



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 2025/26 competition season.

This 24/25 season saw SDLAC stay the same with 327 registrations, however some age groups had huge numbers while some had very few. We had to cap the U8B age group due to over 30 registrations and it becoming unsafe and unmanageable to have any more.

On average this season we had around 84% of athletes attending competition each week. Over 82% attendance prior to Christmas dropping to 63% post-Christmas with the lowest numbers overall on the January 11th and January 25th. We had one twilight event which was very successful with huge turnout of families and siblings. We had no issues with timing gates or equipment problems due to the purchases of new timing hubs and our new Equipment Manager Alessio actively ensuring each week everything was ready to go.

Centre Championships has a huge turnout, the format of registering for a maximum number of events continued and proved to be successful. The requirement of 3 events to be attempted proved challenging as many families had requested exemptions. This will need to be looked at next season as the reasoning behind the rule doesn't seem to be valid anymore.

There were two state championships this year, the Senior one U13s and up had no qualifying standards and Junior U9S-U13s had qualifying standards to meet. Zones was held at Belmont again, with u7S and U8s competing for medals. We have provisionally said we would host zones next season due to SDLAC not hosting for many years and we would have lots of time to plan if known early. Zones is set to potentially be the new junior state championships, more will be found out at the Athletics West meeting to be held in June.

Relays were held and were quite successful in a few age groups with SDLAC coming back with many medals. The practice relay and bbq after competition was a success and will look to continue this in the future.

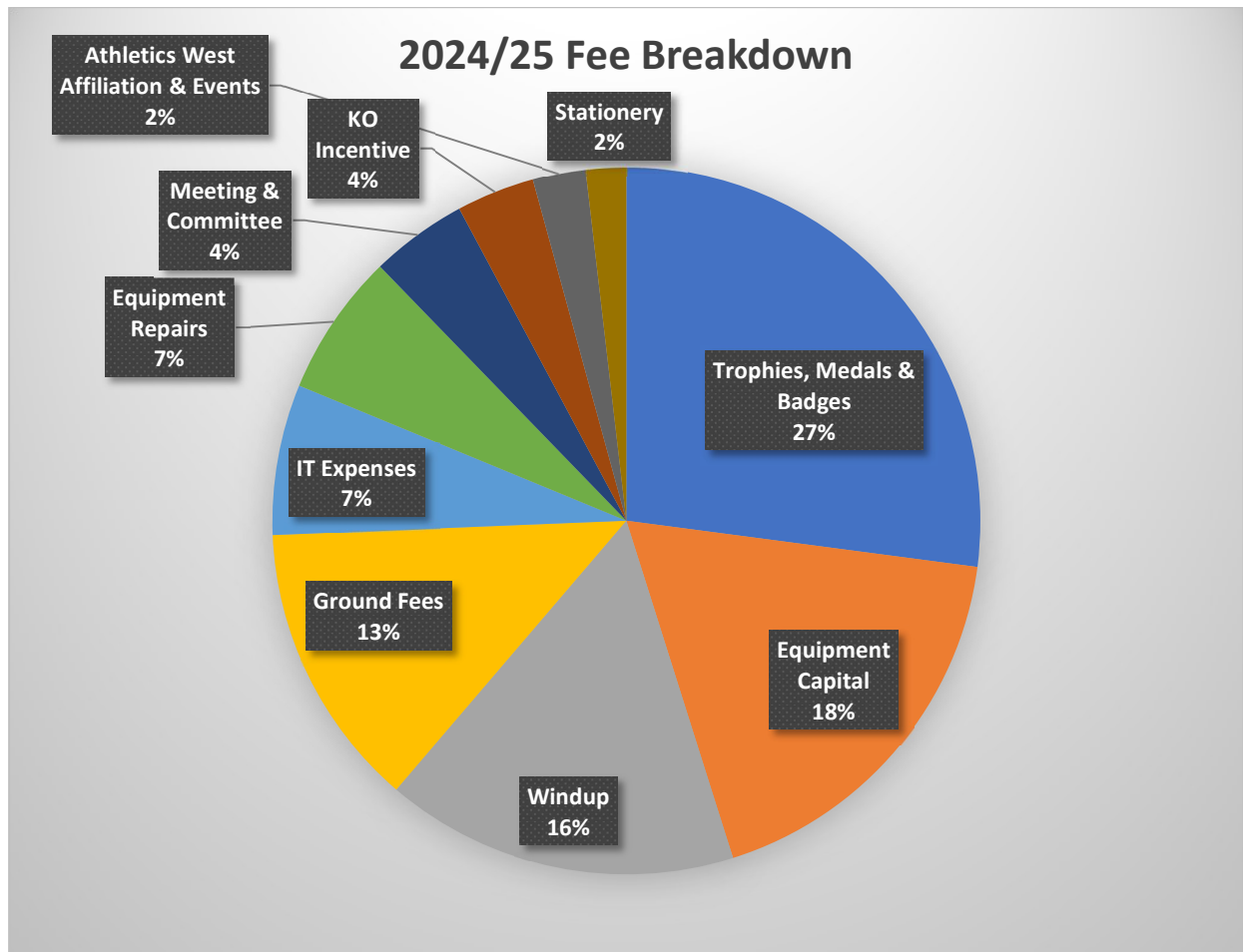
National Championships: We had quite a few athletes compete at the Juniors in Perth. We are very proud of their efforts and for their parents for the commitment and representing Southern Districts and Western Australia.

Our windup was a huge success, Big turnout with inflatables, plenty of food and fabulous looking trophies. We thank our committee members for their organisation. We had a number of new people step up to the SDLAC Committee this season in Kieran Nielsen (Secretary), Kate Pike (Championships Officer) and Alessio Morgana (Equipment Manager).

Great effort by all with their efforts during the season.
We need more clubs to provide committee members as some have no representation which leaves current committee members taking on multipole roles which isn't fair.

Kristy Harrison
SDLAC Chairperson

FEE BREAKDOWN



COMPETITION DATES FOR SEASON 2025/2026



2025/26 Season Calendar				
Day	Date	Time	Venue	Event
Sat	11/10/2025	7.30 AM	Ern Clark	SDLAC Program 1
Sat	18/10/2025	7.30 AM	Ern Clark	SDLAC Program 2
Sat	25/10/2025	7.30 AM	Ern Clark	SDLAC Program 3 (March past & winter awards)
Sat	1/11/2025	7.30 AM	Ern Clark	SDLAC Program 1 (All Schools Weekend)
Sat	8/11/2025	7.30 AM	Ern Clark	SDLAC Program 2
Sat	15/11/2025	7.30 AM	Ern Clark	SDLAC Program 3 (Coles Community Round)
Sat	22/11/2025	7.30 AM	Ern Clark	SDLAC Program 1
Sat	29/11/2025	7.30 AM	Ern Clark	SDLAC Program 2
Sat	6/12/2025	7.30 AM	Ern Clark	SDLAC Program 3 - Practice Relay Event
Sat	13/12/2025	7.30 AM	WAAS	State Relay Champs Event - Under 9+
Sun	14/12/2025	9:00AM	Ern Clark	SDLAC Program 1
CHRISTMAS BREAK				
Sat	10/01/2026	7.30 AM	Ern Clark	SDLAC Program 2
Sat	17/01/2026	7.30 AM	Ern Clark	SDLAC Program 3
Sat	31/01/2026	7.30 AM	Ern Clark	Centre Champs Day 1
Sat	31/01/2026	TBA	WAAS	Coles Junior Challenge & 60m State Champs
Sat	7/02/2026	TBA	WAAS	WA Combined Event Championships
Sun	8/02/2026	TBA	WAAS	WA Combined Event Championships
Sat	14/02/2026	7.30 AM	Ern Clark	Centre Champs Day 2
Fri	20/02/2026	TBA	WAAS	WA State Junior Championships
Sat	21/02/2026	TBA	WAAS	WA State Junior Championships
Sun	22/02/2026	TBA	WAAS	WA State Junior Championships
Sat	28/02/2026		Ern Clark	Windup but long weekend???
Sat	14/03/2026			Alternative option Windup
Sat	21/03/2026	TBA	WAAS	WA State T&F LA Challenge U9 - U12
Sun	22/03/2026	TBA	WAAS	WA State T&F LA Challenge U9 - U12

CLUB CANTEEN ROSTER – 2025/2026

Day	Date	Event	Canteen
Sat	11/10/2025	Regular Program 1	Canning Vale
Sat	18/10/2025	Regular Program 2	Ranford
Sat	25/10/2025	Regular Program 3	Queens Park
Sat	1/11/2025	Regular Program 1	Canning Vale
Sat	8/11/2025	Regular Program 2	Ranford
Sat	15/11/2025	Regular Program 3	Willetton Riverton
Sat	22/11/2025	Regular Program 1	Queens Park
Sat	29/11/2025	Regular Program 2	Canning Vale
Sat	06/12/2025	Regular Program 3	Willetton Riverton
Sun	14/12/2025	Regular Program 1	Queens Park
CHRISTMAS BREAK			
Sat	10/01/2026	Regular Program 2	Queens Park
Sat	17/01/2026	Regular Program 3	Canning Vale
Sat	31/01/2026	Centre Championships Day 1	Ranford
Sat	14/02/2026	Centre Championships Day 2	Willetton Riverton

SPECTATOR HILL SEATING ORDER

Locations are rotated by one position each year. 2025/2026 allocation starting closest to the change rooms' end of the spectators grass hill are as follows:

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

EXECUTIVE COMMITTEE

CHAIRPERSON

Kristy Harrison
sdlac.chairperson@gmail.com

SECRETARY

Kieran Nielsen
sdlac.secretary@gmail.com

TREASURER

Cherie Burgess
sdlac.treasurer@gmail.com

REGISTRAR

Nicolle Thompson
sdlac.registrar@gmail.com

RECORDS & RESULTS MANAGER

Grant Langford
sdlac.results@gmail.com

CHAMPIONSHIPS OFFICER

Position Vacant
sdlac.champs@gmail.com

UNIFORM MANAGER

Position Vacant
sdlac.winters@gmail.com

DELEGATES to ASSOCIATION MEETINGS

Kristy Harrison
Cherie Burgess
Kieran Nielsen

PUBLICITY & WEB MANAGER

Nadia Vanvuuren
sdlac.social@gmail.com

EQUIPMENT MANAGER

Alessio Morgana
sdlac.equipment@gmail.com

WINTER MANAGER

Position Vacant
sdlac.winters@gmail.com

SPONSORSHIP & EVENTS MANAGER

Position Vacant
sdlac.events@gmail.com

ARENA MANAGER

Di Smith
sdlac.arena@gmail.com

OFFICIALS & DEVELOPMENT MANAGER COACHING COORDINATOR

Beverlee Lee
sdlac.officials@gmail.com

MEMBER PROTECTION INFO OFFICER

Position Vacant
sdlac.mpio@gmail.com

CLUB DETAILS AND CONTACTS

CANNING VALE

Uniform Colours

Top – Navy Blue with Blue Stripes
Bottom - Navy Blue

Contact

Colin Belstead
Mobile: 0401 555 508
cvcomets@gmail.com

RANFORD

Uniform Colours

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

Contact

Beverlee Lee
Mobile: 0403 434 969
ranfordlac@gmail.com

WILLETTON-RIVERTON

Uniform Colours

Top – Green, navy and white
Bottom - Navy Blue

Contact

Suzanne Barker
Mobile: 0409 108 823
rlacpresident@gmail.com

QUEENS PARK

Uniform Colours

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

Contact

Rasha Reda
Mobile: 0406 514 497
qplac.rockets@gmail.com

SOUTH PERTH

Uniform Colours

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

Contact

Nathan Sumner
Mobile: 0439 989 996
admin@southperthlac.org

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.

In August 2024, Athletics West Member Centres and Clubs voted in support of passing a resolution amending the Constitution, the result of which was that Athletics West no longer affiliate with Little Athletics Australia (LAA) and to only affiliate with Athletics Australia (AA) as the national governing body for athletics in Australia.

Despite this change, the Little Athletics WA Program will continue to be delivered by WA's network of Little Athletics Centres through training and competitions. The program is the perfect way for your kids to learn valuable life skills, make friends, improve their physical literacy for both all sports.

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 & 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. Age determination date for all athletes (31 Dec 2026) and is now aligned with Australian Athletics for all age groups.

2025/2026 Season – Age Groupings

Age	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Year	2020	2019	2018	2017	2016	2015	2014	2013	2012	2011	2010	2009

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 Athletics

- 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. 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 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. **Loss of your registration number 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:

U7 to U11 Age Groups - Spikes are not permitted for any event (this includes shoes capable of taking spikes).

U12 to U13 – May wear spiked shoes for Hurdles, 100m, 200m, 400m, Javelin, Long and Triple Jumps and High Jump.

U14 to U18 – 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.

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 U12 – U18 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.

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

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 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 40 seconds
 - 1100mw: 8 minutes 40 seconds
 - 1500mw: 11 minutes flat

Field Events

23. 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

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 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.**
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 must nominate for the events they wish to compete in across the entire Championships which has been limited for the following age groups:
Under 11 and Under 12 - 7 events
Under 13 – Under 16 - 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 CHAMPIONSHIPS

WA State Relay Championships

DATE: Saturday 13th December 2024

VENUE: WA ATHLETICS STADIUM

General

Little Athletics Track Events:

Athletes in the Under 10 to Under 18 age groups may participate:

All information regarding this event can be found by visiting the Athletics West website.

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.

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.

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, with no one athlete competing in more than three events.

WA State 60m Championships

DATE: Saturday 31st 2025

VENUE: WA Athletics Stadium

NOMINATION

TBC

Late entries are taken solely on the availability of a vacant position. There are no guarantees for late entrants. The number of available positions will be determined at the complete discretion of Athletics West, in line with timetabling considerations and lane availability.

ENTRY

The WA State 60m Championship is open to members affiliated through a Little Athletics Centre or Senior Club or an Athletics West independent member.

SELECTION

The WA State 60m Championship is open to all Athletics West members and are affiliated through a Little Athletics Centre/Club or a Senior Athletics Centre/Club. There is no qualification criteria for this event.

U7 – U12 - *unable to compete*

U13 – U18 – Able to compete

UNIFORM

Little Athletics Program WA athletes are to wear Centre approved uniform with their 2024/25 season bib number.

Athletics West will be enforcing the recent World Athletics Shoe Ruling for Open & Under 20 athletes. Click [here](#) for the current list of shoes deemed approved by World Athletics. Please complete the online Shoe declaration [here](#).

FURTHER INFORMATION

If you have any queries regarding the competition, please contact Athletics West office admin@athleticswest.com.au (08) 6272 0480.

Junior Challenge

DATE: Saturday 31st 2026

VENUE: WA Athletics Stadium

NOMINATION

A run, jump, throw competition conducted with Australian Athletes to celebrate the Little Athletes summer season accomplishment.

ENTRY

Under 7 & Under 8

SELECTION

No minimum entry requirements.

FURTHER INFORMATION

If you have any queries regarding the competition, please contact Athletics West office admin@athleticswest.com.au (08) 6272 0480.

State Combined Event Championships (Multi's)

DATE: Saturday 7th and Sunday 8th February 2026

VENUE: WA 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.

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 U12 to U18 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.

Entry

Athletics West will advise opening and closing entry dates on their website. **Entry Fee:** to be paid by nominating athlete. Entry is open to all Little Athletics and Strive members as per the following age groups

Little Athletics Championship Events

Entries will be open to Little Athletics Members in the Under 12 - Under 18 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.

Uniform

Athletes are required to wear full SDLAC uniform including bibs.

WA Junior State Championships (U13- U18)

DATE: Friday 20th, Saturday 21st & Sunday 22nd February 2026

VENUE: WA ATHLETICS STADIUM

ENTRY

Entry is open to all Little Athletics and Strive members within the following age groups.

Year of Birth	Age Group (Able-Bodied)
Born 2014	Under 13
Born 2013	Under 14
Born 2012	Under 15
Born 2011	Under 16
Born 2010	Under 17
Born 2009	Under 18

The 2026 WA State Junior Track & Field Championships are the pinnacle event for Under 13 to Under 18 WA Athletes. It is the state's qualifying event for the Australian Athletics Junior Championships.

The Senior Championships are restricted to Under 20, Open and Masters athletes; with limited opportunities for Juniors. Junior Athletes can only nominate if they have met the Australian Athletics Championship qualifier for the nominated event.

SELECTION

U13 to U18 qualifying athletes born in 2013 or earlier. There is no qualification criteria for members to enter this event

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.

National Progression

This event is the qualification event for the **Australian Track & Field Championships**, which take place in Brisbane from 10th – 14th April 2026. The top 3 athletes in each age group per event will qualify for the WA State Team. Additionally, athletes who do not finish top 3, can qualify by entry standard for the Australian Championships. [Entry standards have been released by Athletics Australia](#) and further information will be provided in the Selection Criteria.

**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**

Fuel to Go & Play Little Athletics WA Challenge

DATE: Saturday 21st - Sunday 22rd March 2026

VENUE: WA ATHLETICS STADIUM

About

A NEW team challenge that will see athletes progress from their Centre competitions to the Challenge. Held across two days, athletes will compete for points and PB ribbons, with the winning Metro and Country Club awarded the Stuart Dunne Memorial Shield.

Year of Birth | Age Group

Born 2018	Little Athletics Under 9
Born 2017	Little Athletics Under 10
Born 2016	Little Athletics Under 11
Born 2015	Little Athletics Under 12

UNIFORM

Athletes are required to wear full SDLAC uniform (Registration number 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

These will be made available on the Athletics West website.

More information to come.

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 2025 (available prior to the commencement of the winter season on the Athletics West website).

Life Members

Mrs Pat Lewis (*Dec.*)

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

Mrs Sonia Tingay

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

Mr Justin Page

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

Mr Bradley Scott

Honorary Life Members

Mr Peter Ryan (*dec.*)

Mr Vic Nolan (*posthumous*)

Southern Districts Patron

Mrs Betty Allsopp

PROGRAM 1

BOYS										
	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U15/18
1	70m	70m					60m	60m	60m	60m
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/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U15/18
1	70m	70m					60m	60m	60m	60m
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/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U15/18
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/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U15/18
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/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U15/18
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/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U15/18
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		

CHAMPIONSHIPS DAY 1

BOYS											
	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U/16	U/17-18
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/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U/16	U/17-18
1	60mH	60mH	60mH	60mH	60mH	80mH	60m	60m	60m	60m	60m
2		200m	200m	200m	200m	200m	80mH	80mH	80mH	90mH	100mH
3		300m	500m	800m	800m	800m	200m	200m	200m	200m	200m
4				700mW	1100mW	1100mW	800m	800m	800m	800m	800m
5	Discus	Discus	Discus	Discus	Discus	Discus	1500mW	1500mW	1500mW	1500mW	1500mW
6	Vortex	Vortex	T Jav	T Jav	T Jav	Javelin	Discus	Discus	Discus	Discus	Discus
7						Triple J	Javelin	Javelin	Javelin	Javelin	Javelin
							Triple J	Triple J	Triple J	Triple J	Triple J
*Scissor Kick Only											

CHAMPIONSHIPS DAY 2

BOYS											
	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U/16	U/17-18
1	60mH	60mH	60mH	60mH	60mH	80mH	60m	60m	60m	60m	60m
2		200m	200m	200m	200m	200m	80mH	80mH	90mH	100mH	110mH
3		300m	500m	800m	800m	800m	200m	200m	200m	200m	200m
4				700mW	1100mW	1100mW	800m	800m	800m	800m	800m
5	Discus	Discus	Discus	Discus	Discus	Discus	1500mW	1500mW	1500mW	1500mW	1500mW
6	Vortex	Vortex	T Jav	T Jav	T Jav	Javelin	Discus	Discus	Discus	Discus	Discus
7						Triple J	Javelin	Javelin	Javelin	Javelin	Javelin
8							Triple J	Triple J	Triple J	Triple J	Triple J
*Scissor Kick Only											

GIRLS											
	U/7	U/8	U/9	U/10	U/11	U/12	U/13	U/14	U/15	U/16	U/17-18
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

2025-26 Athletics West Summer Season

Little Athlete - Specifications

	Under 7 (2020)		Under 8 (2019)		Under 9 (2018)		Under 10 (2017)		Under 11 (2016)		Under 12 (2015)	
	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS
70m	x	x	x	x	x	x	x	x	x	x		
100m	x	x	x	x	x	x	x	x	x	x	x	x
200m			x	x	x	x	x	x	x	x	x	x
300m	x	x	x	x								
400m							x	x	x	x	x	x
500m					x	x						
800m							x	x	x	x	x	x
1500m											x	x
Sprint Hurdles	*1	*1	*2	*2	60m	60m	60m	60m	60m	60m	80m	80m
Long Hurdles												
Race Walk							700m	700m	1100m	1100m	1100m	1100m
Long Jump	x	x	x	x	x	x	x	x	x	x	x	x
Triple Jump											x	x
High Jump					*3	*3	*3	*3	*3	*3	x	x
Shot Put	1kg	1kg	1kg	1kg	1.5kg	1.5kg	2kg	2kg	2kg	2kg	2kg	2kg
Discus	350g	350g	350g	350g	500g	500g	500g	500g	500g	500g	500g	500g
Javelin	Vortex	Vortex	Vortex	Vortex	Turbo	Turbo	Turbo	Turbo	Turbo	Turbo	400g	400g

*1 – 60m mini-Hurdles, max height 200mm. *2 – 60m mini-Hurdles, max height 300mm. *3 – Scissor style onto scissor mat ONLY (150mm-300mm high).

Age Group naming mechanisms have been updated to align with the Australian Athletics age classification date. This means athletes will continue to progress to the next set of specifications, as intended, but have an aligned age group name.



2025-26 Athletics West Summer Season

Junior Athlete - Track Specifications

		Under 13 (2014)*		Under 14 (2013)		Under 15 (2012)		Under 16 (2011)		Under 17 (2010)		Under 18 (2009)	
		GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS
60m		X	X	X	X	X	X	X	X	X	X	X	X
100m		X	X	X	X	X	X	X	X	X	X	X	X
200m		X	X	X	X	X	X	X	X	X	X	X	X
400m		X	X	X	X	X	X	X	X	X	X	X	X
800m		X	X	X	X	X	X	X	X	X	X	X	X
1500m		X	X	X	X	X	X	X	X	X	X	X	X
2000m Steeplechase						X	X	X	X	X	X	X	X
3000m						X	X	X	X	X	X	X	X
Sprint Hurdles	Little Athletics WA Program	80m (68cm/9)	80m (68cm/9)	80m (76cm/9)	80m (76cm/9)	80m (76cm/9)	90m (76cm/9)	90m (76cm/9)	100m (76cm/10)	100m (76cm/10)	110m (76cm/10)	100m (76cm/10)	110m (76cm/10)
	Strive Program & Champs	80m (76cm/9)	90m (76cm/9)	80m (76cm/9)	90m (76cm/9)	90m (76cm/10)	100m (83cm/10)	90m (76cm/10)	100m (83cm/10)	100m (76cm/10)	110m (91cm/10)	100m (76cm/10)	110m (91cm/10)
Long Hurdles	Little Athletics WA Program			200m (68cm/5)	200m (68cm/5)	200m (76cm/5)	200m (76cm/5)	300m (76cm/7)	300m (76cm/7)	300m (76cm/7)	300m (76cm/7)	300m (76cm/7)	300m (76cm/7)
	Strive Program & Champs					200m (76cm/10)	200m (76cm/10)	200m (76cm/10)	200m (76cm/10)	400m (76cm/10)	400m (83cm/10)	400m (76cm/10)	400m (83cm/10)
Race Walk	Little Athletics WA Program	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m	1500m
	Strive Program & Champs			3000m	3000m	3000m	3000m	3000m	3000m	5000m	5000m	5000m	5000m

*Championship specifications are pending and will be confirmed following the announcement of the National Championships Specifications for the Under 13 age group.

2025-26 Athletics West Summer Season

Junior Athlete - Field Specifications

	Under 13 (2014)*		Under 14 (2013)		Under 15 (2012)		Under 16 (2011)		Under 17 (2010)		Under 18 (2009)	
	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS
Long Jump	X	X	X	X	X	X	X	X	X	X	X	X
Triple Jump	X	X	X	X	X	X	X	X	X	X	X	X
High Jump	X	X	X	X	X	X	X	X	X	X	X	X
Pole Vault			X	X	X	X	X	X	X	X	X	X
Shot Put	3kg	3kg	3kg	3kg	3kg	4kg	3kg	4kg	3kg	5kg	3kg	5kg
Discus	750g	750g	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1.5kg	1kg	1.5kg
Hammer Throw			3kg	3kg	3kg	4kg	3kg	4kg	3kg	5kg	3kg	5kg
Javelin	400g	600g	400g	600g	500g	700g	500g	700g	500g	700g	500g	700g

Indicates a change in weight from the 2024/25 Season

*Championship specifications are pending and will be confirmed following the announcement of the National Championships Specifications for the Under 13 age group.



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 – TINGAY AWARD

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
2022/23 – Ranford	2022/23 – Ranford	2022/23 – Queens Park
2023/24 – Ranford	2023/24 – Ranford	2023/24 – Ranford
2024/25 - Ranford	2024/25 – Queens Park	2024/25 – Ranford

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 Pieter Jacobsz – Ran
2017/18 – Canning Vale	2017/18 – Canning Vale	2017/18 – Ashley Siviour – Ran Heath Scott QP
2018/19 – South Perth	2018/19 – Ranford	2018/19 – Klara Barr – CV Bailey Scott - QP
	2019/20 - Ranford	2019/20 – Nysha Batra - QP Shia Jackson - Ranford Blake Frost – QP
2020/21 – Queens Park	2020/21 - Ranford	2020/21 – Tyson Monteath - QP Layla Kenworthy - Ranford
2021/22 – Ranford	2021/22 – Ranford	2021/22 – Tyreece Luke – Ranford Sienna Paterson – Riv/Will
2022/23 – South Perth	2022/23 – Ranford	2022/23 – Alexander Wu – Riv/Will Thusini Gammage - Ranford
2023/24 – South Perth	2023/24 – Ranford	2023/24 – Jagger Foster – Ranford Cheyenne Mondon - Ranford
2024/25 – N/A	2024/25 – Ranford	2024/25 – Hunter Rebello - CV - Everly Prins - Ranford

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
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
2022/23	Rory McDermott	Queens Park	Scarlett Nunn	Ranford

2023/24	Hunter Kwietniewski-Lees	Queens Park	Marie Anqetil	Queens Park
2024/2025	Hunter Kwietniewski-Lees	Queens Park	Ava Hilderbrandt	Willetton/Riverton

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
2022/23	Rory McDermott	Queens Park	Scarlett Nunn	Ranford
2023/24	Jet Barker	Willetton-Riverton	Scarlett Nunn	Ranford
2024/25	Jet Barker	Willetton - Riverton	Scarlett Nunn	Ranford

Tingay Award

Winter Season	Winner
2023	Charlotte Burgess

Centre Records

Centre records (correct as of 1ST October 2023 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

REGISTRATION NUMBERS

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	2022/23	328
2023/24	328	2024/25	330

SDLAC Trophy Winners 2024 - 2025 Summer Competition

Under 6 Girls

Champion Track & Runner-Up Field	Willow	O'Brien	Willetton-Riverton LAC
Champion Field	Vyla Rose	Warman	Willetton-Riverton LAC
Runner- Up Track	Sage	Blades-Prins	Ranford Athletics Club
Most Improved	Abiramy	Punitharajan	Willetton-Riverton LAC

Under 6 Boys

Champion Track & Runner Up Field	Nadul	Maddumage	Queens Park LAC
Champion Field	Freddie	Sumner	South Perth LAC
Runner Up Track	Tommy	Caparn	Queens Park LAC
Most Improved	Leo	Massoud	Queens Park LAC
Most Improved	Oscar	Wood	South Perth LAC

Under 7 Girls

Champion Field and Runner- Up Track	Nur	Ali	South Perth LAC
Champion Track	Louise	Ricciardone	Ranford Athletics Club
Runner Up Field	Grace	Wilson	Willetton-Riverton LAC
Most Improved	Charlotte	Smyth	Ranford Athletics Club

Under 7 Boys

Champion Track & Field	Matteo	Morgana	Canning Vale LAC
Runner Up Track	Jing Yao	Chong	Willetton-Riverton LAC
Runner Up Field	Oskar	Glowacki	Willetton-Riverton LAC
Most Improved	Broden	Cowan	South Perth LAC

Under 8 Girls

Champion Track & Runner-Up Field	Madeline	Pike	South Perth LAC
Champion Field & Runner-Up Track	Jade	Fortune	Queens Park LAC
Most Improved	Neyli	Udawatta	Canning Vale LAC

Under 8 Boys

Champion Track	Ezra	Mutimer	Ranford Athletics Club
Champion Field	Dylan	Gamage	Ranford Athletics Club
Runner Up Track & Field	Emmett	Lee	Ranford Athletics Club
Most Improved	Amaari	O'Kwor	Willetton-Riverton LAC
Most Improved	Dio	Mcfayden	Willetton-Riverton LAC

Under 9 Girls

Champion Track & Runner-Up Field	Zara	Pike	South Perth LAC
Champion Field	Sophia	Morgana	Canning Vale LAC
Runner Up Track	Heidi	Bradshaw	Willetton-Riverton LAC
Most Improved	Shae	Edmonds	Canning Vale LAC
Most Improved	Kaylani	Ishiguchi	Queens Park LAC

Under 9 Boys

Champion Track & Field	Ari	Prins	Ranford Athletics Club
Runner Up Field	Kallan	Harper	Canning Vale LAC
Runner Up Track	Aleksander	Ousley	Ranford Athletics Club

Most Improved	Hugo	Bell	South Perth LAC
Most Improved	Sebastian	Belstead	Canning Vale LAC
Under 10 Girls			
Champion Field	Lilah	Rebelo	Ranford Athletics Club
Champion Track	Elke	Giltay	Queens Park LAC
Runner Up Track & Field	Indie	Scoby-Smith	South Perth LAC
Most Improved	Keesha	O'Kwar	Willetton-Riverton LAC
Under 10 Boys			
Champion Field	Luke	Van Vuuren	Ranford Athletics Club
Champion Track	James	Murphy	South Perth LAC
Runner Up Track & Field	Bear	Harrison	Ranford Athletics Club
Most Improved	Samuel	Waaka	Ranford Athletics Club
Most Improved	Musa	Ali	South Perth LAC
Most Improved	Mihir	Dias	Queens Park LAC
Most Improved	Ibraheem	Ali	Queens Park LAC
Most Improved	Joshua	Ricciardone	Ranford Athletics Club
Under 11 Girls			
Champion Track & Field	Desire	Adeyemi	Willetton-Riverton LAC
Runner Up Field	Heidi	Giltay	Queens Park LAC
Runner Up Track	Savannah	Nunn	Ranford Athletics Club
Most Improved	Emily	Teow	Willetton-Riverton LAC
Under 11 Boys			
Champion Field	Jasiel	Ionascu	Queens Park LAC
Champion Track	Matthew	Roznicki	Queens Park LAC
Runner Up Field	Lucas	Johnson	South Perth LAC
Runner Up Track	Zaid	Bseiso	Queens Park LAC
Most Improved	Riley	Baker	Queens Park LAC
Under 12 Girls			
Champion Track & Field	Ava	Hilderbrandt	Willetton-Riverton LAC
Runner Up Track	Elly	Tang	Ranford Athletics Club
Runner Up Field	Vienna	Rebelo	Ranford Athletics Club
Most Improved	Abbey	Grimshaw	Ranford Athletics Club
Under 12 Boys			
Champion Track & Field	Hunter	Kwietniewski-Lees	Queens Park LAC
Runner Up Track & Field	Oliver	Bradshaw	Willetton-Riverton LAC
Most Improved	Lincoln	Ingram	Canning Vale LAC
Under 13 Girls			
Champion Track & Runner Up Field	Scarlett	Nunn	Ranford Athletics Club
Champion Field	Thusini	Gamage	Ranford Athletics Club
Runner Up Track	Sienna	Patterson	Willetton-Riverton LAC
Most Improved	Lucy	Openshaw	Queens Park LAC

Under 13 Boys

Champion Field & Runner Up Track	Jing Ming	Chong	Willetton-Riverton LAC
Champion Track & Runner Up Field	Rory	McDermott	Ranford Athletics Club
Most Improved	Zane	Nielsen	Willetton-Riverton LAC

Under 14 Girls

Champion Track & Field	Armeena	Lynn	Queens Park LAC
Runner Up Track & Field	Chloe	Valikovs	Canning Vale LAC
Most Improved	Charlotte	Mondon	Ranford Athletics Club

Under 14 Boys

Champion Field	Aiden	Lucas	Ranford Athletics Club
Champion Track & Runner Up Field	Louwin	Wainwright	South Perth LAC
Runner Up Track	Yong Xi Yuuki	Yii	Willetton-Riverton LAC
Most Improved	Alexander	Wu	Willetton-Riverton LAC

Under 15 Girls

Champion Track & Field	Lilly	Taylor	Ranford Athletics Club
Runner Up Track	Eva	Kelly	South Perth LAC
Runner Up Field	Charlotte	Burgess	Ranford Athletics Club
Most Improved	Jaimie	Girgenti	Queens Park LAC

Under 15 Boys

Champion Field	Jacob	Looker	Ranford Athletics Club
Runner Up Track	Zavier	Nash	Ranford Athletics Club
Champion Track & Runner Up Field	Michael	Passeretto	Willetton-Riverton LAC
Most Improved	Christian	Lewis	Ranford Athletics Club

Under 16 Girls

Champion Track & Field	Mary	Massoud	Queens Park LAC
Runner Up Track	Kailyn Sandra	Joseph	Willetton-Riverton LAC
Runner Up Field	Natasha	Radford	Willetton-Riverton LAC
Most Improved	Naya	Al-Qaq	Ranford Athletics Club

Under 16 Boys

Champion Track & Field	Jet	Barker	Willetton-Riverton LAC
Runner Up Track & Field	Yassien	Ali	Queens Park LAC
Most Improved	Jackson	Warmington	Willetton-Riverton LAC

Under 17 Girls

Champion Track & Runner Up Field	Mia	Spittles	Ranford Athletics Club
Champion Field & Runner Up Track	Tahlia	Pabai	Queens Park LAC

Under 17 Boys

Champion Track & Runner Up Field	Kayden	Atiken	Ranford Athletics Club
Champion Field & Runner Up Track	Sanula	Elaahabada Gedara	Willetton-Riverton LAC

Trophy Winners 2024 Winter Competition – Cross Country

Champion Boy

Bear Harrison

Champion Girl

Harriet Sumner

Runner Up Cross Country Champion Boy

Kai Langford

Runner Up Cross Country Champion Girl

Zarah Pike

3rd Runner Up Cross Country Champion Boy

Rory McDermott

3rd Runner Up Cross Country Champion Girl

Elly Tang

Trophy Winners 2024 Winter Competition – Race Walking

Champion Race Walker – Tingay Award

Charlotte Burgess

State Championship Medallists 2024 Winter Competition

Cross Country

Silver

Under 9 Boys – 1500m

Bear Harrison

Under 12 Boys – 2000m

Rory McDermott

Under 12 Girls – 2000m

Scarlett Nunn

Bronze

Under 10 Girls – 1500m

Savannah Nunn

2024/25 State Relay Championship Medallists

14/12/24

Gold

Under 13 Boys

4 x 100m

Silver

Under 11 Girls

Swedish Relay

Under 13 Boys

Swedish Relay

Bronze

Under 10 Boys

4 x 100m

2024/25 WA Senior State Championship Medallists

07/03/2025–09/03/2025 Summer Competition

Gold

Under 14

Thusini Gamage

Long Jump

Under 15

Michael Passeretto

300m Hurdles

Under 13

Ava Hilderbrandt

400m

Under 13

Ava Hilderbrandt

100m

Under 13

Hunter Kwietniewski-Lees

100m

Under 13

Ava Hilderbrandt

Triple Jump

Under 14	Thusini Gamage	Triple Jump
Under 13	Hunter Kwietniewski-Lees	200m
Silver		
Under 16	Michael Passeretto	200m Hurdles
Under 13	Hunter Kwietniewski-Lees	400m
Under 15	Chloe Valikovs	Triple Jump
Under 14	Rory McDermott	800m
Under 18	Jing Quan Chong	Discus
Bronze		
Under 15	Louwin Wainwright	High Jump
Under 14	Jing Ming Chong	Triple Jump
Under 16	Michael Passeretto	400m
Under 13	Ava Hilderbrandt	Long Jump
Under 18	Sanula Elaahabada Gedara	Long Jump
Under 14	Rory McDermott	1500m

2024/25 WA Junior State Championship Medallists

22/03/2025–23/03/2025 Summer Competition

Gold

Under 13	Rory McDermott	800m
Under 13	Thusini Gamage	Long Jump
Under 12	Hunter Kwietniewski-Lees	Long Jump
Under 12	Ava Hilderbrandt	Long Jump
Under 10	Elke Giltay	1100m Walk
Under 13	Scarlett Nunn	1500m Walk
Under 11	Clementine Jones	200m
Under 11	Desire Adeyemi	Triple Jump
Under 11	Isabella O'Hare	1500m
Under 13	Thusini Gamage	Triple Jump
Under 9	Ari Prins	400m
Under 8	Ari Prins	800m
Under 10	Lilah Rebelo	Javelin
Under 11	Clementine Jones	100m

Silver

Under 13	Rory McDermott	1500m
Under 12	Hunter Kwietniewski-Lees	200m
Under 12	Hunter Kwietniewski-Lees	Triple Jump
Under 12	Ava Hilderbrandt	Triple Jump
Under 12	Hunter Kwietniewski-Lees	100m
Under 13	Scarlett Nunn	800m

Bronze

Under 8	Ari Prins	High Jump
Under 10	Luke VanVuuren	High Jump
Under 11	Savannah Nunn	1100m Walk
Under 12	Ava Hilderbrandt	200m
Under 12	Vienna Rebelo	Javelin
Under 13	Scarlett Nunn	1500m

SDLAC Athletes in 2024/25 Australian Junior Track and Field Championships

Under 18 Men

Sanula Elaahabada Gedara – Long Jump – 15th, Tripple Jump 5th,

Under 16 Men

Michael Passeretto - 4*200m 4th, 400mH 2nd, 400m (4th heat)

Under 15 Men

Louwin Wainwright - High Jump 9th, Long Jump 11th

Under 14 Men

Tyson Khin – 100m 5th, 200m 3rd, 400m 8th, 4*100m 2nd

Rory McDermott – 800m 9th

Jing Ming Chong – Tripple Jump 8th

Under 13 Men

Hunter Kwietniewski-Lees – 100m 3rd, 200m 3rd, 400m 2nd

Under 16 Girls

Chelsea Natta – Long Jump 17th, Heptathlon 10th

Under 15 Women

Chloe Valikovs – High Jump 15th, Long Jump 13th, Tripple Jump 5th

Under 14 Women

Scarlett Nunn – 800m 7th, 1500m 16th

Thusini Gamage – Long Jump 2nd, Tripple Jump 5th

Proudly Supported By

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