

Toowong Harriers Inc

Little Athletics Centre Handbook 2020-21





TOOWONG HARRIERS INC

LITTLE ATHLETICS CENTRE HANDBOOK 2020-21

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CENTRE SPONSORS AND SUPPORTERS

Toowong Harriers Little Athletics Centre would like to gratefully acknowledge the generous supporters of the 2020-2021 season:



The Athlete's Foot
Indooroopilly



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



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

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

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

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 7th year with the club and this year my children will be in Under 14, Under 11 and Under 6 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.

It is about having **Fun** with friends. Athletes are grouped in ages and many relationships are developed with others away from their regular circle of school friends. It is about the **Family** playing together and growing strong together. The timekeepers, the judges, the long jump officials are all mums and dads just like you and I. Many have no previous experience, but we cannot run our weekly

CENTRE MANAGER TRUDY LENNOX

Contact:
manager@toowongharriers.org.au

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

TOOWONG HARRIERS INC MANAGEMENT COMMITTEE

| Position | Incumbent | Email Address |
|------------------------------------------|------------------|-------------------------------------|
| Committee Executive | | |
| 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 |
| Grounds | Ross Anderson | grounds@toowongharriers.org.au |
| Canteen Coordinator | Helen Webster | canteen@toowongharriers.org.au |
| Program Officer | Anna Foeglein | program@toowongharriers.org.au |
| Records & Nominations Officer | Doug Logan | recording@toowongharriers.org.au |
| Seniors (QA) Co-ordinator | Peter Kolb | seniors@toowongharriers.org.au |
| Seniors (QA) Co-ordinator | Wayne Adams | |
| Coaching Coordinator | Chris Scott | coaching@toowongharriers.org.au |
| Coaching Coordinator | Saranga De Alwis | |
| Committee Member | Bruce Jones | |
| Committee Member | Darryn Bryant | |
| Committee Member | Adam Scott | |
| Committee Member | Ben Wallace | |
| Support Roles | | |
| Officials Coordinator | Barbara Maenhaut | officials@toowongharriers.org.au |
| Team Manager | Melissa Cohen | teammanager@toowongharriers.org.au |
| Publications Officer | David Webster | publications@toowongharriers.org.au |
| Equipment/Projects Officer | Darren Aldridge | equipment@toowongharriers.org.au |
| Grants Coordinator | Lauren Aldridge | grants@toowongharriers.org.au |
| Uniforms Officer | Lucia Hiscock | uniforms@toowongharriers.org.au |

COMPETITION VENUE

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



POSTAL ADDRESS

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

CODE OF CONDUCT

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

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

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

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

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



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

COVID-19

Whilst not much is certain in current times, the 2020-21 season will certainly be one like none before.

At time of print, QLD is currently in Stage 3 Covid restrictions. We are confident that our full little athletics program can be run in this environment, albeit with a few extra processes (e.g. cleaning) and amended programming (I.e. to facilitate separation of groups as much as possible). This is all in order to keep each and every one of us safe in the event of an outbreak.

In particular, this means that we are required to comply with the following at all times (including meets, coaching sessions, working bees etc).

- All attendees (members/coaches/parents/volunteers/spectators) must register via our QR code each time they attend on site for contact tracing purposes.

Check-in details for Toowong Harriers Inc - Little Athletics Centre

QR code for Guest



Short code: 7658xels

Visitors without a QR code capable phone can sign in via <https://my.evacheckin.com/7658xels>

- 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.
- All attendees are encouraged to subscribe to the Government's COVID-19 tracing app.
- Spectators watching athletics events must observe physical distancing (1.5 metres).
- 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.
- All participants/volunteers/spectators must observe systems in place to manage venue entry/exit points, queuing directions and strict numbers allowed in clubhouse environments (including the bathrooms and canteen).
- All attendees are to assist with sanitising and hygiene. This includes regular cleaning of equipment used as instructed by Centre Committee and Covid Safety Officer.

Working together, and with the assistance of each and every member and their family, we can ensure that our athletes can compete in a safe environment.

For more details on our COVID safe plan, see our website.

REGISTRATION

Children must be **over five**, and **under 17 years** of age **on December 31, 2020** to be eligible for registration in the 2020-21 season.

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

- U6 (born 2015) \$125.00
U7/U8 (2013/2014) \$170.00
(includes regional relay and championship entry fees)
- U9 - U17 (2004 - 2012) \$190.00
(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 are completed

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

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

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

CENTRE UNIFORM

TOP

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

REGISTRAR
DOUG LOGAN

Contact:
registrar@toowongharriers.org.au

We also stock an adult 'officials' style.

BOTTOM

Boys - Royal blue shorts.

Girls - Royal blue stretch runners or bike pants.

UNIFORM SHOP

The Centre carries a full range of children's T-shirt sizes and these are available for \$40 each.

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

For U13 ages and above, we have singlets (\$36) and girls crop tops (\$25) which may be worn to competitions.

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

The registration number must be sewn on the front of the shirt. The Centre uniform should be worn at all times when competing, and must be worn at all Intercentre, Regional and Association meetings. The Coles badge is to be sewn on the front right chest.

Athletes can wear other sensible and appropriate clothing too.

THREE ESSENTIAL QUESTIONS & ANSWERS FOR PARENTS

QUESTION 1: WHAT SHOULD WE DO FIRST?

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

QUESTION 2: WHAT IS REQUIRED OF LITTLE ATHLETES?

Answer: Athletes should arrive punctually at the weekly meetings and training sessions (Tuesday 4:30pm – 6:00pm, Thursday 6:00pm – 7:00pm, Sunday 8:00am – 11:00am when advertised. Refer to the [Coaching](#) section for further information). There are other special meetings from time to time throughout the season that they may wish to attend. Where appropriate, nominations and any necessary fees should be completed within ResultsHQ (each family has a login to the online results database) before the due dates. Although we expect all our Little Athletes to support the Centre, there is no compulsion to attend every meeting, with the possible exception of the Regional Relay Day held on Sunday 15 November 2020, which is a team event where the athletes represent the Centre at a regional level competition. Further information about this day can be found in the [Regional Relay Day](#) section.

QUESTION 3: WHAT IS REQUIRED OF FAMILY AND FRIENDS?

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

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

Around 60 adults are required to run each regular weekly meeting. The program will not run to time unless we have a full complement of timekeepers, field officials and age group marshals. Refer to the [Officials](#) section for more information. If you need help, ask any experienced Centre member. The officials coordinator is the best source for help and information.

2. **Assist** in setting up and dismantling the facilities. Each family should nominate to help set up or put away, at least once. The Family Participation Deposit will be refunded after completion of the season (late March 2021) if you meet the requirements set out on in [Parent Participation Deposit Refunds](#).

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

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

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

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

There is a lot of information in this handbook, watch the newsletters and check the Club's website www.toowongharriers.org.au.

NON-SMOKING POLICY

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

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



CHILD SUPERVISION POLICY

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

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

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

TYPES OF MEETINGS

INTRODUCTION TO ATHLETICS DAYS

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

WEEKLY CENTRE MEETINGS

These meetings are the 'bread-and-butter' of Little Athletics and the weekly meetings are conducted at Jack Cook Park.

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

Children then take part in a tightly scheduled program of five events (two field, usually three track; possibly some games or fitness circuits for the younger age groups) proceeding from event to event in the charge of Age Marshals. Coaching sessions will not be held during the Centre meetings in the 2020/21 season. Please refer to the [Coaching](#) section for more information.

Centre meetings are held throughout the season, spread evenly between Friday evenings and Saturday afternoon. Please refer to the [Season Calendar](#) for more information. This is intentional to allow athletes who have other sporting commitments the opportunity to attend at least half of the meets.

In the early and later months of the season, afternoon meetings are held from 2:00pm to 5:00pm.

Please note that there are late afternoon meetings (3:00pm to 6:00pm) in November and February. In December and January, twilight meetings will be held between 4:00pm to 7:00pm to avoid the hottest part of the day.

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

CENTRE CHAMPIONSHIPS

The Centre Championship will be held over the three final competition meetings of the season

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 Centenary Little Athletics are hosting the event on Friday, 5 February 2021 at their home ground.

REGIONAL RELAY DAY

The Regional Relay Day will be held on Sunday, 15 November 2020 at Bill Paterson Oval, Ipswich.

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

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

Athletes must notify the Centre if they are not available for Regional Relays by Saturday, 24 October 2020.

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

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.

Note that Little Athletes may compete in higher age groups and girls can compete in boys' events, but no competitor can plan to compete in the same event in two age groups. Parents should note that this is an all day event from 8:00am to 4:00pm.

The Regional Relay Day will be postponed to Sunday, 22 November if washed out by heavy and continuous rain or thunderstorms.

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

STATE RELAY DAY

The first three placed teams in each event in the Regional Relay (except the U7 & U8) qualify to compete in the State Relay Day at the State Athletics Centre (QSAC) on Saturday, 12 December 2020. It is important that we try to keep the qualifying teams together if possible.

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

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

COLES SUMMER CARNIVAL

The Summer Carnival will be held on Saturday, 31 October 2020. It aims to give all registered athletes in U7 – U17 age groups the opportunity to take part in a large-scale competition, without any of the pressures associated with a Championship. Additionally, it allows the athletes of the U13 age group to register performances that the State Team Selectors may

Toowong Harriers Inc, Little Athletics Centre Handbook 2020-21 need to refer to later in the season when selecting the State Team.

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

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

MCDONALDS COMBINED EVENT

The Combined Event Championships will be held over the weekend of 27 and 28 February 2021 at QSAC. The event is oriented as a Championship Event for U9 - U17s and offers participation for U7 - U8s.

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

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

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

The format for 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).

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

REGIONAL CHAMPIONSHIPS

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

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

Regional Championships are to be held this season at UQ, St Lucia, over the weekend of 13 - 14 February 2021 for age groups U7 - U17. The nomination fee is included in your membership fees and is not refundable upon withdrawal.

No special qualifications are necessary to enter the Regional Championships, and the usual spirit of having fun predominates.

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

U7 and U8s, however, do not go on from the Regional level competition to compete in the State Individual Championships. If the Regional Championships are washed out they will be held the following week. A maximum of five (5) events may be entered by each Little Athlete. Nominations are to be handed to the Recording desk by the 18 January 2021.

Nominations will be accepted for the Regional Championships only from registered Little Athletes (U7 and up) who have competed in four or more Centre meetings, unless special permission is given by the Centre Committee of Management.

STATE INDIVIDUAL CHAMPIONSHIPS

This event is the season climax for our more talented Little Athletes who qualify via the Regional Championships. The Championships will be conducted over the weekend of 19 - 21 March 2021 at QSAC.

The location for State Championships is held in FNQ every four years. Our Centre offers an amazing incentive and assistance to those who qualify for States. All athletes who attend States in FNQ will be provided with \$300 to assist with travel costs for the event. The next anticipated FNQ state championships is due in 2023.

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

AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS

The Australian Little Athletics Championships (ALAC) will be held for selected athletes in the U13 and U15 age groups in late April 2021.

All costs associated with the team, including outfits and travel, are met by the Little Athletics Association and your 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 U15 team consists of three boys and three girls, who compete for points in a heptathlon (100m/90m Hurdle, 100m/200m, Discus/Shot Put, Javelin, High Jump, Long Jump, 800m).

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

OTHER CLUB OPPORTUNITIES

QUEENSLAND ATHLETICS – SHIELD MEETS

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

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

More information is available on the Queensland Athletics website.

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

DISTANCE AND CROSS-COUNTRY

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

To compete at Cross Country events, you must be a Queensland Athletics member.

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

Also, a number of track and field meetings, and cross-country runs are conducted by the Toowong Harriers senior club during the months April to September.

TOOWONG GIFT (3000 METRES)

The third annual Toowong Gift will be held on Sunday, 6 December 2020 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 Dash for children aged to 12 years
- 3000m Gift – Youth category (U12-U17)
- 3000m Gift – Open Category
- 3000m Gift – Masters Category (35+)

EQUIPMENT

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

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

Specifications for hurdles and throws appear in the tables below.

Please ensure you return equipment to the sheds after each meet and stack it away neatly. If any equipment is broken or damaged please email Darren on the address above.

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 |

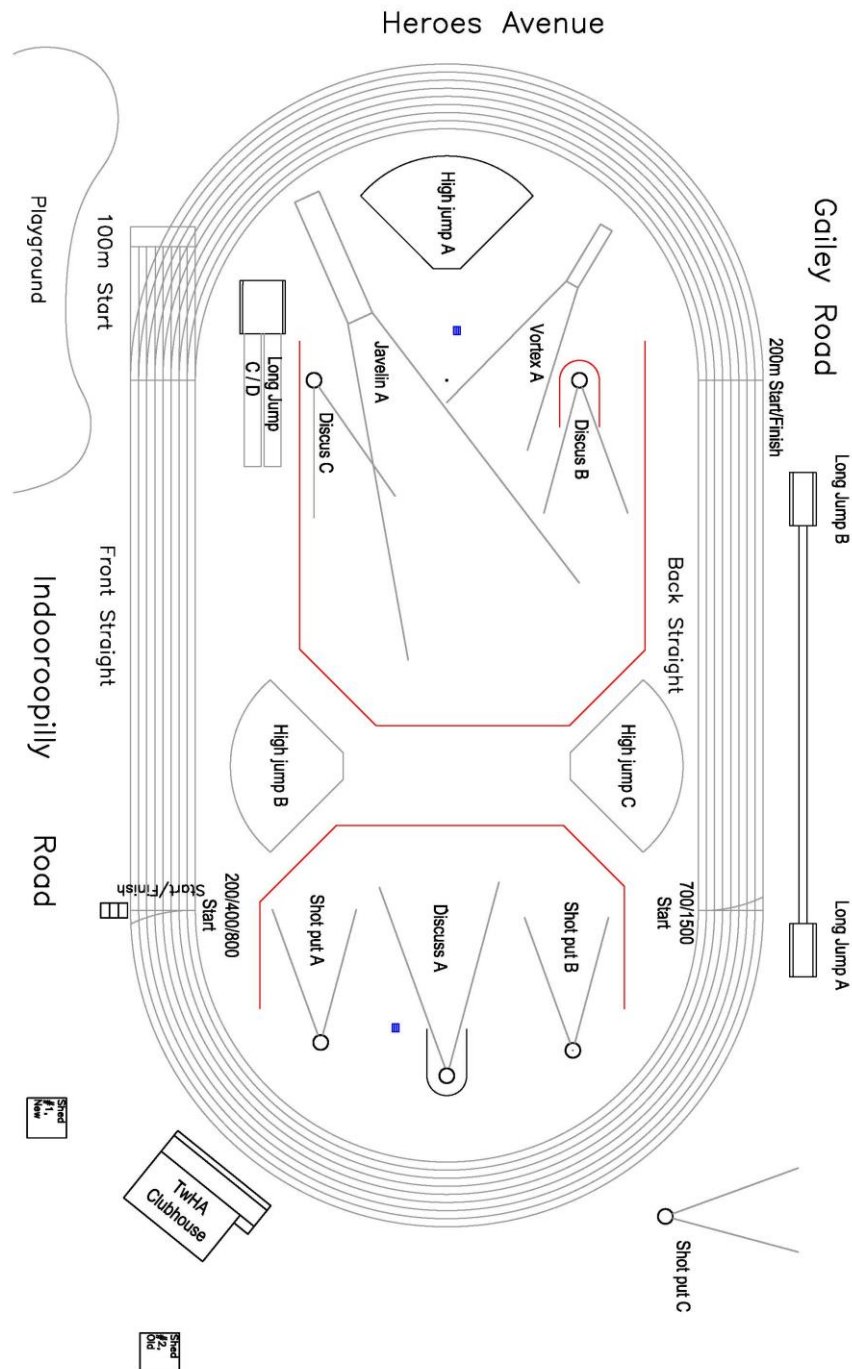
| | GIRLS | | | | BOYS | | | |
|------------|--------|----------------|---------|--------|--------|----------------|---------|--------|
| AGE | DISCUS | SHOT | JAVELIN | VORTEX | DISCUS | SHOT | JAVELIN | VORTEX |
| 6,7 | 350g | 1kg (Blue) | n/a | 300g | 350g | 1 kg (Blue) | n/a | 300g |
| 8 | 500g | 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 |

GROUNDS

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

GROUNDS OFFICER

Contact:
grounds@toowongharriers.org.au



OFFICIALS

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

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

OFFICIALS COORDINATOR BARBARA MAENHAUT

Contact:
officials@toowongharriers.org.au

MANAGERS

Arena Manager

Program Officer

Officials Coordinator

Records Officer

These are committee members who manage the program.

KEY OFFICIALS

Track
Referee

Chief
Timekeeper

Chief
Starter

Chief Place
Judge

Chief Judge
(Throws)

Chief Judge
(Jumps)

Chief Judge
(Walks)

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

EVENT OFFICIALS

Timekeepers
(7 Judges essential)

Place Judges
(Up to 8)

Start/Finish Marshals
(1 or 2)

Throws Judges
(Up to 6)

Jumps Judges (Up to 6)

Walks Judges (5)

Assistant/ Second Starter

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

ASSISTANTS

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

AGE MARSHALS

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

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

SET UP/ PUT AWAY

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

THE ROLE OF THE AGE GROUP MARSHAL

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

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

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



FOOTWEAR

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

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

Running spikes up to 7mm may be worn by age groups 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 Little Athlete found wearing spikes between events risks being asked to leave. The LAQ spike shoe rules are shown in the following table:

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

Blank = No spike shoes allowed

SS = Spike shoes with spikes

SB = Spike shoes with blanks or no spikes.

RULES AND QUALIFICATIONS

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

HIGH JUMP

For reasons of safety and technique development, the Fosbury Flop technique is not allowed for age groups below 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.

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.

MEDLEY & 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.

INSURANCE

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

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

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

Activities associated with Little Athletics include athletics meetings at Jack Cook Park and elsewhere, working bees, committee meetings and coaching (by Centre coaches).

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

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



PARENT PARTICIPATION DEPOSIT REFUNDS

The family deposit of \$100 is refunded at completion of the season (April 2021) if:

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

SUNSAFE POLICY

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

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

When helping out at daytime meetings, each age marshal or person controlling the results folder should check that their assigned group is adequately protected for the day's conditions. Please note, sunscreen is available in the club house (at no charge) should anyone forget to bring their own. Also, there are several trees in Jack Cook Park, which offer shade to athletes

waiting to compete, and athletes should be encouraged to use it.

Remember, it is your responsibility to take adequate precautions.

YOUNG ATHLETES/TINY TOTS

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

They may take part in organised games with a hint of athletic training, between events. Some of these games are found in the LAQ publication *Play Training*. Also, the U6s may only participate at Centre level meetings (not Association, Regional or Multi-Event Days).

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

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

MULTICLASS ATHLETES

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

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

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

COACHING

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

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

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

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

IN-MEET COACHING

Whilst Toowong Harriers no longer schedules 'In-meet' coaching, age marshals and event chief's are encouraged to assist athletes with technique and feedback, particularly early in the season. We encourage athletes to attend our optional coaching sessions on Tuesdays, Thursdays and Sundays to gain basic technique coaching for all events.

TUESDAY COACHING

On Tuesdays between 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+

COACHING CO-ORDINATOR CHRIS SCOTT

Contact:
coaching@toowongharriers.org.au

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

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

SUNDAY SPECIALIST COACHING & OPEN CLUB

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

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

During the Little Athletics season, we will also hold 'Specialist Coaching' with qualified coaches on a number of Sundays. This will be targeted at 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.

Sessions will be advertised on Facebook and the Club Noticeboard.

COACHING - EXPECTATIONS

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

- Please sign your child in the Coaching register book. You **MUST** leave a contact mobile number.
- Parents/Guardians/Babysitters of children under 12 years of age must remain on site, at Jack Cook Park. You may nominate another parent/adult whom your child knows to be responsible for your child, but this must be registered in the Coaching register at sign in.
- Please assist the coach to set up and put away the equipment, don't just run off at the end.
- Please remember our coaches are mostly volunteers giving their personal time. We ask that children please respect this and come along prepared to participate, listen and try their hardest.
- Parents, if there are large groups of children (particularly early in the season), we would appreciate it greatly if you could offer to



Toowong Harriers Inc, Little Athletics Centre Handbook 2020-21

- 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.
- Children who are misbehaving or acting inappropriately may be asked to sit out for 10 minutes if they are disrupting the session. Usually this will prove successful in re-gaining the child's focus. We ask that you support us in this decision. However, where children show little/no interest in being in the coaching session the coach may ask the parent to take the child home for the day.
- Remember, enjoy yourself and have fun! Improvement takes practice!



PROGRAM OF EVENTS

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

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

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

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

PROGRAM MANAGER ANNA FOEGLEIN

Contact:
program@toowongharriers.org.au

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

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

Z – Event conducted at Centre and LAQ meetings only

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

b – Event for boys only

g – Event for girls only

SEASON CALENDAR

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

TOOWONG HARRIERS: LITTLE ATHLETICS 2020/21 SEASON CALENDAR

| Date | Event | Times | Location | Notes | Event Type |
|-----------------|----------------------------------------------------------------|-----------------|--------------------------|------------------------------------------|------------|
| Sat, 22 Aug | Intro to Little Athletics Registrations/Uniforms | 2:30pm-4:30pm | Jack Cook Park | Hurdles/Long jump/Shot put | |
| Sat, 29 Aug | Intro to Little Athletics Registrations/Uniforms | 2:30pm-4:30pm | Jack Cook Park | Sprints/High jump/Discus | |
| Sun, 30 Aug | Introduction to Coaching | 8:30am – 3:00pm | Jack Cook Park | Parents/Community. Must pre-register. | |
| 4-6 Sept | NO TOOWONG MEETS – Qld State Cross Country on 5 Sept @ Ipswich | | | | |
| Sat, 12 Sept | Afternoon Meet | 2pm-5pm | Jack Cook Park | 4 event meet | |
| Fri, 18 Sept | Evening Meet | 6pm-8:30pm | Jack Cook Park | 4 event meet | |
| SCHOOL HOLIDAYS | | | | | |
| Sat, 10 Oct | Afternoon Meet | 2pm-5pm | Jack Cook Park | | |
| Fri, 16 Oct | Evening Meet | 6pm-8:30pm | Jack Cook Park | | B |
| Sat, 24 Oct | Afternoon Meet | 2pm-5pm | Jack Cook Park | | B |
| Fri, 30 Oct | Evening Meet | 6pm-8:30pm | Jack Cook Park | | B |
| Sat, 31 Oct | Coles Summer Carnival | 8am-5pm | State Athletics (Nathan) | U7+, Register via Results HQ | |
| Sat, 7 Nov | Late Afternoon Meet | 3pm-6pm | Jack Cook Park | | B |
| Fri, 13 Nov | Evening Meet | 6pm-8:30pm | Jack Cook Park | | B |
| Sun, 15 Nov | Regional Relay Day | 8am – 4:30pm | UQ, St Lucia | U7+ Registration incl. | |
| Sat, 21 Nov | Late Afternoon Meet | 3pm-6pm | Jack Cook Park | | B |
| Fri, 27 Nov | Evening Meet | 6pm-8:30pm | Jack Cook Park | | B |
| Sat, 5 Dec | Twilight Meet | 4pm-7pm | Jack Cook Park | Christmas Party | |
| Sat, 12 Dec | State Relays | 8am – 4:30pm | State Athletics (Nathan) | U9+, Qualify at Regional Relays | |
| SCHOOL HOLIDAYS | | | | | |
| Sat, 16 Jan | Twilight Meet | 4pm-7pm | Jack Cook Park | | |
| Fri, 22 Jan | Evening Meet | 6pm-8:30pm | Jack Cook Park | | |
| Sat, 30 Jan | Late Afternoon Meet | 3pm-6pm | Jack Cook Park | | B |
| Fri, 5 Feb | Western Suburbs Games | 5:30pm – 9:00pm | Centenary | ** To be confirmed ** | |
| Sat, 13 Feb | Regional Championships | 8am – 4:30pm | UQ, St Lucia | U7+ Registration incl. | |
| Sun, 14 Feb | | 8am – 4:30pm | | | |
| Sat, 20 Feb | Late Afternoon Meet | 3pm-6pm | Jack Cook Park | | B |
| Fri, 26 Feb | Centre Championships 1 | 6pm-8:30pm | Jack Cook Park | | B |
| Sat, 27 Feb | McDonalds Combined Event | 8:20am – 4:30pm | State Athletics (Nathan) | U7+ multi event, Register via Results HQ | |
| Sun, 28 Feb | | | | | |
| Sat, 6 Mar | Centre Championships 2 | 2pm-5pm | Jack Cook Park | | |
| Sat, 13 Mar | Centre Championships 3 | 2pm-5pm | Jack Cook Park | | |
| Fri, 19 Mar | State Championships | 3:30pm-9pm | State Athletics | U9+, Qualify at Regionals | |
| Sat, 20 Mar | | 8:30am-7:30pm | | | |
| Sun, 21 Mar | | 8:30am-4:30pm | | | |
| Sun, 28 Mar | Awards Presentation / Committee Nom's | 3pm-5:30pm | Jack Cook Park | | |

NOTES:

A - Points count for Centre Championship Awards (NOTE: Awards profile and criteria under review). 'A' meets TBA.

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 24 October, 2020
- Regional Championships – Sat 16 January, 2021

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

NOMINATIONS

A number of Meetings and Carnivals require Little Athletes to nominate for particular events, and pay the appropriate entry fee. For Season 2020-21 the events, dates are as follows:

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

RECORDS OFFICER – DOUG LOGAN

Contact:
recording@toowongharriers.org.au

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

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

CENTRE RECORDS

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

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

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

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

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

| 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 |

TROPHIES AND AWARDS

MID SEASON AWARDS

PROGRESS AWARD

Presented:

- Saturday 7th November 2020 – October Award
- Saturday 5th December 2020 – November Award
- Saturday 20th February 2021 – Summer Award

*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:

- Saturday 7th November 2020 – October Award
- Saturday 5th December 2020 – November Award
- Saturday 20th February 2021 – Summer Award

*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 AWARDS

Presented:

- Saturday 5th December 2020 – November Award
- Saturday 20th February 2021 – 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 AWARDS

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 point 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 Carnival attendance ie Coles Carnivals / Other centre competitions (5 points for attendance).
- 6 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.

SPONSORSHIP AND PUBLICITY

PUBLICATIONS OFFICER DAVID WEBSTER

Contact:
publications@toowongharriers.org.au

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

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

PRESS

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

CENTRE NEWSLETTERS

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

SOCIAL AND FUNDRAISING

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

TREASURER KRIS HACKER

Contact:
treasurer@toowongharriers.org.au

The Centre conducts a number of social and fundraising events throughout the season. We will be calling upon parents and friends both to assist in running these events and to participate. These activities will include:

- An informal celebration to follow our Annual General Meeting and end of season Presentation Day

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

SECRETARY

SECRETARY KAREN LEE

Contact:
secretary@toowongharriers.org.au

The Centre Secretary is a busy official who coordinates the administration functions of the Centre including a lot of the contact with LAQ. Mail for the Centre can be addressed to:
Toowong Harriers Inc
P.O Box 938,
TOOWONG QLD 4066

LIFE MEMBERS

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

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

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

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

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

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

CANTEEN

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

CANTEEN COORDINATOR
HELEN WEBSTER

Contact:
canteen@toowongharriers.org.au

Toowong Harriers Inc, Little Athletics Centre Handbook 2020-21

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

During Season 2020-21 season Coles will be donating bananas for all of our Centre meets during the months of October, November, February and March.

TOOWONG HARRIERS SENIOR ATHLETICS - AFFILIATED WITH QUEENSLAND ATHLETICS

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

Our new Club shares history dating back to 1894 with the foundation of Toowong Harriers Amateur Athletic. In fact, Jack Cook Park is named in honour of the late Jack Cook, who was President of the Club for many years.

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

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

For more information about Athletics, please contact the Seniors Coordinators: Peter Kolb and Wayne Adams on seniors@toowongharriers.org.au



COMPETITION VENUE ADDRESSES

JACK COOK PARK

Jack Cook Park
66 Indooroopilly Rd
TARINGA QLD 4068

THE UNIVERSITY OF QUEENSLAND ATHLETICS

Sir Fred Schonnell Drive
ST LUCIA QLD 4067

BILL PATERSON OVAL

Lion 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

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 | | | | | | | |
| 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* | Madison Tregidgo | 16.4 | 2020 | U11* | Samuel Anderson | 14.3 | 2020 |
| U12 | Louella Diprose | 15.6 | 2020 | U12 | Dehan Wickramasekera | 16.8 | 2020 |
| 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 | Emma Cowhurst | 57.9 | 2018 | U15 | Thomas Bryant | 53.4 | 2020 |
| 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 |

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 |
| 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 | Kelly Johnston | 13.9 | 2017 | | | | |

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 | Kelly Johnston | 29.3 | 2017 | | | | |

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' 9.2 | 1985 |
| U10 | Bree-Arne McArdle | 1' 8.5 | 2000 | U10 | Sam Vaughan | 1' 6.0 | 2005 |
| U11 | Bree-Arne McArdle | 1' 3.7 | 2001 | U11 | Shawn Ashkanasy | 1' 4.4 | 1987 |
| U12 | Jackie Bayliss | 1' 3.3 | 1988 | U12 | Jack Clancy | 1' 2.0 | 1998 |
| U13 | Jackie Bayliss | 1' 0.5 | 1989 | U13 | Jack Clancy | 57.0 | 1999 |
| U14 | Jackie Bayliss | 1' 2.5 | 1990 | U14 | Jack Clancy | 55.8 | 2000 |
| U15 | Susan Holden | 1' 2.9 | 1991 | U15 | Peter Shanks | 54.8 | 1992 |
| U16 | Olivia Boyd | 1' 4.7 | 2020 | U16 | Zac Tully | 58.3 | 2007 |
| U17 | Jessica O'Reilly | 1' 8.9 | 2017 | | | | |

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' 6.1 | 1992 |
| U16 | Olivia Boyd | 2'32.9 | 2020 | U16 | Charlie Irving | 2'37.6 | 2020 |

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 |

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' 2.4 | 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 | | | | |

1100m Walk

| | | | | | | | |
|-----|-------------------|--------|------|-----|--------------|--------|------|
| U10 | Liberty Humphreys | 6'08.7 | 2010 | 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 | Roxy Schmidt | 7'15.9 | 1998 | 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 | Connor Lehane | 24.91 | 2013 |
| U16 | Lillian Kolb | 31.07 | 2019 | U16 | Joshua Watt | 48.74 | 2017 |
| U17 | Min Heo | 23.79 | 2017 | | | | |

Vortex

| | | | | | | | |
|-----|----------------|-------|------|-----|-----------------|-------|------|
| U6 | Annelise Hunt | 8.25 | 2020 | U6 | Aston Mahony | 13.90 | 2020 |
| U7 | Sarah Anderson | 10.70 | 2020 | U7 | Benjamin Cohen | 16.75 | 2020 |
| U8 | Phoebe Dwyer | 16.36 | 2020 | 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 | Jackie Bayliss | 10.50 | 1990 | U14 | Dominic Trad | 11.97 | 2006 |
| U15 | Jackie Bayliss | 10.72 | 1991 | U15 | Tom Toro | 11.99 | 1999 |
| U16 | Isabella Grigg | 9.33 | 2017 | U16 | Duncan Scott | 11.91 | 2007 |

BEST RELAY PERFORMANCES**4x70m Shuttle**

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

4x100m Shuttle

| | | | |
|-----|--------|------|-----------------------------------------------------------------|
| U7B | 1:14.6 | 1998 | Alexander Burko, Dane McArdle, Alexander Pattison, Duncan Scott |
| U7G | 1:20.4 | 2002 | Gillian Angliss, Johanna Davie, Sophie Scott, Sophie Ulcoq |
| U8B | 1:09.6 | 1998 | Nicholas Muggeridge, Max Newstead, Nick Northcott, Sam Williams |
| | 1:09.6 | 2000 | Tom Barnes, Nick Connolly, William Read, Tom Vaughan |
| U8G | 1:13.8 | 1997 | Sarah Atley, Alice Nicklin, Alice Turnbull, Sarah Wilson |

4x100m Circ.

| | | | |
|------|--------|------|---------------------------------------------------------------------------------|
| U9B | 1:02.1 | 1996 | Kyle Beard, Martin Jacobson, Chidozie Uruakpa, Tim Winterflood |
| U9G | 1:06.5 | 1989 | Natalie Aldous, Rebecca Moore, Lauren Richards, Elizabeth Wallace |
| U10B | 58.2 | 1993 | Adrian Constantine, Clint Devereaux, Tim Garrett, Nick Haug |
| U10G | 1:01.3 | 1987 | Nadine McMillan, Maria Nearhos, Tanya Richards, Nina White |
| | 1:01.3 | 2005 | Cassie Bailey, Charlotte Caslick, Meg Charlton, Emily First |
| U11B | 56.9 | 2005 | Corey Brown, Callum Grady, Tom Harvey, Dan Winter |
| U11G | 59.6 | 2000 | Bree-Arne McArdle, Alice Nicklin, Courtney Schirmer, Sarah Wilson |
| U12B | 55.5 | 1997 | Jack Clancy, Laurence Cosgrove, Tim Danielewski, Patrick Morgan |
| U12G | 57.5 | 2005 | Charlotte Davis, Alice First, Laura Sharpe, Chiaki Takahashi |
| U13B | 52.6 | 2006 | Charlie Brimson, Callum Grady, Andreas Ruggieri, Aaron Sands |
| U13G | 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 |

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

| | | | |
|-----------------|---------|------|---------------------------------------------------------------------------|
| U11B | 2:53.69 | 2020 | Lucas Anderson, Hamish Wormwell, Thomas Froget Penaranda, Samuel Anderson |
| U11G | 3:12.1 | 2018 | Evangeline Bourke, Caterina Davey, Louella Diprose, Lyra Shankey |
| U12B | 2:55.4 | 2018 | James Axelsson, Angus Lee, Harry Tozer, Ethan Vojinov |
| U12G | 2:59.6 | 2018 | Lucinda Freeman, Eloise Grigg, Eliza Hoyling, Isabelle Palmer |
| U13B/G & U14B/G | | | No records recorded |
| U15B | 2:34.27 | 2020 | Jonathan Riese, Thomas Bryant, Cameron Dubbeldam, Noah Cowley |
| 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

| | | | |
|------|--------|------|--------------------------------------------------------------|
| 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 |