

Toowong Harriers Inc

Little Athletics Centre Handbook 2021-22



Little Athletics meetings are conducted throughout Queensland, and in all States of Australia. There are over 104,000 Little Athletes in all, with over 14,000 in Queensland.

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

You can find out more about the Association, other Centres and Australian Little Athletics (ALA) via the [Little Athletics Australia](#) and [Little Athletics Queensland](#) websites.



1. Table of Contents

2.	Welcome and Introduction	3
3.	Toowong Harriers Inc Management Committee	4
4.	Code of Conduct.....	5
5.	Parent Information.....	6
6.	Parent Participation Deposit Refunds	7
7.	Child Supervision Policy	7
8.	COVID-19	7
9.	Registration	12
10.	Centre Uniform	13
11.	Season Calendar.....	14
12.	Types of Meetings	15
13.	Nominations.....	21
14.	Coaching.....	22
15.	Program of Events	25
16.	Grounds.....	26
17.	Equipment.....	27
18.	Officials.....	28
19.	Rules and Qualifications.....	30
20.	Footwear	31
21.	Insurance.....	31
22.	Sunsafer Policy.....	32
23.	Non-Smoking Policy	32
24.	Young Athletes/Tiny Tots.....	32
25.	Multiclass Athletes	32
26.	Centre Records	33
27.	Trophies and Awards.....	34
28.	Sponsorship and Publicity	39
29.	Social and Fundraising.....	39
30.	Grants.....	40
31.	Canteen	40
32.	Senior Athletics	40
33.	Life Members	41
34.	Competition Venue Addresses	41
35.	Centre Best Performances.....	43
36.	Centre Sponsors and Supporters	51



2. 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 35 years thanks mostly to the involvement and commitment of parents supporting our young athletes.

This is my 8th year with the club and this year my children will be in U15, U12 and U7 age groups. Our family has enjoyed immensely our time with Toowong Harriers and we think that our club offers a wonderful sense of belonging to all members and their families.

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 about encouraging each and every athlete to better their own previous best performances.

This year, in order to help bridge the gap between junior and senior athletics, we have decided to open up most of our Little Athletics meets to open aged Toowong Harriers Members (must be QA registered). We hope our membership take advantage of this opportunity to compete regularly, in a local and social environment.

Little Athletics 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 all mums and dads just like you and I. Many have no previous experience, but we cannot run our weekly meets without parental involvement and I encourage you all to have a go. You might consider gaining qualifications for coaching or sitting for officials gradings, every little bit helps our athletes.

Little Athletics is a wonderful breeding ground for children as they develop their general **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. Little Athletics helps with children's confidence, resilience and coordination, and this strong base assists our children as they pursue future success in athletics, other sports and life in general.

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

CENTRE MANAGER
TRUDY LENNOX

Contact:
manager@toowongharriers.org.au



3. Toowong Harriers Inc Management Committee

Everyone is welcome to attend our committee meetings which are held on the third Thursday of each month, starting at 7.15pm at the clubhouse. We would love to see you there.

The executive committee positions are marked with an asterisk. The committee roles broadly cover our main administrative and operational functions whereas the support roles generally support one or more of the committee roles

Committee Roles		
Position	Incumbent	Email Address
President*	Ross Anderson	president@toowongharriers.org.au
Centre Manager*	Trudy Lennox	manager@toowongharriers.org.au
Secretary*	Karen Lee	secretary@toowongharriers.org.au
Treasurer*	Kris Hacker	treasurer@toowongharriers.org.au
Canteen Coordinator	Helen Webster	canteen@toowongharriers.org.au
Program Officer	Doug Logan	program@toowongharriers.org.au
Seniors (QA) Co-ordinator	Wayne Adams	seniors@toowongharriers.org.au
Recordings Officer	Alyscia Reilly	recording@toowongharriers.org.au
Coaching Coordinator	Saranga De Alwis	coaching@toowongharriers.org.au
Committee Member	Chris Scott	
Committee Member	Bruce Jones	
Committee Member	Adam Scott	
Committee Member	Darryn Bryant	
Committee Member	Darren Aldridge	
Committee Member	Ben Wallace	
Support Roles (non-committee positions)		
Officials Coordinator	Barbara Maenhaut	officials@toowongharriers.org.au
Nominations/Registrations Officer	Alyscia Reilly	recording@toowongharriers.org.au
Team Manager	Melissa Cohen	teammanager@toowongharriers.org.au
Equipment Officer	Darren Aldridge	equipment@toowongharriers.org.au
Grants Coordinator	Lauren Aldridge	grants@toowongharriers.org.au
Uniforms Officer	Shubhra Srivastava	uniforms@toowongharriers.org.au
Grounds Officer	Peter Kolb	grounds@toowongharriers.org.au
Publications Officer	VACANT	

Competition Venue:
Jack Cook Memorial Park
99 Gailey Road
TARINGA QLD 4068

Postal Address:
Toowong Harriers Inc
PO Box 938
TOOWONG QLD 4066
ABN: 96 100 365 471



4. 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>.

We also adopt Little Athletics' [Zero Tolerance Policy](#). Our committee will not hesitate to enact this policy in the rare instance we need to. It is very important to us that each and every child and adult participating in our program can do so safely and in a supportive environment. Bullying or unsportsmanlike behaviour is not accepted at our Centre.

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.



5. Parent Information

A warm welcome to all of our new and returning families.

At Toowong Harriers we pride ourselves on the supportive environment we offer. On the track and in the field, we aim to offer an inclusive and accepting environment which encourages children to be their best. We ask that all parents and supporters are encouraging of all our athletes and help our children to do the same.

During the season, all information will be shared on the Team App. It is really important that all families have access to this App. We will use email initially, but after a few weeks, we will move solely to the App.

- Meet information, including volunteer signup.
- Coaching sessions, including signup.

Keep an eye on the news section as this is where we will post important updates, including any cancellations due to weather.

Little Athletics relies on volunteers. Our weekly meets and regular coaching sessions cannot run without parents/family members assisting. In particular, each week we need assistance in setting up and putting away the equipment. We also need to fill all track and field officiating roles. There is a Duty Roster option within Team App to enable you to register for a role in the meet.

If you are unsure about volunteering, please don't be shy, come and see us at the officials desk. Barbara our officials coordinator (officials@toowongharriers.org.au) will be available to answer any of your questions. The officials desk can generally be found in the tent adjacent the clubhouse and is easily spotted by the line of volunteers getting their names recorded! Alternatively, Trudy our centre manager or any committee member are always available to answer your questions.

To thank you for volunteering, the family deposit portion of your fees will be refunded in approx May 2022 when 12 volunteer sessions per family have been completed for the season. Please refer to the [Parent Participation Deposit Refunds](#) section for further information.

If time gets away on you as it tends to do and you did not preregister a role, please make your way to Barbara to see what roles are vacant.

It is important that volunteers officiating at events know what they are doing and convey this to the athletes. All the rules are provided in the folders located at each field event. Alternatively don't be afraid to ask one of our committee members. We are always willing to provide assistance.

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. Our coaching coordinator (coaching@toowongharriers.org.au) or centre manager (manager@toowongharriers.org.au) will be able to provide you with more information.



6. Parent Participation Deposit Refunds

The family deposit of \$100 is refunded at completion of the season (approx May 2022) if:

- A parent/carer takes on a committee role throughout the season; or
- 12 volunteer sessions per family are completed for the season. It is important to ensure your session is correctly recorded so please make your way to our officials coordinator before the meet starts so she can record your attendance. This is regardless of using the link to register for a role. Our officials coordinator can generally be found in the tent adjacent the clubhouse and is easily spotted by the line of volunteers getting their names marked off.

We encourage and welcome parental assistance for as much as your family is able to assist and if you are able to assist at more than 12 meets, the committee and children would greatly appreciate it. No doubt, it will sometimes be required to ensure meets run smoothly.

7. Child Supervision Policy

It is centre policy that all athletes 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 volunteers to care for children until they are collected.

Whilst it is our preference for all parents/guardians to remain at the meet or training session, we recognise that this cannot always happen. If circumstances prevent you from remaining at the activity, you are asked to nominate another parent who is known to you and your child who is remaining at the event to act as a contact. Please complete the Child Supervision Register at the recording desk before leaving the venue.

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.

8. COVID-19

COVID-19 continues to be a risk in our community and the State Government COVID safe requirements that apply to community sport must be followed by all athletes, parents, guardians, and spectators at our fields.

Attendance

All attendees (members/coaches/parents/volunteers/spectators) must register via the Check In Qld app each time they attend on site for contact tracing purposes.

Toowong Harriers Athletics Club



Can't scan? Enter the code **624272** manually to check in.



No one should attend if they are ill, have any COVID symptoms, have been in contact with a confirmed case within the prior 14 days, have travelled to a COVID hotspot in prior 14 days, or returned from overseas in prior 14 days.

Carry a mask and wear it when appropriate. All those over 12 should carry masks with them and wear them when they are not able to social distance. This includes when you are inside the clubhouse and when you cannot be more than 1.5 metres away from others.

Masks do not need to be worn by athletes whilst competing in the field of play.

Use good hand hygiene, including using hand sanitiser that is available at regular intervals.

Physical Distancing

Spectators and officials at athletics events must observe physical distancing (1.5 metres) at all times.

Please note that physical distance does not apply to athletes 'on the field of play'. This includes marshalling areas. At all other times, athletes must observe physical distancing.

Avoid shaking hands, high fives, hugging etc.

Clubhouse

Please avoid going inside the clubhouse with the exception of

- Setting up/packing up
- Volunteer roles of uniforms/registration/recording
- Athletes requiring first aid or using the bathroom.

All participants/volunteers/spectators must observe systems in place to manage venue entry/exit points, queuing directions and strict numbers allowed in clubhouse environments

- In the clubhouse – 15 total
- In the bathrooms – 2 in each of male/female
- In the kitchen – 3 only (no children please).

Hygiene and Sanitisation

All attendees are to maintain good hygiene and regular sanitising throughout the meet.

Wash your hands prior to attending – for at least 20-30 seconds with soap and water.

Avoid touching eyes, nose, mouth areas. Do not spit.

BYO water bottle and limit water bubbler use.



Forming Age Groups (on arrival)

Athletes are to gather into their age groups (per age signage) with their age marshal. Remember to social distance during this time.

Parents who are not acting in an age marshal role should not stand in this area, they should proceed to the parent spectating area until taking up an official role.

The age marshal should mark the roll and work out how many of an age group there are (boys and girls).

Scheduling is designed to run most effectively with 8-12 athletes per group. It does not matter if they are boys or girls, only that they are in the same age group (i.e. All under 9's compete in the same events each week).

If you compete outside of your age group we cannot record your times (they are not in the system to record against). We strongly recommend you do not do this.

Example allocation of groups -

Total Athletes per age group	Form this many groups
1 – 12 athletes	1 group
13 – 24 athletes	2 groups
25 – 36	3 groups

For example – there are 16 Under 9 girls, and 8 Under 9 boys. The age marshals should arrange 2 groups of 12. It is recommended that the sexes be evenly split. In this case, 4 girls could go with the boys, or 8 girls and 4 boys per group.

Until numbers in each age group steady (usually by week 3 or 4), we may find there are some larger groups. We will make more groups in the program if this is the case.

It is important that families arrive on time so that group size can be optimised.

Warm up

After the centre manager has made any announcements, the groups will then split to undertake a warm up.

3 groups will form for warm up -

- Under TT/6/7
- Under 8/9/10
- Under 11/12/13+

Each group will go to a separate area of the field to warm up.

On the Field

The groups should strictly follow the program and locations as per the schedule. Each station will have a designated area (separated from the other areas) in which athletes can wait their turn. This will be marked on a map in the age marshal folder.



The marshal's job is to record the results at field events. There should be 2 officials located at each station to ensure separation of duties (i.e. one spiking and returning discus, one measuring).

If there is downtime waiting at an event, marshals should consider involving the children in games, relay practice, etc.

Track marshalling locations are as follows:

- Front straight sprint hurdles/70/100m – (on the track behind the start point)
- Front straight 200m – outside of back straight near LJB)
- Back straight sprint hurdles/70m – (inside of back straight)
- Back straight 200m / Front Straight 400m (inside home curve)
- 800m/1500m (inside front straight)
- Walks – 300m start (on outside of track @ 1500m start).

Parents – Volunteers, Officials, Marshals and Spectators

Parents play an important role in little athletics – they are required to official events, run the canteen, record the times, set up and pack up. etc. In a COVID environment it is more important than ever – we absolutely must have parents in all the necessary roles as it is not possible to share roles.

Please use the online SignUp (sent via email in week prior) in order to sign up to volunteer roles. This will avoid a queue to put your name down, and delays in starting the events. This assists us manage our physical separation commitment. Please confirm your attendance at the officials desk on arrival.

Parents who are not acting in official volunteer roles CANNOT go around with their children. The only exception is athletes in the Tiny Tot and Under 6 age groups (and Under 7s in the first 2 meets). This is a requirement to minimise the number of people on the field where they cannot be tracked.

A spectator area will be set up next to the clubhouse for socially distanced sitting for those who cannot volunteer due to younger children etc. Please bring your own chairs or shade. Please refer to the field map.

Playground – OUT OF BOUNDS during meets

During our little athletics meets, (e.g. from 2-5pm) competing athletes in uniform who have checked in with their age marshal will not be permitted to use the playground. This is a regretful decision, but required as we cannot control the sanitary environment in the playground.

Parents with siblings who are not competing may use the playground.

Canteen

To purchase from the canteen you must line up (1.5m socially distanced) at the window. (queue towards Gailey Road).

We will not be taking cash this year, card only. Parents can organise a tab for their family and parents can settle it at the end of the day.

The menu is being reviewed so that all items are individually packaged. Condiments will be poured by canteen volunteers only.



BBQ – we will still be selling BBQ items on Friday evenings, with strict hygiene requirements both at the BBQ and in the canteen. All implements will be washed before and after use.

Volunteers are always to use gloves at all times.

While eating, please proceed to the spectator area and limit congregating on the verandah.

Coles bananas will be donated once again this year. These can be collected from the recording desk.

Set Up and Pack Down

The volunteer roles of set up and pack down are integral to our COVID safe plan.

Set up is estimated to take 8 people 1 hour. Alternatively, with 12 people it can be done in less time. Directional signage and all COVID signage must be put out.

Pack down is much more time consuming with equipment cleaning requirements.

Each group who is the last age group at an event will be required to bring that equipment back to the equipment shed for cleaning (responsibility will be clearly set out on the program). The exception is high jump flop mats which will be bought back on the trailer.

Pack down can commence as soon as those events are no longer required. I.e. once hurdles are complete, the hurdles can come back to the shed. Please be on the look out at all times for what you can bring back. This saves a large amount of work at the end of the night.

After you have assisted with pack down and clean up, please limit mingling and leave the field promptly.

Children who are waiting for siblings/parents, should maintain social distancing and stay away from competition areas.

Finally, use your common sense. These rules have only been developed for our own safety and to ensure that our sport can continue in these uncertain times. Please do not jeopardise this for our community.

Our committee thanks all our members for their support and for following these rules and assisting with all the additional burden it puts on us all.



9. Registration

Children must be over five and under 17 years of age on the 31st December 2021 to be eligible for registration in the 2021-22 season.

Only registered (and paid-up) children are permitted to participate in Little Athletics meetings with the exception of new members trying out at no more than two consecutive meetings. A form is required to be completed first.

The current season fees are:

- | | |
|--|----------|
| • U6 (born 2016) | \$130.00 |
| • U7/U8 (2014/2015) | \$175.00 |
| (includes regional relay and championship entry fees) | |
| • U9 - U17 (2005 - 2013) | \$200.00 |
| (includes regional relay and championship entry fees, optional QA dual membership for additional \$45) | |
| • Tiny Tot (see Tiny Tots section) | \$60.00 |
| • Family Participation Deposit* | \$100.00 |
| (per family) | |

*Deposits are refundable if 12 volunteer sessions per family are completed in the season. Please refer to the [Parent Participation Deposit Refunds](#) section for further information.

Trialist are required to register – the cost is \$10 for 2 consecutive meets. This fee will come off the registration fee if the athlete decides to join.

Each 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 can be found in the [Center Uniform](#) section.

NOMINATIONS/REGISTRATIONS ALYSCIA REILLY

Contact:
recording@toowongharriers.org.au



10. Centre Uniform

Athletes are required to wear the club uniform at all little athletics events. The uniform is available for purchase at the Introduction to Athletics days and all centre meets.

After registration, each athlete will be provided with an age label, registration number and sponsor's badge. The age label must be sewn on 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 and sponsor's badge on the sleeve or chest.







The uniform consists of the following items:

Top	Bottom
Boys and Girls - Athletes are required to wear the centre uniform of a white polo shirt with royal blue sleeves.	Boys - Royal blue shorts. Girls - Royal blue stretch runners or bike pants.

UNIFORM OFFICER SHUBHRA SRIVASTAVA

Contact:
uniforms@toowongharriers.org.au

Athletes in the U12 age groups and below must wear the full polo shirt at all times whereas athletes in the U13+ age groups may choose to wear the Singlet* or Crop Top* at centre meets and competitions. For athletes U13+, two shirt patches are available. One for a polo shirt and one for a crop/singlet which is a smaller size.

Item	Cost	Image	Sizes
Little Athletics			
Polo Shirt - Juniors	\$42.00		Youth 4 - 16
Polo Shirt - Adults	\$30.00		Mens S - XL, Ladies 8 - 18
Singlet*	\$20.00		Youth 10Y - 16Y, Mens S - XL, Ladies 10 - 14
Crop Top*	\$20.00		Ladies 8 - 16
Boys Shorts	\$20.00		Boys 22 - 36
Girls Bike Shorts - Impi	\$30.00		Girls 8 - L12
Girls Bike Shorts - Classic	\$20.00		Girls 4 - L
T-Shirt - Old Style	\$20.00		Youth 10 - 14
All			
Cap	\$22.50		One Size Fits All
QA/Senior Club			
Singlet	\$44.00		Mens 3XS - 2XL, Ladies 6 - 16
T-Shirt	\$47.50		Mens 3XS - 2XL, Ladies 6 - 16





11. Season Calendar

The season calendar is a selection of key shield meets, competitions and events that the club hosts and encourages members to support. There is no requirement for athletes to register for our centre meet. Just turn up on the day and have fun!

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.

TOOWONG HARRIERS: LITTLE ATHLETICS 2021/22 SEASON CALENDAR

Date	Event	Times	Location	Notes	Event Type
Sat, 14 Aug	Intro to Little Athletics Registrations/Uniforms CANCELLED	3pm-5pm	Jack Cook Park	Hurdles/Long jump/Shot put	
Sat, 28 Aug	Intro to Little Athletics Registrations/Uniforms	3pm-5pm	Jack Cook Park	Sprints/High jump/Discus	
Sat 28 Aug	U13-U17 Pre-season Welcome & Info Session	6pm-8pm	Jack Cook Park clubhouse	Goal setting / Coaching / Leadership / Conduct	Social
Sat, 4 Sept	Afternoon Meet	3pm-6pm	Jack Cook Park		
Sat, 11 Sept	Afternoon Meet	3pm-6pm	Jack Cook Park		
Fri, 17 Sept	Evening Meet	6pm-9pm	Jack Cook Park		A
SCHOOL HOLIDAYS					
Sat, 9 Oct	Afternoon Meet	3pm-6pm	Jack Cook Park		A
Fri, 15 Oct	Evening Meet	6pm-9pm	Jack Cook Park		A
Fri, 22 Oct	Evening Meet	6pm-9pm	Jack Cook Park		AB
Sat, 23 Oct	Coles Summer Carnival	8am-5pm	State Athletics (Nathan)	U7+, Register via Results HQ	
Sat, 30 Oct	Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Fri, 5 Nov	Evening Meet	6pm-9pm	Jack Cook Park		AB
Sun, 7 Nov	Regional Relay Day	8am – 4:30pm	Ipswich	U7+ Registration incl.	
Sat, 13 Nov	Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Fri, 19 Nov	Evening Meet	6pm-9pm	Jack Cook Park		AB
Sat, 27 Nov	Afternoon Meet	3pm-6pm	Jack Cook Park		AB
Sat, 4 Dec	Twilight Meet	4pm-7pm	Jack Cook Park	Christmas Party	A
Sat, 11 Dec	State Relays	8am – 4:30pm	State Athletics (Nathan)	U9+, Qualify at Regional Relays	
SCHOOL HOLIDAYS					
Sat, 15 Jan	Twilight Meet	4pm-7pm	Jack Cook Park		A
Fri, 21 Jan	Evening Meet	6pm-9pm	Jack Cook Park		A
Sat, 29 Jan	Twilight Meet	4pm-7pm	Jack Cook Park		AB
Sat, 5 Feb	Regional Championships	8am – 4:30pm	To be confirmed	U7+ Registration incl.	
Sun, 6 Feb		8am – 4:30pm			
Fri, 11 Feb	Western Suburb Games	6pm-9pm	Jack Cook Park	*TBC*	B
Sat, 19 Feb	Centre Championships 1	3pm-6pm	Jack Cook Park		AB
Fri, 25 Feb	Centre Championships 2	6pm-9pm	Jack Cook Park		AB
Sat, 26 Feb	McDonalds Combined Event	8:20am – 4:30pm	State Athletics (Nathan)	U7+ multi event, Register via Results HQ	
Sun, 27 Feb					
Sat, 5 Mar	Centre Championships 3	3pm-6pm	Jack Cook Park		A
Fri, 11 Mar	State Championships	3:30pm-9pm	State Athletics	U9+, Qualify at Regionals	
Sat, 12 Mar		8:30am-7:30pm			
Sun, 13 Mar		8:30am-4:30pm			
Sun, 27 Mar	Awards Presentation / Committee Nom's	3pm-5pm	Jack Cook Park		

NOTES:

A – Meet open to Open age athletes (must be Toowong Harriers QA member) - \$6/meet. Open age compete with U15+ athletes.

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 23 October, 2021
- Regional Championships – Sat 15 January, 2022

TOOWONG GIFT 3,000M – DATE STILL TO BE CONFIRMED.



12. Types of 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. This year they will be held on 14th and 28th August at 3-5pm. All new athletes and parents should try to attend.

Weekly Centre Meetings

Centre meets are conducted at Jack Cook Park, spread evenly between Friday evening and Saturday afternoon. This is intentional to allow athletes who have other sporting commitments the opportunity to attend at least half of the meets. Please refer to the [Season Calendar](#) section for more information.

At Friday evening meets food is available from the canteen. Warm clothing is sometimes needed for evening meetings in September and October.

Athletes take part in a 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.

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

Coaching sessions will not be held during the centre meets. Please refer to the [Coaching](#) section for more information.

Centre Championships

The Centre Championship is held over the three final competition meets of the season and will include all events for each age group over the course of the championships.

Ribbons are awarded for first, second and 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!

Additional Competitive Opportunities

Western Suburb Games

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 our club is hosting the event on Friday the 11th February 2022.



Regional Relays

Regional Relays will be held on Sunday the 7th November at Bill Paterson Oval, Ipswich and we like to see as many as possible of our athletes attending the Regional Relays.

Regional Relays provide an opportunity for athletes (U7 – U17) to compete in teams. We feel that there is a need to foster a 'team spirit' in our athletes and relay events are often the only opportunity we have for competing in team events. Regional Relays is also a means for qualifying for the McDonald's State Relay Championships.

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

Regional Relay 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.

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 8:00am to 4:00pm.

Regional Relays will be postponed to TBA if washed out by heavy and continuous rain or thunderstorms.

Our team manager (teammanager@toowongharriers.org.au) is responsible for completing the team nominations for this event. Each athlete may nominate to participate in a maximum of five events. Athletes must notify the centre if they are not available for Regional Relays by Saturday, 23 October 2021.

U7 and U8 athletes receive participation medals.

Please refer to the [LAQ website](#) for further information.

The nomination fee is included in your Toowong Harriers membership fees.

McDonald's State Relay Championships

The first three placed teams in each event in the Regional Relays (except the U7 and U8) qualify to compete in the McDonald's State Relay Championship held on Saturday the 11th December 2021 at the State Athletics Facility (SAF), Nathan, Brisbane.

It is important that we try to keep the qualifying teams together if possible. In cases where qualifying athletes will be unavailable for the McDonald's State Relay Championship, our team manager (teammanager@toowongharriers.org.au) should be advised immediately.

TEAM MANAGER
MELISSA COHEN

Contact:
teammanager@toowongharriers.org.au



The McDonald's State Relay Championship will be postponed only in extreme circumstances to a date to be advised.

Please refer to the [LAQ website](#) for further information.

The nomination fee is included in your Toowong Harriers membership fees.

Coles Spring Carnival

The Coles Spring Carnival will be held on Saturday the 25th September 2021 at Bundaberg Region Athletics Facility, Enid Ethel Drive, Bundaberg.

This event aims to give all registered athletes in U7 – U17 age groups the competition provides a means for Centre Athletes get some valuable early LAQ season large-scale competition and, (great pre-cursor) for Higher Level School Competitions prior to School States. Plus this competition encourages a broader team spirit as athletes are representing their club and region to earn points towards Centre Weighted Club Trophy

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.

Please refer to the [LAQ website](#) for further information.

Register via [Results HQ](#).

Registration closes 9am Monday the 13th September 2021.

Nomination Fees: \$15 per athlete.

Coles Summer Carnival

The Coles Summer Carnival will be held on Saturday the 23rd October 2021 at State Athletics Facility (SAF) Nathan, Brisbane.

This event 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.

Please refer to the [LAQ website](#) for further information.

Register via [Results HQ](#).

Registration closes 9am Monday the 11th October 2021.

Nomination Fees: \$15 per athlete.



McDonald's Combined Event Championships

The McDonald's Combined Event Championships will be held over the weekend of the 26th and 27th February 2022 at State Athletics Facility (SAF) Nathan, Brisbane.

This Combined Event is 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 Combined Event is considered one event; therefore, athletes failing to start or make a trial, in any of the set events of the Combined Event will not be allowed to take part in the remaining events per the LAQ Rules.

The format for 2021 is as follows:

- U7 – U8s athletes may nominate for the Triathlon (three (3) set events).
- U9 – U11s athletes may nominate for the Tetrathlon (four (4) set events).
- U12 – U14s athletes may nominate for the Pentathlon (five (5) set events).
- U15 – U17s athletes may nominate for the Heptathlon (seven (7) set events).
- U13 – U17s athletes may nominate for the Jumps Triathlon, Throw Triathlon or Track Triathlon (three (3) set events in each).

Please refer to the [LAQ website](#) for further information.

Register via [Results HQ](#).

Registration closes TBA

Nomination Fees: \$15 per athlete.

Regional Championships

Regional Championships will be held over the weekend of the 5th and 6th February 2022 at TBA.

Regional Championships primarily provide friendly Regional Competition for all athletes in the U7 – U17 age groups. A maximum of five events may be entered by each athlete. No special qualifications are necessary and the usual spirit of having fun predominates.

Our centre is a part of the Metropolitan West Region. Currently there are six other centres in the region:

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

U9 – U17 athletes competing who place 1st – 4th in their event may progress to the McDonald's State Championships.

U7 and U8s, however, do not go on from the Regional level competition to compete in the State Championships. If the Regional Championships are washed out they will be held the following week



Nominations will be accepted from athletes who have competed in four or more centre meets before the Christmas break. If athletes have not competed in at least four meets before the Christmas break, approval to nominate can be sought from the committee. Please email the centre manager at manager@toowongharriers.org.au with the details. Committee meetings are usually held on the third Thursday of each month so please ensure the email is received well before the nomination cut off date.

Please refer to the [LAQ website](#) for further information.

Register via [Results HQ](#).

Registration closes TBA

The nomination fee is included in your Toowong Harriers membership fees.

State Individual Championships

The Championships will be conducted over the 11th – 13th March 2022 at Queensland Sport and Athletics Centre (QSAC), Nathan, Brisbane.

This event is the season climax for our more talented athletes who qualify via the Regional Championships.

The U13 State Team (26 athletes – 13 Boys and 13 Girls) is selected at these Championships. The performance of the U13's at this event plays a significant part in their selection.

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. The next anticipated FNQ state championships is due in 2023.

Please refer to the [LAQ website](#) for further information.

Nominations:

- U9 – U17 athletes qualifying 1st – 4th from the Regional Championships can nominate.
- In addition to the above, U9 – U17 by competing at the Regional Championships and achieving a 'Qualifying Performance Level' also qualify and can nominate.
- The nomination fee is included in your Toowong Harriers membership fees.

Australian Little Athletics Championships

The Australian Little Athletics Championships (ALAC) will be held for selected athletes in the U13 and U15 age groups in April 2022. The ALAC encompasses the Australian Teams Championships for U13 athletes and the Australian Combined Event Championships for U15 athletes.

Although recognition is given to individual place-getters, the emphasis is on team performance and the main focus is on the team point scores.

All costs associated with the team, including outfits and travel, are met by the Little Athletics Association and our centre. The U13 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 U13 team events;

- Boys & Girls: 100m, 200m, 400m, 800m, 1500m, 80m hurdles, 200m hurdles, 1500m walk, 4 x 100m team relay, long jump, triple jump, high jump, shot put, discus and javelin.

The U15 team consists of three boys and three girls, who compete for points in a heptathlon;

- Under 15 Boys: 100m Hurdles, Discus, Long Jump, 100m, High Jump, Javelin, 800m
- Under 15 Girls: 90m Hurdles, Shot Put, High Jump, 200m, Javelin, Long Jump, 800m Two of the boys and two of the girls will also combine to form a 4 x 100m relay team.

The centre must also certify that each 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).

Please refer to the [LAQ website](#) for further information.

Other Club Opportunities

Queensland Athletics (QA)

For athletes U12 – U17 a dual Little Athletics/Queensland Athletics membership is available.

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

More information is available on the [Queensland Athletics website](#).

Distance and Cross-Country

Queensland Athletics (QA) run a cross country series during the early winter months of April to June. There are eight series events and Toowong Harriers usually hosts one race.

To compete at cross country events, you must be a QA member.

U12 and above Toowong Harriers athletes may wish to consider joining QA (at a reduced fee) for the winter season. Please refer to our [website](#) for more information or contact our president at president@toowongharriers.org.au.

Toowong Gift (3000 metres)

The fourth annual Toowong Gift will be held on a date to be confirmed at Jack Cook Park from 4:00 to 7:00pm which is a 3,000m 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 Junior Dash for children aged to 12 years
- 3000m Junior Gift – Youth category (U12-U17)
- 3000m Gift – Open Category
- 3000m Gift – Masters Category (35+)

Please refer to our [website](#) for more information.

Register via TBA

Small nomination fees applies.



13. Nominations

A number of meets and carnivals require athletes to nominate for particular events, and pay the appropriate entry fee. For Season 2021-22 the events, dates are as follows:

Regional Relays and Regional Championships nominations are prepaid within your membership fee and nominations and our team manager (teammanager@toowongharriers.org.au) is responsible for completing the team nominations for these events.

All other carnivals (including Coles Summer Carnival and McDonald's Combined Event), athletes/parents are responsible for their own nominations via ResultsHQ.

Carnival/Meeting	Event date	Nomination Due Date
Coles Spring Carnival	25 September 2021	13 September 2021
Coles Summer Carnival	23 October 2021	11 October 2021
Regional Relay Day (prepaid)	7 November 2021	23 October 2021
Regional Championships (prepaid)	5/6 February 2022	15 January 2022
McDonalds Combined Event (Multi)	26/27 February 2022	14 February 2022



14. Coaching

Toowong Harriers offer a range of coaching options to suit beginner, intermediate and more advanced athletes. Athletes who attend coaching often see vast improvements as they work on their technique.

Our offerings include:

- Tuesday coaching – athletics fundamentals – running/jumping/throwing.
- Thursday coaching – middle distance running
- Sunday specialist coaching – various events as scheduled
- Squad coaching – certain specialist events only (subject to coach availability)
- Athletic development and guidance for athletes progressing to Queensland Athletics competitions as part of a pastoral care approach to athletic development and wellness.

Meet our coaches

- Joanne Lane – Level 2 Club coach – Advanced in Sprints, Hurdles, Relays, Throws, Jumps, Young Athletes & Multi Events.
- Lauren Murry – Level 2 Club coach– Advanced in Sprints, Hurdles, Relays, Middle & Long Distance, and Jumps
- Bruce Jones – Level 3 Performance Development Coach– Advanced in Cross Country, Middle & Long Distance
- John Davis – Level 4 Senior IAAF Coach - Advanced in Long/Triple Jump, Steeple Chase, Middle & Long Distance
- Kate Colahan - Level 2 Club Coach – Advanced in Throws & Jumps, IAAF Kids Athletics
- Sean Josey –Level 1 Community Athletics Coach – Cross Country, Middle Distance, junior coach.
- Acceleration Coaching team - Sprints & Agility Training

All coaching sessions will be advertised on our [website](#) and on Team App. Please ensure that you sign up for the sessions to ensure your place. Many sessions will have limited places.

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 coaching sessions to gain basic technique coaching for all events.

Tuesday Coaching

On Tuesdays between 4:30pm – 6:00pm from the start of school term 4, and throughout the season, we intend to run coaching sessions at Jack Cook Park.

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 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 6:00pm – 7:00pm, middle distance running training is offered at Jack Cook Park. This session is for both our Senior Club (QA), and Little Athletics Centre (LAQ) members as an all ages session, Parents are encouraged to attend and run with their children. This squad is run all year and a great way to build and maintain general cardio conditioning. Children from age 8(U9+) can participate, with their parent supervising and assisting.

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

Sunday Specialist Coaching and Open Club

From September 2020, Sunday mornings will be OPEN CLUB mornings. This means from 8:00am – 11:00am, our track and field (including equipment) will be available for all our members to use.

Members utilising this benefit are asked to act in a safe and responsible manner and must be competent in the event or apparatus undertaken, 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 athletes U9 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. The cost for specialist coaching is included for U9+ Little Athletics Centre members, though Senior Club members may attend training sessions for a nominal fee (please contact the senior coordinator or coaching coordinator for further information)

This season we will be offering the option of our facilities to members for specialist Squad training in a number of events pending the interest from members, These squads sessions are for older LAQ & QA club members (12yrs+) looking at focus regular training in a specific event e.g. High Jump, Hurdles etc. These maybe weekly or fortnightly depending on numbers (minimum of 4 athletes) and chosen training day or evening that best suits the coaches and members. These Squad sessions will incur additional costs per session, nominally \$10 per athlete. Further Information and interest should be sent to

coaching@toowongharriers.org.au

Sessions will be advertised on Facebook and the club noticeboard.

Coaching - Expectations

When athletes attend our coaching session please note the following code of conduct:

- Please sign your child in for coaching via the Toowong Harriers TeamApp. You MUST leave a contact mobile number.



- Parents/Guardians/Babysitters of athletes U12 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 Toowong Harriers Team App 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 behaviour 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.
- Athletes 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 athletes show little/no interest in being in the coaching session the coach may ask the parent to take the athlete home.
- Remember, enjoy yourself and have fun! Improvement takes practice!



15. 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 meet, 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 DOUG LOGAN

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

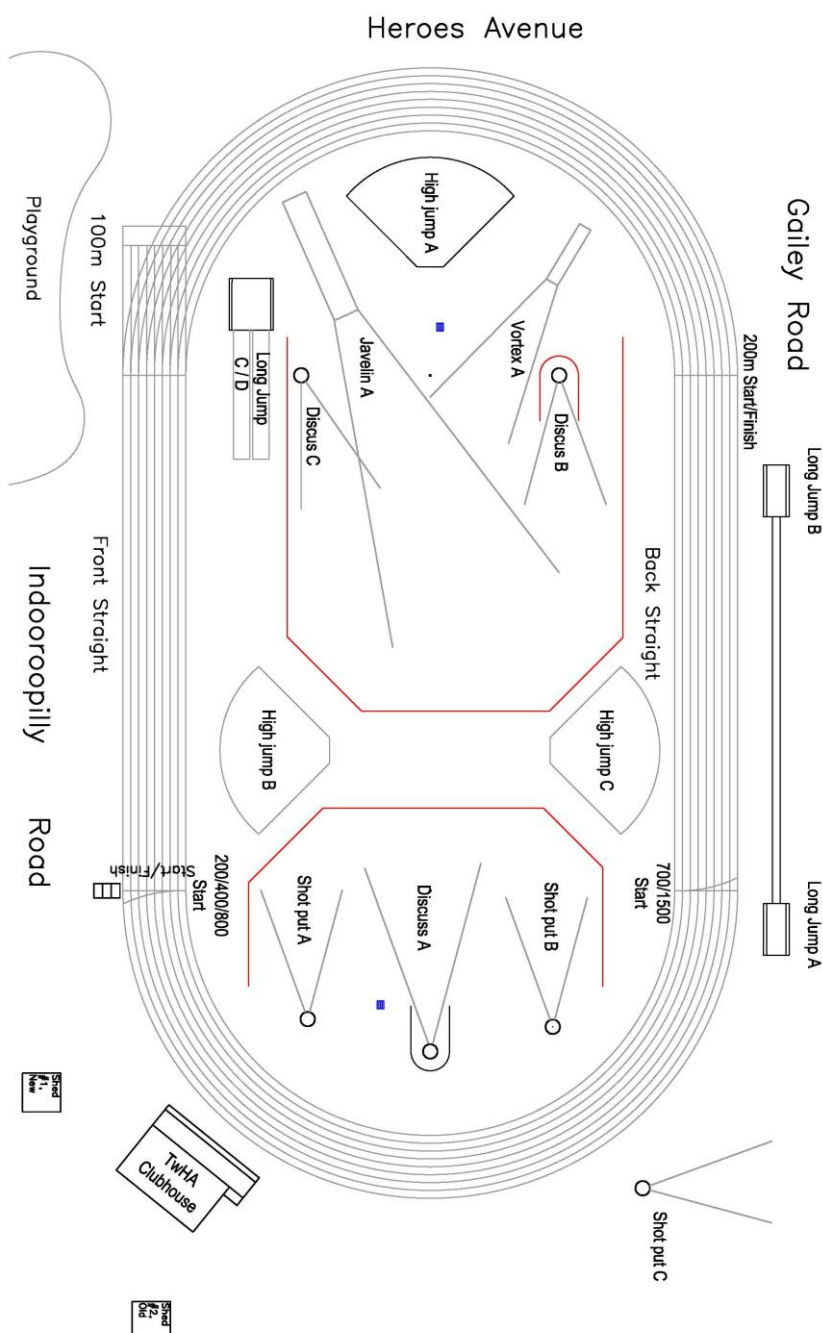


16. Grounds

The map 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.

**GROUND'S OFFICER
PETER KOLB**

Contact:
grounds@toowongharriers.org.au





17. 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.

Specifications for hurdles and throws appear in the tables below.

Please ensure you return equipment to the sheds after each meet. If any equipment is broken or damaged please contact our equipment officer.

**EQUIPMENT OFFICER
DARREN ALDRIDGE**

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 @ 9.14m
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



18. Officials

At our meets parents are the officials. Around 60 - 90 officials are needed to run a centre meet to time. Officials are also required whenever our 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 officials as follows:

OFFICIALS COORDINATOR BARBARA MAENHAUT

Contact:
officials@toowongharriers.org.au

Managers:	These are committee members who manage the program.
	Arena Manager, Program Officer, Officials Coordinator, Records Officer
Key Officials:	These are experienced and qualified centre members who control groups of events.
	Track Referee, Chief Timekeeper, Chief Starter, Chief Place Judge, Chief Judge (Throws), Chief Judge (Jumps), Chief Judge (Walks)
Event Officials:	These are judges at individual events. The main requirement is a willingness to learn. Experience and qualifications will follow.
	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
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 age marshals who also record performances at each field event. This also provides a good all round learning experience for new parents.

Volunteer Sign Up

Little Athletics relies on volunteers. Our weekly meets and regular coaching sessions cannot run without parents/family members assisting. In particular, each week we need assistance in setting up and putting away the equipment. We also need to fill all track and field officiating roles. There is a Duty Roster option within Team App to enable you to register for a role in the meet.

If you are unsure about volunteering, please don't be shy, come and see us at the officials desk. Barbara our officials coordinator (officials@toowongharriers.org.au) will be available to answer any of your questions. The officials desk can generally be found in the tent adjacent the clubhouse and is easily spotted by the line of volunteers getting their names recorded! Alternatively, Trudy our centre manager or any committee member are always available to answer your questions.



To thank you for volunteering, the family deposit portion of your fees will be refunded in approx May 2022 when 12 volunteer sessions per family have been completed for the season. Please refer to the [Parent Participation Deposit Refunds](#) section for further information.

If time gets away on you as it tends to do and you did not preregister a role, please make your way to Barbara to see what roles are vacant.

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 put 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.
 - 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.



19. Rules and Qualifications

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

High Jump

For reasons of safety and technique development, the Fosbury Flop technique is not allowed for age groups below U11. A fair jump (for scissor technique) is therefore one where:

- The head of the athlete does not go over the bar before the leading foot (the foot closest to the bar at take off).
- The head of the athlete is not below the buttocks when the buttocks clear the bar.
- The athlete'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 U10 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 - U17 athletes in laned events. However an effective crouch start, with or without blocks, depends very much on core body strength, which is rarely developed until the early teens.

Medley and Swedish Relay

The standard distance 4x400m relay for U11-U17 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.

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.



20. 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 U11 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 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.

21. Insurance

When you join Little Athletics, your registration includes a small insurance premium (around \$5). This charge provides insurance not only for registered 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 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.



22. 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 meets, 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 clubhouse (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.

23. 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.



24. 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 U6s may only participate at centre level meets (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.

25. 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.



26. 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 athletes.

At selected intervals during the season, each 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.

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 an 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 meets in proportion to the level achieved in each event.

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



27. Trophies and Awards

Mid Season Awards

Progress Award

Presented:

- Sat 23rd October – October Award (covering Meets 1-5)
- Sat 4th December – November Award (covering Meets 6-10)
- Sat 19th February – Summer Award (covering meets 11-15)

*Subject to change – dependant on weather

Reward: Prize and certificate.

Sponsor for 2021 Season: IMPI Sportswear.

Awarded to the boy and girl who achieve the greatest number of improved performances (personal bests - PB's) over the four previous competition meets.

(per calendar and subject to change per meet availability).

Notes:

1. Personal Best - to achieve a personal best, a first performance is recorded as a base and an improvement is measured against that performance.
2. Venue - Jack Cook Park & Western Suburb Games meet (other venues excluded from PB calculation)
3. Results HQ calculates the PB performance for the selected time period.

Responsible person - Records Officer.

Encouragement Award

Presented:

- Sat 23rd October – October Award (covering Meets 1-5)
- Sat 4th December – November Award (covering Meets 6-10)
- Sat 19th February – Summer Award (covering meets 11-15)

*Subject to change – dependant on weather

Reward: Prize and certificate

Awarded to two athletes whose contribution to the centre deserve special recognition.

Notes:

1. Centre Manager Award - Consideration about attitude, attendance, behaviour and embracing LA values.
2. Feedback is encouraged from LA Age Marshalls.
3. Venue - All venues (meets, training & external meets).



McDonald's Award

Presented:

- Sat 4th December – November Award
- Sat 19th February – Summer Award

Reward: McDonald's voucher.

Level of achievement in event groups relevant to age group.

Green, Red & Blue.

Notes:

1. Achievement levels are published and are calculated from average performances attained by Qld LA's.
2. Green should be achievable by 95% of children. Red is a very good performance (65% of children) and Blue excellent performance (20% of children).
3. Athletes with a disability - who have not been able to meet achievement levels, may be awarded a Green Level Certificate.
4. Venue - All venues (centre & external meets).
5. Toowong Harriers has calculated Gold and Silver Levels based on State and National Achievement levels.
6. To receive a McDonald's Achievement Level Award Certificate, an athlete must reach the relevant level in all events applicable to their age group in event groups.

End of Season Awards

Age Group Award

Awarded to the boy and girl with the highest aggregate points at the end of the season per each age group.

13+ age group are combined.

Reward: Medal; Gold 1st, Silver 2nd & Bronze 3rd

Calculation: For each event attempted the athlete is awarded points based on the achievement level.

Points per event :

Published Performance Levels

- | | |
|-----------------|---|
| • Participation | 4 |
| • Green Level | 5 |
| • Red Level | 6 |
| • Blue Level | 7 |
| • Silver Level | 8 |
| • Gold Level | 9 |

Progress points will be communicated to athletes throughout the season (in line with the progress awards). All meets can contribute to the points calculation. The final season points calculation will only include the top 15 meets for the athlete's FY21 season. The number of meets may be 'pro rata'd for loss of events, ie meet cancelled due to weather (ie 75% of meets).

The winner of each Age Group award is eligible for the Centre Champion Award



Centre Champion Award

Awarded to the boy and girl with the highest aggregate points at the end of the season.

Reward: Names inscribed on perpetual trophy and individual trophy.

Calculation: As per Age Champion Award.

Personal Best Award

Awarded to the boy and girl with the highest number of PB's over the season per each age group.

13+ Age Group are combined.

Reward: Certificate.

Calculation:

1. Personal Best - to achieve a personal best - a first performance is recorded as a base and an improvement is measured against that performance.
2. Venue - Jack Cook Park & Western Suburb Games meet (other venues excluded from PB calculation).
3. The winner is the athlete with the most number of PB's for the season. (Responsible person - Records Officer).

The winner of each Age Group award is eligible for the Most Improved Award.

Most Improved Award

Awarded to the boy and girl with the highest number of PB's over the season.

Reward: Names inscribed on perpetual trophy and individual trophy.

Calculation: As per Age Group Personal Best Award.

Outstanding Achievement Award

Awarded to athletes who achieve an exceptional performance level across all events.

Reward: Names inscribed on perpetual trophy and Individual Trophy.

Calculation:

1. Events include performances at all Little Athletic competitions (ie Jack Cook Park, Coles Carnivals, Regionals & States etc).
2. Best performance is recorded for each event and points are awarded based on the performance level achieved.
 - 5 Points Gold Level
 - 4 Points Silver Level
 - 3 Points Blue Level
 - 2 Points Red Level
 - 1 Points Green Level
3. A trophy is awarded to all little athletes who achieve an average pint score of more than 3.00 over all events for their age-group.

Note: Athletes will receive '0' points for events not attempted/ completed and this is included when calculating the average.



Commitment Award

Awarded to the boy and girl to reward participation, improvement, club spirit and sportsmanship over the whole season.

The Centre Champion winner is not eligible for this award.

Reward: Council award \$50 gift voucher.

Calculation:

1. A point for each centre meet attended.
2. A point for each event completed during the season.
3. A point for each PB achieved (per personal best award calculation).
4. Regional Relay Participation (10 points for attendance).
5. Regional Events (10 points for attendance).
6. Little Athletic State Carnival attendance ie Coles Summer / Spring / Combined Carnivals (5 points for attendance).
7. Feedback from Age Marshalls, Officials and Coaches.

Responsible person – Centre Manager & Records Officer

Laurie Baartz Memorial Trophy

Athlete with highest points per Baartz Trophy Calculation. Open to boys and girls of all age groups.
Nominated for potential State Award

Reward: Certificate.

Calculation:

1. Based on personal achievements over a range of events:
Sprints & Hurdles/ Middle Distance & Walks / Throws / Jumps.
2. Meets are designated as 'Baartz Meets' in the calendar 10 meets are used in the calculation.
3. Points are to be awarded for exceeding personal bests on the basis of one point per event group per nominated week ie a maximum of four (4) points per athlete per nominated week. The point for a particular group can be scored for any event within the group however only one (1) point per group per nominated week can be scored. The number of nominated weeks is ten (10) therefore the maximum number of points is 40.

Refer LAQ Handbook for additional information about award calculation.

George Harvey Award (Optional)

Centre nominated athlete who is thought to exemplify the ideals of the movement.

Reward: Certificate & State-wide award.

Required Attributes:

- Leadership
- Respect
- Perseverance



- Sportsmanship
- Enthusiasm
- Ambassador for little athletics, proud of his/her involvement in the sport and have promoted it amongst his/her peers.



28. Sponsorship and Publicity

This centre benefits from three levels of sponsorship: National, State, and Local. National and State sponsors this year include Coles, McDonalds, Nordic Sport and the Queensland Government. At centre level we are proudly supported by Julian Simmons, MP for MP for Ryan (Federal), Michael Berkman MP for Maiwar (State), Brisbane City Council – Cllrs. James 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, The Athlete's Foot – Indooroopilly, Rebel – Indooroopilly, Impi Sportswear 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 publications 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 throughout the season. Please contact our centre manager at manager@toowongharriers.org.au if you have photos or stories to contribute.

29. Social and Fundraising

As a non-profit organisation, Toowong Harriers Inc requires more than just your annual subscription fees to keep running.

There is also the possibility of raffles, sweet sales or other fundraising activities throughout the season. If you would like to help out with any fundraising activities or ideas please contact our treasurer at treasurer@toowongharriers.org.au.

PUBLICATIONS OFFICER VACANT

Contact:
publications@toowongharriers.org.au

TREASURER KRIS HACKER

Contact:
treasurer@toowongharriers.org.au



30. Grants

In 2020/21 our centre benefited from the following grants:

- \$34 970 - Gambling Community Benefit Fund for the clubhouse patio replacement, clubhouse lighting and clubhouse painting.
- \$3 465 - Club Southside for the purchase of hurdles and a speaker
- \$11 000 – Office of the Lord Mayor for COVID assistance

If you see any grant opportunities, please contact our grants coordinator at grants@toowongharriers.org.au.

GRANTS COORDINATOR LAUREN ALDRIDGE

Contact:
grants@toowongharriers.org.au

31. Canteen

We are well equipped to provide regular canteen catering at Jack Cook Park meets, including hot food. A BBQ is held on Friday nights so don't rush through an early meal or starve at the meet. Come and sample our fare and support the centre. The canteen also stocks drinks, crisps, lollies and ice blocks.

Do come and let us know if you'd like to volunteer for canteen duty at a meet.

During the season Coles will continue to donate bananas for all of our centre meets.

CANTEEN COORDINATOR HELEN WEBSTER

Contact:
canteen@toowongharriers.org.au

32. Senior Athletics

Toowong Harriers Athletics Club, established in 1894, is proudly Queensland's first athletics club and one of Australia's oldest with an impressive line of State and National representatives across a very broad range of events through to international level competitors at Commonwealth and Olympic games levels.

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

Jack Cook Park is named in honour of the late Jack Cook, who was president of the club for many years. Our club looks forward to being the custodian of Jack Cook Park and providing access to athletics for participants of all ages.

Our club has well over 250 Little Athletics Queensland athletes competing from September through to March every year, and 120 Open and Masters athletes competing across a myriad of events and team relays throughout the year.

For more information, please contact the seniors coordinators on seniors@toowongharriers.org.au

SENIORS/QA COORDINATOR WAYNE ADAMS

Contact:
seniors@toowongharriers.org.au



33. Life Members

Life Membership is an honour bestowed through unanimously endorsement of club upon a individual club members who have demonstrated exceptional service, contribution and dedication to the Toowong Harriers Athletics Club over a long and consistent period on time.

This is through the provision of measurable benefits to the club and its members in preserving the highest standards of athletic pursuits in competition, officiating, coaching and or committee representation. Examples of criteria below that may qualify a member to Life Status, but are not limited to these, to be unianimously endorsred by the club.

- This may be demonstrated through a minimum 15years of club membership
- Has served on the club committee for a minimum of 10 years, or 8 years in an accountable role or Executive position.

A written nomination for Life membership can be made by any member, at any time, and must be received by the club Secretary prior to the monthly committee meeting before the AGM.

Our LAQ 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 currently a State Team Selector for LAQ.

34. Competition Venue Addresses

Jack Cook Park

Jack Cook Park
66 Indooroopilly Road
TARINGA QLD 4068

The University of Queensland Athletics

Sir Fred Schonnell Drive
ST LUCIA QLD 4067

Bill Paterson Oval

Lion Street
IPSWICH QLD 4300

Queensland Sport & Athletics Centre (QSAC/State Athletic Facility)

Cnr Mains & Kessels Road
NATHAN QLD 4111



Kenmore Little Athletics

Kenmore State High School
Dumbarton Drive
KENMORE QLD 4069

Centenary Little Athletics

Jindalee Recreation Reserve
Wongaburra Street
JINDALEE QLD 4074



35. 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							
U6	Madeleine Wallace	14.0	2021	U6	Conor Geagea	15.0	2021
U7	Lulu McGrath	13.7	2017	U7	Lucas Collett	13.0	2018
	Amelie McLennan	13.7	2017				
	Gracie Hefner	13.7	2018				
U8	Charlotte Caslick	11.9	2003	U8	A-J. Brimson	11.4	2006
					Joey Davis	11.4	2006
U9	Lauren Rowney	10.8	1998	U9	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 Hurdle							
U11	Charlotte Wallace	14.7	2021	U11	Felix Birchall	14.02	2021
U12	Aurelia Boyd	15.08	2021	U12	Samuel Anderson	13.8	2021
U13	Lara Ulasowski	13.3	2000	U13	Andrew Cameron	12.8	1994
U14	Virginia Trad	13.3	2005				
90m Hurdle							
				U14	Andrew Cameron	13.0	1995
U15	Virginia Trad	13.5	2006				
U16	Isabella Grigg	14.9	2017				
100m Hurdle							
				U15	Tom Toro	14.1	1999
				U16	Duncan Scott	15.3	2007
200m Hurdle							
U13	Virginia Trad	31.0	2004	U13	Andrew Cameron	28.1	1994
U14	Virginia Trad	29.6	2005	U14	Andrew Cameron	26.9	1995
	Emily First	29.6	2009				
300m Hurdle							
U15	Laura McGlennon	52.23	2021	U15	Jonathan Riese	51.0	2021
U16	Isabella Grigg	53.4	2017	U16	Gus Grigg	48.4	2019
50m							
U6	Anna Nicklin	9.9	2000	U6	Joey Davis	9.2	2004
U7	Sophie Scott	8.8	2003	U7	Joe Jenkins	8.9	2003
U8	Sophie Scott	8.3	2004	U8	A Brimson	8.3	2006

**GIRLS****BOYS****70m**

U6	Sophie Scott	13.2	2002	U6	Dane McArdle	12.7	1998
	Laura Buttner	13.2	2010				
U7	Charlotte Davis	12.1	2001	U7	Clint Devereaux	11.7	1991
U8	Sophie Moore	11.2	2016	U8	Timothy Williams	11.1	1990
U9	Rachel Millwood	10.9	1997	U9	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

U6	Bree-Arne McArdle	19.3	1996	U6	James Waterman	18.7	1995
U7	Mary Tiffin	17.4	1986	U7	William Bannah	16.2	1985
	Isabelle McCarthy	17.4	2021				
	Tara Ryan	17.4	2021				
U8	Cassidy.Jackson-Carroll	16.1	1987	U8	Tim Garrett	14.6	1992
	Bree-Arne McArdle	16.1	1998				
U9	Rebecca Moore	15.2	1990	U9	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	Olivia Boyd	13.7	2021				

200m

U6	Bree-Arne McArdle	42.1	1996	U6	Sam Vaughan	41.1	2001
U7	Mary Tiffin	37.3	1986	U7	Daniel Mulvihill	34.3	1989
U8	Bree-Arne McArdle	33.9	1998	U8	Daniel Heckenberg	32.4	1985
U9	Sophie Moore	32.2	2017	U9	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	Olivia Boyd	28.21	2021				

**GIRLS****BOYS****400m**

U8	Bree-Arne McArdle	1:20.0	1998	U8	Clint Devereaux	1:17.5	1992
U9	Bree-Arne McArdle	1:14.1	1999	U9	Shawn Ashkanasy	1:09.2	1985
U10	Bree-Arne McArdle	1:08.5	2000	U10	Sam Vaughan	1:06.0	2005
U11	Bree-Arne McArdle	1:03.7	2001	U11	Shawn Ashkanasy	1:04.4	1987
U12	Jackie Bayliss	1:03.3	1988	U12	Samuel Anderson	1:00.50	2021
U13	Jackie Bayliss	1:00.5	1989	U13	Jack Clancy	57.0	1999
U14	Jackie Bayliss	1:02.5	1990	U14	Jack Clancy	55.8	2000
U15	Susan Holden	1:02.9	1991	U15	Peter Shanks	54.8	1992
U16	Olivia Boyd	1:04.7	2020	U16	Zac Tully	58.3	2007
U17	Olivia Boyd	1:01.66	2021				

800m

U9	Loren Rowney	2:48.2	1998	U9	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	2:06.1	1992
U16	Olivia Boyd	2:32.9	2020	U16	Thomas Bryant	2:30.78	2021
U17	Olivia Boyd	2:17.67	2021				

1500m

U11	Bree-Arne McArdle	5:13.4	2001	U11	Benjamin Ganko	4:47.8	2012
U12	Tenille Morrissey	5:02.3	1989	U12	Shawn Ashkanasy	4:51.0	1988
U13	Emma-Kate Watt	5:03.5	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	Olivia Boyd	5:29.8	2020	U16	Zac Tully	5:12.1	2007
U17	Olivia Boyd	4:49.66	2021				

300m Walk

U6	Katrina Riese	2:07.5	2004	U6	Nilsen Berquier	1:59.5	1994
U7	Jane Mulvihill	1:39.2	1991	U7	Timbi Poon	1:43.4	1993
U8	Kristina Kedwell	1:29.4	1993	U8	William Armstrong	1:33.5	1991
U9	Sophie Rose	1:27.9	1992	U9	Geoff Martin	1:23.3	1994

700m Walk

U8*	Andie Ganter	5:12.9	2020	U8*	Alex Sanders	5:19.3	2020
U9	Sophie Rose	3:39.4	1992	U9	Geoff Martin	3:30.5	1994
U10	Katrina Riese	3:56.6	2008	U10	William Armstrong	3:27.6	1993
U11	Rebecca Teahen	3:44.5	2018	U11	Geoff Martin	3:26.7	1996
U12	Sarah Bitomsky	3:38.5	1994	U12	Oliver Zuk	3:11.2	1993
U13	Kate Sanford	3:22.8	2004	U13	Oliver Zuk	3:02.4	1994
U14	Roxy Schmidt	3:10.7	1998	U14	Oliver Zuk	2:58.4	1995
U15	Roxy Schmidt	2:57.4	1999	U15	William Armstrong	2:53.5	1998
U16	Mikaela Woodward	3:18.8	2015				



GIRLS

BOYS

1100m Walk

U10	Zoe Renton	6:07.25	2021	U10	Geoff Martin	5:42.6	1995
U11	Rebecca Teahen	5:38.0	2018	U11	Geoff Martin	5:51.7	1996

1500m Walk

U12	Rebecca Teahen	7:55.6	2019	U12	Oliver Zuk	7:21.3	1993
U13	Kate Sanford	7:29.2	2004	U13	Oliver Zuk	6:53.3	1994
U14	Rebecca Teahen	7:05.39	2021	U14	Oliver Zuk	7:12.5	1995
U15	Roxy Schmidt	6:55.3	1999	U15	William Armstrong	6:45.6	1998
U16	Mikaela Woodward	7:45.4	2015				

Shot Put

U6	Emily Ryan	4.78	2012	U6	Luke Donaldson	5.32	2000
U7	Sophie Scott	5.39	2003	U7	Jamie Lowndes	8.55	1987
U8	Jade Somerville	5.92	2012	U8	Kiran Henry	7.30	1994
					Max Newstead	7.30	1999
U9	Wasie Toolis	7.47	2004	U9	Jack Clayton	8.00	2008
U10	Wasie Toolis	8.92	2005	U10	Oscar Sullivan	10.90	2011
U11	Wasie Toolis	10.56	2006	U11	Oscar Sullivan	12.72	2012
U12	Joanne Lane	12.56	1989	U12	Harry Cohen	9.46	2020
U13	Wasie Toolis	10.66	2008	U13	Adam Curnock	12.48	1988
U14	Alison Lever	11.68	1987	U14	Rupert Dwyer	10.09	2014
U15	Erica Sitcheff	13.40	2017	U15	Augustine Otto	12.80	2000
U16	Lillian Kolb	10.28	2019	U16	Zac Tully	13.34	2007
U17	Min Heo	9.85	2017				

Discus

U6	Sophie Ulcoq	10.94	2002	U6	Luke Donaldson	14.64	2000
U7	Susan Hedge	14.34	1992	U7	Luke Donaldson	19.80	2001
U8	Sophie Rose	14.74	1991	U8	Max Newstead	24.86	1999
	Bridget Seawright	14.74	2007				
U9	Kate Woodhouse	19.24	2004	U9	Gareth Estwick	26.70	1987
U10	Jovana Ilic	24.50	2019	U10	Oscar Sullivan	33.40	2011
U11	Wasie Toolis	27.82	2006	U11	Tim Winterflood	29.02	1999
U12	Wasie Toolis	36.08	2007	U12	Tim Winterflood	37.78	2000
U13	Wasie Toolis	39.02	2008	U13	Tim Winterflood	42.44	2001
U14	Alison Lever	35.22	1987	U14	Tim Winterflood	44.00	2002
U15	Lillian Kolb	33.39	2018	U15	Andrew French	56.70	2006
U16	Lillian Kolb	31.07	2019				

Javelin

U11	Wasie Toolis	27.00	2006	U11	Augustine Otto	33.34	1996
U12	Wasie Toolis	35.24	2007	U12	Nilsen Berquier	37.64	2000
U13	Wasie Toolis	47.19	2008	U13	Nilsen Berquier	38.78	2001
U14	Ashleigh Sitcheff	46.23	2017	U14	Andrew Fittell	48.72	1987
U15	Erica Sitcheff	42.53	2017	U15	Cameron Dubbeldam	26.08	2021
U16	Lillian Kolb	31.07	2019	U16	Joshua Watt	48.74	2017
U17	Min Heo	23.79	2017				

**GIRLS****BOYS****Vortex**

U6	Madeleine Wallace	9.82	2021	U6	Aston Mahony	13.90	2020
U7	Chloe Gower	11.76	2021	U7	Benjamin Cohen	16.75	2020
U8	Ava Schweizer	18.66	2021	U8	Charlie Bryant	26.20	2018
U9	Zoe Renton	19.65	2020	U9	Archie Harrison	28.90	2020
U10	Emma Sheehan	23.17	2019	U11	Thomas Scott	36.60	2020

High Jump

U8	Sarah Taylor	1.02	2010	U8	James Gurn	1.10	1991
U9	Alice Nicklin	1.14	1999	U9	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	N Barker	1.65	2017	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	Charlie Irving	1.78	2020

Long Jump

U6	Anna Nicklin	2.57	2000	U6	Levi Paige	2.80	2015
U7	Mary Tiffin	3.14	1986	U7	Max Newstead	3.38	1998
U8	Cassidy Jackson-Carroll	3.41	1987	U8	Daniel Heckenberg	3.90	1985
U9	Lauren Rowney	3.77	1998	U9	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	Eloise Grigg	10.55	2021	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
U17	Olivia Boyd	9.54	2021				

**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 Guernsey, 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	54.9	2021	Lucas Anderson, Daniel Antonio, Thomas Froget Penaranda, Samuel Anderson
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	52.85	2020	Sophie Moore, Isabelle Palmer, Kya Horridge, Eloise Grigg
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
U16B	58.39	2020	Angus Lee(U13), Olivia Boyd (U16), Hannah Sheehan (U15), Cameron Dubbeldam(U14)
U16G	58.4	2015	Jacinta Cowin(U14), Kelly Johnston, Constanza Mezzano(U14), Maddison Wood(U15)

**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

4xSwedish (100m, 200m, 300m,400m) Partially replaced 4xMedley from 2018

U11B	2:50.79	2021	Luke Aldridge, Felix Birchall, Harry Hill, Oliver Waters
U11G	2:58.30	2021	Charlotte Wallace, Lola Brown, Harriet Pillans, Chloe Moore
U12B*	2:35.32	2021	Lucas Anderson, Daniel Antonio, Thomas Froget Penaranda, Samuel Anderson
U12G	2:47.45	2021	Layla Pennisi, Giselle Singer, Isabelle Mortensen, Emily Boyd
U13B/G & U14B/G			No records recorded
U15B	2:34.27	2020	Jonathan Riese, Thomas Bryant, Cameron Dubbeldam, Noah Cowley
U15G	2:50.44	2021	Eliza Hoyling, Laura McGlennon, Robyn Owens, Tessa Kift
U16B	2:54.12	2021	Thomas Bryant, Hannah Sheehan, Cameron Dubbeldam, Liam Sheehan
U16G	2:47.7	2020	Lucinda Freeman, Olivia Boyd, Ruby Logan, Hannah Sheehan

4xMedley (200m,200m,400m,800m)

U11B	4:56.63	2012	B Ganko, H McNally, K Sullivan, O Sullivan
U11G	4:55.5	2000	Bree-Arne McArdle, Alice Nicklin, C Schirmer, S Wilson
U12B	5:02.76	2017	Xavier Kolb, Alexander Webster, Nicolas Muir, Max Wilson
U12G	5:10.13	2015	<i>Team details to be updated</i>
U13B	4:33.45	2011	T Cavanagh, C Lehane, D Radford-Smith, J Radford-Smith
U13G	4:42.89	2020	Eliza Hoyling, Sophie Moore, Isabelle Palmer, Kya Horridge
U14B	4:41.78	2019	Thomas Bryant, Lauren Guppy, Alexander Webster, Xavier Kolb
U14G	4:29.37	2017	Emma Crowhurst, Emma Hossack, Anais Dewilde, Lillan Kolb
U15B	5:45.79	2016	Kay Shin, Caitlin Miller, Maddison Wood, Chloe Haughey(mixed race)
U15G	4:25.75	2018	Lillian Kolb, Ashleigh Sticheff, Emma Hossack, Emma Crowhurst
U16B			No records recorded
U16G	4:59.59	2016	Min Heo, Kelly Johnston, Jessica O'Reilly, Maddison Wood
U17B	4:40.53	2017	Nicolas Yem, Joshua Watt, Chloe Haughey, Naomi Barker
U17G			No records recorded



4x400m to 1999 - (to review historical records for U11G/U12B/U12G)

U11B	4:36.6	1995	N McVeigh, G Martin, A Otto, F Otto
U13B	4:17.7	1990	Joel Boogers, Robert Gooley, Mark Jones, Mark West
U13G	4:23.4	1989	Joanne Lane, Sarah McEvoy, Dana Morrissey, Tenille Morrissey
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

*State Best Performance



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