Bob Fisher (<i>Dec.</i>)	Mrs Dolores Bissett	Mrs Kay Bailey
Mrs Maureen Green	Mr Bill Allsopp (<i>Dec.</i>)	Mr Peter Fordham
Mrs Ronys Horn	Mrs Betty Allsopp	Mrs Virginia Barnett
Mrs Bernice Preston	Mr Tony Hutchings (<i>Dec.</i>)	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	

Honorary Life Members

Mr Peter Ryan (dec.)	Mr Vic Nolan (posthumous)
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Southern Districts Patron

Mrs Betty Allsopp

Programme 1

BOYS

	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
1	70m	70m								
2			100m	100m	100m		100m	100m	100m	100m
3						200m				
4							400m	400m	400m	400m
5		300m		800m	800m	800m				
6							1500mW	1500mW	1500mW	1500mW
7			Shot Put		Shot Put	Shot Put				
8		Discus					Discus	Discus		
9	Vortex			Turbo Jav					Jave lin	Jave lin
10	Long Jump		Long Jump		Long Jump	Long Jump	Triple Jump			
11				High Jump				High Jump	High Jump	High Jump

GIRLS

	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
1	70m	70m								
2			100m	100m	100m		100m	100m	100m	100m
3						200m				
4							400m	400m	400m	400m
5		300m		800m	800m	800m				
6							1500mW	1500mW	1500mW	1500mW
7			Shot Put				Shot Put	Shot Put		
8		Discus			Discus	Discus				Discus
9	Vortex			Turbo Jav					Jave lin	
10	Long Jump		Long Jump		Triple Jump		Long Jump	Long Jump		Triple Jump
11				High Jump					High Jump	

Programme 2

BOYS

	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
1	60mH	60mH	60mH	60mH	60mH	80mH	80mH	80mH	90mH	100mH/110mH
2		200m		200m				200m	200m	200m
3					400m					
4			500m			1500m	1500m	1500m	1500m	1500m
5		Shot Put							Shot Put	Shot Put
6	Discus			Discus						
7			Turbo Jav		Turbo Jav	Javelin	Javelin	Jave lin		
8	Long jump			Long jump				Triple Jump	Long jump	Long jump
9					High Jump	High Jump	High Jump			

GIRLS

	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
1	60mH	60mH	60mH	60mH	60mH	80mH	80mH	80mH	80mH	90mH/100mH
2		200m		200m				200m	200m	200m
3					400m					
4			500m			1500m	1500m	1500m	1500m	1500m
5		Shot Put			Shot Put	Shot Put				
6	Discus			Discus			Discus	Discus	Discus	
7			Turbo Jav							Jave lin
8	Long jump			Long jump	Long jump	Long jump	Triple Jump	Triple Jump	Triple Jump	
9										High Jump

Programme 3

BOYS

	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
1	70m	70m	70m	70m	70m					
2	100m	100m				100m				
3			200m		200m		200m	200mH	200mH	300mH
4				400m		400m				
5							800m	800m	800m	800m
6				700mW	1100mW	1100mW				
7	Shot Put			Shot Put			Shot Put	Shot Put		
8			Discus		Discus	Discus			Discus	Discus
9		Vortex								
10		Long Jump				Triple Jump	Long Jump	Long Jump	Triple Jump	Triple Jump
11			High Jump							

GIRLS

	U/6	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U15/17
1	70m	70m	70m	70m	70m					
2	100m	100m				100m				
3			200m				200m	200mH	200mH	300mH
4				400m		400m				
5							800m	800m	800m	800m
6				700mW	1100mW	1100mW				
7	Shot Put			Shot Put					Shot Put	Shot Put
8			Discus							
9		Vortex			Turbo Jav	Javelin	Javelin	Javelin		
10		Long Jump							Long Jump	Long Jump
11			High Jump		High Jump	High Jump	High Jump	High Jump		

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	80mH	80mH	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	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	80mH	80mH	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	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.



EQUIP SHED	CANTEEN	TOILETS	OFFICE
	MEETING ROOM	CHANGE ROOMS	

SPECTATOR BANK

Technical Specifications

LAWA Events and Equipment Specification Summary 2019 - 20 By Age

<https://walittleathletics.com.au/wp-content/uploads/sites/9/2019/08/LAWA-Event-and-Equipment-Specification-Tables-2019-2020-Final.pdf>

	OPTIONAL AGE GROUPS						COMPULSORY AGE GROUPS														OPTIONAL AGE GROUPS			
	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
70m			✓	✓	✓	✓	✓	✓	✓	✓														
100m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	*4 300	*4 300	*4 300	*4 300	*4 500	*4 500	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hurdles (m)	*1	*1	*2	*2	60	60	60	60	60	60	80	80	80	80	80	80	80	90	90	100	90	100	100	110
Long Hurdles (m)															200	200	200	200	300	300	300	300	300	300
Walk (m)					700	700	700	700	1100	1100	1100	1100	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
Long Jump (m)	1	1	1	1	1	1	0.5	0.5	0.5	0.5	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Triple Jump (m)											0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
High Jump Start Height					*3	*3	*3 0.95	*3 1.00	*3 1.00	*3 1.05	1.05	1.10	1.15	1.20	1.20	1.25	1.25	1.30	1.30	1.35	1.35	1.40	1.40	1.45
Shot Put (kg)	1	1	1	1	1.5	1.5	2	2	2	2	2	2	2	2	3	3	3	3	3	4	3	4	3	5
Discus (g)	350	350	350	350	500	500	500	500	500	500	500	500	750	750	750	750	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1.5kg
Turbo Jav (g)	Vortex	Vortex	Vortex	Vortex	300	300	300	300	300	300														
Javelin (g)											400	400	400	400	400	600	400	600	500	700	500	700	500	700
Relay 4 x 100m					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*5	*5	*5	*5
Relay 4 x 200m					✓	✓	✓	✓	✓	✓														
Relay 4 x 400m											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*5	*5	*5	*5

- *1 60m mini hurdles, max height 200mm
- *2 60m mini hurdles, max height 300mm
- *3 Scissor style onto scissor mats only (150mm-300mm High)
- *4 Pack start for U6 & U7 300m, and U8 500m
- *5 Events conducted as a combined age group
- Events may not be conducted at any level of competition
- Centres may offer these events but they will not be conducted at State Events

- U6 sprints Up to and including 100m
- U7-U8 sprints Up to and including 200m
- U7-U8 Athletes may progress to Zones (State Heats and Quarter Finals)
- U9-U15 Athletes may progress to Zones (State Heats and Quarter Finals) and subsequently qualify for State Championships
- U16-U17 Athletes may nominate directly to State Championships

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
- 3 U13-U17 Athletes may wear spike shoes for:
 - all track events except walks
 - long jump, triple jump, high jump and javelin

Hurdle Specifications by age (Chapter 6, Table 2)

<http://www.walittleathletics.com.au/Portals/49/Competition/LAWA%20Event%20and%20Equipment%20Specification%20Tables%202018%20-%202019%20-%20FINAL.pdf>

HURDLE SPECIFICATIONS																								
Short Hurdles	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
Distance (m)	60	60	60	60	60	60	60	60	60	60	80	80	80	80	80	80	80	90	90	100	90	100	100	110
Height (cm)	20	20	30	30	45	45	45	45	60	60	60	60	68	68	76	76	76	76	76	76	76	76	76	76
Lead In (m)	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	13	13	13	13	13	13	13.72
Spacing (m)	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	8	8	8.5	8	8.5	8.5	9.14
Lead Out (m)	13	13	13	13	13	13	13	13	13	13	12	12	12	12	12	12	12	13	13	10.5	13	10.5	10.5	14.02
No. of Flights	6	6	6	6	6	6	6	6	6	6	9	9	9	9	9	9	9	9	9	10	9	10	10	10

Hurdles Colour Code		
60m	Brown	
80m	Black	
90m	White	
100m	Yellow	
110m	Red	
200m	Green	
300m	Green	

Long Hurdles	U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B
Distance (m)	200	200	200	200	300	300	300	300	300	300
Height (cm)	68	68	76	76	76	76	76	76	76	76
Lead In (m)	20	20	20	20	50	50	50	50	50	50
Spacing (m)	35	35	35	35	35	35	35	35	35	35
Lead Out (m)	40	40	40	40	40	40	40	40	40	40
No. of Flights	5	5	5	5	7	7	7	7	7	7

Note: Hurdles must be transitioned to the collapsible type by 1 September 2019

*Please note – U11 & U12 athletes will change from 60m Hurdles to 80m Hurdles from 1 September 2019

Chapter 6, Table 3 – Jump Event Specifications

<http://www.walittleathletics.com.au/Portals/49/Competition/LAWA%20Event%20and%20Equipment%20Specification%20Tables%202018%20-%202019%20-%20FINAL.pdf>

HIGH JUMP MAT SPECIFICATIONS			
Minimum Mat Dimensions	Height	Width	Depth
U9 - U10: Scissor technique onto scissor mats only	150mm - 300mm	5m	3m
U11 - U17: Legal jump technique onto flop mats	Minimum 500mm	5m	3m

Note: Existing mat heights between 400mm and 500mm are to be phased out.

From 2019/2020 the minimum height for flop mats of all competition levels will be 500mm

HIGH JUMP START HEIGHTS

1. Start heights indicated are used for State Competition.
2. U8 may do Scissor technique onto scissor mats at Centre level competition, at the discretion of the Centre.

HIGH JUMP BAR INCREMENTS

1. Bar rises in 5cm increments until there are six (6) or fewer competitors remaining and by increments of 2cm thereafter until only one competitor remains.
2. When only one athlete remains, that athlete may choose the increments.

HORIZONTAL JUMPS TAKE-OFF MAT / BOARD

1. U6 - U8: 1.0m x 1.22m mat
2. U9 - U10: 0.5m x 1.22m mat
3. U11 - U17: 0.2m x 1.22m mat or board sunk level with the runway, or painted on to the runway.

TRIPLE JUMP TAKE-OFF MAT / BOARD

1. Take off area shall be in whole metre increments from the edge of the pit, commencing from 4m.

Chapter 6, Table 4 – Throw Equipment Specifications

<http://www.walittleathletics.com.au/Portals/49/Competition/LAWA%20Event%20and%20Equipment%20Specification%20Tables%202018%20-%202019%20-%20FINAL.pdf>

The shot shall be made from solid metal and conform to these specifications:

SHOT PUT SPECIFICATIONS			
Weight	Colour		Diameter Tolerance
1kg	Blue		76 - 86 mm
1.5kg	Yellow		76 - 86 mm
2kg	Orange		76 - 90 mm
3kg	White		85 - 110 mm
4kg	Red		95 - 110 mm
5kg	Green		100 - 120 mm

Weight Tolerance + 0.025kg



DISCUS SPECIFICATIONS				
Weight	Diameter Tolerance	Thickness at Centre	Flat	Radius
350g	Not specified	Not Specified	Not Specified	Not Specified
500g	130 - 136 mm	22 - 27 mm	n/a	5 mm
750g	154 - 156 mm	26 - 30 mm	n/a	5 mm
1kg	180 - 182 mm	37 - 39 mm	50 - 57 mm	6 mm
1.5kg	200 - 202 mm	38 - 40 mm	50 - 57 mm	6 mm

Weight Tolerance + 0.025kg

JAVELIN SPECIFICATIONS		
Weight	Overall Length	Length from metal tip to Centre of Gravity
400g	1.85m - 1.95m	750mm - 800mm
500g	2.00m - 2.10m	780mm - 880mm
600g	2.20m - 2.30m	800mm - 920mm
700g	2.30m - 2.40m	860mm - 1000mm

Weight Tolerance + 0.025kg

The shot shall be made from solid metal and conform to these specifications:

SHOT PUT SPECIFICATIONS			
Weight	Colour		Diameter Tolerance
1kg	Blue		76 - 86 mm
1.5kg	Yellow		76 - 86 mm
2kg	Orange		76 - 90 mm
3kg	White		85 - 110 mm
4kg	Red		95 - 110 mm
5kg	Green		100 - 120 mm

Weight Tolerance + 0.025kg

DISCUS SPECIFICATIONS				
Weight	Diameter Tolerance	Thickness at Centre	Flat	Radius
350g	Not specified	Not Specified	Not Specified	Not Specified
500g	130 - 136 mm	22 - 27 mm	n/a	5 mm
750g	154 - 156 mm	26 - 30 mm	n/a	5 mm
1kg	180 - 182 mm	37 - 39 mm	50 - 57 mm	6 mm
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600g	2.20m - 2.30m	800mm - 920mm
700g	2.30m - 2.40m	860mm - 1000mm

Weight Tolerance + 0.025kg

Trophies Presented By Southern Districts LAC

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 800m and 1500m 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 within SDLAC.

AGE GROUP CHAMPION – CROSS COUNTRY

Awarded to the male and female athletes in each age group category with the highest cumulative points (excluding overall champions). Runners-Up 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.

METHOD OF POINTS CALCULATION

Points are earned based on a percentage relative to the fastest time for that event, for that age group on that day. Results are then accumulated for the best four performances over the season. Four events as chosen (this is the LAWA State Final qualification requirement).

Southern Districts Club Trophy Winners

BENNETT SHIELD (Overall)	LEWIS TROPHY (Girls)	HUTCHINGS TROPHY (Boys)
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
2017/18 – South Perth	2017/18 – South Perth	2017/18 – South Perth
2018/19 – South Perth	2018/19 – South Perth	2018/19 – South Perth

Southern Districts Club Trophy Winners *(continued)*

AUSTRALIA DAY TROPHY (Club Handicap)	LIFE MEMBERS TROPHY (Club Consistency)	ALLSOPP ENDEAVOUR AWARD
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
2017/18 – Canning Vale	2017/18 – Canning Vale	2015/16 – Lauren Archer - SP
		2015/16 – Jayden Moss – Riv
		2016/17 – Jenny-Rose Shore –Wil Pieter Jacobsz – Ran
		2017/18 – Ashley Siviour – Ran Heath Scott QP
2018/19 – South Perth	2018/19 – Ranford	2018/19 – Klara Barr – CV Bailey Scott - QP

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 3rd – 5th 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
2017/18	A. Ndakirutimana	South Perth	M. Davies	South Perth
2018/19	Austin Conick	Canning Vale	Mia Leinasars	Queens Park

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
2017/18	K. Frost	Queens Park	Emily Page	Ranford
2018/19	Oliver Perkis	South Perth	Alexandra Griffin	South Perth

Centre Records

Centre records (correct as of 1ST October 2019) that have been achieved by Southern Districts athletes at LAWA 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).*

All 'Current' Records can be located on the SDLAC website, via the following link:
<http://sdlac.org.au/results/centre-records/>

For ALL Records; Current and Historical (historical being events where there has been a weight/distance etc change), can be located by looking via your personal login on Results HQ. Details as follows:

<https://resultshq.com.au/Login/>

Enter your personal email address (the one you provided for Registration)

Enter your club password

Login

This will show you your registered athlete/s and their results

Select 'Records' tab

Bill & Betty Allsopp 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	Melville	3.36.61	'18	U15	Rockingham	4.10.85	'10
U16/17	Kingsway	3.32.67	'05	U16/17	Southern Districts	4.08.91	'18

Registrations

Summarised below are the number of registered athletes per season.

SEASON	Total	Season	TOTAL
1991/92	260	2005/06	368
1992/93	240	2006/07	484
1993/94	264	2007/08	476
1994/95	263	2008/09	516
1995/96	260	2009/10	496
1996/97	345	2010/11	452
1997/98	344	2011/12	430
1998/99	353	2012/13	474
1999/00	349	2013/14	434
2000/01	399	2014/15	435
2001/02	370	2015/16	420
2002/03	380	2016/17	436
2003/04	323	2017/18	377
2004/05	332	2018/19	345

SDLAC Trophy Winners 2018 - 2019 Summer Competition

6 Girls	Champion Track and Field	Kaylee Sanders	Queens Park
	Runner Up Track and Field	Layla Ishiguchi	Queens Park
	Most Improved	Eloise Somers	Ranford
6 Boys	Champion Track and Field	Carter Philips-Tairea	Canning Vale
	Runner Up Track and Field	Ruari Day	South Perth
	Most Improved	Oliver Whiting	South Perth
7 Girls	Champion Field	Emily Pink	South Perth
	Runner Up Field	Anastasia Radford	Riverton
	Champion Track	Alaina Page	Ranford
	Runner Up Track	Jenelia Moodelly	Queens Park
	Most Improved	Lucy Openshaw	Queens Park
7 Boys	Champion Track and Field	Austin Conick	Canning Vale
	Runner Up Field	Dylan Gregg	South Perth
	Runner Up Track	Rory McDermott	Canning Vale
	Most Improved	Lorenzo Oakes	Riverton
8 Girls	Champion Field and Runner Up Track	Chidma Chukwu-Ike	Canning Vale
	Champion Track	Isla Bank	Ranford
	Runner Up Field	Lilya Katwishi-Ng'andwe	Ranford
	Most Improved	Willow Oakes	Riverton
8 Boys	Champion Field	Tye Mammana	South Perth
	Runner Up Field	Ola Tade	South Perth
	Champion Track	Lachlan Brennan	Canning Vale
	Runner Up Track	Jaydon Anthony	Queens Park
	Most Improved	Mitchell Whiting	South Perth
9 Girls	Champion Track and Field	Mia Leinasars	Queens Park
	Runner Up Track and Field	Ginika Jubilee Okiwelu	Canning Vale
	Most Improved	Laila O'Connor	Ranford
9 Boys	Champion Field	Matjaz Soklich	South Perth
	Champion Track and Runner Up Field	Kye Osborne	Riverton
	Runner Up Track	Jack Gilbert	Willetton
	Most Improved	Finlay Bower	South Perth
10 Girls	Champion Field	Shia Jackson	Ranford
	Champion Track	Sharni Wimalasinghe	Canning Vale
	Runner Up Track and Field	Mary Massoud	Queens Park
	Most Improved	Abbey Andrews	Canning Vale

10 Boys	Champion Field	Max Noble	South Perth
	Champion Track	Finn Gunton	South Perth
	Runner Up Field	Kade Carthew	Canning Vale
	Runner Up Track	Cruz Osborne	Riverton
	Most Improved	Ethan Claffey	Ranford
11 Girls	Champion Track and Field	Lauren Kelly	Ranford
	Runner Up Field	Brooklyn Oakes	Riverton
	Runner Up Track	Abilene Ionascu	Queens Park
	Most Improved	Madeleine Pink	South Perth
11 Boys	Champion Track and Runner Up Field	Lachlan Mammana	South Perth
	Champion Field and Runner Up Track	Oliver Perkis	South Perth
	Most Improved	Matthias Radford	Riverton
12 Girls	Champion Track and Field	Emily Page	Ranford
	Runner Up Track and Field	Judy Fawzy Moussa	Willetton
	Most Improved	Ella Reeves	South Perth
12 Boys	Champion Field	Aston Archer	Queens Park
	Runner Up Field	Jacob Andrews	Canning Vale
	Champion Track	Ryan Cilia	Willetton
	Runner Up Track	Stephen Grubber	Canning Vale
	Most Improved	Daniel Hutchins	Queens Park
13 Girls	Champion Field	Jazzmyn Blankendaal	Riverton
	Runner Up Field	Amber Richards	South Perth
	Champion Track	Courtney Shelby	South Perth
	Runner Up Track	Elysse Shore	Willetton
	Most Improved	Efe Pearl Osaghae	Canning Vale
13 Boys	Champion Field	Sav Noble	South Perth
	Champion Track and Runner Up Field	Zidane D'Sylva	Ranford
	Runner Up Track	Declan Somers	Ranford
	Most Improved	Sean Pritchard	Ranford
14 Girls	Champion Field	Emily Moore	Canning Vale
	Runner Up Field	Ella Schabort	South Perth
	Champion Track	Alexandra Griffin	South Perth
	Runner Up Track	Alysha Picknoll	Willetton
	Most Improved	Klara Barr	Canning Vale
14 Boys	Champion Field	Aden Squires	South Perth
	Champion Track and Runner Up Field	Ifeanyichukwu Okiwelu	Canning Vale
	Runner Up Track	Jaydon Moss	Riverton
	Most Improved	Caleb Osborne	Riverton

15 Girls	Champion Field	Kavya Ranaweera	Canning Vale
	Runner Up Field	Jade Patching	Ranford
	Champion Track	Grace Beaglehole	South Perth
	Runner Up Track	Alessia Schmiedgen	Ranford
	Most Improved	Shari Sachman	Canning Vale
15 Boys	Champion Field and Runner Up Track	Cameron Scott	Queens Park
	Runner Up Field	Jennis Joy	Willetton
	Champion Track	Aiden Duncan	Canning Vale
	Most Improved	Brock Ferraro	Canning Vale
16 Girls	Champion Track and Field	Katie Mobilia	Ranford
	Runner Up Field	Lara Passauer	Canning Vale
	Runner Up Track	Tori Moss	Riverton
	Most Improved	Zeta Stevens	Queens Park
16 Boys	Champion Track and Field	Kyran Taylor	Queens Park
	Runner Up Track and Field	Jacob Roberts	Queens Park
	Most Improved	Jaxon Mikaere	Queens Park
17 Girls	Champion Track and Field	Abbey Cilia	Willetton
	Runner Up Field	Wezaso Katwishi-Chirwa	Ranford
	Runner Up Track	Breanne Archer	South Perth
	Most Improved	Jenny-Rose Shore	Willetton
17 Boys	Champion Track and Field	Blake Pritchard	Ranford
	Runner Up Field	Joshua Jones	South Perth
	Runner Up Track	Tiger Ross	Ranford
	Most Improved	Radhishana Devapriya	Willetton



[REDACTED]

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[illegible]

State Relay Championship Medalists – 1/12/2018

Gold

U9 Girls	4 x 100m
U11 Girls	4 x 100m
U9 Girls	4 x 200m
U17 Girls	4 x 400m
U15 Girls	Field
U17 Girls	Field

Silver

U12 Boys	4 x 100m
U13 Girls	Field

Bronze

U13 Boys	4 x 100m
U14 Boys	4 x 400m

2018/2019 State Multi Event Medalists – 2/2/2019-3/2/2019

Gold

U16 Girls	Tori Moss
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* Tori set a new U16 Girls state record for overall points scored.

* Tori set a new U16 Girls record for the 200m race of the heptathlon.

U17 Boys	Joshua Jones
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Silver

U16 Girls	Katie Mobilia
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SDLAC State Championship Medalists – 8/3/2019 – 10/3/2019 – Summer Competition

Gold

U9 Girls	400m	Mia Leinasars
U9 Girls	700W	Mia Leinasars
U9 Girls	800m	Laila O'Connor
U9 Girls	100m	Ginika Jubilee Okiwelu
U9 Boys	Discus	Matjaz Soklich
U10 Girls	70m	Sharni Wimalasinghe
U10 Girls	100m	Sharni Wimalasinghe
U10 Boys	High Jump	Kade Carthew
U10 Boys	Discus	Max Noble
U11 Girls	Discus	Lauren Kelly
U11 Girls	Javelin	Lauren Kelly
U11 Girls	Shot Put	Lauren Kelly
U13 Boys	Javelin	Sav Noble
U13 Boys	1500m Walk	Declan Somers
U14 Girls	1500m Walk	Alexandra Griffin
U15 Girls	Javelin	Jade Patching
U15 Boys	Long Jump	Jordan-Blaze Lightbourn
U15 Boys	1500m Walk	Cameron Scott
U16 Girls	800m	Eliza Griffin
U16 Girls	1500m	Eliza Griffin
U16 Girls	400m	Tori Moss
U16 Girls	300m Hurdles	Tori Moss
U16 Girls	Long Jump	Tori Moss
U16 Girls	Javelin	Teya Saville
U17 Boys	1500m	Jaco Jansen van Rensburg
U17 Boys	Long Jump	Joshua Jones

Silver

U9 Girls	Long Jump	Mia Leinasars
U9 Girls	60m Hurdles	Ginika Jubilee Okiwelu
U10 Boys	Javelin	Max Noble
U11 Boys	High Jump	William Hatton
U11 Boys	1500m	Lachlan Mammana
U14 Girls	1500m	Hayley Jones
U15 Girls	1500m Walk	Grace Beaglehole
U15 Girls	Javelin	Myka Richards
U15 Boys	100m	Jordan-Blaze Lightbourn
U15 Boys	200m	Jordan-Blaze Lightbourn
U16 Girls	Triple Jump	Zeta Stevens
U17 Boys	800m	James Cork
U17 Boys	100m	Joshua Jones
U17 Boys	Triple Jump	Joshua Jones

SDLAC State Championship Medalists – 8/3/2019-10/3/2019, Summer Competition (cont.)

Bronze

U10 Girls	200m	Sharni Wimalasinghe
U11 Boys	1100m Walk	Connor Shelby
U12 Boys	Discus	Aston Archer
U12 Boys	High Jump	Aston Archer
U12 Boys	1500m Walk	Ryan Cilia
U13 Girls	Javelin	Amber Richards
U13 Girls	1500m Walk	Courtney Shelby
U15 Girls	Discus	Kavya Ranaweera
U15 Girls	Shot Put	Kavya Ranaweera
U15 Boys	Triple Jump	Jordan-Blaze Lightbourn
U15 Boys	1500m	Tyron Maloney
U16 Girls	Discus	Katie Mobilia
U16 Girls	Long Jump	Katie Mobilia
U16 Girls	200m	Tori Moss
U17 Boys	200m	Joshua Jones

2018/19 WA Little Athletics Athlete of the Year Award

Female	Tori Moss
Male	Jordan-Blaze Lightbourn

SDLAC Athletes in ALAC State Team (Hobart) – 25/4/2019-29/4/2019

Silver

U15 Girls Heptathlon	Tori Moss
U13 Boys 400m and Medley Relay	Zidane D'Sylva
U13 Boys 800m, 1500m and 1500 Walk	Declan Somers
* No medals for these boys.	

SDLAC Athletes International Competition (Kuantan & Malaysia) – 8/7/2019 – 16/7/2019

U15 Boys	Cameron Scott	1500m Walk (Silver)
	Jordan-Blaze Lightbourn	Long Jump (Gold) 100m (Bronze) 200m (Bronze) 4 x 100m Relay (Bronze) 4 x 400m Relay (Bronze)
	Tyron Maloney	4 x 400m Relay (Bronze)
U15 Girls	Grace Beaglehole Jade Patching	1500m Walk (Bronze) Javelin (Gold)
	Kavya Ranaweera	Shot Put (Silver)
U16 Girls	Tori Moss	Long Jump (Gold)
		400m (Gold)
		200m (Gold)
		200m Hurdles (Silver)
		4 x 100m Relay (Silver)
		4 x 400m Relay (Gold)
		Best Athlete Girls U15 Trophy

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