Southern Stars
Little Athletics

# 2022 - 2023

# 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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# CHAIRPERSON'S ADDRESS

Welcome to the SDLAC 2022/23 competition season

Congratulations to Kristy Harrison who has stepped into the SDLAC Chairperson role for this coming season. Kristy has a Little Athletics background as an athlete and last year was on our SDLAC Committee in the role of Championships Officer.

Last season saw SDLAC grow by approximately 10% over the prior season's registration numbers with 372 registrations. Which is a great achievement considering the encroachment of traditional winter sports into our summer sport season. On average this season we had around 75% of athletes attending competition each week. Over 80% attendance prior to Christmas dropping to 70% post-Christmas. Great numbers overall. Last year we had a large number of u17's competing in their final year and they were a great bunch of athletes that represented SDLAC, their respective clubs, their families and themselves with great respect and endeavour.

Again Covid played its part in terms of impact in the centres activities, especially those relating to the end of season windup and trophy presentation. Due to capacity limits mandated by the WA State Government, SDLAC were required to hold a closed presentation to only those athletes, and their families, who were trophy winners. Personally, my family missed the event due to Covid isolation requirements, but by all measures it appears that the trophy presentation was a great success. Thank you very much to the Pinel's for their efforts in organising this on short notice. Next season the SDLAC committee will determine a suitable way to reward members who missed out on the end of season wind up whether this is by way of reduced fees or some other mechanism. Watch this space.
Zones again was a bit of a hit and miss affair. Late running events, timing issues and other related happenings that impacted the enjoy-ability of the event for our athletes and families. Having said that, our athletes held their heads high and achieved well, leading to many athletes attending the WA State finals. Again SDLAC had some fantastic achievements, too many to single out specific individuals in this forum. SDLAC look forward to seeing how this years progression changes to the State Championships progresses

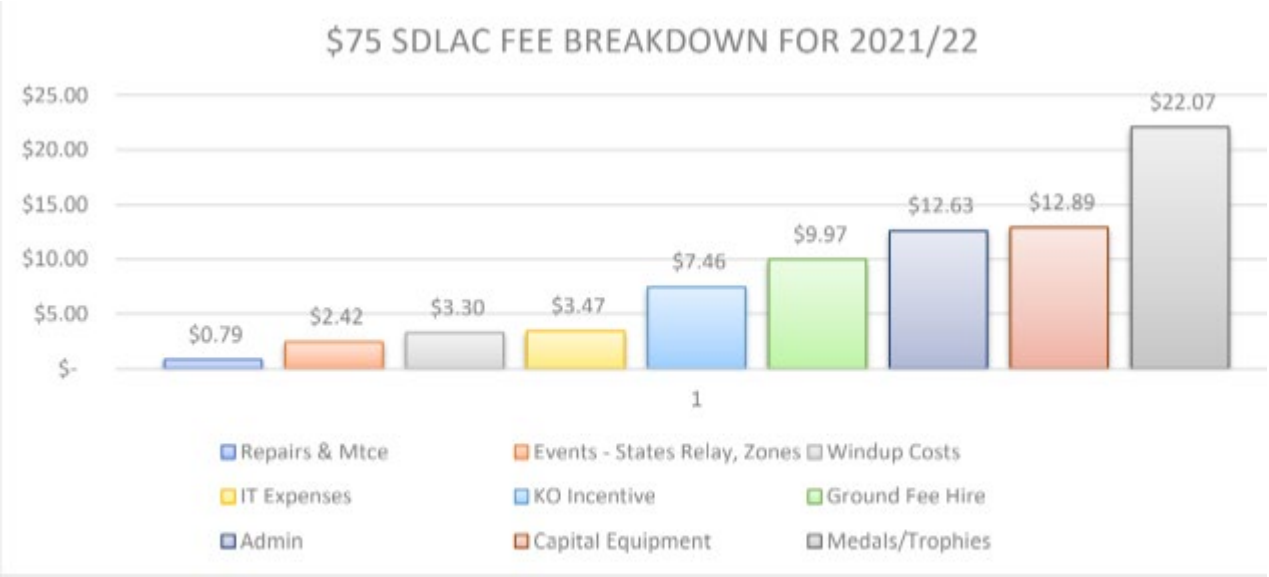
We had a number of new people step up to the SDLAC Committee last season in Kristy Harrison (Champs), Damien Pinel (Arena Manager) and Nicole Pinel (Events and sponsorship). Great effort by all with their efforts during the season. Not always easy stepping into roles that are hard to undertake or that have little information about what they entail. Last season also saw some of our long term committee members, and SDLAC parents, moving on to new ventures. Jannet Patching (Treasurer), Sonia Tingay (Registrar), and Graham Griffin (Winters and Uniforms). These three people have been mainstays on our SDLAC committee and within their respective clubs for many years and will be sadly missed.

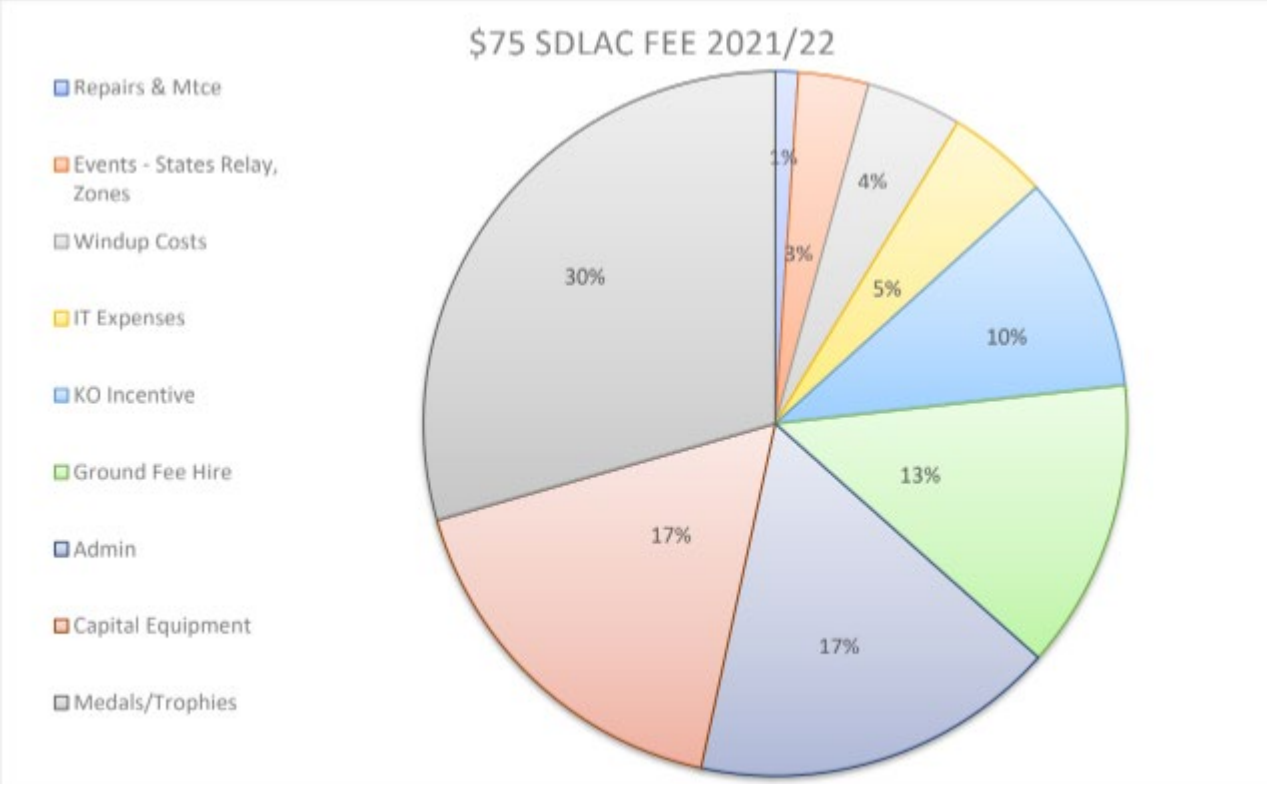
After 7 years as SDLAC Chairperson, season's 2015/16 through 2021/22, I decided to step down to enjoy some much needed time off. Congratulations to Kristy Harrison in stepping up to the Chairperson role.

And finally a great big thanks to all of our SDLAC athletes and their families for their efforts last season. We have had some hot and long days but people just got in and got the work done. Well done and congratulations.

Cheers
**Brad Scott**
Former SDLAC Chairperson

# FEE BREAKDOWN



# COMPETITION DATES FOR SEASON 2022/2023

| Day | Date | Time | Venue | Host | Event |
|---|---|---|---|---|---|
| Sat | 8/10/2022 | 7.30 AM | Ern Clark | SDLAC | Regular Program 1 |
| Sat | 15/10/2022 | 7.30 AM | Ern Clark | SDLAC | Regular Program 2 |
| Sat | 22/10/2022 | 7.30 AM | Ern Clark | SDLAC | Regular Program 3<br>Club March Pass + Captains + Winter Awards |
| Thur-Sun | 27-30 Oct | Various | Ern Clark | AthWest | WA All Schools Championships |
| Sat | 29/10/2022 | 7.30 AM | Ern Clark | SDLAC | Regular Program 1 |
| Sat | 5/11/2022 | 7.30 AM | Ern Clark | SDLAC | Regular Program 2 |
| Sat | 12/11/2022 | 7.30 AM | Ern Clark | SDLAC | Regular Program 3<br>Coles Community Round |
| Sat | 19/11/2022 | 7.30 AM | Ern Clark | SDLAC | Regular Program 1 |
| Sat | 26/11/2022 | 7.30 AM | Ern Clark | SDLAC | Regular Program 2 |
| Fri | 2/12/2022 | 5.00 PM | Ern Clark | SDLAC | Regular Program 3 |
| Sat/Sun | 3 + 4 Dec | Various | Ern Clark | AthWest | WA Combined Event - Under 11+ |
| Sat | 10/12/2022 | 7.30 AM | Ern Clark | SDLAC | Regular Program 1 |
| Sat | 17/12/2022 | 7.30 AM | Ern Clark | SDLAC | Regular Program 2 |
| CHRISTMAS BREAK | | | | | |
| Sat | 14/01/2023 | 7.30 AM | Ern Clark | SDLAC | Regular Program 3 |
| Sat | 21/01/2023 | 7.30 AM | Ern Clark | SDLAC | Regular Champs Program 1 * |
| Sat | 28/01/2023 | 7.30 AM | Ern Clark | SDLAC | Regular Champs Program 2 * |
| Sat | 4/02/2023 | 7.30 AM | WAAS | AthWest | State Relay Championships Event<br>Under 9+ Track & Field |
| Sat | 11/02/2023 | 7.30 AM | Ern Clark | SDLAC | Centre Championships Day 1 ** (Medals Day) |
| Sat | 18/02/2023 | 7.30 AM | Ern Clark | SDLAC | Centre Championships Day 2 ** (Medals Day) |
| Sat- Sun | 25 - 26 Feb | TBA | TBA | AthWest | Zones (U7-U15) |
| Fri-Sun | 3-5 Mar | TBA | WAAS | AthWest | WA State T&F Champs<br>Born in 2010 or earlier U13+ |
| Sat | 11/03/2023 | TBA | | | SDLAC Wind Up |
| Fri | 17-19 Mar | TBA | WAAS | AthWest | WA State T&F Junior Champs<br>Born in 2010 or later U9 - U13 |
| | TBA | TBA | WAAS | AthWest | Junior Challenge U7-U9<br>More details to come from Aths West |

***21/01/23 and 28/01/23 are still apart of our regular season but we will utilise the Championships Program for scheduling and timing purposes. Points will count towards the end of year results for trophy's.**

**** The Championship Programs are run using a two day program**

# CLUB CANTEEN ROSTER – 2022/2023

| Day | Date | Event | Canteen |
|---|---|---|---|
| Sat | 8/10/2022 | Regular Program 1 | Comets |
| Sat | 15/10/2022 | Regular Program 2 | Vikings |
| Sat | 22/10/2022 | Regular Program 3 | Rockets |
| Sat | 29/10/2022 | Regular Program 1 | Reds |
| Sat | 5/11/2022 | Regular Program 2 | Comets |
| Sat | 12/11/2022 | Regular Program 3 | Vikings |
| Sat | 19/11/2022 | Regular Program 1 | Rockets |
| Sat | 26/11/2022 | Regular Program 2 | Reds |
| Fri | 2/12/2022 | Regular Program 3 | Comets |
| Sat | 10/12/2022 | Regular Program 1 | Vikings |
| Sat | 17/12/2022 | Regular Program 2 | Rockets |
| CHRISTMAS BREAK | | | |
| Sat | 14/01/2023 | Regular Program 3 | Reds |
| Sat | 21/01/2023 | Regular Champs Program 1 ** | Comets |
| Sat | 28/01/2023 | Regular Champs Program 2 ** | Rockets |
| Sat | 11/02/2023 | Centre Championships Day 1 ** (Medals Day) | Vikings |
| Sat | 18/02/2023 | Centre Championships Day 2 ** (Medals Day) | Reds |

## Spectator Hill Seating Order

Locations are rotated by one position each year. 2022/23 allocation starting closest to the change rooms' end of the spectators grass hill are as follows:

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

# EXECUTIVE COMMITTEE

**CHAIRPERSON**
Kristy Harrison
sdlac.chairperson@gmail.com

**DEPUTY CHAIRPERSON**
Cherie Burgess
sdlac.secretary@gmail.com

**SECRETARY**
Cherie Burgess
sdlac.secretary@gmail.com

**PUBLICITY & WEB MANAGER**
Nicole Pinel
sdlac.social@gmail.com

**TREASURER**
Pritee Moodelly
sdlac.treasurer@gmail.com

**EQUIPMENT MANAGER**
Justin Page
sdlac.equipment@gmail.com

**REGISTRAR**
Rasha Abdelmonem
sdlac.registrar@gmail.com

**WINTER MANAGER**
Graham Griffin
sdlac.winters@gmail.com

**RECORDS & RESULTS MANAGER**
Michaela Bezant
sdlac.results@gmail.com

**SPONSORSHIP & EVENTS MANAGER**
Hayley Pike Shelby
sdlac.events@gmail.com

**CHAMPIONSHIPS OFFICER**
To be filled – please enquire
sdlac.champs@gmail.com

**ARENA MANAGER**
Damien Pinel
sdlac.arena@gmail.com

**UNIFORM MANAGER**
Graham Griffin
sdlac.winters@gmail.com

**OFFICIALS & DEVELOPMENT MANAGER**
**COACHING COORDINATOR**
To be filled – please enquire

**DELEGATES to ASSOCIATION MEETINGS**

**MEMBER PROTECTION INFO OFFICER**
Melanie Natta
sdlac.mpio@gmail.com

# CLUB DETAILS AND CONTACTS

## CANNING VALE

Uniform Colours
Top – Navy Blue with Blue Stripes
Bottom - Navy Blue

Contact
Amber Valikvos
Mobile: 0412 570 905
cvcomets@gmail.com

## RANFORD

Uniform Colours
Top - Red and Navy with Navy trim
Bottom - Navy Blue

Contact
Cherie Burgess
Mobile: 0437 007 331
ranfordlac@gmail.com

## WILLETTON-RIVERTON

Uniform Colours
Top – Green, navy and white
Bottom - Navy Blue

Contact
Damien Pinel
Mobile: 0431 039 883
rlacmanager@gmail.com

## QUEENS PARK

Uniform Colours
Top - Gold and Navy with Navy trim
Bottom - Navy Blue

Contact
Tim Hopkins
Mobile: 0447 749 111
qplac.rockets@gmail.com

## SOUTH PERTH

Uniform Colours
Top – White and Navy with White trim
Bottom – Navy Blue

Contact
Steve Kelly
Mobile: 0409 285 465
littleathletics@live.com.au
www.southperthlittleathletics.com.au

## SOUTHERN STARS (District)

Uniform Colours
Top – White with Navy stars and red star trail
Bottom – Navy Blue

Contact
Kristy Harrison
Mobile: 0401 457 847
sdlac.chairperson@gmail.com

# STRUCTURE OF LITTLE ATHLETICS

In July 2020, Little Athletics WA and Athletics WA became Athletics West, forming one organisation with the common vision of enabling West Australians to engage with athletics in meaningful and positive ways, and offering opportunities for more people to become involved, and stay involved with our sport.

Athletics West deliver a diverse range of opportunities, from inclusive programs for both recreational and elite athletes, to education and development for coaches and officials and community engagement initiatives throughout Western Australia.

Athletics West is the member association for Athletics Australia and Little Athletics Australia, and works closely with state member associations around Australia, Masters Athletics WA and other key sporting bodies.

## 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 Thursday 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 Little Athletics.

Voluntary workers and officials are also covered when performing voluntary work officially authorised by and under control of an affiliated Centre/Club or Little Athletics. **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 Little Athletics 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 Little Athletics.

Your Club Manager may have the appropriate forms you are required to fill out. These forms are also available on the Little Athletics 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.

### 2022/2023 Season – Age Groupings

| Age | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 | U16 | U17 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Year | 2017 | 2016 | 2015 | 2014 | 2013 | 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 |

For further details on registrations, visit www.athleticswest.com.au

# CODES OF CONDUCT – THE TOP 5

All athletes, parents, spectators, coaches and officials (including those visiting from other Centres) are asked to respect our Code of Conduct. This is an extract from the full Little Athletics 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 another 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**.

**Committee**

- Protect the integrity of sport at all times by ensuring that the behaviour and conduct of every person is consistent with the laws of the game, the principles of fair play and the standards of safe and inclusive sport.
- Be impartial, consistent and transparent in your conduct and decision-making. Accept responsibility for your actions.
- Make decisions in the best interests of your members and the sport.
- Ensure that all members are made aware of their rights and responsibilities under the appropriate legislation including: Member Protection Policy, Code of Conduct, Child Safe Policy and Anti-discrimination Policy, and know the process by which to refer a complaint or breach.
- Ensure that all players, coaches, officials, parents and spectators place wellbeing and enjoyment ahead of performance and outcomes.

The full Little Athletics Code of Conduct can be found here –
https://www.athleticswest.com.au/about/la-policies/

# SAFEGUARDING AND CHILD PROTECTION

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

For more information on safeguarding and child protection please visit:
https://www.athleticswest.com.au/about/la-safeguarding/

## 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 sdlac.mpio@gmail.com

# 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. Cultural exemptions do apply, please contact your Club 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. **Loss of these tags will incur a replacement cost.**

7. Plain, navy blue shorts must be worn, and 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 Little Athletics.

11. Only "**Christmas Tree"** and **"Pyramid" 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 to 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 **7mm** for synthetic track, **9mm** for synthetic field (Javelin, Long and Triple) and **12mm** 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 100mm "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 Little Athletics Specifications for the rules for Spikes in Relay Events or 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 $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.

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.

    For more information, please review the Little Athletics Code of Conduct.

## Track Events

21. 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.

22. 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.

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 Chief Walk Judge or the Arena Manager **and NO APPEAL will be allowed**. All walking races will include a cut off time that is equal to, or greater than, the minimum time required to qualify for 1 point as at the start of the season as recorded below. At this time the event shall be considered complete, a buzzer/horn shall be sounded and athletes that have not yet reached the final 100 metre mark will be escorted to end of track. Those on the final 100 metre section will be allowed to continue the race. All athletes that have not finished the race at the cut off time, if not disqualified, will be allocated the cut off time as their event result. The cut off times per event are as follows:
    - 700mw: 5 minutes 15 seconds
    - 1100mw: 8 minutes 40 seconds
    - 1500mw: 11 minutes flat

## Field Events

24. Number of Trials

    **SDLAC Competitions, Little Athletics 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 names MUST be listed on the specific events sheets,** signed by the KO and given to the Results office at end of event, **OR you must sign in on the centre duty register at Announcing for that date**.

27. Programmed events can be amended or cancelled, due to unforeseeable circumstances.

## Other Regulations

28. 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 must nominate for the events they wish to

compete in across the entire Championships which has been limited for the following age groups:

**Under 9 and Under 10 - 7 events**

**Under 11 – Under 14 - 8 events**

**Please note the Executive Committee may vote to amend this regulation for all age groups**.

**These regulations are to be read in conjunction with Little Athletics' 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 effects 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.

# State Combined Event Championships (Multi's)
# DATE: Saturday 3rd & Sunday 4th December 2022
# VENUE: ERN CLARK ATHLETICS STADIUM

**GENERAL INFORMATION**

The combined event is a Championship Event for Little Athletics and Senior Members across the combined events discipline (pentathlon, heptathlon, decathlon). All information regarding this event can be found by visiting the Athletics West website:
https://www.athleticswest.com.au/events/157883/

**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. There is no qualification criteria to enter this event.

The competition is open to the U11 to U17 age groups. SDLAC are not involved in the organisation of this event and parents and athletes are responsible for registration, fulfillment of duties and other associated tasks as required.

**Under 11 – Under 13**: 5 Events
**Under 14 – Under 17**: 7 Events

**Entry**
Registration will open on the **Monday, 31 October 2022** through the relevant entry portals. Please note entries will close at midnight on **Sunday, 27 November 2022**. **Entry Fee:** to be paid by nominating athlete.

**Little Athletics Championship Events**
Entries will be open to Little Athletics Members in the Under 11 - Under 17 age groups. Please note this is a combined events competition, meaning athletes must compete in all events with the pentathlon/heptathlon. Competition events will be held as prescribed by the Rules of Competition.
**Day 1:** Under 11 - Under 13 Boys & Under 14 - Under 17 Girls and Boys
**Day 2:** Under 11 - Under 13 Girls & Under 14 - Under 17 Girls and Boys

**Uniform**
Athletes are required to wear full SDLAC uniform
(Registration numbers and age tag included)

**IF AN ATHLETE MISSES ANY EVENT**

**THEY WILL BE WITHDRAWN**

**FROM THE MEET AND UNABLE TO COMPETE IN SUBSEQUENT EVENTS**

# State Relay Championships
# DATE: Saturday 4th February 2023
# VENUE: WA ATHLETICS STADIUM

**General**

**Track:** All age groups, except U6, U7 and U8 compete. The distances are as stated below:
*U9-U15, U17: 4 x 100m relay (heats and finals)*
*U9-U10: 4 x 200m relay (timed finals only)*
*U11-U15, U17: 4 x 400m relay (timed finals only)*
*U15-U17: 4 x Distance Medley Relay (200, 200, 400, 800) (2 Male & 2 Female)*

**Field:** *Athletes in the Little Athletics U9 to U17 age groups may participate as follows, noting U16 and U17 athletes can combine to form teams for the U17 age group:*
*U9 Girls & Boys Discus, Shot, Long Jump, Turbo Javelin*
*U10 Girls & Boys Discus, Shot, Long Jump, Turbo Javelin*
*U11 Girls & Boys Discus, Shot, Long Jump, Triple Jump*
*U12 Girls & Boys Discus, Shot, Long Jump, Triple Jump*
*U13 Girls Shot, Javelin, Long Jump, Triple Jump*
*U13 Boys Discus, Shot, Long Jump, Triple Jump*
*U14 Girls & Boys Shot, Javelin, Long Jump, Triple Jump*
*U15 Girls & Boys Shot, Javelin, Long Jump, Triple Jump*
*U17 Girls Shot, Javelin, Long Jump, Triple Jump*
*U17 Boys & Mixed Shot, Discus, Long Jump, Triple Jump*

**Selection**
Co-ordination of the selection of athletes for the Relay Squads will be co-ordinated by the Centre's Championships Officer. The entry will be completed by the centre, no individual entries are permitted.

**Uniform**

Athletes are required to wear full SDLAC uniform
(SDLAC tops, Registration numbers and age tag included)

**Coaches**
Parents are required to nominate to coach teams for the State track and field relays to support their children. The Championship officer will issue details.

**Announcement of Squads and Teams**
The SDLAC Championship Officer will announce details for this season's processes and expectations in relation to the squad selection process, Relay Coaches, and parent involvement prior to the state relay squad selection. A list of athletes and their best times will be posted on/before 2nd December 2022 so squads can start to form.
**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** For State Relay - Track squad selection an athlete will be considered based on the best time achieved by that athlete within a timeframe to be determined by the committee - more information on the timings required to come. Relay Training Squads will be announced and

it is expected that all athletes attend the training sessions. Squads are determined by the coaches with support from the SDLAC Championships Officer. Athletes can be added to squads by the coach if times are deemed appropriate. Run offs under the Centre's controlled conditions can occur to allow an athlete who failed to obtain a time to do so and thereafter the Relay Squad Teams will be finalised.

**Field** Field relay teams will be announced after the track teams are determined. More information on this will be updated in the coming months.

**Criteria**

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

a) To be selected in a Training Squad by the coach, each athlete must have recorded a time considered suitable in a relevant event before the finalisation of squads. Athletes shall be picked based on their personal best times run at Centre level, not at other events 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 Bill and Betty's, 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, <u>with no one athlete competing in more than three events</u>.

***Medals will be presented to the 1st, 2nd & 3rd placed teams in each race including the reserve. This is for Little Athletics State Events only.***

## Little Athletics Zone Championships
**DATE: Saturday 25th & Sunday 26th February 2023**
**VENUE: T.B.A.**

**NOMINATION**
Deadline: TBA Late nominations may be accepted subject to administration / late fees

**ENTRY**
When available, Athletics West will open nominations via the family login to ResultsHQ.
Further information will also be available via Athletics West e-newsletters sent to members.
***Entry Fee:*** *Please refer to Results HQ (subject to notice from Athletics West)*

**SELECTION**
Please see Championships Officer or Athletics Website for confirmation of details regarding this event.
U6 - ***unable to compete***
U7 – U8 – competing for pennants
U9 to U15 - competing for selection into States
U16 and U17 - not required to compete (automatic entry into States)

**UNIFORM**
U7 – U8 – athletes may compete in their club uniforms (Registration numbers and age tag included)
U9 to U15 athletes are required to wear full SDLAC uniform (Registration numbers and age tag included)

**GENERAL**
Athletes, subject to change from Little Athletics, may nominate for:-
U7 - 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) MAY BE WITHDRAWN FROM THE MEET

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

## WA State Athletics Track & Field Championships (LA U13- U17)
**DATE: Friday 3rd March, Saturday 4th & Sunday 5th March 2023**
**VENUE: WA ATHLETICS STADIUM**

### ENTRY
Athletes who qualify throughout the season (either via the Qualification Standards or by placing Top 2 at our centre) are eligible go on to compete against the qualifiers from the other Centres from both Local and Country areas.

When available, Athletics West will open nominations via the family login to ResultsHQ and fees applicable of $10 per event or as otherwise set by Athletics West – refer to Results HQ. Further information will also be available via Athletics West e-newsletters sent to members.

### SELECTION
U13 to U17 qualifying athletes born in 2010 or earlier.

### UNIFORM
Athletes are required to wear full SDLAC uniform (Registration numbers and age tag included)

Parents of all athletes competing at this meet MUST be available to help on sites as requested by the Centre Championships Officer as directed by Athletics West.

**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 LITTLE ATHLETICS EVENTS**

## WA State Junior Athletics Track & Field Championships (LA U9- U13)
**DATE: Friday 17th March, Saturday 18th & Sunday 19th March 2023**
**VENUE: WA ATHLETICS STADIUM**

### ENTRY
Athletes who qualify throughout the season (either via the Qualification Standards or by placing Top 2 at our centre) are eligible go on to compete against the qualifiers from the other Centres from both Local and Country areas.
When available, Athletics West will open nominations via the family login to ResultsHQ and fees applicable of $10 per event or as otherwise set by Athletics West – refer to Results HQ. Further information will also be available via Athletics West e-newsletters sent to members.

### SELECTION
U9 to U13 qualifying athletes born in 2010 or later

### UNIFORM
Athletes are required to wear full SDLAC uniform
(Registration numbers and age tag included)

Parents of all athletes competing at this meet MUST be available to help on sites as requested by the Centre Championships Officer as directed by Athletics West.

### QUALIFICATION STANDARDS

ATHLETICS WEST

ENTRY STANDARDS

| Age Group | Gender | 70m | 100m | 200m | 400m | 800m | 1500m | Sprint Hurdles | 200m Hurdles | Race Walk | Long Jump | Triple Jump | High Jump | Shot Put | Discus | Javelin |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Under 9 | Girls | 11.80 | 16.70 | 36.00 | 1:23.0 | 3:12.0 | | 12.50 | | 700m 4:55.0 | 3.25 | | 1.03 | 4.70 | 13.40 | 12.00 |
| Under 9 | Boys | 11.30 | 16.30 | 34.10 | 1:19.0 | 2:58.0 | | 11.60 | | 700m 4:40.0 | 3.50 | | 1.05 | 5.90 | 17.30 | 17.50 |
| Under 10 | Girls | 11.30 | 16.00 | 33.40 | 1:18.4 | 3:04.0 | | 12.50 | | 1100m 7:50.0 | 3.64 | | 1.10 | 6.00 | 16.30 | 15.50 |
| Under 10 | Boys | 11.00 | 15.25 | 32.00 | 1:16.0 | 2:51.5 | | 12.00 | | 1100m 7:40.0 | 3.85 | | 1.10 | 6.80 | 20.20 | 21.00 |
| Under 11 | Girls | | 15.50 | 32.30 | 1:16.0 | 2:57.0 | 5:55.0 | 16.01 | | 1100m 7:50.0 | 3.80 | 8.10 | 1.18 | 6.60 | 19.40 | 15.60 |
| Under 11 | Boys | | 14.90 | 31.10 | 1:13.0 | 2:50.3 | 5:50.0 | 15.50 | | 1100m 7:31.0 | 4.00 | 8.40 | 1.25 | 8.15 | 24.30 | 21.80 |
| Under 12 | Girls | | 14.80 | 31.00 | 1:12.3 | 2:53.0 | 6:02.0 | 15.60 | | 1500m 10:30.0 | 4.15 | 8.60 | 1.25 | 7.90 | 19.40 | 19.30 |
| Under 12 | Boys | | 14.70 | 30.50 | 1:11.0 | 2:46.0 | 5:42.0 | 15.60 | | 1500m 10:30.0 | 4.30 | 8.90 | 1.25 | 8.90 | 21.50 | 25.40 |
| Under 13 | Girls | | 14.30 | 30.20 | 1:11.0 | 2:52.0 | 6:00.0 | 15.80 | 35.00 | 1500m 10:30.0 | 4.20 | 9.10 | 1.35 | 7.30 | 21.00 | 21.00 |
| Under 13 | Boys | | 13.90 | 29.27 | 1:08.0 | 2:45.0 | 5:40.0 | 15.00 | 35.00 | 1500m 10:30.0 | 4.60 | 9.50 | 1.35 | 8.20 | 25.40 | 22.40 |

**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 LITTLE ATHLETICS EVENTS**

# WINTER COMPETITION

All athletes are reminded that there is an 'All Centre' 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 Athletics West every Saturday afternoon throughout winter, alternating each week between cross-country running and road walking. The season runs from May to August.

Athletes registered at the start of the summer season are able to compete in the Winter Competition. There is a reduced registration fee for athletes registering for the winter season only. Towards the end of the summer competition Athletics West releases a Winter Program, which will be available on the Athletics West 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 with the Athletics West program.

At the conclusion of the season, SDLAC awards trophies based on a point accrued system, excluding state finals. Cross Country trophies to the Overall Champion Boy and Girl, as well as various Runner-Ups depending on participation numbers. At the conclusion of the Walks season, trophies are presented to the Overall Champion Boy and Girl.

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 Athletics West websites or by contacting the Winter Officer.

## Competition Distances

| **Cross Country Running** | | **Road Walking** | |
|---|---|---|---|
| U7 - U8 | 1000m | U9 | 1000m |
| U9 - U10 | 1500m | U10 - U11 | 1500m |
| U11 - U12 | 2000m | U12 - U17 | 2000m |
| U13 - U17 | 3000m | | |

## Winter Uniform

U10 and above SDLAC shirt with navy shorts. Each athlete must have their age group and registration number attached to their top. U7, U8 and U9 athletes may compete in their club uniform. Shoes must be worn in all winter competitions.

For road walks only, a bib with number will be supplied by Athletics West and this must be worn.

For full details regarding winter competition rules and procedures, please refer to the Winter Program 2022 (available prior to the commencement of the winter season on the Athletics West website).

## Life Members

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

## Honorary Life Members

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

## Southern Districts Patron

# Mrs Betty Allsopp

# PROGRAM 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 | 300m | | 800m | 800m | 800m | | | | |
| 6 | | | | | | | 1500mW | 1500mW | 1500mW | 1500mW |
| 7 | | | Shotput | | Shotput | Shotput | | | | |
| 8 | | Discus | | | | | Discus | Discus | | |
| 9 | Vortex | | | Turbo Jav | | | | | Javelin | Javelin |
| 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 | 200m | | | | |
| 4 | | | | | | | 400m | 400m | 400m | 400m |
| 5 | 300m | 300m | | 800m | 800m | 800m | | | | |
| 6 | | | | | | | 1500mW | 1500mW | 1500mW | 1500mW |
| 7 | | | Shotput | | | | Shotput | Shotput | | |
| 8 | | Discus | | | Discus | Discus | | | | Discus |
| 9 | Vortex | | | Turbo Jav | | | | | Javelin | |
| 10 | Long Jump | | Long Jump | | | Triple Jump | Long Jump | Long Jump | | Triple Jump |
| 11 | | | | High Jump | | | | | High Jump | |

# PROGRAM 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 | Javelin | | |
| 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 | | | | | | | Javelin |
| 8 | Long jump | | | Long jump | Long jump | Long jump | Triple Jump | Triple Jump | Triple Jump | |
| 9 | | | | | | | | | | High Jump |

# PROGRAM 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 | | |

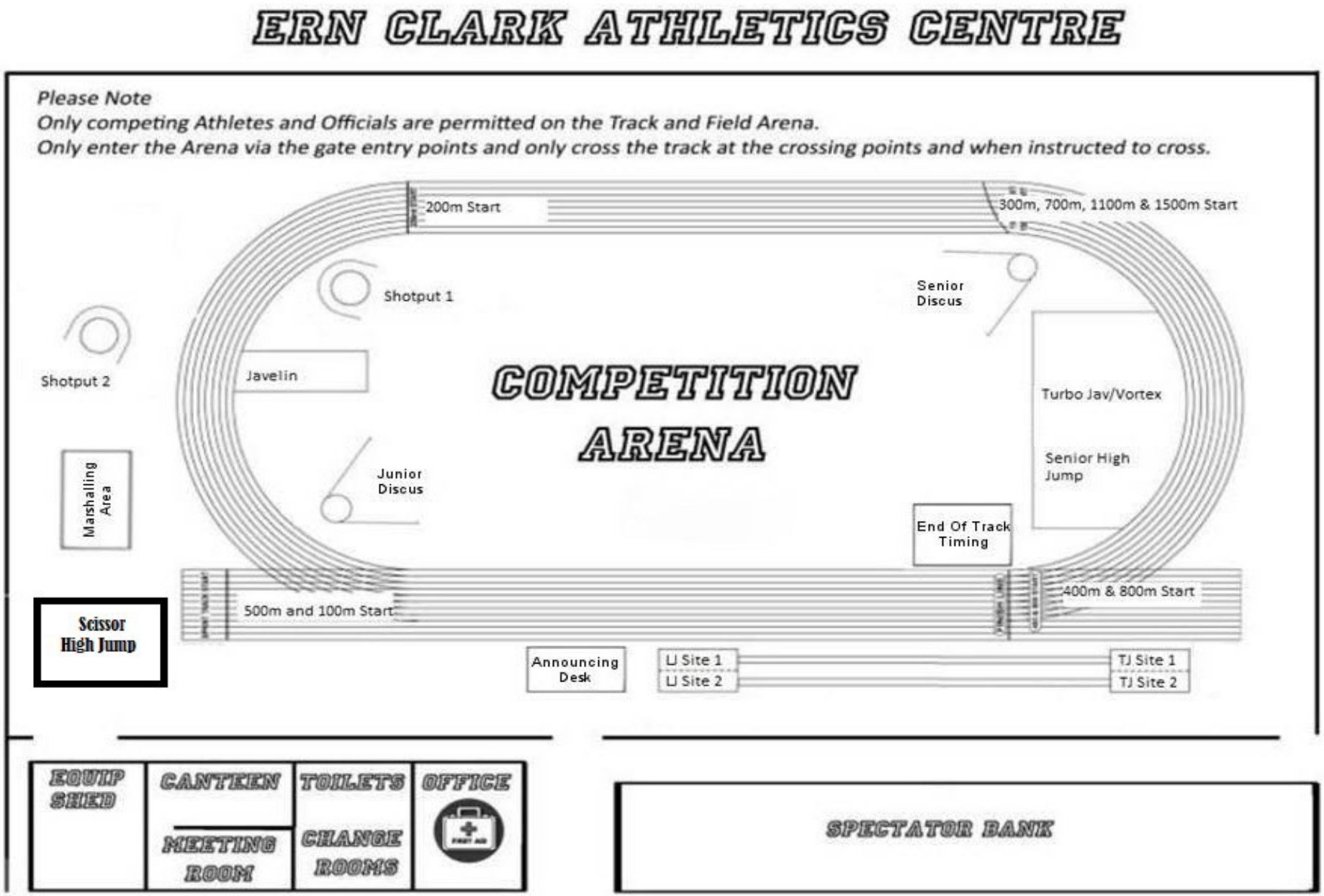
| BOYS | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| | **U/6** | **U/7** | **U/8** | **U/9** | **U/10** | **U/11** | **U/12** | **U/13** | **U/14** | **U/15-16** | **U/17** |
| **1** | 70m | 70m | 70m | 70m | 70m | | | 200mH | 200mH | 300mH | 300mH |
| **2** | 100m | 100m | 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



# TECHNICAL SPECIFICATIONS

ATHLETICS WEST

## Table 1: EVENT AND EQUIPMENT SPECIFICATION SUMMARY 2022/23 BY AGE

| | 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 | 100 | 110 | 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 1.00 | 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 | 4 | 3 | 4 | 3 | 5 | 3 | 5 |
| Discus | 350g | 350g | 350g | 350g | 500g | 500g | 500g | 500g | 500g | 500 | 500g | 500g | 750g | 750g | 750g | 750g | 1kg | 1kg | 1kg | 1kg | 1kg | 1.5kg | 1kg | 1.5kg |
| Turbo Jav (g) | Vortex | Vortex | Vortex | Vortex | 300 | 300 | 300 | 300 | 300 | 300 | | | | | | | | | | | | | | |
| Javelin (g) | | | | | | | | | | | 400 | 400 | 400 | 400 | 400 | 600 | 500g | 700g | 500 | 700 | 500 | 700 | 500 | 700 |
| Relay 4 x 100m | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Relay 4 x 200m | | | | | | | ✓ | ✓ | ✓ | ✓ | | | | | | | | | | | | | | |
| Relay 4 x 400m | | | | | | | | | | | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ | *5 | *5 | *5 | *5 |

*1 60m mini hurdles, max height 20mm
*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

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

ATHLETICS WEST

## Table 2: HURDLES SPECIFICATIONS 2022/23 BY AGE

| 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 | | 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 | 100 | 110 | 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 | 13.72 | 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 | 8.5 | 9.14 | 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 | 10.5 | 14.02 | 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 | 10 | 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 |

## JUMP EVENT SPECIFICATIONS

| 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 | 5m |

| HORIZONTAL JUMPS TAKE-OFF MAT/BOARD | | |
|---|---|---|
| **Age Group** | **Length** | **Width** |
| U6-U8 | 1.0m | 1.22m |
| U9-U10 | 0.5m | 1.22m |
| U11-U17* | 0.2m | 1.22m |

*Mat or board sunk level with the runway, or painted on to the runway.

**Triple Jump Take-Off Mat/Board**
Take off area shall be in whole metre increments from the edge of the pit, commencing from 4m.

## THROWS EVENT 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

| 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

| DISCUS SPECIFICATIONS | | | | |
|---|---|---|---|---|
| **Weight** | **Diameter Tolerance** | **Thickness at Centre** | **Flat** | **Radius** |
| 350g | Not specified | Not Specified | Not Specified | Not Specified |
| 500g | 134 - 154 mm | 22 - 27 mm | n/a | 5 mm |
| 750g | 154 - 156 mm | 27 - 35 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

# Trophies Presented By Southern Districts LAC

**Summer Season**

**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.

**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.

**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.

**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.

**DOUG HANCY AWARD**

This is a LITTLE ATHLETICS award given out at the State Championships to one girl and one boy in the U15-U17 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. SDLAC typically nominates two athletes each season.

**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 group 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.

Athletes must nominate during their final season and provide proof of registration and participation. Nominations and supporting documentation (photos, registration receipts, letter from Club President etc) can be emailed to reults@sdlac.org.au

**Winter Season**

**OVERALL CHAMPION – CROSS COUNTRY**

Awarded to the male and female athletes who achieve the highest cumulative points within SDLAC.

**OVERALL CHAMPION - ROAD WALKING**

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

# 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 |
| 2019/20 – South Perth | 2019/20 – South Perth | 2019/20 – South Perth |
| 2020/21 – Queens Park | 2020/21– Ranford | 2020/21– Queens Park |
| 2021/22 – Queens Park | 2021/22 – Ranford | 2021/22 – Queens Park |

## 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 |
| | | 2013/14 – T. Siviour - Ran |
| 2014/15 – Willetton | 2014/15 – Canning Vale | 2014/15 – M. Stubberfield - CV |
| | | 2014/15 – M. Phegley-Giura - QP |
| 2015/16 – Canning Vale | 2015/16 – Canning Vale | 2015/16 – Lauren Archer - SP |
| | | 2015/16 – Jayden Moss – Riv |
| 2016/17 – Curtin Juniors | 2016/17 – Canning Vale | 2016/17 – Jenny-Rose Shore –Wil<br>Pieter Jacobsz – Ran |
| 2017/18 – Canning Vale | 2017/18 – Canning Vale | 2017/18 – Ashley Siviour – Ran<br>Heath Scott QP |
| 2018/19 – South Perth | 2018/19 – Ranford | 2018/19 – Klara Barr – CV<br>Bailey Scott - QP |

| AUSTRALIA DAY TROPHY (Club Handicap) | LIFE MEMBERS TROPHY (Club Consistency) | ALLSOPP ENDEAVOUR AWARD |
|---|---|---|
| | 2019/20 - Ranford | 2019/20 – Nysha Batra - QP<br>Shia Jackson - Ranford<br>Blake Frost – QP |
| 2020/21 – Queens Park | 2020/21 - Ranford | 2020/21 – Tyson Monteath - QP<br>Layla Kenworthy - Ranford |
| 2021/22 – Ranford | 2021/22 – Ranford | 2021/22 – Tyreece Luke – Ranford<br>Sienna Paterson – Riv/Will |

## 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 | Willeton | 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 |
| 2019/20 | Aston Archer | Queens Park | Laila O'Connor | Ranford |

| | | | | |
|---|---|---|---|---|
| 2020/21 | Aston Archer | Queens Park | Laila O'Connor | Ranford |
| 2021/22 | Aston Archer | Queens Park | Jenelia Moodelly | 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 |
| 2019/20 | L. Mammana | South Perth | Madeleine Pink | South Perth |
| 2020/21 | Declan Somers | Ranford | Laila O'Connor | Ranford |
| 2021/22 | Aston Archer | Queens Park | Lalia O'Connor | Canning Vale |

## Centre Records

Centre records (correct as of 1ST October 2022 that have been achieved by Southern Districts athletes at Little Athletics 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 ResultsHQ. 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

# Registrations

Summarised below are the number of registered athletes per season.

| SEASON | TOTAL | SEASON | TOTAL |
|---|---|---|---|
| 1991/92 | 260 | 1992/93 | 240 |
| 1993/94 | 264 | 1994/95 | 263 |
| 1995/96 | 260 | 1996/97 | 345 |
| 1997/98 | 344 | 1998/99 | 353 |
| 1999/00 | 349 | 2000/01 | 399 |
| 2001/02 | 370 | 2002/03 | 380 |
| 2003/04 | 323 | 2004/05 | 332 |
| 2005/06 | 368 | 2006/07 | 484 |
| 2007/08 | 476 | 2008/09 | 516 |
| 2009/10 | 496 | 2010/11 | 452 |
| 2011/12 | 430 | 2012/13 | 474 |
| 2013/14 | 434 | 2014/15 | 435 |
| 2015/16 | 420 | 2016/17 | 436 |
| 2017/18 | 377 | 2018/19 | 345 |
| 2019/20 | 287 | 2020/21 | 341 |
| 2021/22 | 369 | | |

# SDLAC Trophy Winners 2021 - 2022 Summer Competition

**Under 6 Girls**
Most Improved: Kacy Gates (Canning Vale)
Champion Field & Runner Up Track: Sophie Morgana (Canning Vale)
Champion Track & Runner Up Field: Heidi Bradshaw (South Perth)

**Under 6 Boys**
Most Improved: Shivraj Pawar (Ranford) and Aleksander Ousley (Ranford)
Champion Field & Runner Up Track: Kallan Harper (Canning Vale)
Champion Track & Runner Up Field: Emmett Watts (South Perth)

**Under 7 Girls**
Most Improved: Taylor Redfern (Canning Vale)
Runner Up Track & Field: Elke Giltay (South Perth)
Champion Field: Gurnoor Kaur (Queens Park)
Champion Track: Samaya Fortune) (South Perth)

**Under 7 Boys**
Most Improved: Lian Jang (Ranford)
Runner Up Field: Luke Van Vuuren (Ranford)
Runner Up Track: Ankayan Satheesaan (Queens Park)
Champion Track & Field: Bear Harrison (Queens Park)

**Under 8 Girls**
Most Improved: Hannah Reddan (Ranford)
Runner Up Track & Field: Savannah Nunn (Ranford)
Champion Track & Field: Heidi Giltay (South Perth)

**Under 8 Boys**
Most Improved: Kirath Dhanjal (Canning Vale)
Runner Up Track: Danial Nikaghanri (Queens Park)
Champion Field: Jasiel Ionascu (Willeton-Riverton)
Champion Track & Runner Up Field: Michael Kirby (Willeton- Riverton)

**Under 9 Girls**
Most Improved: Amberley O'Connor (Canning Vale)
Runner Up Track & Field: Chelsea Lucas (Ranford)
Champion Trak & Field: Emmanuella Ehioghae (Ranford)

**Under 9 Boys**
Most Improved: Oliver Bradshaw (Willeton- Riverton)
Runner Up Track: Zach Navarro (Queens Park)
Champion Field: Carter Phillips-Tairea (Queens Park)
Champion Track & Runner Up Field: Eric Reuben Laverdure (Queens Park)

**Under 10 Girls**
Most Improved: Saanvi Bulloram (Queens Park)
Runner Up Field: Rebecca Hughes (Canning Vale)
Runner up Track: Scarlett Nunn (Ranford)
Champion Track & Field: Jenelia Moodelly (Queens Park)

**Under 10 Boys**
Most Improved: Savain Govinnage (Ranford)
Runner Up Track: Henry Nash (Ranford)
Champion Field: Aiden Steele (Canning Vale)
Champion Track & Runner Up Field: Rory McDermott (Queens Park)

**Under 11 Girls**
Most Improved: Mackenzie Stent (Ranford)
Runner Up Track & Field: Chloe Valikovs (Canning Vale)
Champion Track & Field: Charlotte Ehioghae (Ranford)

**Under 11 Boys**
Most Improved: Louwin Wainwright (South Perth)
Runner Up Track & Field: Lachlan Brennan (Canning Vale)
Champion Field: Ola Tade (South Perth)
Champion Track: Mitchell Whiting (South Perth)

**Under 12 Girls**
Most Improved: Ava Tandy (Ranford)
Runner Up Field: Taylah Cox (Queens Park)
Champion Track: Laila O'Connor (Canning Vale)
Champion Field & Runner Up Track: Chelsea Natta (Ranford)

**Under 12 Boys**
Most Improved: Tom Berens (Ranford)
Runner Up Field: Martin Nikagahanri (Queens Park)
Runner Up Track: Jacob Looker (Ranford)
Champion Field: Jaxson Hart (South Perth)
Champion Track: Christian Lewis (Ranford)

**Under 13 Girls**
Most Improved: Gauri Shybu (Queens Park)
Runner Up Field: Mary Massoud (Queens Park)
Runner Up Track: Sophie Andrews (Canning Vale)
Champion Field: Shia Jackson (Canning Vale)
Champion Track: Sharni Wimalasinghe (Canning Vale)

**Under 13 Boys**
Most Improved: Lucas Andrews (Ranford)
Runner Up Track & Field: Seth Del Caro (Ranford)
Champion Field: Kade Carthew (Canning Vale)
Champion Track: Paul Ehioghae (Ranford)

**Under 14 Girls**
Most Improved: Brooklyn Oaks (Willeton- Riverton)
Runner Up Track & Field: Ava Natta (Ranford)
Champion Field: Lauren Kelly (Ranford)
Champion Track: Madeleine Pink (South Perth)

**Under 14 Boys**
Most Improved: Aiden Quelch (Queens Park)
Champion Field & Runner Up Track: James Vogels (Queens Park)
Champion Track & Runner Up Field: Zack Hatley (Queens Park)

**Under 15 Girls**
Most Improved: Talia Naidoo (Ranford)
Runner Up Track & Field: Brianna Lucas (Ranford)
Champion Track & Field: Amy Passauer (Canning Vale)

**Under 15 Boys**
Most Improved: Mitchell James Hulm (Queens Park)
Runner Up Track & Field: Daniel Hutchins (Queens Park)
Champion Track & Field: Aston Archer (Queens Park)

**Under 16 Girls**
Most Improved: Riyanna Moodelly (Queens Park)
Champion Field & Runner Up Track: Eva Philips (Queens Park)
Champion Track & Runner Up Field: Courtney Shelby (South Perth)

**Under 16 Boys**
Most Improved: Cohen Vescio (Ranford)
Runner Up Field: Nicholas Kelly (Ranford)
Runner Up Track: Zidane D'Sylva (Ranford)
Champion Track and Field: Cooper Hopkins (Queens Park)

**Under 17 Girls**
Most Improved: Tamara Smith (Queens Park)
Runner Up Field: Indie Mepham (South Perth)
Runner Up Track: Alexandra Griffin (South Perth)
Champion Track & Field: Emily Moore (Canning Vale)

**Under 17 Boys**
Most Improved: Ashley Pabia (Queens Park)
Runner Up Track: Kade Frost (Queens Park)
Champion Field: Janindu Liyanage (Willeton – Riverton)
Champion Track & Runner Up Field: Jacob McAuliffe (Canning Vale)

## Trophy Winners 2022 Winter Competition – Cross Country

**Champion Boy**
Bear Harrison

**Champion Girl**
Madeleine Pink

**Runner Up Cross Country Champion Boy**
Jacob Andrews

**Runner Up Cross Country Champion Girl**
Scarlett Nunn

**3rd Runner Up Cross Country Champion Boy**
Rory McDermott

**3rd Runner Up Cross Country Champion Girl**
Savannah Nunn

## Trophy Winners 2022 Winter Competition – Race Walking

**Champion Race Walker**
Scarlett Nunn

**Runner Up Champion Race Walker**
Charlotte Burgess

## State Championship Medallists 2022 Winter Competition

**Cross Country**
**Gold**
U7 Boys – 1000m Bear Harrison

**Bronze**
U15 Boys – 3000m Jacob Andrews

**Road Walking**
**Gold**
U10 Girls – 1000m Scarlett Nunn

**Silver**
U12 Girls – 1000m Charlotte Burgess

## 2021/22 State Relay Championship Medallists –11/12/2021

**Silver**

| | |
|---|---|
| U13 Boys | Field Relay |
| U14 Girls | Field Relay |

**Bronze**

| | |
|---|---|
| U11 Girls | 4 x 100m |

## 2021/2022 State Multi Event Medallists 22/01/2022 – 23/01/2022

**Bronze**

| | |
|---|---|
| U13 Boys | Paul Ehioghae |
| U14 Boys | Zack Hately |

## 2021/22 Litte Athletics State Championship Medallists 04/3/2022–06/3/2022 Summer Competition

**Gold**

| | | |
|---|---|---|
| Under 9 | Emmanuella Ehioghae | 200m Run |
| Under 9 | Emmanuella Ehioghae | Long Jump |
| Under 9 | Emmanuella Ehioghae | 70m Run |
| Under 9 | Eric Reuben Laverdure | 100m Run |
| Under 9 | Eric Reuben Laverdure | 400m Run |
| Under 9 | Eric Reuben Laverdure | 200m Run |
| Under 10 | Scarlett Nunn | 1100m Race Walk |
| Under 11 | Charlotte Ehioghae | 100m Run |
| Under 11 | Charlotte Ehioghae | 200m Run |
| Under 13 | Paul Ehioghae | 100m Run |
| Under 13 | Paul Ehioghae | 80m Hurdles |
| Under 13 | Paul Ehioghae | 200m Run |
| Under 13 | Sharni Wimalasinghe | 200m Run |
| Under 14 | Lauren Kelly | 1kg Discus |
| Under 14 | Lauren Kelly | 3kg Shot Put |
| Under 17 | Alexandra Griffin | 1500m Race Walk |
| Under 17 | Jayden Moss | 400m Run |

**Silver**

| | | |
|---|---|---|
| Under 9 | Carter Philips-Tairea | 2kg Shot Put |
| Under 9 | Emily Andrews | 2kg Shot Put |
| Under 11 | Charlotte Ehioghae | Long Jump |
| Under 12 | Chelsea Natta | Long Jump |
| Under 13 | Kade Carthew | High Jump |
| Under 13 | Paul Ehioghae | Long Jump |
| Under 13 | Sharni Wimalasinghe | 100m Run |
| Under 14 | James Vogels | 3kg Shot Put |
| Under 14 | Zack Hately | 200m Hurdles |
| Under 15 | Emily Page | Long Jump |
| Under 15 | Emily Page | 440m Run |
| Under 16 | Zidane D'Sylva | 300m Hurdles |
| Under 16 | Zidane D'Sylva | 100m Hurdles |
| Under 17 | Alexandra Griffin | 1500m Run |

**Bronze**

| | | |
|---|---|---|
| Under 9 | Carter Philips-Tairea | 500g Discus |
| Under 9 | Chelsea Lucas | 700m Race Walk |
| Under 14 | Lauren Kelly | 400g Javelin |
| Under 14 | Zack Hately | 100m Run |
| Under 14 | Zack Hately | 90m Hurdles |
| Under 16 | Harry Robins | 200m Run |

## SDLAC Athletes in 2022 Australian Little Athletics Championships Melbourne 23/04/2022 – 24/04/2022

**Under 13 Boys**
Paul Ehioghae
Kade Carthew

## SDLAC Athletes at International Competition (Kuantan & Malaysia)

**This event was cancelled due to the Coronavirus (COVID-19) pandemic.

# Proudly Supported By

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