

# Toowong Harriers Inc

Little Athletics Centre Handbook 2019-20



[www.toowongharriers.org.au](http://www.toowongharriers.org.au)



## TOOWONG HARRIERS INC

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## CENTRE SPONSORS AND SUPPORTERS

Toowong Harriers Little Athletics Centre would like to gratefully acknowledge the generous supporters of the 2019-2020 season:



**The Athlete's Foot**  
**Indooroopilly**



*Do **you** want to be the best?*



Little Athletics meetings are conducted throughout Queensland, and in all States of Australia. There are some 100,000 Little Athletes in all, with over 13,000 in Queensland.

Little Athletics in this State is run by:  
Little Athletics Queensland (LAQ),  
Queensland Sport & Athletics Centre,  
Level 3, Cnr Mains & Kessels Rd,  
NATHAN QLD 4111

You can find out more about the Association, other Centres and Australian Little Athletics (ALA) in your 2019 Yearbook & Parent Handbook or at the LAQ Website <http://www.laq.org.au/>

## WELCOME AND INTRODUCTION

On behalf of the Toowong Harriers Inc Committee, I would like to welcome all new and returning athletes and their families for another season of **Fun, Family** and **Fitness** at Toowong Harriers Little Athletics Centre.

Our Centre and our little athletes have met with many successes for over 30 years thanks mostly to the involvement and commitment of parents supporting our young athletes.

Little Athletics is a sport designed for children aged five to seventeen. They are encouraged to participate in all disciplines with each centre meeting offering a balance of events i.e. running, jumping and throwing. This emphasis on full participation provides every opportunity for young athletes to develop balance, stamina, strength, coordination and self-control. Little Athletics is not about who won, who came second or even last. It is about encouraging each and every athlete to better their own previous best performances.

It is about having **Fun** with friends. Athletes are grouped in ages and many relationships are developed with others away from their regular circle of school friends. It is about the **Family** playing together and growing strong together. The timekeepers, the judges, the long jump officials are

CENTRE MANAGER  
TRUDY LENNOX

Contact:  
[manager@toowongharriers.org.au](mailto:manager@toowongharriers.org.au)

all mums and dads just like you and I. Many have no previous experience, but without their efforts nothing happens. You might consider gaining qualifications for coaching or sitting for officials gradings, every little bit helps our athletes.

It is about developing **Fitness** in a safe and healthy sport. Athletics involves training sessions, warm-up sessions, coaching clinics and much encouragement and guidance from committed and caring parents.

Please read this handbook carefully as it contains most of the information you will need for the season ahead. You will receive regular news and updates that will provide further details for upcoming events, and updated performances of athletes. You can also find more information on the club's website and facebook page.

I look forward to assisting where I can to ensure that all athletes and families enjoy the season ahead.

Centre Manager

Trudy Lennox

## TOOWONG HARRIERS INC MANAGEMENT COMMITTEE

Position	Incumbent	Email Address
<b>Committee Executive</b>		
<b>President</b>	Ross Anderson	president@toowongharriers.org.au
<b>Centre Manager</b>	Trudy Lennox	manager@toowongharriers.org.au
<b>Secretary</b>	David Webster	secretary@toowongharriers.org.au
<b>Treasurer</b>	Kris Hacker	treasurer@toowongharriers.org.au
<b>Senior Athletics Coordinator</b>	Bruce Jones	seniors@toowongharriers.org.au
<b>Team Manager</b>	Melissa Cohen	teammanager@toowongharriers.org.au
<b>Grounds</b>	Ross Anderson	grounds@toowongharriers.org.au
<b>Equipment</b>	Ross Anderson	equipment@toowongharriers.org.au
<b>Committee Member</b>	Darryn Bryant	
<b>Committee Member</b>	Doug Logan	
<b>Committee Member</b>	Peter Kolb	
<b>Support Roles</b>		
<b>Officials Coordinator</b>	Barbara Maenhaut	officials@toowongharriers.org.au
<b>Program Officer</b>	Anna Foeglein	program@toowongharriers.org.au
<b>Records Officer</b>	Doug Logan	recording@toowongharriers.org.au
<b>Registrar</b>	Doug Logan	registrar@toowongharriers.org.au
<b>Database Admin</b>	David Webster	database@toowongharriers.org.au
<b>Coaching Coordinator</b>	Karen Freeman Wallace	coaching@toowongharriers.org.au
<b>Officials Education Officer</b>	<i>Vacant</i>	manager@toowongharriers.org.au
<b>Canteen Coordinator</b>	Helen Webster	canteen@toowongharriers.org.au
<b>Marketing</b>	<i>Vacant</i>	marketing@toowongharriers.org.au
<b>Publications Officer</b>	<i>Vacant</i>	publications@toowongharriers.org.au
<b>Transport Officer</b>	<i>Vacant</i>	transport@toowongharriers.org.au

### COMPETITION VENUE

Jack Cook Memorial Park  
Cnr. Indooroopilly Road and Heroes Avenue  
TARINGA QLD 4068



### POSTAL ADDRESS

Toowong Harriers Inc  
P.O. Box 938  
TOOWONG QLD 4066  
ABN: 96 100 365 471

## CODE OF CONDUCT

Little Athletics Australia has outlined a Code of Behaviour, which it hopes will serve as a guide to the organisation and participation of parents and children within the Little Athletics Movement.

Parents, coaches and officials, by example of behaviour, hold an enormous influence over the youth of the community.

Participation of children and adults in Little Athletics should be associated with conduct that conforms with the aims and objectives of the Little Athletics Movement, as exemplified by the points outlined in the table below.

The Code is aimed at establishing an “across the board” pattern of behaviour that should be considered of paramount importance to all parents, coaches, and officials, and indeed athletes, under the ideals and philosophies outlined in the aims and objectives of Little Athletics Australia. A full copy of the Code can be found on the Little Athletics website at <http://laq.org.au/Resources/Policies-and-Plans>.

If Little Athletics is to be enjoyed by all for the benefit of **Family, Fun, and Fitness** (to which we might add **Friendship**), then the co-operation and assistance of all parents, coaches and officials is of primary importance.



DO NOT	Criticise children in front of spectators. Rather, reserve constructive criticism for expression in private.
ACCEPT	Decisions of all officials or referees as being fair and called to the best of their ability.
DO NOT	Criticise opposing athletes or supporters by word or gestures.
SET	A good example by your own personal appearance. If you are a smoker, please note that it is Queensland Legislation that smoking is not permitted on the Arena (track & Field) during any Little Athletics competition, including Centre Meetings.
MAKE	Every athletics competition meeting serve as a training ground for life and as a basis for good mental and physical health.
EMPHASISE	That good sports people are good students and are both physically and mentally alert.
PLACE	The welfare and development of the individual child above win and loss records.

## REGISTRATION

Children must be **over five**, and **under 17 years** of age **on December 31, 2019** to be eligible for registration in the 2019-20 season.

Only registered (and paid-up) children are permitted to participate in Little Athletics meetings (except for new members trying out – no more than two consecutive meetings – form completion only is required). Fees are as follows:

U6 child (born 2014)	\$125.00
U7 and U8 (2012,2013) (includes regional relay and championship entry fees)	\$170.00
U9 – U17 (2003-2011) (includes regional relay and championship entry fees, Optional QA dual membership for additional \$45)	\$190.00
Tiny tot (see page 18)	\$50.00
Family Participation Deposit* \$75.00 (per family)	

\*Deposits are refundable

Each Little Athlete will be provided with a registration label and age label to be sewn onto the centre uniform.

The instructions for the placement of the labels are included in the column opposite.

## CENTRE UNIFORM

### TOP

Little Athletes are required to wear the Centre Uniform of a White T-shirt with royal blue sleeves.

We also stock an adult “officials” style.

### BOTTOM

Boys - Royal blue shorts

## REGISTRAR DOUG LOGAN

Contact:  
registrar@toowongharriers.org.au

Girls - Royal blue stretch runners or bike pants

### UNIFORM SHOP

The Centre carries a full range of children's T-shirt sizes and these are available for \$35 each.

Boys shorts (\$20) and girls bike pants (\$25) are also available.

For U13 ages and above, we have singlets and girls crop tops which may be worn to competitions.

Each registered child is required to purchase a uniform (see above). The age label must be sewn to the left shirt sleeve, preferably on three sides only, thus forming a pocket where performance tickets can be put.

The registration number must be sewn on the front of the shirt. The Centre uniform should be

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*Parents of children registering  
for the first time should  
provide proof of age upon  
registering. This must occur  
within 28 days.*

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worn at all times when competing, and must be worn at all Intercentre, Regional, and Association meetings. The Coles badge is to be sewn on the front right chest.



## THREE ESSENTIAL QUESTIONS & ANSWERS FOR PARENTS

### QUESTION 1: WHAT SHOULD WE DO FIRST?

**Answer:** Read this Handbook carefully. Most of the information you need is contained within its covers. Also read the regular newsletters. They contain important new information. Ask Committee Members, who may be identified by their distinctive T-shirts and/or name tags.

### QUESTION 2: WHAT IS REQUIRED OF LITTLE ATHLETES?

**Answer:** Children should arrive punctually at the weekly meetings and the Tuesday afternoon training sessions (4.30 – 6.00pm, see page 19). There are other special meetings from time to time throughout the season that they may wish to attend. Where appropriate, nominations and any necessary fees should be completed within ResultsHQ (each family has a login to the online results database) before the due dates. Although we expect all our Little Athletes to support the Centre, there is no compulsion to attend every meeting, with the possible exception of the Regional Relay Day on Sunday 17 November 2019, (see page 10) which is a team event where the athletes represent the centre at a regional level competition.

### QUESTION 3: WHAT IS REQUIRED OF FAMILY AND FRIENDS?

**Answer:** In Little Athletics, nothing is achieved without the help of parents, family, and friends. Here is how you can help:

1. **Attend** meetings with your children.

Around 60 adults are required to run each regular weekly meeting. The program will not run to time unless we have a full complement of timekeepers, field officials, and age group marshals. See page 15 of this handbook for more information. If you need help, ask any experienced Centre member. The officials coordinator is the best source for help and information.

2. **Assist** in setting up and dismantling the facilities. Each family should nominate to help set up or put away, at least once. The Family Participation Deposit will be refunded after completion of the season (late March 2020) if you meet the requirements set out on page 18.

3. **Learn.** It is very important in Little Athletics that parents officiating at events know what they are doing, and convey this to the Little Athletes. Come to meetings regularly, read the rules, and don't be afraid to ask. Rules are provided in the folders located at each field event.

The Australian Athletics Officials' Education Scheme offers Level 1 Officiating courses online (free of charge) for all athletic events. Level 1 is the basic grading level aimed at Officials wishing to officiate to a local Club / Centre/ School level. We would love to see some of our parents take the opportunity to become accredited in a couple of events. Each course takes about 1 hour.

The Centre Manager ([manager@toowongharriers.org.au](mailto:manager@toowongharriers.org.au)) can provide you with more information.

Parents of younger athletes who are unable to stay and officiate at a meeting should ensure they return 30 minutes before scheduled finishing time, to be there when the relevant age groups complete their events, and also ensure that they register their nominated parent supervisor with the Recording Desk each meet.

4. **Assist** in coaching. In Little Athletics, parents are the coaches. It takes a while to gain the knowledge necessary to coach Little Athletes, but there is a great opportunity to learn. Come along and participate, even if that only means you help maintain order. You will not only be seen to be supporting your child, but you may consider attending coaching seminars and courses. The Coaching Coordinator ([coaching@toowongharriers.org.au](mailto:coaching@toowongharriers.org.au)) or Centre Manager ([manager@toowongharriers.org.au](mailto:manager@toowongharriers.org.au)) will be able to provide you with more information.

There is a lot of information in this handbook, watch the newsletters and check the website [www.toowongharriers.org.au](http://www.toowongharriers.org.au).



## NON-SMOKING POLICY

Smoking has not been permitted at Little Athletics meetings since the Queensland Little Athletics 1999 State Conference.

From 1 September 2016, it is an offence under Queensland legislation to smoke at or near under-age organised sporting events.



## CHILD SUPERVISION POLICY

It is Centre policy that all children participating in Centre meets and training sessions must have a parent/guardian present at the venue throughout the meet or session. This is for safety reasons should your child become injured or fall ill during the meet. It is also in the case of the meet ending early due to a weather event and on some occasions an age group may finish earlier than scheduled. In this case it places an unfair burden on the Age Marshals and centre volunteers to care for children until they are collected.

Whilst it is our preference for all parents/guardians to remain at the meet and have fun participating with their children and helping to keep the meet running, we recognise that this cannot always happen. If circumstances prevent you from remaining at the centre during the meet or training session, you are asked to nominate another parent who is known to you and your child, and who is remaining at the event, to act as a contact. Please fill out the register at the recording desk with the relevant details, including your contact details, before leaving the venue.

**Note:** In the event of a medical emergency involving your child, the Age Marshal is still responsible for looking after the rest of the children in their group and in most cases will not be able to fulfil the role of guardian.

## TYPES OF MEETINGS

### REGULAR MEETINGS

These meetings are the “bread-and-butter” of Little Athletics and the weekly meetings are conducted at Jack Cook Park. There are three types of regular meetings.

### INTRODUCTION TO ATHLETICS DAYS

These are non competition events at the beginning of the season and are intended to introduce parents and children to Little Athletics procedures and rules. Three events will be conducted. All new little athletes and parents should try to attend.

### CENTRE MEETINGS

Little Athletes assemble in age groups and carry out a warm-up routine, those arriving late will be expected to warm up independently.

They then take part in a tightly scheduled program of five events (two field, usually three track; possibly some games or fitness circuits for the younger age groups) proceeding from event to event in the charge of Age Marshals. Coaching sessions will not be held during the Regular Meetings in the 2019/20 season. Please see page 19 for more details on coaching.

Centre meetings are held throughout the season, spread evenly between Saturday afternoon and Friday evenings (refer to the season calendar page 22). This is intentional to allow athletes who have other sporting commitments the opportunity to attend at least half of the meets.

### Afternoon & Twilight Meets

In the early and later months of the season, afternoon meetings are held from 2pm to 5pm. Please note that there are late afternoon meetings (3pm to 6pm) in November and February. In December and January, Twilight meetings will be held between 4pm to 7pm to avoid the hottest part of the day.

### Evening

Friday Evening meetings are held at Jack Cook Park under lights. They run between 6:00pm to 8.30pm. The program is similar to that for afternoons. Food is available from the canteen. Warm clothing is sometimes needed for evening meetings in September & October.

## INTERCENTRE MEETINGS

Friendly meetings will usually be held with neighbouring centres. These are essentially local meetings, with only a little emphasis on inter-centre competition. No special nominations are required.

The Western Suburbs Games, which involves Centenary, Kenmore and our Centre, is held annually in February. The Western Suburbs compete for a perpetual Shield but the atmosphere is quite informal. This year Toowong will host the Games at Jack Cook Park on Friday, February 21.

## 125 YEAR CELEBRATION / XMAS PARTY

In 2019 Toowong Harriers turns 125 years! We will celebrate this milestone in conjunction with our final Centre meet for 2019 on Saturday, 7 December. Watch out for more information in newsletters closer to the date.

## TOOWONG GIFT (3000 METRES)

On Saturday, October 5, our normal meeting will be slightly shorter and followed at 5pm by the second annual Toowong Gift, a 3,000 metre track race open to all members, parents and friends and community. This is a Bronze Level Queensland Athletics event. Prizes will be awarded. We hope all families attend.

Events held will include:

- 1000m Dash for children aged to 12 years
- 3000m Gift – Youth category (U12-U17)
- 3000m Gift – Open Category
- 3000m Gift – Masters Category (35+)

## CENTRE CHAMPIONSHIPS

The Centre Championship will be held on the last weekend of competition meetings held at Jack Cook Park, and will include all events for each age group over the course of the championships.

Ribbons are awarded for first, second, third in each event in each age group. Participation ribbons are awarded to all.

This will be the last opportunity for athletes to try to attain that elusive colour level, and to earn points for the Centre Champion trophy!

## REGIONAL RELAY DAY

The Regional Relay Day will be held on Sunday, November 17 November 2019 at the Limestone Park, Ipswich.

Relay days provide an opportunity for Little Athletes (U7 and up) to participate in a team activity. We feel that there is a need to foster a “team spirit” in our Little Athletes, and relay events are often the only opportunity we have for competing in team events.

We like to see as many as possible of our Little Athletes attending the Regional Relay Day. As the Relay Day is held early in the season, specific relay coaching / practice will be a focus in October and early November.

Athletes must notify the centre if they are not available for regional relays by Saturday, 26 October 2019.

Relays include both track and field relays. In field relays, Little Athletes compete in two-person teams in a selection of events, where the team score is the sum of the individual performances.

Events include:

Age Group	Events				
U7	4 x 70m	4 x 100m	Long Jump	Discus	
U8	4 x 70m	4 x 100m	Long Jump	Shot Put	
U9	4 x 100m	4 x 200m	High Jump	Shot Put	Discus
U10	4 x 100m	4 x 200m	High Jump	Long Jump	Shot Put
U11	4 x 100m	Swedish Relay	Long Jump	Shot Put	Discus
U12	4 x 100m	Swedish Relay	High Jump	Long Jump	Discus
U13	4 x 100m	Medley Relay	Long Jump	Shot Put	Discus
U14	4 x 100m	Medley Relay	High Jump	Long Jump	Shot Put
U15	4 x 100m	Swedish Relay	High Jump	Long Jump	Discus
U16	4 x 100m	Swedish Relay	Long Jump	Shot Put	Discus
U17	4 x 100m	Swedish Relay	Long Jump	Shot Put	Discus

The Swedish relay consist of a 1,000m relay with 4 legs run in the following order: 100m/300m/200m/400m. The Medley Relay is 1,600m, run in the following order: 200m/200m/400m/800m.

Note that Little Athletes may compete in higher age groups and girls can compete in boys' events, but no competitor can plan to compete in the same event in two age groups. Parents should note that this is an all day event from 8am to 4pm.

The Regional Relay Day will be postponed to Sunday, 23 November if washed out by heavy and continuous rain or thunderstorms.

U7 & U8 athletes receive participation medals. Any concerns should be addressed to the Team Manager via email (teammanager@toowongharriers.org.au).

## STATE RELAY DAY

The first three placed teams in each event in the Regional Relay (except the U7s and U8s) qualify to compete in the State Relay Day at the State Athletics Centre (QSAC) on Saturday, December 14. It is important that we try to keep the qualifying teams together if possible.

In cases where qualifying athletes will be unavailable for the State Relay Day, the Team Manager should be advised immediately.

The State Relay Day will be postponed only in extreme circumstances to a date to be advised.

## COLES SUMMER CARNIVAL

The Summer Carnival will be held on Saturday, November 3, 2019. It aims to give all registered athletes in U7 – U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship. Additionally, it allows the athletes of the U13 age group to register performances that the State Team Selectors may need to refer to later in the season when selecting the State Team.

The main purpose of the day is for athletes of all abilities to have an enjoyable day's competition and foster new friendships. Athletes can nominate for up to 5 events of their choice.

More detail is available on the LAQ website. Register via Results HQ.

## MCDONALDS COMBINED EVENT

The Combined Event Championships will be held on 29 February and 1 March, 2020 at QSAC. The event is oriented as a Championship Event for U9 – U17's and offers participation for U7 - U8's.

The number of combined events per age group is a graduated increase to reduce undue pressure on younger athletes and encourage athlete's development. A strong emphasis is on the participation of children in a wider range of events, rather than the early specialisation in one or two specific events.

Additionally, the State Team Selectors will refer to the U15 Heptathlon results when selecting athletes for the State Team.

The main purpose of the day is for athletes of all abilities to have an enjoyable day's competition and foster new friendships.

The format for 2020 is as follows:

- U7 – U8's Athletes may nominate for the Triathlon (three (3) set events).
- U9 – U11's Athletes may nominate for the Tetrathlon (four (4) set events).
- U12 – U14's Athletes may nominate for the Pentathlon (five (5) set events).
- U15 – U17's Athletes may nominate for the Heptathlon (seven (7) set events).
- U13 – U17's Athletes may nominate for the Jumps Triathlon, Throw Triathlon or Track Triathlon (three (3) set events in each).

More detail is available on the LAQ website. Register via Results HQ

## REGIONAL CHAMPIONSHIPS AND STATE CHAMPIONSHIPS

These two meetings are held in the second part of the season.

No special qualifications are necessary to enter the Regional Championships, and the usual spirit of having fun predominates. The State Championships are, however, more competitive, and athletes must achieve a first, second, third or fourth placing at the Regional Championships to qualify.

### Regional Championships

The Toowong Harriers Centre is a part of the Metropolitan West Region. There are eight other centres in the Region at present:

- Centenary
- Colleges
- Forest Lake
- Goodna
- Ipswich
- Kenmore
- Rosewood
- Souths

Regional Championships are to be held this season at Limestone Park Ipswich, over the weekend of 8-9 February 2020 for age groups Under 7 to Under 17. The Nomination fee is

included in your membership fees and is not refundable upon withdrawal.

The first three to place in each event, plus any others who meet specified performance levels, qualify to go to State Individual Championships.

Under 7 and 8s, however, do not go on from the Regional level competition to compete in the State Individual Championships. If the Regional Championships are washed out they will be held the next week. A maximum of five (5) events may be entered by each Little Athlete. Nominations are to be handed to the Recording desk by the 18 January 2020.

Nominations will be accepted for the Regional Championships only from registered Little Athletes (Under 7 and up) who have competed in four or more Centre meetings, unless special permission is given by the Centre Committee of Management.

### State Individual Championships

This event is the season climax for our more talented Little Athletes. The Championships will be conducted over the weekend of 13-15 March 2020 at QSAC.

The location for State Championships is held in FNQ every four years. Our centre offers an amazing incentive and assistance to those who qualify for States. All athletes who attend States in FNQ will be provided with \$300 to assist with travel costs for the event.

More detail in relation to the event is available on the LAQ website.

### QUEENSLAND ATHLETICS – SHIELD MEETS

For athletes age U12-U17 a Dual Little Athletics / Queensland Athletics membership is available.

QA run a series of shield meets from November until March. A small additional meet fee is payable. These meets are suitable for those athletes looking for higher level competition.

More information is available on the Queensland Athletics website.

<http://qldathletics.org.au/Home>

### DISTANCE AND CROSS-COUNTRY

Queensland Athletics run a Cross Country series during the early winter months of April to June. There are seven series events and Toowong Harriers usually hosts one race.

Registered Little Athletes (up to 14 yrs) may compete in these for a nominal fee. Also, a number of track and field meetings and cross-country runs are conducted by the Toowong Harriers senior club during the months April to September.

Older Little Athletes may wish to consider joining QA (at a reduced fee) for the Winter Season. If interested, call the senior club Registrar, Bruce Jones on 3379 8926 or President, Ross Anderson on [president@toowongharriers.org.au](mailto:president@toowongharriers.org.au).

### AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

The Australian Little Athletics Championships (ALAC) will be held for selected athletes in the Under 13 and Under 15 age groups in late April, 2020.

All costs associated with the team, including outfits and travel, are met by the Little Athletics Association and your Centre. The Under 13 Team of 13 boys and 13 girls will be picked following the State Championships.

The ALAC is a teams competition, not an individual championship, so selection of team members is based on maximising team points. Team members are chosen on the basis of how many points they are likely to earn for the team, based on their performances at the State Championships and other Little Athletics meetings. LAQ produces a booklet titled "State Team Selection Criteria and General Information" which contains a table of point scores, based on average placing in past Australian Little Athletics Championships. Please contact the Centre Manager to borrow a copy of this.

To be eligible for team selection, outstanding performances in more than one event are usually required.

The Under 15 Team consists of three boys and three girls, who compete for points in a heptathlon (100m/90m Hurdle, 100m/200m, Discus/Shot Put, Javelin, High Jump, Long Jump, 800m).

The Centre must also certify that each Little Athlete selected (U13 and U15) has participated in at least 50 per cent of Centre level meetings (or has a genuine reason for not complying).

## EQUIPMENT

The Toowong Harriers Athletics Centre has a full set of equipment, including triplicate sets of throwing items, a set of 80 four-height hurdles, and four sets of high jump mats.

The equipment is stored in the buildings beside the Toowong Harriers Clubhouse at the Park.

Specifications for hurdles and throws appear in the tables below.

### EQUIPMENT OFFICER ROSS ANDERSON

Contact:  
equipment@toowongharriers.org.au

#### HURDLES

AGE	DISTANCE (M)	HEIGHT (CM)	RUN IN (M)	NO. @ SPACE
7	60	30	12	6 @ 7m
8	60	45	12	6 @ 7m
9	60	45	12	6 @ 7m
10	60	60	12	6 @ 7m
11	80	60	12	9 @ 7m
12	80	68	12	9 @ 7m
13, 14G	80	76	12	9 @ 7m
14B, 15-16G	90	76	13	9 @ 8m
15-16B, 17G	100	76	13	10 @ 8.5m
17B	110	76	13.72	10 @ 9.14 m
13	200	68	20	5 @ 35m
14	200	76	20	5 @ 35m
15-17	300	76	50	7 @ 35m

	GIRLS				BOYS			
AGE	DISCUS	SHOT	JAVELIN	VORTEX	DISCUS	SHOT	JAVELIN	VORTEX
6,7	350g	1kg (Blue)	n/a	300g	350g	1 kg (Blue)	n/a	300g
8	500g	1.5kg (Yellow)	n/a	300g	500g	1.5kg (Yellow)	n/a	300g
9,10	500g	2kg (Orange)	n/a	n/a	500g	2kg (Orange)	n/a	n/a
11	500g	2kg (Orange)	400g	n/a	500g	2kg (Orange)	400g	n/a
12	750g	2kg (Orange)	400g	n/a	750g	2kg (Orange)	400g	n/a
13	750g	3kg (White)	400g	n/a	750g	3kg (White)	600g	n/a
14	1kg	3kg (White)	400g	n/a	1kg	3kg (White)	600g	n/a
15-16, 17G	1kg	3kg (White)	500g	n/a	1kg	4kg (Red)	700g	n/a
17B					1.5kg	5kg (Green)	700g	n/a

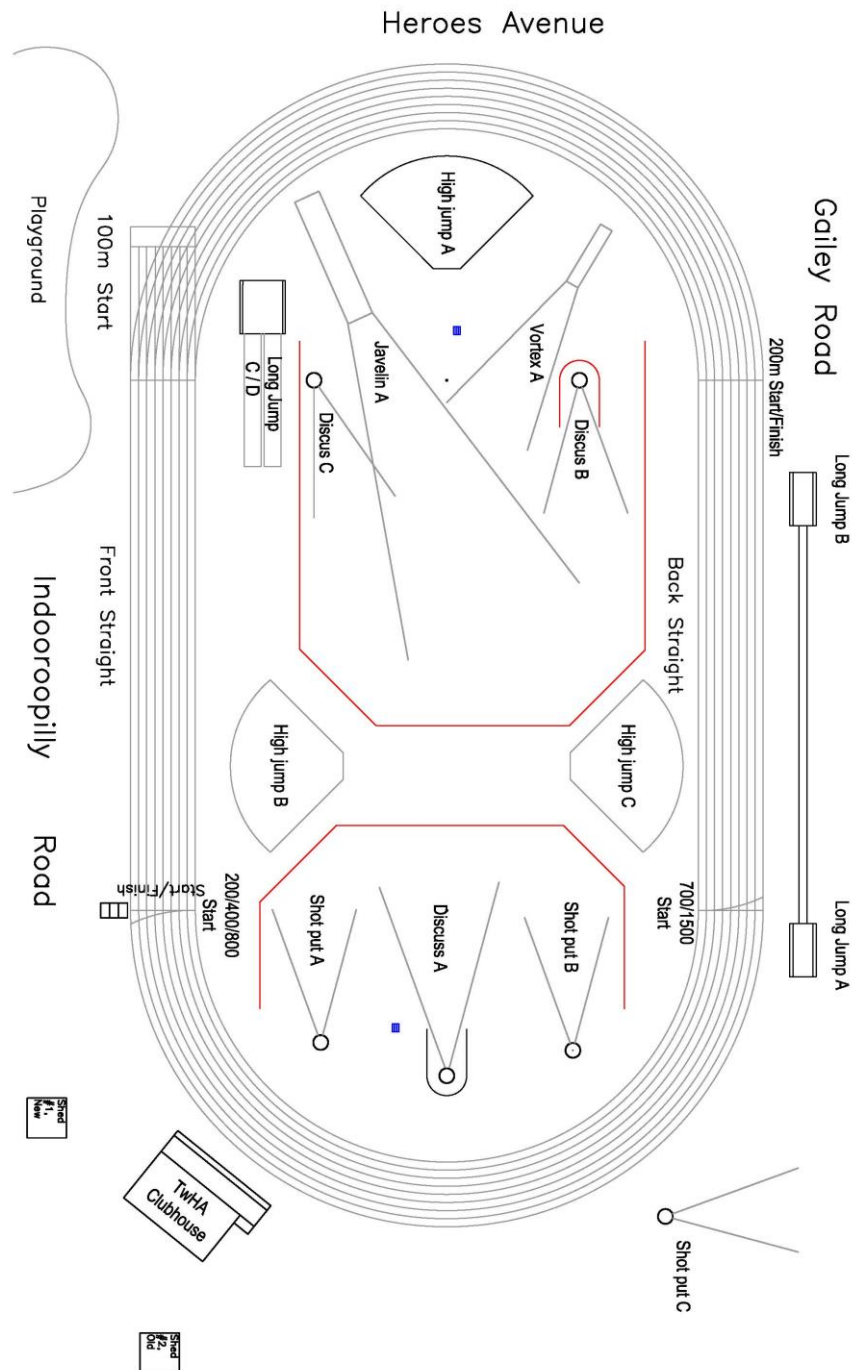


## GROUNDS

The figure below shows the layout of the oval at Jack Cook Park, including start/finish locations, and field event stations. All locations will be sign-posted during meetings throughout the season. Please note that there have been some name changes to some of the field stations from prior years.

### GROUNDS OFFICER

Contact:  
grounds@toowongharriers.org.au



## OFFICIALS

At Little Athletics meetings, parents are the officials. Around 60-80 officials are needed to run a full Centre meeting to time. Officials are also required whenever the Centre participates in intercentre meetings and major competitions.

Toowong Harriers strongly supports parents to complete formal qualifications as a Little Athletics Official. There are several types of official, as follows:

### OFFICIALS COORDINATOR BARBARA MAENHAUT

Contact:  
officials@toowongharriers.org.au

## MANAGERS

Arena Manager

Program Officer

Officials Coordinator

Records Officer

*These are committee members who manage the program.*

## KEY OFFICIALS

Track  
Referee

Chief  
Timekeeper

Chief  
Starter

Chief Place  
Judge

Chief Judge  
(Throws)

Chief Judge  
(Jumps)

Chief Judge  
(Walks)

*These are experienced and qualified centre members who control groups of events.*

## EVENT OFFICIALS

Timekeepers  
(7 Judges essential)

Place Judges  
(Up to 8)

Start/Finish Marshals  
(1 or 2)

Throws Judges  
(Up to 6)

Jumps Judges (Up to 6)

Walks Judges (5)

Assistant/ Second Starter

*These are judges at individual events. The main requirement is a willingness to learn.  
Experience and qualifications will follow.*

## ASSISTANTS

Assistants are needed at all field events (up to 2 at each) and at the start and finish lines for track events.  
We need your help—come and join in.

## AGE MARSHALS

Little Athletes proceed from event to event led by marshals who also record performances at each field event. This also provides a good all round learning experience for new parents.

Each week an email will be sent to parents with a SignUp link to volunteer for the Competition meet roles. Please assist us by signing up in the days prior, rather than at the last minute. This will save a great deal of time and stress for our Officials Coordinator at the start of each meet. Please present at the Officials table on arrival to ensure your name is marked off.

## SET UP/ PUT AWAY

Preparing the field for our children is an important parental responsibility. Please arrive up to 60-30 minutes before the start of a competition meeting if you can to help set up the venue, and stay back about 15 minutes at end to put everything back in its correct place for the next meeting. If we do not get help we cannot start on time, and if we don't pack away properly, it's harder to set up next time. Experienced parents will help guide new parents in this activity.



## THE ROLE OF THE AGE GROUP MARSHAL

The role of age group marshals should not be underestimated. Their role is crucial in ensuring the orderly running of meetings.

Little Athletics Centres are judged as much by the behaviour of the competing children as by their athletic performances. Some rules to follow are:

- Children should walk in an orderly group with their marshals when proceeding to events.
- Running across the field is not permitted.
- Spikes must not be worn between events, and the wearing of spikes, with or without blanks for age groups U10 and below is not permitted.
- Children should remain in order, clear of the event, while waiting for their individual turn.
- For safety reasons, under no circumstances should any child play with spare discus, javelin, or shot equipment or cross the throwing sectors while events are in progress.
- If there is a delay before starting the next event, marshals should try to find something for the children to do.
  - For the little children, use the games leaflet provided, or if waiting for a sprint, the playground.
  - For the older children, maybe coaching or exercises, if they are not amusing themselves productively.
- Children who continue to misbehave may be sent to a "sin-bin" for one event. If their behaviour continues to be unsatisfactory, their parents may be asked to remove them from the meeting. Age marshals should speak to the Centre Manager or other committee members if there are concerns within their age group.



## FOOTWEAR

LAQ policy on footwear states that it is compulsory to wear shoes when competing in any Little Athletics event, at any venue. Also, the wearing of spike shoes, with or without blanks, is not permitted for age groups U10 and below. These athletes are best advised to wear appropriate lightweight footwear.

For the safety of all Toowong athletes, and to avoid injuries (that may arise from broken glass, needle-stick etc.), it is imperative that we ensure full compliance with the footwear rule: no competing in bare feet.

Running spikes up to 7mm may be worn by age groups Under 11 and up in javelin, jumping and laned running events but only while actually competing: they must be removed immediately after the completion of each event (or at our Centre, at the starting line, if necessary to retrieve shoes) and must be kept in a bag when not being worn.

Any Little Athlete found wearing spikes between events risks being asked to leave. The LAQ spike shoe rules are shown in the following table

Event/Age	U6-10	U11-12	U13-17
Laned		SS	SS
Unlaned		SB	SS
Relays		SB	SS
Walks		SB	SB
HJ/LJ/TJ/Jav		SS	SS

Blank = No spike shoes allowed

SS = Spike shoes with spikes

SB = Spike shoes with blanks or no spikes

## RULES AND QUALIFICATIONS

Little Athletics competitions are conducted according to the Handbook of the IAAF (International Amateur Athletics Federation), except for:

### HIGH JUMP

For reasons of safety and technique development, the Fosbury Flop technique is not allowed for age groups below Under 11. A fair jump (for scissor technique) is therefore one where:

- The head of the contestant does not go over the bar before the leading foot (the foot closest to the bar at take off).
- The head of the contestant is not below the buttocks when the buttocks clear the bar.
- The contestant's foot touches the landing area before any other part of the body.

### WALKS

There are a number of administrative rules for judging walks which are peculiar to Little Athletics. Details can be provided on request from the Chief Walk Judge.

### LONG AND TRIPLE JUMP

Age groups up to Under 10 use a half metre board for these events instead of the standard 20cm take-off board. The board is covered in sand so that jumps can be measured from the leading edge of the imprint made by the jumper in the sand. For triple jump, the board may be placed at 3, 5, 7, or 9 metres from the pit, at the discretion of the jumper.

Jumps for U11-17 age groups are measured from the front of the take-off board. They use a standard (20cm wide) take-off board when available.

### 800 METRE TRACK EVENTS

These races will sometimes start from a massed start near the regular finish line, rather than in lanes as set out in the IAAF Handbook. Laned starts apply at LAQ carnivals.

### STARTING BLOCKS

Starting blocks may be used by U11 to U17 athletes in laned events. However an effective crouch start, with or without blocks, depends

### *Obtaining qualifications*

*The Centre is always in need of qualified officials. While it is appreciated that many parents and helpers want only to help out, we will be endeavouring during meetings to provide tuition in some of the more basic rules of competition. Multiple-choice examinations can be completed in order to receive formal qualifications as a Little Athletics official. Please contact our Centre Manager, for more information.*

very much on core body strength, which is rarely developed until the early teens.

### MEDLEY & SWEDISH RELAY

The standard distance 4x400m relay for U11-17 has been replaced by

- U13 & U14 - Medley Relay - mixed distance relay consisting of two legs of 200m, one of 400m and one of 800m
- U11, U12, U15, U16, U17 - Swedish Relay - mixed distance relay consisting of 300m, 100m, 200m, 400m

## INSURANCE

When you join Little Athletics, your registration includes a small insurance premium (around \$5). This charge provides insurance not only for registered Little Athletes, but also for all officials and voluntary workers.

The policy provides cover for all accidental injuries, which occur in any activities associated with Little Athletics, including travel to or from these activities.

For example, if you are involved in a car accident, or even if you trip and hurt yourself on the way to a Little Athletics meeting, you are covered.

Activities associated with Little Athletics include athletics meetings at Jack Cook Park and

elsewhere, working bees, committee meetings and coaching (by Centre coaches).

The policy provides both personal accident insurance and public liability insurance.

Thus you are covered by the personal accident policy if a Centre member or Little Athlete is injured, and by the public liability policy if you cause injury to, or damage the property of, a bystander when participating in any Little Athletics activity.



## PARENT PARTICIPATION DEPOSIT REFUNDS

The family deposit of \$75 is refunded at completion of the season (April 2020) if:

- A parent/carer takes on a Committee or Executive role throughout the season; or
- 12 volunteer sessions are completed by parent / carer. (Please ensure that your volunteer position is recorded by the Officials Coordinator each week).

## SUNSAFE POLICY

While the dangers of exposure to the sun are well documented, they are to some extent unavoidable in outdoor sport. However, we can all endorse, adopt and implement practices designed to minimise our risk.

Please ensure that, for daytime activities, the members of your family participating are adequately protected with sunscreen (30+ or greater recommended), hats (preferably broad-brimmed or legionnaire style) and any other individual needs e.g. sunglasses. Adults are expected to set an example and be responsible for ensuring that the policy is followed.

When helping out at daytime meetings, each age marshal or person controlling the results folder should check that their assigned group is adequately protected for the day's conditions. Please note, sunscreen is available in the club

house (at no charge) should anyone forget to bring their own. Also, there are several trees in Jack Cook Park, which offer shade to athletes waiting to compete, and athletes should be encouraged to use it.

Remember, it is your responsibility to take adequate precautions.

## YOUNG ATHLETES/TINY TOTS

In keeping with National Sports Policy, our younger Little Athletes engage in a smaller range of events than the older children.

They may take part in organised games with a hint of athletic training, between events. Some of these games are found in the LAQ publication *Play Training*. Also, the Under 6s may only participate at Centre level meetings (not Association, Regional or Multi-Event Days).

At this early stage, the emphasis is very much on play and fun rather than athletic prowess, although we do ensure they get sufficient aerobic exercise.

We provide a Tiny Tot Program (athletic activities but no measured performances, plus games) for siblings of registered athletes at all Centre competition meetings.

## MULTICLASS ATHLETES

The Centre will endeavour to cater for athletes with disabilities, following guidelines issued by Little Athletics Queensland, modifying procedures as necessary to ensure maximum safe participation.

They will usually be included with able bodied athletes of the same age group.

Families are encouraged to discuss with us their individual athlete's disabilities and capabilities so we can optimise the experience.

## COACHING

At Little Athletics participants strive to improve their individual performances week by week. As athletes grow and develop, and with practice, their times and distances in various events will naturally improve. Our coaching program is aimed to enhance this natural improvement, teaching both general and specific skills to help with their athletic performance.

The type of coaching aimed at the majority of Little Athletes is known as **FUNDamental** - that is, skills are taught in an enjoyable format, often using games or activities which are FUN!

Parents can assist in this process by encouraging lots of different activities – playing lots of other sports, bike-riding, swimming, skipping, walking the dog etc. More specific coaching will be aimed at teaching the techniques for various events. It is important to try to learn the correct techniques early, as it is very difficult to change incorrect techniques when they have been repeated over and over again.

**All coaching sessions will be advertised on our Facebook Page and Club Notice Boards.**

### IN-MEET COACHING

Whilst Toowong Harriers no longer schedules “In-meet” coaching, age marshals and event chief’s are encouraged to assist athletes with technique and feedback, particularly early in the season.

We encourage athletes to attend our optional coaching sessions on Tuesdays, Thursdays and Sundays to gain basic technique coaching for all events.

### TUESDAY COACHING

On Tuesdays between 3.30 - 6.00 pm from the start of school term 4, and throughout the season, we intend to run coaching sessions at Jack Cook Park.

Between 3:30pm and 4:30pm we offer Distance Running sessions for ages U9+. These sessions focus on 800m/1500m/cross country distances, and may include some hill training in the local area.

Between 4:30pm and 6:00pm we offer a variety of event coaching. For the first 6 weeks we plan to introduce each athlete to the basic techniques of all their events. The afternoon is divided into

## COACHING CO-ORDINATOR KAREN FREEMAN

Contact:  
coaching@toowongharriers.org.au

two sessions and athletes are divided into three age groups

- Junior – U7 & U8 (1 hr only)
- Intermediate – U9 & U10
- Senior – U11+

This is ‘General Coaching’ and will include some general fitness, core-strength and flexibility activities. Improvement in these general areas will benefit all athletic and other sports performance and should also protect athletes from injury.

Weekday Coaching is not compulsory to attend, however it is included as part of each athletes registration fees. If the Little Athlete is able to attend any or all coaching sessions, they will benefit from the skills and exercise provided.

### THURSDAY COACHING

On Thursdays between 6.00 – 7:00pm, distance running training is offered at Jack Cook Park. This session is an ALL AGE session and parents are encouraged to attend. Children from age 7 can participate, with their parent supervising and assisting as necessary.

The focus of this session is endurance, fitness and interval work.

### SUNDAY SPECIALIST COACHING & OPEN CLUB

From September 2019, Sunday mornings will be OPEN CLUB mornings. This means from 8am – 11am, our track and field (including equipment) will be available for members to use.

Members utilising this benefit are asked to act in a safe and responsible manner, putting all equipment back where it was obtained from. An adult must be supervising at all times.

During the Little Athletics Season, we will also hold 'Specialist Coaching' with qualified coaches on a number of Sundays. This will be targeted at Under 9 and above and will be at a more advanced level, for those athletes looking to improve performance. We will endeavour to ensure Specialist coaching is offered in each event at least once throughout the season.

Sessions will be advertised on Facebook and the Club Noticeboard.

### COACHING - EXPECTATIONS

When children come along to an advertised Toowong Harriers coaching session (regular Tuesdays / Thursdays or Specialist coaching), please note the following Code of Conduct:

- Please sign your child in the Coaching register book. You MUST leave a contact mobile number.
- Parents/Guardians/Babysitters of children under 12 years of age must remain on site, at Jack Cook Park. You may nominate another parent/adult whom your child knows to be responsible for your child, but this must be registered in the Coaching register at sign in.
- Please assist the coach to set up and put away the equipment, don't just run off at the end.
- Please remember our coaches are mostly volunteers giving their personal time, we ask that children please respect this and come along prepared to participate, listen and try their hardest.
- Parents, if there are large groups of children (particularly early in the season), we would appreciate it greatly if you could offer to assist the coaches. Even if it is working on some drills with a small group of children whilst others are getting one on one instruction. We want the children to get as much out of these sessions as possible.
- Bullying behavior is not tolerated at Little Athletics and we pride ourselves in being an inclusive Centre for children of all abilities and backgrounds. Please celebrate the diversity of our athletes and the improvement and effort of all athletes with equal encouragement.
- Children who are misbehaving or acting inappropriately may be asked to sit out for 10 minutes if they are disrupting the session. Usually this will prove successful in re-gaining the child's focus. We ask that you support us in this decision. However, where children show little/no interest in being in the coaching session the coach may ask the parent to take the child home for the day.
- Remember, enjoy yourself and have fun! Improvement takes practice!



## PROGRAM OF EVENTS

Event programs are scheduled to ensure that all events for each age group are balanced, and that each event is staged at least four times in the season.

Little Athletes will participate in five events (taken from the table below) at each Centre meeting, consisting of a minimum of one sprint or hurdle event, one distance or walk event, one throw, and one jump event.

The programs are designed to enable all athletes to complete all their events in the allocated time, with sufficient parent help.

Generally the track runs almost continuously, sometimes with a distance event in the innermost lanes and concurrent sprints in the outer lanes or sprints on both straights. Similarly, field events must be run to schedule and the right stations - delays with one group can lead to a late finish for all.

### PROGRAM MANAGER ANNA FOEGLEIN

Contact:  
program@toowongharriers.org.au

Group	Event	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Hurdles	60m	C	C	Z	S	S							
	80m						S	S	S	Sg			
	90m									Sb	Sg	Sg	
	100m										Sb	Sb	Sg
	110m												Sb
	200m								S	S			
	300m										S	S	S
Sprints	50m	C	C										
	70m	C	Z	Z	S	S							
	100m	C	Z	Z	S	S	S	S	S	S	S	S	S
	200m	C	Z	Z	S	S	S	S	S	S	S	S	S
Distance	400m			C	S	S	S	S	S	S	S	S	S
	800m				S	S	S	S	S	S	S	S	S
	1500m						S	S	S	S	S	S	S
Walks	300m	C	C	C	C								
	700m			C	S	C	C						
	1100m					S	S	C	C	C	C	C	C
	1500m							S	S	S	S	S	S
Throws	Vortex	C	C	C	C	C							
	Discus	C	Z	Z	S	S	S	S	S	S	S	S	S
	Shot Put	C	Z	Z	S	S	S	S	S	S	S	S	S
	Javelin						S	S	S	S	S	S	S
Jumps	Long Jump	C	Z	Z	S	S	S	S	S	S	S	S	S
	High Jump			C	S	S	S	S	S	S	S	S	S
	Triple Jump						S	S	S	S	S	S	S

S – Event conducted at all levels (Centre, Regional, and State) – LAA **Standard** events

Z – Event conducted at Centre and LAQ meetings only

C – Event conducted at Centre level only – LAQ **optional** events

b – Event for boys only

g – Event for girls only



## SEASON CALENDAR

The season calendar is available on the club website. The calendar indicates which meets are considered when determining the various awards that form part of the Toowong Harriers Little Athletics Centre athletics season.

Points are awarded according to the designation below.

Date	Event	Times	Location	Notes	Event Type
Sat, 24 Aug	Intro to Little Athletics Registrations/Uniforms	2:30pm-4:30pm	Jack Cook Park	Hurdles/Long jump/Shot put	
Sat, 31 Aug	Intro to Little Athletics Registrations/Uniforms	2:30pm-4:30pm	Jack Cook Park	Sprints/High jump/Discus	
Sat, 7 Sept	Afternoon Meet	2pm-5pm	Jack Cook Park		
Sat, 14 Sept	Afternoon Meet	2pm-5pm	Jack Cook Park		
Fri, 20 Sept	Evening Meet	6pm-8:30pm	Jack Cook Park		A
Sat, 5 Oct	Afternoon Meet, followed by Toowong GIFT	2pm-5pm 5pm-7pm	Jack Cook Park	4 event LAQ meet + 1km Dash for ages to U11, Open & Jnr 3000m Gift	A
Fri, 11 Oct	Evening Meet	6pm-8:30pm	Jack Cook Park		A
Sat, 19 Oct	Afternoon Meet	2pm-5pm	Jack Cook Park		A
Sat, 26 Oct	Afternoon Meet	2pm-5pm	Jack Cook Park		AB
Fri, 1 Nov	Evening Meet	6pm-8:30pm	Jack Cook Park		AB
Sun, 3 Nov	LAQ Coles Summer Carnival	8am-5pm	State Athletics (Nathan)	U7+, Register via Results HQ	
Sat, 9 Nov	Late Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Fri, 15 Nov	Evening Meet	6pm-8:30pm	Jack Cook Park		AB
Sun, 17 Nov	LAQ Met West Regional Relay Day	8am – 4:30pm	Limestone Park, Ipswich	U7+ Registration fee included	
Fri, 22 Nov	Evening Meet	6pm-8:30pm	Jack Cook Park		AB
Sat, 30 Nov	Late Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Sat, 7 Dec	Twilight Meet + 125 <sup>th</sup> year Celebration	4pm-7+pm	Jack Cook Park	There will be an event directly after LA Meet	
Sat, 14 Dec	LAQ McDonald's State Relays	8am – 4:30pm	State Athletics (Nathan)	U9+, Qualify at Regional Relays	
Sat, 18 Jan	Twilight Meet	4pm-7pm	Jack Cook Park		
Fri, 24 Jan	Evening Meet	6pm-8:30pm	Jack Cook Park		AB
Fri, 31 Jan	Evening Meet	6pm-8:30pm	Jack Cook Park		AB
Sat, 8 Feb	LAQ Met West Regional Championships	8am – 4:30pm	Limestone Park, Ipswich	U7+ Registration included	
Sun, 9 Feb		8am – 4:30pm			
Sat, 15 Feb	Late Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Fri, 21 Feb	Western Suburbs Games – with Kenmore & Centenary	6pm-8:30pm	Jack Cook Park		AB
Fri, 28 Feb	Evening Meet	6pm-8:30pm	Jack Cook Park	Some events may award Centre Championship points	A
Sat, 29 Feb	LAQ McDonald's Combined Event	8:20am – 4:30pm	State Athletics (Nathan)	U7+ multi event, Register via Results HQ	
Sun, 1 Mar					
Fri, 6 Mar	Centre Championships	6pm-8:30pm	Jack Cook Park		A
Sat, 7 Mar	Centre Championships	2pm-5pm	Jack Cook Park		A
Fri, 13 Mar		3:30pm-9pm			
Sat, 14 Mar	LAQ McDonald's State Championships	8:30am-7:30pm	SAF / QSAC (Nathan)	U9+, Qualify at Regionals	
Sun, 15 Mar		8:30am-4:30pm			
Sun, 29 Mar	Toowong Harriers Athletics Club Awards Presentation / Committee Nomination	3pm-5:30pm	Jack Cook Park		

### NOTES:

Fields Without colour fill are LAQ Season Events

Fields highlighted in Grey are Key LAQ Club Competitions

Fields highlighted in yellow are optional LAQ competitions

A - Points count for Centre Championship Awards

B - Points count for Laurie Baartz (improvement) Awards

\*\* Intro to Little Athletics days are scheduled primarily for new athletes to try an assortment of events and for younger athletes to receive instruction in new events.

Purchasing of uniforms and registration queries.

\*\*\* Further Detail on the Competitive Events (highlighted in grey) can be found on the Little Athletics Queensland website. Competitors (U7+) must advise the Team

Manager of nominated events (or withdrawal) by the following closing dates:

- Regional Relays – Sat, 26 October 2019
- Regional Championships – Sat, 18 January 2020

Where an athlete competes in both LAQ (Little Athletics Queensland) and QA (Queensland Athletics) competitions as a dual member 12+years, the Calendar details can be found @ [www.Toowongharriers.org.au/compertion-meets](http://www.Toowongharriers.org.au/compertion-meets).



## NOMINATIONS

A number of Meetings and Carnivals require Little Athletes to nominate for particular events, and pay the appropriate entry fee. For Season 2019-20 the events, dates are as follows:

Carnival/Meeting	Nomination Due Date
<b>Regional Relay Day</b>	Sat, 26 Oct
<b>Coles Summer Carnival</b>	Wed, 23 Oct
<b>Regional Championships</b>	Sat, 18 Jan
<b>McDonalds Combined Event (Multi)</b>	Wed, 19 Feb

Regional Relay and Championships nominations are prepaid within the membership fee and nominations should be made directly to the Centre – via the Recording Desk.

All other carnivals, athletes/parents are responsible for their own nominations via ResultsHQ or via LAQ.

## CENTRE RECORDS

Throughout the season, incentive awards are made, as encouragement to those who do not always win their events, and also as a means of goal-setting for the more talented Little Athletes.

At selected intervals during the season, each Little Athlete will be given a McDonald's Award Card, with coloured stickers showing the level of achievement in each event (see below). These cards should be handed back at the next meeting for further updating as new cards are not provided.

Achievement Levels		
<b>1st Level</b>	Green	Most Little Athletes should achieve this
<b>2nd Level</b>	Red	Achievable by more than half
<b>3rd Level</b>	Blue	More difficult level
<b>4th Level</b>	Silver	Outstanding achievement
<b>5th Level</b>	Gold	Achieved only by an exceptional few

## RECORDS OFFICER – DOUG LOGAN

Contact:  
recording@toowongharriers.org.au

The Green, Red, and Blue levels are generally based on data assembled by the Association and appear on the reverse side of the McDonald's performance award cards.

When a Little Athlete achieves a level in three event groups (e.g. all sprints, all throws, etc.) then an incentive award will be made in the form of McDonald's product vouchers. These will also be given at the season end for attendance.

The Gold and Silver levels, calculated by this Centre to divide the range between Blue levels and Australian Best Performances, also appear in our tables. The five levels form the basis of a number of end-of-season awards based on points awarded at Centre meetings in proportion to the level achieved in each event.

## TROPHIES AND AWARDS

The Centre offers a wide range of awards, to be presented at our end-of-season Presentation Day. All Little Athletes who have continued to support the Centre in the second part of the season will be recipients.

### CENTRE CHAMPION AWARD

This is based on points earned by each Little Athlete at Centre-level meetings during the season (see season calendar for designation of which meetings count). Points will be awarded for performing at the colour levels stated above.

The boy and girl Little Athletes earning the highest aggregate points at season end will be the Centre Champions. They will receive trophies and their names will be inscribed on a perpetual trophy.

### AGE CHAMPIONS

The points system described above will be used to make awards in each age group. The highest

point scorer will be the Age Champion, and will receive a gold medal, with silver and bronze medals for the place-getters. All Little Athletes who have supported the Centre for the whole season will receive a medal.

### BEST PERFORMANCE AWARDS

The boy and girl Little Athlete who achieves the best performance for the season in each event (in each age group) will be acknowledged by certificate, provided the performance was at silver level or better.

### CENTRE BEST PERFORMANCES

New or equalled individual Centre Best Performances (starting on page 28) will be recognised by a pennant.

### ENCOURAGEMENT AWARD

The Committee may make special awards to the one male and one female Little Athlete whose contributions to the Centre deserve special recognition.

### OUTSTANDING ACHIEVEMENT AWARDS

These awards will be made on the basis of best performances across all events. This will be done by averaging point scores for each Little Athlete's best performances in all events. Points for this award will be based on one point for a green-level performance, through five points for a gold-level performance. A trophy will be awarded to all little athletes who achieve an average point score of more than 3.00 over all events for their age-group.

### PROGRESS AWARDS

This award scheme is designed to recognise performance improvement on a more current and widespread basis. Awards (prize and certificate) will be presented monthly (every 4-5 meetings) to the boy and girl Little Athletes who have scored the greatest number of improved performances over the four previous competition meetings at Jack Cook Park.

### LAURIE BAARTZ MEMORIAL TROPHY

This trophy is a Statewide award, introduced in memory of Laurie Baartz, who died in office as the LAQ Manager for Coaching on April 11, 1985. It is awarded to the Little Athlete who makes the most consistent improvement throughout the season, regardless of absolute ability.

Points will be awarded at 10 nominated Centre meetings throughout the season, see the season calendar for those nominated.

Points will be awarded in four groups of events:

- 1) sprints and hurdles;
- 2) distance\* and walks;
- 3) throws;
- 4) jumps.

\* The 200m event counts as distance up to U8s.

Each time a Little Athlete betters his or her personal best in at least one event in each group at a nominated meeting, he or she will earn one point.

A maximum of 40 points can be attained by the end of the season. The name of the Little Athlete compiling the most points will be forwarded to the Association as a finalist in the State competition.

A certificate will be presented to this Little Athlete to acknowledge this and the winner will be announced at the State Championships.

### AGE IMPROVEMENT AWARDS

The boy and girl Little Athletes compiling the highest number of personal bests in each age group will be given an Age Improvement Certificate.

### GEORGE HARVEY AWARD

This is a Statewide award to the (Centre-nominated) Little Athlete who is thought to best exemplify the ideals of the movement.

### COMMITMENT AWARD

This award is based on Participation, Improvement and Performance over the whole season.

## SPONSORSHIP AND PUBLICITY

This Centre benefits from three levels of sponsorship: National, State, and Local. National and State sponsors this year include Coles, V-Insurance Group (Willis), McDonalds, Nordic Sport, Comfort Inn & Suites, and the Queensland Government. At Centre level we are proudly supported by Michael Berkman MP for Maiwar (State), Brisbane City Council – Cllrs. James

### PUBLICATIONS OFFICER CURRENTLY VACANT

Contact:  
publications@toowongharriers.org.au

Mackay & Peter Matic.

Each season, this Centre is fortunate enough to obtain sponsorship from a number of local businesses. This year we have been supported by Chemist Warehouse, Toowong and Rock Trade Industries.

Please show your appreciation by preferring their products and services. Acknowledgment of further support will be made in newsletters. Please contact the Public Relations Officer or Treasurer if you can help with our funding.

### PRESS

This Centre receives some coverage through the Quest Community Newspapers local press. Look for news about the Centre in the South-West News and the Westside News. The support given to us by Quest is acknowledged with thanks.

### CENTRE NEWSLETTERS

The Centre publishes several newsletters through the season on its website which is also distributed via an external online publication. Please contact the Centre Manager via email (manager@toowongharriers.org.au) if you have photos or stories to contribute.

## SOCIAL AND FUNDRAISING

As a Non-Profit Organisation, Toowong Harriers Inc requires more than just your annual Subscription fees to keep running.

The Centre conducts a number of social and fund-raising events throughout the season. We will be calling upon parents and friends both to

### TREASURER KRIS HACKER

Contact:  
treasurer@toowongharriers.org.au

assist in running these events and to participate. These activities will include:

- Our Club 125<sup>th</sup> Birthday in December 2019
- An informal celebration to follow our Annual General Meeting and end of season Presentation Day

There is also the possibility of raffles, sweet sales or other fundraising activities throughout the season; and of other social functions, which may be advertised. If you would like to help out with any fundraising activities, or ideas, please contact the Treasurer or Public Relations Officer.

## SECRETARY

### SECRETARY DAVID WEBSTER

Contact:  
secretary@toowongharriers.org.au

The Centre Secretary is a busy official who coordinates the administration functions of the Centre including a lot of the contact with LAQ. Mail for the Centre can be addressed to:

Toowong Harriers Inc  
P.O Box 938,  
TOOWONG QLD 4066

## LIFE MEMBERS

The Centre has awarded two Life Memberships for long and meritorious service:

Neal Ashkanasy (who helped to establish the Centre with his wife Linda) was Centre Manager from 1983 to 1990, covering the duties of at least 3 of the current Committee positions, coaching and officiating throughout.

Rik Hedge was Centre Manager from 1991 to 1995, and was Program Officer from 1989 to 2017, covering other positions when necessary.

Both Neal and Rik immersed themselves in the running of the Centre and have set the tradition of high standards and credibility, which we continue to strive for today.

Neal was made a Life Member in 1993. He served for 4 years as Finance Director on the LAQ Board.

Rik was made a Life Member in 1999 and retired in 2018 after 30 years tireless service to the Centre. He is still a State Team Selector for LAQ.

## CANTEEN

We are well-equipped to provide regular canteen catering at Jack Cook Park meetings, including hot food. A BBQ is held on Friday nights. So don't rush through an early meal or starve at the meeting. Come and sample our fare and help the Centre funds along. The canteen also stocks a good range of drinks, crisps, lollies and ice blocks.

### CANTEEN COORDINATOR HELEN WEBSTER

Contact:  
[canteen@toowongharriers.org.au](mailto:canteen@toowongharriers.org.au)

Toowong Harriers Inc, Little Athletics Centre Handbook 2019-20

Do come and tell us if you'd like to volunteer for canteen duty at meetings.

During Season 2019-20 season Coles will be donating bananas for all of our Centre meets during the months of October, November, February and March.

## TOOWONG HARRIERS

### SENIOR ATHLETICS

In 2015, Toowong Harriers Amateur Athletic Club and Toowong Harriers Little Athletics amalgamated to form Toowong Harriers Inc.

Our new Club shares history dating back to 1894 with the foundation of Toowong Harriers

### SENIORS COORDINATOR BRUCE JONES

Contact:  
[seniors@toowongharriers.org.au](mailto:seniors@toowongharriers.org.au)

Amateur Athletic. In fact, Jack Cook Park is named in honour of the late Jack Cook, who was President of the Club for many years.

Toowong Harriers Inc looks forward to being the custodian of Jack Cook Park and providing access to athletics for participants of all ages.

For parents of Little Athletes, older Little Athletes and members of the community, Toowong Harriers Inc can now cater for the full range of events up to Olympic standards.

For more information about Athletics, please contact the Seniors Coordinator.

# NORDIC SPORT

[NORDICSPORT.COM](http://NORDICSPORT.COM)

*Do **you** want to be the best?*

## COMPETITION VENUE ADDRESSES

### JACK COOK PARK

Jack Cook Park  
66 Indooroopilly Rd  
TARINGA QLD 4068

### THE UNIVERSITY OF QUEENSLAND ATHLETICS

Sir Fred Schonnell Drive  
ST LUCIA QLD 4067

### BILL PATERSON OVAL

Lion St  
IPSWICH QLD 4300

### QUEENSLAND SPORT & ATHLETICS CENTRE (QSAC / STATE ATHLETIC FACILITY)

Cnr Mains & Kessels Rd  
NATHAN QLD 4111

### KENMORE LITTLE ATHLETICS

Kenmore State High School  
Dumbarton Dve  
KENMORE QLD 4069

### CENTENARY LITTLE ATHLETICS

Jindalee Recreation Reserve  
Wongaburra Street, Jindalee  
JINDALEE QLD 4074

## CENTRE BEST PERFORMANCES

(Best performance, blue level or better, by a TWH Little Athlete at any Little Athletics Competition, regardless of venue)

GIRLS				BOYS			
60m Hurdle							
U 7	Lulu McGrath	13.7	2017	U 7	Lucas Collett	13.0	2018
	Amelie McLennan	13.7	2017				
	Gracie Hefner	13.7	2018				
U8	Charlotte Caslick	11.9	2003	U 8	A-J. Brimson	11.4	2006
					Joey Davis	11.4	2006
U 9	Lauren Rowney	10.8	1998	U 9	Trent McArdle	10.2	1996
U10	Kathryn McCormack	10.9	1994	U10	Francis Otto	10.5	1995
					Oscar Sullivan	10.5	2011
U11	Cassie Bailey	10.1	2006	U11	Cedric Dubler	9.8	2006
U12	Lara Ulasowski	10.2	1999	U12	Jack Clancy	9.6	1998
	Eloise Grigg	10.2	2019				
80m/90m/100m Hurdle							
U13	Lara Ulasowski	13.3	2000	U13	Andrew Cameron	12.8	1994
U14	Virginia Trad	13.3	2005	U14	Andrew Cameron	13.0	1995
U15	Virginia Trad	13.5	2006	U15	Tom Toro	14.1	1999
U16	Isabella Grigg	14.9	2017	U16	Duncan Scott	15.3	2007
200m/300m Hurdle							
U13	Virginia Trad	31.0	2004	U13	Andrew Cameron	28.1	1994
U14	Virginia Trad	29.6	1994	U14	Andrew Cameron	26.9	1995
	Emily First	29.6	2009				
U15	-			U15	-		
U16	Isabella Grigg	53.4	2017	U16	Gus Grigg	48.4	2019
50m							
U 6	Anna Nicklin	9.9	2000	U 6	Joey Davis	9.2	2004
U 7	Sophie Scott	8.8	2003	U 7	Joe Jenkins	8.9	2003
70m							
U 6	Sophie Scott	13.2	2002	U 6	Dane McArdle	12.7	1998
	Laura Buttner	13.2	2010				
U 7	Charlotte Davis	12.1	2001	U 7	Clint Devereaux	11.7	1991
U 8	Bree-Arne McArdle	11.3	1998	U 8	Timothy Williams	11.1	1990
U 9	Rachel Millwood	10.9	1997	U 9	Hamish Jackson	10.3	1996
	Sophie Moore	10.9	2017				
U10	Rebecca Moore	10.5	1991	U10	Shaun Molenda	10.0	1991
	Courtney Schirmer	10.5	2000				
	Lily Neill	10.5	2016				
U11	Kathryn Jukes	10.3	2009	U11	Jack Seawright	9.9	2008
					Paddy Cunningham	9.9	2013
U12	Kathryn Jukes	10.2	2010	U12	Callum Grady	9.6	2006
100m							
U 6	Bree-Arne McArdle	19.3	1996	U 6	James Waterman	18.7	1995
U 7	Mary Tiffin	17.4	1986	U 7	William Bannah	16.2	1985
U 8	Cassidy.Jackson-Carroll	16.1	1987	U 8	Tim Garrett	14.6	1992
	Bree-Arne McArdle	16.1	1998				
U 9	Rebecca Moore	15.2	1990	U 9	Clint Devereaux	14.4	1993
	Loren Rowney	15.2	1998				
U10	Meg Charlton	14.6	2005	U10	Matthew Crooke	14.2	1985
					Max Newstead	14.2	2001

					Callum Grady	14.2	2004
					Sam Vaughan	14.2	2005
U11	Jackie Bayliss	14.1	1987	U11	Jack Clancy	13.6	1997
	Charlotte Caslick	14.1	2006				
U12	Nina White	13.3	1990	U12	Jack Clancy	12.6	1998
U13	Erica Jones	12.6	1995	U13	Jack Clancy	12.4	1999
U14	Jackie Bayliss	12.7	1990	U14	Jack Clancy	11.5	2000
	Anais Dewilde	12.7	2017				
U15	Virginia Trad	12.7	2006	U15	Jack Clancy	11.9	2001
U16	Imelda Middleton	13.3	2017	U16	Duncan Scott	11.7	2007
U17	Kelly Johnston	13.9	2017				

**200m**

U 6	Bree-Arne McArdle	42.1	1996	U 6	Sam Vaughan	41.1	2001
U 7	Mary Tiffin	37.3	1986	U 7	Daniel Mulvihill	34.3	1989
U 8	Bree-Arne McArdle	33.9	1998	U 8	Daniel Heckenberg	32.4	1985
U 9	Sophie Moore	32.2	2017	U 9	Chidozie.Uruakpa	30.5	1997
U10	Rebecca Moore	30.1	1991	U10	Sam Vaughan	29.1	2005
	Bree-Arne McArdle	30.1	2000				
U11	Nina White	29.1	1989	U11	Kristian Abandowitz	28.4	1986
U12	Nina White	27.6	1990	U12	Jack Clancy	26.3	1998
U13	Erica Jones	26.5	1995	U13	Jack Clancy	25.3	1999
U14	Jackie Bayliss	26.0	1990	U14	Jack Clancy	24.6	2000
U15	Virginia Trad	25.9	2006	U15	Duncan Scott	24.6	2006
U16	Imelda Middleton	27.7	2017	U16	Duncan Scott	24.9	2007
					Nicholas Yem	24.9	2016
U17	Kelly Johnston	29.3	2017				

**400m**

U 8	Bree-Arne McArdle	1'20.0	1998	U 8	Clint Devereaux	1'17.5	1992
U 9	Bree-Arne McArdle	1'14.1	1999	U 9	Shawn Ashkanasy	1' 9.2	1985
U10	Bree-Arne McArdle	1' 8.5	2000	U10	Sam Vaughan	1' 6.0	2005
U11	Bree-Arne McArdle	1' 3.7	2001	U11	Shawn Ashkanasy	1' 4.4	1987
U12	Jackie Bayliss	1' 3.3	1988	U12	Jack Clancy	1' 2.0	1998
U13	Jackie Bayliss	1' 0.5	1989	U13	Jack Clancy	57.0	1999
U14	Jackie Bayliss	1' 2.5	1990	U14	Jack Clancy	55.8	2000
U15	Susan Holden	1' 2.9	1991	U15	Peter Shanks	54.8	1992
U16	Jessica O'Reilly	1' 5.3	2016	U16	Zac Tully	58.3	2007
U17	Jessica O'Reilly	1' 8.9	2017				

**800m**

U 9	Loren Rowney	2'48.2	1998	U 9	Raphael Jadin	2'39.5	1988
U10	Bree-Arne McArdle	2'39.3	2000	U10	Evan Wilkes	2'34.4	1987
U11	Bree-Arne McArdle	2'29.6	2001	U11	Benjamin Ganko	2'25.3	2012
U12	Tenille Morrissey	2'30.8	1989	U12	Shawn Ashkanasy	2'18.2	1988
U13	Emma-Kate Watt	2'25.3	2017	U13	Evan Wilkes	2'15.0	1990
U14	Emma Hossack	2'20.1	2017	U14	Peter Shanks	2'12.1	1991
U15	Emma Hossack	2'21.2	2018	U15	Peter Shanks	2' 6.1	1992
U16	Jessica O'Reilly	2'37.8	2016				

**1500m**

U11	Bree-Arne McArdle	5'13.4	2001	U11	Benjamin Ganko	4'47.8	2012
U12	Tenille Morrissey	5' 2.3	1989	U12	Shawn Ashkanasy	4'51.0	1988
U13	Emma-Kate Watt	5' 3.5	2017	U13	James Turnbull	4'36.7	1994
U14	Emma Hossack	4'45.9	2017	U14	Patrick Cornwell	4'32.0	1987
U15	Emma Hossack	4'54.5	2018	U15	Conrad Hoskin	4'23.8	1991
U16	Mikaela Woodward	5'38.4	2015	U16	Zac Tully	5'12.1	2007

**300m Walk**

U 6	Katrina Riese	2' 7.5	2004	U 6	Nilsen Berquier	1'59.5	1994
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U 7	Jane Mulvihill	1'39.2	1991
U 8	Kristina Kedwell	1'29.4	1993
U 9	Sophie Rose	1'27.9	1992

U 7	Timbi Poon	1'43.4	1993
U 8	William Armstrong	1'33.5	1991
U 9	Geoff Martin	1'23.3	1994

**700m Walk**

U 9	Sophie Rose	3'39.4	1992
U10	Katrina Riese	3'56.6	2008
U11	Rebecca Teahen	3'44.5	2018
U12	Sarah Bitomsky	3'38.5	1994
U13	Kate Sanford	3'22.8	2004
U14	Roxy Schmidt	3'10.7	1998
U15	Roxy Schmidt	2'57.4	1999
U16	Mikaela Woodward	3'18.8	2015

U 9	Geoff Martin	3'30.5	1994
U10	William Armstrong	3'27.6	1993
U11	Geoff Martin	3'26.7	1996
U12	Oliver Zuk	3'11.2	1993
U13	Oliver Zuk	3' 2.4	1994
U14	Oliver Zuk	2'58.4	1995
U15	William Armstrong	2'53.5	1998

**1100m Walk**

U10	Liberty Humphreys	6' 8.7	2010
U11	Rebecca Teahen	5'38.0	2018

U10	Geoff Martin	5'42.6	1995
U11	Geoff Martin	5'51.7	1996

**1500m Walk**

U12	Rebecca Teahen	7'55.6	2019
U13	Kate Sanford	7'29.2	2004
U14	Roxy Schmidt	7'15.9	1998
U15	Roxy Schmidt	6'55.3	1999
U16	Mikaela Woodward	7'45.4	2015

U12	Oliver Zuk	7'21.3	1993
U13	Oliver Zuk	6'53.3	1994
U14	Oliver Zuk	7'12.5	1995
U15	William Armstrong	6'45.6	1998

**Shot Put**

U 6	Emily Ryan	4.78	2012
U 7	Sophie Scott	5.39	2003
U 8	Jade Somerville	5.92	2012
U 9	Wasie Toolis	7.47	2004
U10	Wasie Toolis	8.92	2005
U11	Wasie Toolis	10.56	2006
U12	Joanne Lane	12.56	1989
U13	Wasie Toolis	10.66	2008
U14	Alison Lever	11.68	1987
U15	Erica Sitcheff	13.40	2017
U16	Lillian Kolb	10.28	2019
U17	Min Heo	9.85	2017

U 6	Luke Donaldson	5.32	2000
U 7	Jamie Lowndes	8.55	1987
U 8	Kiran Henry	7.30	1994
	Max Newstead	7.30	1999
U 9	Jack Clayton	8.00	2008
U10	Oscar Sullivan	10.90	2011
U11	Oscar Sullivan	12.72	2012
U12	Samuel Cohen	8.33	2019
U13	Adam Curnock	12.48	1988
U14	Rupert Dwyer	10.09	2014
U15	Augustine Otto	12.80	2000
U16	Zac Tully	13.34	2007

**Discus**

U 6	Sophie Ulcoq	10.94	2002
U 7	Susan Hedge	14.34	1992
U 8	Sophie Rose	14.74	1991
	Bridget Seawright	14.74	2007
U 9	Kate Woodhouse	19.24	2004
U10	Jovana Ilic	24.50	2019
U11	Emma Slater	26.14	2019
U12	Wasie Toolis	36.08	2007
U13	Wasie Toolis	39.02	2008
U14	Alison Lever	35.22	1987
U15	Lillian Kolb	33.39	2018
U16	Lillian Kolb	31.07	2019

U 6	Luke Donaldson	14.64	2000
U 7	Luke Donaldson	19.80	2001
U 8	Max Newstead	24.86	1999
U 9	Gareth Estwick	26.70	1987
U10	Oscar Sullivan	33.40	2011
U11	Beau Guppy	29.02	2019
U12	Tim Winterflood	37.78	2000
U13	Tim Winterflood	42.44	2001
U14	Tim Winterflood	44.00	2002
U15	Andrew French	56.70	2006

**Javelin**

U11	Wasie Toolis	27.00	2006
U12	Wasie Toolis	35.24	2007
U13	Wasie Toolis	47.19	2008
U14	Ashleigh.Sitcheff	46.23	2017
U15	Erica Sitcheff	42.53	2017
U16	Lillian Kolb	31.07	2019
U17	Min Heo	23.79	2017

U11	Augustine Otto	33.34	1996
U12	Nilsen Berquier	37.64	2000
U13	Nilsen Berquier	38.78	2001
U14	Andrew Fittell	48.72	1987
U15	Connor Lehane	24.91	2013
U16	Joshua Watt	48.74	2017

**Vortex**

U 6	-			U 6	Ravi Robinson	11.71	2017
U 7	Rosie Zaicek	9.50	2019	U 7	Milos Ilic	15.11	2018
U 8	Brooke Tregidgo	13.98	2019	U 8	Charlie Bryant	26.20	2018
U 9	Atara Wickramasekera	17.36	2019	U 9	Thomas Scott	26.55	2019
U10	Emma Sheehan	23.17	2019	U10	Carter Mayo	27.70	2019

**High Jump**

U 8	Sarah Taylor	1.02	2010	U 8	James Gurn	1.10	1991
U 9	Alice Nicklin	1.14	1999	U 9	James Gurn	1.25	1992
	Annabel Ryan	1.14	2010				
U10	Claire Patterson	1.24	1985	U10	James Gurn	1.30	1993
U11	Alison O'Dwyer	1.31	1992	U11	Duncan Scott	1.38	2002
U12	Joanne Lane	1.51	1989	U12	Shaun Clough	1.55	1987
					James Gurn	1.55	1995
U13	Mya Thomas	1.57	2016	U13	Henry Bryan	1.63	2000
U14	Joanne Lane	1.63	1991	U14	Henry Bryan	1.78	2001
U15	Zara Leembruggen	1.65	2016	U15	Henry Bryan	1.75	2002
U16	Isabella Grigg	1.45	2017	U16	Zac Tully	1.65	2007

**Long Jump**

U 6	Anna Nicklin	2.57	2000	U 6	Levi Paige	2.80	2015
U 7	Mary Tiffin	3.14	1986	U 7	Max Newstead	3.38	1998
U 8	Cassidy.Jackson-Carroll	3.41	1987	U 8	Daniel Heckenberg	3.90	1985
U 9	Lauren Rowney	3.77	1998	U 9	Max Newstead	4.31	2000
U10	Bree-Arne McArdle	4.24	2000	U10	Ben Hogan	4.63	1991
U11	Jackie Bayliss	4.52	1987	U11	Max Newstead	4.70	2002
U12	Nina White	5.22	1990	U12	Jack Clancy	5.32	1998
U13	Harriet Lawrence	5.13	2005	U13	Tim Winterflood	5.50	2001
U14	Jackie Bayliss	5.08	1990	U14	Jack Clancy	5.83	2000
U15	Jackie Bayliss	5.10	1991	U15	Santi Chimyong	5.88	1991
U16	Imelda Middleton	4.50	2017	U16	Duncan Scott	5.56	2007

**Triple Jump**

U11	Nina White	9.52	1989	U11	Max Newstead	9.66	2002
U12	Jackie Bayliss	10.80	1988	U12	Max Newstead	10.87	2003
U13	Harriet Lawrence	11.15	2005	U13	Dominic Trad	10.97	2005
U14	Jackie Bayliss	10.50	1990	U14	Dominic Trad	11.97	2006
U15	Jackie Bayliss	10.72	1991	U15	Tom Toro	11.99	1999
U16	Isabella Grigg	9.33	2017	U16	Duncan Scott	11.91	2007

**BEST RELAY PERFORMANCES****4x70m Shuttle**

U7B	52.1	1992	Lachlan Boyle, Hamish Jackson, Leif Lyons, John Toro
U7G	55.9	1992	Alana Dempsey, Cassidy Herps, Jennifer Martin, Bryony Willis
U8B	48.1	1989	Richard Halliday, Ryan Hansford, Daniel Mulvihill, Timothy Williams
	48.1	1998	Nicholas Muggeridge, Max Newstead, Nick Northcott, Sam Williams
U8G	50.4	1987	Stephanie Ellis, Anna Guerny, Kate Mulvihill, Phoebe Papas

**4x100m Shuttle**

U7B	1:14.6	1998	Alexander Burko, Dane McArdle, Alexander Pattison, Duncan Scott
U7G	1:20.4	2002	Gillian Angliss, Johanna Davie, Sophie Scott, Sophie Ulcoq

U8B	1:09.6	1998	Nicholas Muggeridge, Max Newstead, Nick Northcott, Sam Williams
	1:09.6	2000	Tom Barnes, Nick Connolly, William Read, Tom Vaughan
U8G	1:13.8	1997	Sarah Atley, Alice Nicklin, Alice Turnbull, Sarah Wilson

**4x100m Circ.**

U9B	1:02.1	1996	Kyle Beard, Martin Jacobson, Chidozie Uruakpa, Tim Winterflood
U9G	1:06.5	1989	Natalie Aldous, Rebecca Moore, Lauren Richards, Elizabeth Wallace
U10B	58.2	1993	Adrian Constantine, Clint Devereaux, Tim Garrett, Nick Haug
U10G	1:01.3	1987	Nadine McMillan, Maria Nearhos, Tanya Richards, Nina White
	1:01.3	2005	Cassie Bailey, Charlotte Caslick, Meg Charlton, Emily First
U11B	56.9	2005	Corey Brown, Callum Grady, Tom Harvey, Dan Winter
U11G	59.6	2000	Bree-Arne McArdle, Alice Nicklin, Courtney Schirmer, Sarah Wilson
U12B	55.5	1997	Jack Clancy, Laurence Cosgrove, Tim Danielewski, Patrick Morgan
U12G	57.5	2005	Charlotte Davis, Alice First, Laura Sharpe, Chiaki Takahashi
U13B	52.6	2006	Charlie Brimson, Callum Grady, Andreas Ruggieri, Aaron Sands
U13G	55.2	2010	Ashley Daykin, Lily Kavanagh, Jessica Lehane, Katrina Riese
U14B	52.2	1988	Angus Algie, Barry-Jay Cook, Tim Lawson, Jerome Sarris
U14G	54.9	1999	Alice Duniam, Matilda Gunn, Emily Malcolm, Bridget O'Shea
U15B	49.4	1989	Ian Bohn, Barry-Jay Cook, Tim Lawson, Jerome Sarris
U15G	54.5	1990	Jackie Bayliss, Christine Egan, Susan Holden, Stephanie West
U16G	58.4	2015	Jacinta Cowin(U14), Kelly Johnston, Constanza Mezzano(U14), Maddison Wood(U15)
U16B,17			No Best Perf yet

**4x200m**

U9B	2:13.4	1996	Louis Dodgson, Martin Jacobson, Chidozie Uruakpa, Tim Winterflood
U9G	2:22.1	1998	Bree-Arne McArdle, Alice Nicklin, Alice Turnbull, Rachel Willims
U10B	2:06.1	1993	Adrian Constantine, Clint Devereaux, Tim Garrett, Nick Haug
U10G	2:10.5	1987	Nadine McMillan, Maria Nearhos, Tanya Richards, Nina White

**4x Swedish**

	U11B	3:07.5	2018	Adam Hughes, Oliver Jacks, Dehan Wickramsekera, Drew Zaicek
<b>(replaced</b>	U11G	3:12.1	2018	Evangeline Bourke, Caterina Davey, Louella Diprose, Lyra Shankey
<b>4xMedley</b>	U12B	2:55.4	2018	James Axelsson, Angus Lee, Harry Tozer, Ethan Vojinovic
<b>from 2018)</b>	U12G	2:59.6	2018	Lucinda Freeman, Eloise Grigg, Eliza Hoyling, Isabelle Palmer
	U15-17			No Best Perf yet

**4xMedley**

	U13B	4:17.7	1990	Joel Boogers, Robert Gooley, Mark Jones, Mark West
<b>(4x400m to</b>	U13G	4:23.4	1989	Joanne Lane, Sarah McEvoy, Dana Morrissey, Tenille Morrissey
<b>1999)</b>	U14B	4:08.1	1988	Barry-Jay Cook, Tim Lawson, Jerome Sarris, Daniel White
	U14G	4:27.4	1989	Jackie Bayliss, Megan Goudie, Emily Moore, Adria White