

Information Handbook



**CALWELL
FLAMES**

**CALWELL LITTLE ATHLETICS
CLUB**

**2025- 2026
Season**

Be Your Best

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Welcome

Welcome to all our new and returning athletes and families for the 2025-2026 athletic season. Calwell Little Athletic Club (CLAC) is a centre in Tuggeranong that caters for the whole family. CLAC is affiliated with Capital Athletics, the governing body for athletics in the Australian Capital Territory and surrounding region of New South Wales. Capital Athletics is a member association affiliated with both Little Athletics Australia and Athletics Australia. Little Athletics is an Australia-wide sport for children aged 5 to 16 years old.

CLAC also runs a 3-5-year-old Tiny Flames/ Tiny Tots program. The emphasis here is on FUN while developing basic motor skills through simple games. The fundamental skills of running, jumping and throwing are approached through "appropriate" activities for 3–5-year-old. Emphasis is not on competition but on the development of young children and this is incorporated in play and unstructured games. These games are managed by our Volunteer Coordinator.

We endeavour to provide opportunities for athletes to compete and enjoy the fun of track and field events, while making friends. Our Saturday morning meets commence at 8am. Our season runs from October to March with only a few weeks off over the Christmas period. We are a centre of volunteers and only exist because of the hard work that many people have put in throughout the years. As a volunteer, you will have the opportunity to assist in various ways. We ask that you please come forward and offer your help as it is the only way we can continue to build and run our successful athletics centre. For more information on assisting, the centre please read the section on Parent Involvement. Our centre is a non-for-profit sporting organisation and as such all-committee members and officials are volunteers. All money is used to purchase awards and equipment for your children. Last season we purchased a lot of new equipment such as turbo Javelins and Tiny Tots equipment. This season we are looking at replacing our long jump runways. We are currently obtaining quotes. At this stage it will cost a minimum of \$ 30,000. If you or you know someone who is able to write grant applications, we need your skills. Please reach out to the committee. Please support our centre's canteen on a Saturday morning. Where there are insufficient parent helpers, events might not be able to run. We do understand that some parents may have younger children that they need to supervise, but please volunteer if you are able to, we really would appreciate any help you can offer.

Our centre website is <https://littleaclac.wixsite.com/athletics> and we are on Facebook and Instagram, which will keep both athletes and parents up to date with what is happening within the centre. If at any stage during the season you have any questions or queries, please don't hesitate to see a member of the committee (full listing is on page 4). We will be more than happy to assist you.

Please note that this year our club has been given the wonderful opportunity to host the U6-U8 teams challenge carnival. It would be wonderful to see all our U6, U7 and U8 athletes competing in this fun filled carnival.

Back again this year is our Banana challenge: Hidden on the grounds will be a soft toy banana- Can you locate it for a prize? Look out for Benny the Banana each Saturday.

We trust you will have an enjoyable and rewarding time with us.

Calwell Committee

2025-2026

President	Jennifer Botticchio
Vice-President	Stacey James
Treasurer	Leah Gault
Secretary/Public Officer	Vacant
Registrar/Statistician	Ashleigh D
Capital Athletics Rep	Jennifer Botticchio
Uniform Officer	Stacey James
Head Coach	Brian Duval
Grounds and Equipment Manager	Vacant
Canteen and BBQ	Vacant
Sponsorship/Grants Co-ordinator	Vacant
Vikings Club Liaison	Stacey James
First Aid	Vacant
Social Media / Website	Kira / Stacey / Jennifer
Tiny Toys Co-ordinator	Stacey James
Age Manger Co-Ordinator	Ashleigh L
General Committee	Moir

THE COMMITTEE IS ALWAYS LOOKING FOR PARENTS TO COME AND JOIN US AND ASSISSIT IN DELIVERING ATHLETICS TO THE CHILDREN.

For further information please contact us:

Email: littleclac@gmail.com

Facebook: <https://www.facebook.com/CalwellLittleAthleticsClub>

Website: <https://littleaclac.wixsite.com/athletics>

<https://www.revolutionise.com.au/calwellllac/home>

Instagram: https://www.instagram.com/calwell_lac

Remember –this is your club, any assistance you can give the committee is welcomed, appreciated and necessary!

Committee meetings are held monthly (Usually on Monday evenings at Erindale Vikings). All parents are welcome to attend these meetings. Parents/athletes can approach a committee member at any time to have any matters raised at meetings on their behalf.

Mission Statement

To assist and support children to learn and refine the skills of the full range of athletic events in a fun environment with the involvement of parents.

Club History

Calwell Little Athletics Club started life as the Erindale Little Athletics Club in 1985 at Gowrie oval. As the area's population grew, the Club re-located to Calwell Oval. In 1993 the club changed its name to Calwell Little Athletics Club to better reflect the surrounding area.

Over the years the Club has grown to one of the largest and most successful in the ACT.

Each year we have also had Calwell Little Athletes chosen to represent the ACT in the Australian Little Athletics Championships, which are held annually in the Under 13 and Under 15 age groups (the U15 age group is a combined (multi)-event championship).

Life Members

Daphne Cole, Steve Cole, Mike Sainsbury, Keith Austin, Sandra Austin, Linda Taylor, Fiona Campbell, Brock McKinlay, Jenny McKinla, Tanya Simpson, Karen Ciszek, Val Chesterton and David Lawrence.

Code of Behaviour

It is important for everyone's enjoyment and satisfaction that we apply the code of behaviour. The committee has authority to take action against anyone who breaches the code of behaviour.

- Encourage all children to perform to the best of their ability
- Focus upon the child's individual effort rather than the outcome of the event
- Participate in Little Athletics for the fun of it
- Play by the rules of sport
- Promote respect for and from, competitors, parent and spectators
- Control your temper, abuse of officials or other athletes and distracting or provoking an opponent is not acceptable
- Follow the advice of medical professionals when determining whether an injured athlete is ready to recommence training or competition
- Co-operate with the Age Manager, coach, committee members and other participants – without them there would be no competition
- Calwell Little Athletics is a smoke and vape free environment. Please do not smoke in the vicinity of the athletes
- Calwell Little Athletics expects that people involved with our club will refrain from consuming alcohol during competition
- Slip on a shirt, slop on some sunscreen and slap on a hat

Working With Vulnerable People (WWVP)

Calwell is committed to providing a safe and secure environment for our youth members and to support this, Calwell Committee Members and Age Managers are required to hold and maintain a working with vulnerable people (WWVP) registration. Parents and carers of athletes who routinely assist at meets as regular age managers are strongly encouraged to obtain a WWVP registration and provide these details to the Calwell Secretary (littleaclac@gmail.com).

WWVP registration is free (for now- might cost \$11 soon) for volunteers and completed via an online process with Access Canberra. See: Working with vulnerable people (WWVP) registration (act.gov.au) for further information.

Club Rules and Policies

Calwell Little Athletics conducts its meetings under the rules of competition of Capital Athletics together with the following Centre rules:

- Centre uniform complete with all patches is compulsory
- Athletes to provide proof of age when registering
- Athletes must do a warmup before competition to protect themselves from injury
- Emphasis is placed on the correct technique in all events
- An athlete is competing against themselves and previous performances, not each other at club level.
- Athletes' officials and parents abide by the code of conduct
- Athletes' officials and parents abide by the Little Athletics ACT Drugs, Alcohol and Smoking policy

Season Calendar (DRAFT)
(will be updated on Notice Board during the season)

Date	Event	Location	Registration Via
Saturday 11 th Oct	Registration pack pick up (9am-10:30am)	Calwell Playing Fields	
Sunday 12 th Oct	Lake Illawarra Carnival	Myimbarr Community Park	Results HQ
Saturday 18 th Oct	Club Meet- Come and Try day	Calwell Playing Fields	Come n try registrations on events page
Sunday 19 th Oct	Lockart 20 th Carnival	Lockhart Recreation Grounds	Results HQ or lockhartlac.secretary@gmail.com
Saturday 25 th Oct	Club Meet	Calwell Playing Fields	Capital Athletics
Saturday 25 th Oct	Summer Series #1	AIS	
Sunday 26 th Oct	Murray Valley Carnival	Finley Apex Sports & Community Centre	Results HQ
Saturday 1 st Nov	Club Meet	Calwell Playing Fields	
Saturday 1 st Nov	Summer Series #2	Woden	Capital Athletics
Saturday 1 st Nov	Kooringal-Wagga Twilight Carnival	Bill Jacobs Athletics track, Wagga	Results HQ
Sunday 2 nd Nov	Vikings Fun Day	Viking Park, Erindale	N/A
Saturday 8 th Nov	Club Meet	Calwell Playing Fields	
Saturday 8 th Nov	Summer Series #3	Woden	Capital Athletics
Saturday 15 th Nov	Club Meet	Calwell Playing Fields	
Saturday 15 th Nov	Summer Series #4	Woden	Capital Athletics
Sunday 16 th Nov	Wagga Little Athletics Carnival	Bill Jacobs Athletics track, Wagga	Results HQ
Saturday 22 rd Nov	Club Meet	Calwell Playing Fields	
Saturday 22 rd Nov	Summer Series #5 3K Championships	AIS	Capital Athletics
Sunday 23 rd Nov	Relay Carnival	Woden	Capital Athletics Entries close 17 th Nov
Saturday 29 th Nov	Club Meet	Calwell Playing Fields	
Saturday 6 th Dec	Club Meet	Calwell Playing Fields	
Saturday 13 th Dec	Last Club Meet 2025 Christmas Dress Theme	Calwell Playing Fields	
Saturday 13 th Dec	Summer Series #6	Woden	Capital Athletics
Sat-Sun 20 th -21 st Dec	Combined Event Championships	Woden	Capital Athletics
	Christmas break		
Wednesday 7 th Jan 2026	Summer Series #7	Woden	Capital Athletics

Sunday 11 th Jan 2026	Lake Illawarra Carnival	Myimbarr Community Park	Results HQ
Friday 16 th Jan	Summer Series #8		Capital Athletics
Saturday 17 th Jan	RunACT Road Race		Capital Athletics
Saturday 31 st Jan	Club Meet-	Calwell Playing Fields	
Saturday 7 th Feb	Club Meet- PHOTO DAY	Calwell Playing Fields	
Saturday 7 th Feb	Summer Series #9	AIS	Capital Athletics
Saturday 15 th Feb	NO Club Meet		
Fri-Sunday 13-15 th Feb	U9-U18 State underage Championships	AIS	Capital Athletics Entries close 8 th Feb
Saturday 28 th Feb	Club Meet-	Calwell Playing Fields	
Saturday 28 th Feb	Summer Series #10 & 1 mile Championships	AIS	Capital Athletics
Sunday 1 st March	U6-U8's Team Challenge	Calwell Playing Fields	Capital Athletics
Saturday 7 th March	Club Meet-	Calwell Playing Fields	
Saturday 14 th March	Summer Series #11	AIS	Capital Athletics
Saturday 14 th March	LAST Club Meet of the SEASON	Calwell Playing Fields	
Saturday 14 th March TBC	Age Managers Thankyou event	TBA	
Thursday 26 rd March	Summer Series #12	AIS	
Early April	Presentation @ TBC		

Place of Competition

Weekly Meets

Calwell Saturday morning competition and training take place during the season at Calwell Playing fields, Were St, Calwell. (*Calwell 202 on Google Maps*). Carparking available onsite.

Note for new athletes – Look for the Uniform Stand next to the Canteen on the oval side of the building – this is where you will find the registrations desk.

Competition meets are held on Saturday mornings, and there are three distinct weekly rotations to ensure that all age groups from U8 and above compete in a mixture of events. Announcements begin at 8:30am each week with the first events commencing immediately after. Competition is usually finished around 11.00am (depending on the number of athletes). Please be on time as events will not be re-run for latecomers.

Results HQ

Results HQ is an online tool that allows you to track your child's progress through the season. We use it to log all results, and it can do all sorts of cool stuff. You can create graphs and personal best reports for example. Click here to login to Results HQ. This is the information we will use to help determine the recipients of end of season awards.

Cancellations of Weekly Meets

In the unlikely event of inclement weather or other unforeseen event a cancellation announcement will be broadcast, where possible, via email, the CLAC website and Facebook.

Where cancellations occur, the schedule of weeks will NOT be altered mid-season. At the end of the season, if the same week is missed more often than others the final rotations may be re-arranged to ensure an equitable distribution of missed weeks. Wet weather cancellations will be posted no later than **7.30am** the day of the meet (Saturday).

Uniform

It is compulsory for all athletes to wear the Calwell uniform/ competition tops complete with registration number. The registration number should be centred just above the waistline on the front of the athlete's top. The age patch goes on the **left** breast above the Calwell Flames Logo. **Registration numbers can be safety pinned on, double side taped, velcroed on or sewn on.**

For new members in particular there is an added purchase of a compulsory \$35 competition t-shirt and shorts. **Uniforms can be purchased at the canteen or at registration pack pick up.** New Shirts can be purchased for \$35. Second hand uniforms are also available for purchase. **Uniform options include- shirt, racer back singlets, shorts and bike pants.** If you are a returning member and your child's shirt no longer fits, you are also able to purchase a new shirt for the season.



We do have a collection of second-hand shoes/ spikes for sale as well.

Footwear

For safety reasons, footwear is compulsory. **Children in age groups lower than U11 are NOT allowed to wear spikes.** **The U11 to U17 groups may wear spikes in events run in lanes, for Javelin and all jump events.** Age groups U13 and above can wear spikes for distance track events. Spikes must be no longer than 9mm for grass and 7mm Christmas tree shaped for all other events. Competitors are to put on and remove spikes while in their lanes immediately before and after each event. A spiked shoe includes any shoe capable of taking spikes whether those spikes are fitted or removed. This includes the replacement of spikes with blanks.

Photographs

Every year, Calwell Flames organises for a Photographer to come in and take professional photos of each athlete (including sibling photos), this is not covered by registration fees. Notification of date will be announced via weekly announcements, Results HQ, the Notice Board and Facebook.

Registration

Registration fees for 2025/2026 are:

Tiny Flames (Tiny Tots)	\$90
1 Child	\$190
2 Children	\$20 Discount
3 Children	\$30 Discount
4 Children	\$40 Discount

Discount is automatically applied and only available when registering multiple children in the one transaction.

There are no other charges for weekly competition or coaching during the season.

Our Club uses your registration fees for the following purposes:

1. ACT Sport and Rec ground maintenance and track booking charges.
2. Affiliation fees and accident insurance to Capital Athletics.
3. Public Liability Insurance and Incorporation costs.
4. Club administration costs and printing.
5. Purchase of equipment.
6. Presentation day.

Financial Assistance

Little athletics is a sport for all. Limited financial assistance is available to those who are interested in registering for little athletics but are unable to afford the registration fee and/or the uniform. Please contact a CLAC committee member or email CLAC if you are interested in requesting financial assistance. Our sponsor Vikings Club provide some additional support through their Kids into Sport program.

Tiny Flames/ Tiny Tots

The Tiny Tots Program is where children from 3-5 years of age commence their Little Athletics journey. Through these positive first experiences in an athletics environment and fundamental skill development, children are more likely to develop a healthy passion for athletics and lifelong enjoyment of participating in sports and physical activity.

Tiny Tots is a modified introductory program designed to develop 3 to 5 year old's fundamental movement skills of running, walking, jumping and throwing through fun and enjoyable activities. The program aims to improve children's physical, social, emotional and cognitive development through an age-appropriate, active, free play-based, engaging, stimulating approach.

Your child must have had their 3rd Birthday to be eligible for Tiny Tots. Tiny Tots season starts in October and follows the Little Athletics season to end of March.

Junior Development/ Mike Sainsbury Program

As in previous years, the junior development program is offered for the Under 6 and Under 7 age groups. It will be conducted in conjunction with the competition for the older age groups. The junior development program has been an integral and successful part of the Calwell athletic program over the last 14 plus years.

Participation in the traditional events will be offered when the children achieve the fundamental skills required. A high level of parental involvement is required to ensure the success of the program.

Training/Coaching

Coaching/training sessions will be held on Wednesday nights from 5.00-6:30pm during the season. Our Coach Brian is currently recovering from shoulder surgery but will hopefully be available from November.

All athletes from U9s and up are welcome. All parents are welcome and encouraged to assist (no previous experience is required). **It is a requirement of Capital Athletics that you are present with your child at training.** Opportunities may be provided throughout the season for parents to undertake Level 1 Youth coaching courses, officials' courses through both Capital Athletics and Athletics Australia. Please let the committee know if you are interested in attending a coaching course as we may be able to contribute to the course fee. Registration is via Capital Athletics website.

Lost Property

Any lost property will be stored in the shed. At regular intervals it will be donated to charities if it is unclaimed.

Sick Children

If your child is sick, **PLEASE** do not bring them to competition. Also, your child should NOT compete with an injury (even if supported or taped) or after a recent asthma attack.

First Aid

A qualified Sports First Aid person can be contacted through the canteen on a Saturday morning. If injury occurs, please ask for help immediately. Any athlete who is injured during weekly meets is to report to the canteen who will direct them to the first aid officer.

NOTE: All injuries No Matter How Minor / Major must be referred to our first aid officer at the time of the Injury so as it can be noted in the Centres Injury Register. Failure to do this may results in any insurance claim being withheld.

****The clubs Semi- Automatic defib is located within the storage shed next to the canteen****

Canteen and BBQ

The canteen sells a range of hot and cold drinks, BBQ and snack foods, ice blocks and Slushie's, all at competitive prices. The canteen operates during competition hours including breakfast.

Please support the canteen and BBQ as it is the club's major fundraiser and limits the need for other fund-raising activities.

Covid-19

Please abide by the current [COVID Smart behaviours](#) as outlined on the ACT Government Website. If there is an active COVID-19 Outbreak, updated guidance will be issued.

Sun Smart Policy

Capital Athletics acknowledges that exposure to the sun's harmful UV rays can cause damage to the skin and eyes. As an organisation that seeks to enhance health, we will model and promote sun protective behaviours.

CLAC supports the Capital Athletics Sun Smart policy and encourages all athletes, parents and officials to slip, slop slap and wrap. As the days get hotter, everyone should also drink water regularly throughout the competition to avoid becoming dehydrated. There is a refill station on the grounds next to the canteen.

Dogs and Bikes

Parents are asked not to bring dogs to the oval during competition as this contravenes ACT Laws concerning ACT sporting grounds. The Domestic Animals Act 2000, Section 42 lists the prohibited places in the ACT where dogs are not allowed. 42 - Prohibited Places (3) "A person commits an offence if the person takes a dog onto a field or playing area where authorised sport or training is being played or conducted on the field or area." (Does not include an assistance animal that is with a person with a disability). Children who bring bikes to the ovals will not be allowed to ride them on the oval during competition hours (8.30am-12 noon) or to and from events. Bikes are to be secured well away from the competition area and not locked to the posts outside the canteen.

Smoking and Alcohol

CLAC is a smoke and vaping free environment. Please do not smoke or vape in the vicinity of athletes. Smoking or vaping is not permitted within the precinct including the main oval, the reserve, the storage areas, the canteen and pavilion, the toilets and the car park.

CLAC expects that people involved with our club will refrain from consuming alcohol during competition. For more information, please refer to Capital Athletics Drugs and Alcohol Policy which can be found at <https://www.capitalathletics.au>

Parental Involvement

It is important for the children that Little Athletics is as enjoyable as possible. It takes many people to run a full program, and we cannot do this without your help. Here is how you can help:

Volunteer to fill a key position. - Key positions are filled by permanent and rotating volunteers.

Age Group Managers-Are fundamental to the success and effortless running of not only each activity/event but help make the complete Saturday morning a fun and smooth experience. Age Group managers lead the children each week through the rotation of events. Age managers record results in Results HQ, mentor and instruct the athletes each week. Being an age group manager is a thoroughly enjoyable and rewarding role. You end up becoming great friends with the kids and get to share in their PB's and successes.

Age Group Assistants – are the parents/ carers that will be required to assist the Age manager with retrieving, raking, measuring, timing and handing out place tickets on the circular track.

Meeting your Duty Roster Obligations – Those not filling Key Positions will be called upon to assist with field set-up, field pack-up, and Straight track timing organised by Age groups. Equipment set up allocations by age can be found on the Red/Yellow notice board located on the pavilion wall. If we have people available to help with set up/ pack up each week, we will be able to get started at the correct time and leave early.

There are other areas that you may be able to assist our centre, if you have a specific trade or qualification, please see one of our committee members listed.

No experience is necessary

Naturally, you will be guided in these activities so there is nothing to be concerned about when called upon to do your part. Remember – officiating should not be a chore. One of the main purposes of Little Athletics is for families to enjoy a morning together. Your children will appreciate you being there.

Reminder: CLAC is not a child-minding facility and at least one parent should be in attendance while the children are participating

Duty Roster

Will be provided to all parents at the commencement of the season

8:00am	Set up grounds including all field and track events
	Age Managers Meeting
8:30am	Announcements
	Athletes warm up
	First events
9:00am	Tiny Flames/Tots program begins
10:30am	Junior Development Program finishes
11.00 – 11.30am	Equipment pack up by last age group on that activity.
11.30am	Buy a slushie from the canteen 😊



Club Athlete Awards

CLAC rewards performance in a range of ways, consistent with the motto of family, fun and fitness.

Weekly Achievement Awards – Every week an achievement award is given by Age managers to an athlete in each age group recognising their efforts. The award may be based on performance, behaviour, participating in the right spirit or overall effort.

Personal Best – Each time an athlete improves their performance in an event in club competition they earn 1 personal best point. Athletes will receive a ribbon for every 5 PBs achieved. At the end of the season each athlete will be presented with a certificate showing their season best results.

Age Manager Award – At the end of the season we celebrate with Presentation Day. Age managers present the awards based on overall efforts throughout the year. The criteria for these awards are the same as for the Weekly achievements Awards. The number of awards handed out to each group will differ depending on the number of athletes in the group.

Age Championship Awards – At the end of the season each athlete's season bests will be given points. The highest point earners for each age group. These at the end of the season will receive awards. These awards are for the U8-U17 age groups, for those athletes that compete in all events for their age group at least once and attend a majority of Calwell meets*. The number of awards handed out to each age group will differ depending on the number of athletes in the group. The Junior Developments athletes (U6-U7) each receive a participation award.

* CLAC allows for some discretion to account for circumstances outside the athletes control.

Junior and Senior Athlete of the Year Award – These awards are for athletes who excel in the role of athletics not only at club competition, but in the representation at other athletic competitions such as Summer series, Woden carnival, State Championships.

Other Club Awards

Junior and Senior Spirit Awards- It also recognises participation, behaviour and leadership throughout the season. Nominations can be submitted to the committee by any member of the club (i.e. Age managers, parents or athletes). Link to the nomination form will be provided closer to presentation.

Volunteer of the Year Award-

This award is a way to recognise the amazing efforts of our wonderful volunteers who help to ensure that our weekly meets occur, run smoothly, that our club fulfils its officiating obligations at carnivals etc. Link to the nomination form will be provided closer to presentation.

ACT Championships and Carnivals

There are [23 Capital Athletics affiliated clubs](#) in the ACT and surrounding regions. Athletics is an all-ages sport from three years old to masters. Athletics in ACT is also an all-year-round sport with athletics in the summer and cross country in the winter. Capital Athletics/Little Athletics sponsored carnivals are usually held at either Woden Athletic Centre or the AIS track in Bruce.

Details on how to register for events will be released via email using Results HQ, and reminders will be given during weekly announcements.

Coles Relay Carnival

The Relay Carnival is the first Capital Athletics event of the season. This year the carnival will take place on Sunday 23rd of November. This is a team event for up to 12 athletes in each age group (U6-U17). Each club will enter teams of four athletes from their club from each age group. They will compete against other teams from other clubs in the same age group. The carnival currently runs three (3) track events per age cohort in three session times:

- U6 to U8 – 4x50m, 4x100, 4xSlalom
- U9 to U12 – 4x70m, 4x100m, 4x200m (U9 and U10) 4x100m, 4x200, 4xSwedish relay (U11 and U12)
- U13 to U17 – 4x100m, 4x400, 4x Swedish relay (Swedish relay is 100m, 300m, 200m, 400m)

All participants must make the commitment to turn up on the day as once teams are selected the club and team are adversely affected by withdrawals. Parents are required to perform a duty during this all day event. Athletes must be nominated to compete in this event and duty roster will be compiled.

U6-U8 Teams Challenge

The U6 to U8 Teams Challenge is an event targeted to our youngest age-cohorts. Participants are placed into teams of 5 of boys and girls and participate in seven (7) events which incorporate the fundamentals movements of athletics in running, jumping and throwing.

Events include Standing Long Jump, Throw for Target and Slalom relays. The teams accumulate points together and ribbons awarded for first, second and third in each age-group. Combined centre teams are also highly encouraged if centres do not have enough entries to create a team.

This event is one of the highlights of the Little Athletics calendar and is often referred to as the “Fun Carnival”. **This season Calwell Little Athletics will be helping Capital Athletics to hold this wonderful event at the Calwell Playing fields.**

LITTLE ATHLETICS Underage Junior ACT Championships

This is a 3-day event for U9-U17 age athletes and will be held from the 21-23 February 2025 at Woden Park Athletics Track. The number of events varies from 5-7 depending on the age group. All events that are run at our club are offered (except for the foam bar high jump and the U8 400m walk). Athletes U9-U17 are asked to nominate the events they wish to compete in. Any Little Athlete who is registered with Capital Athletics / Little Athletics ACT is eligible to participate at this event.

ONLY the U18 age group at this competition has a World Ranking Competition Permit. U14, U15, U16 & U17 events will all hold a State Permit level. Parents are required to perform a duty during this event. Athletes must be nominated to compete in this event and duty roster will be compiled.

Opens & Under 20s Championships

The Open & U20s Championships are held on the January long weekend at the AIS. This is a big event where some of the best athletes come to Canberra to compete. Last year a world record was broken in the women's 100 metres. To be eligible to compete at the open & U20s champs you must be in U18s plus. A series of individual track events for athletes not entered to the Under 20 and Open Championships will be held over the period of these Championships. These events are for U14 to U18 athletes and ACT Masters athletes only.

Australian Little Athletics Championships (ALAC)

Following the Junior Championships, a team of U13 and U15 athletes will be selected to represent the ACT in the Australian Little Athletics Championships (ALAC). 22 U13 athletes (11 boys and 11 girls) are selected to participate as a team against the other states, with each athlete competing in at least 2 events. If you would like to be considered for selection, then you must fill out a nomination form and lodge it with the Capital Athletics Office by the due date. Please see Committee members or visit the Capital Athletics website for further information. Calwell encourages all our U13 athletes to nominate for the team.

Club Organised

Several affiliated Little Athletics Clubs conduct carnivals at various times during the season. At these day long events parents are also responsible for officiating duties but these are not allocated by Calwell. An entry fee is usually charged for these carnivals, and this is payable by the host club. The relevant clubs provide details of their events prior to their carnival. Any details will be passed on to the parents and athletes as soon as they are available. **Entry into these carnivals will be made available on Results HQ and do have an additional cost. Upcoming carnivals will also be put on the notice board for you to check.**

CA Cross Country Championship

Cross Country Championships are usually held on the first weekend of July at Stromlo Forrest Park. This is a 1-day event. All ages are eligible to compete from under 6 through to masters. Each age group will run a different distance depending on their age. For example, under 6 run 500 metres and under 15s run 4km. **Registration for these events is via Capital Athletics website and attract a separate entry fee. You will be required to check in a minimum 40mins before your age race start time.**

Summer Series and Winter Series

Capital Athletics host regular competitive meets called Summer Series or Winter Series (also known as High Noon). These meets host similar athletics events as Little Athletics weekly meets but on a competitive stage, generally at a synthetic track. Athletes registered as Little Athlete (U12 +), Open Athlete and Masters athletes can participate at these events.

The difference with these events, is that they run to a program timetable and athletes are required to manage their time and events. Athletes are also required to check-in for all their events upon arrival at the venue. Check-in can close from 30-60 minutes before an event commences. This allows for any changes to events such as race heat seedings to be made in time for athletes and officials to be notified.

It is important to read all event information prior to entering an event, as well as the final event information sent out to entrants to note any changes made to the program or requirements. **Registration for these events is via Capital Athletics website and attract a separate entry fee.**

South Canberra Tuggeranong Athletic Club

Athletics isn't just for kids. SCTAC is your local club for athletes of all levels of ability from U12-99+ years. Athletes compete all year round at the AIS and Woden Tracks and for those who enjoy longer distances – in cross country and road running competitions through autumn and winter. Cross Country weekly events are held weekly at Fadden Pines, starting in May and are for **ALL AGES**. For further information please visit their Facebook page, website www.sctathletics.com or contact sctathletics@gmail.com or daveandleannepitt@gmail.com

Officiating Events EQUIPMENT SIZES, HEIGHTS AND WEIGHTS

Hurdles

Age group	Race distance	Tape marking colour	Height	Flights	Lead-in	Lead-out	Space between hurdles
U6	60m	Red	15 cm	6	12m	13m	7m
U7	60m	Red	30 cm	6	12m	13m	7m
U8-U9	60m	Red	45 cm	6	12m	13m	7m
U10	60m	Red	60 cm	6	12m	13m	7m
U12 - U11	80m	White	68 cm	9	12m	12m	7m
U13 B&G, U14 G	80m	White	76 cm	9	12m	12m	7m
U14 B, U15-U16 G	90m	Blue	76 cm	9	13m	13m	8m
U15-16 B, U17	100m	Yellow	76 cm	10	13m	10.5m	8.5m

Long Hurdles

Age group	Race distance	Tape marking colour	Height	Flights	Lead-in	Lead-out	Space between hurdles
U13	200m		68cm	5	20m	40m	35m
U14	200m		76cm	5	20m	40m	35m
U15-U17	300m		76cm	7	50m	40m	35m

Javelin

Age Group	Weight
U11-U13 Boys & U11-U14 Girls	400 g
U15-U17 Girls	500 g
U14 Boys	600 g
U15-17 Boys	700 g

Shotput & Discus

Age Group	Implement	Weight
U6-7 Girls & Boys	Blue Shot Put	1 kg
U8 Girls & Boys	Yellow Shot Put	1.5 kg
U9-12 Girls & Boys	Orange Shot Put	2 kg

U13-14 Boys U13-17 Girls	White Shot Put	3 kg
U15-16 Boys	Red Shot Put	4 kg
U17 Boys	Green Shot Put	5 kg
U6-7 Girls & Boys	Discus	350 g
U8-11 Girls & Boys	Discus	500 g
U12-13 Girls & Boys	Discus	750 g
U14-16 Boys U14-17 Girls	Discus	1 kg
U17 Boys	Discus	1.5 kg

Long Jump & Triple Jump

Age Group	Take off board/mat
U6-U8	1m deep mat
U9-U10	50cm deep mat
U11 and older	20cm board

HIGH JUMP

Only U11 and above are permitted to FOSBURY FLOP, all younger age groups MUST do SCISSORS. U8 use a foam bar to avoid injury and as a learning tool.

The SCISSORS technique will be the only allowable technique performed in high jump for the Under 8, Under 9 and under 10 age groups at all levels of competition. It shall be a valid scissor jump if all other relevant high jump rules are adhered to, and;

- The head of the competitor does not go over the bar before the leading foot (the foot of the leg closest to the bar at take off).
- The head of the competitor is not below the buttocks when the buttock clear the bar, and
- The competitors lead foot touches the mat before any other part of the body.

Officiating Events

DISCUS



CORRECT GRIP OF DISCUS

When gripping the discus, a young athlete should:

- Hold the discus flat against their palm.
- Sit the edge of the discus on the pads of their fingers, next to their first finger joints.
- Rest their thumb on the back of the discus.

The discus should “rest” or “sit” in the hand, rather than be held firmly. (It should fall out of the hand if the hand is turned over with the palm facing down).

The athlete may enter the throwing circle from any direction.

The athlete may start and finish their throw from anywhere within the circle but must not at any time have any part of their body touch any area outside of the circle i.e. a toe, foot or hand touches the grass outside of the circle it is a foul.

The discus must land inside the angled sector boundary lines. On the line is a foul.

Once the throw is complete, the athlete must leave through the back half of the circle.



INCORRECT GRIP

SHOTPUT



Correct



Incorrect/ Foul

The athlete may enter the throwing circle from any direction.

At the time the competitor takes a stance in the circle to commence the put, the shot shall touch the neck - firmly place or “lock” the shot in against their neck so that it is: Under their jaw, In front of their ear and next to their “windpipe”. And the hand shall not be dropped below the position during the action of putting a foul throw will be called.

A stop board is attached to the front of the cement circle. The athlete’s foot may contact the inner edge of this board but not touch the top of the board. Touching the top of the board is a foul.

The athlete may start and finish their throw from anywhere within the circle but must not at any time have any part of their body touch any area outside of the circle i.e. a toe, foot or hand touches the top of the stop board or the grass outside of the circle it is a foul.

The shot must land inside the angled sector boundary lines. On the line is a foul.

Once the throw is complete, the athlete must leave through the back half of the circle.

JAVELIN



ALIGNMENT OF JAVELIN

THE AMERICAN GRIP

The thumb and the first two joints of the index finger are behind the cord.



THE FINNISH GRIP

The thumb and the first two joints of the index finger are behind the cord, while the index finger supports the shaft. The extended finger assists the rotation of the javelin during delivery.



THE "V"- GRIP

The javelin is held between the index and middle fingers behind the cord. The position of the fingers assists the throwing arm in staying at shoulder height during the approach.



Stander, 2006

3 DIFFERENT TYPES OF GRIPS

Competitors not currently throwing must stand or sit down in a sensible position away from the throwing area and facing the thrower.

The athlete must hold the javelin at the grip and the javelin must be thrown over the shoulder or the upper part of the throwing arm.

** There are three different grips commonly used in javelin, and each grip requires a different level of skill. The American Grip, as pictured above, requires the lowest level of skill, and the "V" Grip requiring the highest, with an increase in safety risks as difficulty increases.

If the athlete touches the throwing lines or the ground outside the lines during the throw it is a foul.

The metal tip must strike the ground before any other part of the javelin. It is not required that the javelin stick into the ground.

The javelin must land inside the angles sector boundary lines. On the line is a foul.

The competitor must leave the run-up area before the javelin has hit the ground.

Once the throw is completed and the javelin has landed the athlete must leave from behind the throwing area.

Coaching tips

1. Elbow high, palm to the sky, keep the tip close to your eye.
2. The javelin passes over the shoulder.
3. The tail of the javelin should follow its tip.
4. Direct all power through the point of the javelin.

HIGH JUMP

A competitor must take off from one foot only.

A jump is a failure if the bar doesn't remain on the supports due to the action of the athlete. It is also failure if the athlete touches the landing at or ground beyond the plane of the uprights without having first cleared the bar. It is allowable for the jumping foot to touch the front side of the landing mat during the action of jumping but not allowed if the touching of landing mat is used to aid (push off the mat) in getting over the bar. The foam bar may be used by any age group to encourage athletes to strive for their best without fear of injury. The foam bar must be pulled tightly to provide a consistent height. Any touch of the foam bar is a foul. Records cannot be recorded with the foam bar.

RECORDING

Each age group has a recording sheet on which the athlete's numbers and names are marked. Each athlete jumps in turn. When the athlete has jumped place an "O", "X" and "-" for cleared, failed or

passed against their name. Continue raising the bar as required. until all competitors have failed 3 consecutive.

	1.05	1.10	1.15	1.20	1.25	1.27	Result
Joe A	O	Xo	O	xo	xxx		1.20
Sam B	-	x-	Xo	xxo	xo	xxx	1.25

LONG JUMP

The jump is a failure if any part of the competitor's foot touches the ground beyond the form of the take-off mat or board. It is also a failure if the competitor runs through without jumping.

The jump is a failure if the competitor touches the landing area at a closer point to the take-off area than the marks made in the sand during the landing, including if the competitor walks back through the sand.

The middle long jump pit is to be used for the triple jump when that event is scheduled. It is not to be used for long jump during these times.

TRIPLE JUMP

The jump is a failure if any part of the competitor's foot touches the ground beyond the form of the take-off mat or board. It is also a failure if the competitor runs through without jumping.

The jump is a failure if the competitor touches the landing area at a closer point to the take-off area than the marks made in the sand during the landing, including if the competitor walks back through the sand.

The jump is a failure if it doesn't consist of a hop, then a step then a jump.

The jump must be made from the board/mat nominated by the athlete to the chief official.

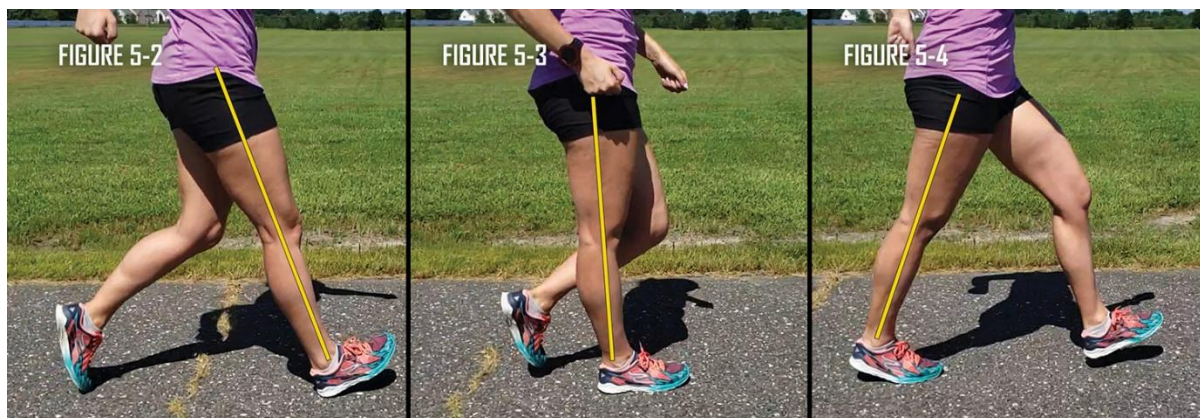
WALKS

Walks are conducted at the beginning of the day but as part of the normal rotation commencing at 8:45am.

Age	Distance
Under 8	400m
Under 9	700m
Under 10 & 11	1100m
Under 12 & above	1500m

What is a YELLOW PADDLE? A Yellow Card is given when an athlete is "close" to breaking the rules. E.g., it looks like they might be starting to bend their knee too early. You can get a caution from each judge.

What is a RED CARD? A Red Card is issued when an athlete has "broken" the rules. This can be for knees (not keeping the leg straight from first contact to a vertical position) or loss of contact with the ground. Athletes in the U9-U11 age groups are given verbal warnings during the race. Athletes in the U12-U17 age groups are given non-verbal warnings. I.e., they are not informed by the judge during the race that they have been issued a warning and only find out at the end of the race how many warnings they have received. When is an athlete disqualified? If they receive a "red card" by 3 or more different walk judges. N.B. Athletes are allowed unlimited "cautions" and will not be disqualified. (This applies to Championships only. Some Competition carnivals, we will be using a Pit Stop or time penalty, where athletes will be stopped for 10 sec if they are seriously continuing to break the rules, 3 time in the pit stop will see them disqualified or have the time penalty added to their finishing time. Athletes will also be disqualified if they are caught running throughout the race.



CORRECT TECHNIQUE- STRAIGHT KNEE, ONE FOOT IN CONTACT WITH GROUND AT ALL TIMES.



INCORRECT TECHNIQUE- BENT KNEE

RECORDING TIMES

All events up to the 100m will be rounded up to the nearest .05 e.g. 13.17 to 13.20 when using stopwatches. The chief timekeeper will be the ultimate decision maker on athlete's times. Events run using the electronic timing gates will not be rounded. On the circular track times will be recorded by the Multi timer, and therefore not rounded.

DISTANCES

Jumps and throws are measured to the nearest centimetre. In other competitions within LAA/ Capital Athletics, measurement is to the nearest even centimetre.

OFFICIALS COURSE

For those parents who are interested in learning more about race walking or being an official, please contact a member of the committee as ACT Race and Fitness walking club (<https://www.actwalkingclub.com.au/>) Capital Athletics, Athletics Australia can provide education, officials courses for interested parties during the season.

A MESSAGE ON COACHING

CLAC will continue the tradition of developing athletes to be their best. Teaching athletes the correct techniques of throwing jumping and so on is essential for athletes to learn the core skills of athletics that should see them competing in a safe and fun environment.

Our coaching code of conduct has been developed to help build a learning culture within the club. Its primary role is to prevent athletes becoming disillusioned with the sport by being pushed beyond their physical or emotional capacity.

Only qualified coaches recognised by CLAC and Age Managers will be allowed to coach athletes on competition days. An Age Manager has the right to stop anyone who does not have authorisation of the Committee to coach athletes. The Age manager also has the authority to ask a person who is causing distress to athletes to leave the competition area.

COACHING CODE OF CONDUCT

- All athletes are encouraged to do their best.
- All athletes are to be treated with respect.
- All athletes are entitled to compete in a safe fun environment.
- Only authorised coaches and Age Managers are allowed to coach athletes during competition.
- No athlete is to be pushed beyond their physical or emotional capacity.
- The Committee, authorised coaches and Age Managers have the right to stop a coaching behaviour that is not acceptable

CALWELL CLUB RECORDS

Under 8 Girls

Event	Record holder	Result	Year
50m	K Mollinson	8.40	09-02-91
70m	Jodie Finnigan	11.33	07-03-92
100m	Catherine Lawder	16.19	09-03-91
200m	Larissa Brennan	34.80	08-03-97
400m	Skye Fraser	1:31.20	11-03-17
60m Hurdles	Dominique Wilson	12.20	01-02-97
400m walk	Jaime Schilling	2:49.53	09-03-19
700m Walk*	Georgia Frew	5:07.54	16-01-16
Discus	Sam Riley	20.26	02-02-92
Shot Put	Sophie Brennan	6.55	22-02-14
Long Jump	Evie Gibbon	3.56	14-03-09
High Jump	Isla Pfeiffer	1.01	03-03-18

Under 8 Boys

Event	Record holder	Result	Year
50m	Steve Erickson	7.90	28-10-95
70m	S Meredith	10.93	13-03-93
100m	S Meredith	15.25	13-03-93
200m	S Meredith	32.62	13-03-93
400m	Alex Nolan	1:21.82	08-12-18
60m Hurdles	Ben Radstaak	11.80	08-03-94
400m walk	Thomas McCracken	2:45.14	11-02-23
700m Walk*	Luke Burgess	4:55.32	12-03-16
Discus	Danny Riley	21.00	09-03-13
Shot Put	Danny Riley	7.83	08-12-12
Long Jump	Brad Robertson	3.82	19-11-94
High Jump	Bronik Vincenc	1.00	03-02-18

Under 9 Girls

Event	Record holder	Result	Year
70m	Samantha Nealon	10.36	18-01-14
100m	Samantha Nealon	15.21	18-01-14
200m	Kristen Murray	32.50	26-02-94
400m	Kelly Roberts	1:16.00	18-11-89
800m	Kelly Roberts	2:54.00	18-02-90
60m Hurdles	Shenevelle Dickson	10.95	07-03-92
700m Walk	Shenevelle Dickson	3:42.93	29-02-92
Discus	Maree Fleming	22.58	18-03-00

Under 9 Boys

Event	Record holder	Result	Year
70m	Adrian Cope	10.60	29-02-92
100m	Ben Radstaak	14.50	10-12-94
200m	Ben Clowry	32.14	15-03-91
400m	Declan Wilson	1:11.73	24-11-01
800m	Declan Wilson	2:42.83	16-03-02
60m Hurdles	Ben White	10.15	13-03-93
700m Walk	Nash Core	4:15.30	05-03-94
Discus	Kieran Reilly	26.14	31-01-09

Shot Put	Maree Fleming	7.46	11-12-99	Shot Put	Kieran Reilly	8.55	23-01-09
Long Jump	Jessica Radstaak	3.86	07-03-98	Long Jump	Brad Robertson	4.05	09-03-96
High Jump	Ariadne Stergiou	1.15	08-02-14	High Jump	Dean Roulstone	1.20	16-12-95

Under 10 Girls				Under 10 Boys			
Event	Record holder	Result	Year	Event	Record holder	Result	Year
70m	Laura Tinio	10.40	11-03-00	70m	Michael Robertson	10.11	27-02-93
100m	Laura Tinio	14.60	11-03-00	100m	J Stephen	13.90	25-09-93
200m	Samantha Nealon	28.87	01-11-14	200m	Ben White	29.10	26-02-94
400m	Chloe Prstec	1:11.33	06-03-21	400m	Ben White	1:08.20	05-03-94
800m	Kelly Roberts	2:39.15	15-03-91	800m	Ben White	2:43.80	11-12-93
1500m	Tracey Donohue	5:41.34	17-02-90	1500m	Craig Core	5:19.70	29-02-92
60m Hurdles	L Gaerth	10.39	25-02-89	60m Hurdles	Andrew Price	9.90	07-03-92
1100m Walk	Amanda Cole	6:15.50	26-02-94	1100m Walk	David Starr	6:30.50	02-03-96
					Darryl Hill	6:30.50	01-12-95
Discus	Amanda Riley	25.66	07-03-92	Discus	Kieran Reilly	28.52	30-01-10
Shot Put	Maree Fleming	8.59	31-03-01	Shot Put	Kieran Reilly	8.72	28-11-09
Long Jump	Samantha Nealon	4.11	15-11-14	Long Jump	Joshua Pheeney	4.51	12-03-05
High Jump	Jacqueline Keast	1.21	01-02-92	High Jump	Ben White	1.38	05-03-94
	Chloe Prstec	1.21	06-03-21				

Under 11 Girls				Under 11 Boys			
Event	Record holder	Result	Year	Event	Record holder	Result	Year
100m	S de Silva	13.98	27-01-90	100m	Tim Curran	13.40	14-01-95
200m	Laura Tinio	28.67	31-03-01	200m	Ben White	28.50	26-11-94
400m	Jodie Finnigan	1:09.00	26-11-94	400m	Declan Wilson	1:05.11	06-03-04
800m	Bridget Reilly	2:34.00	15-12-07	800m	Chris Sainsbury	2:32.70	01-01-88
1500m	Kelly Roberts	5:12.10	14-03-92	1500m	Chris Sainsbury	5:12.80	01-01-88

60m Hurdles *	Z Walsh	10.7	89/99	60m Hurdles	Lincoln Magee	10.15	06-03-04
80m Hurdles	Abbie Schilling	16.97	13-11-19	80m Hurdles	Sebastian Evans	16.77	15-13-25
1100m Walk	Amanda Cole	6:02.90	25-03-95	1100m Walk	Matt Dugan	6:02.80	05-03-94
Discus	Morgan Stevens	17.33	09-02-19	Discus	Isaac Cooper	21.15	29-02-20
Discus 750g*	Maree Fleming	24.65	16-03-02	Discus 750g*	Kieran Reilly	29.58	12-02-11
Shot Put	Maree Fleming	10.04	09-03-02	Shot Put	Danny Riley	10.72	20-02-16
Javelin	Amanda Riley	20.21	13-02-93	Javelin	Tim Curran	27.56	04-03-95
Triple Jump	Evie Gibbon	9.18	10-03-12	Triple Jump	James McKinlay	9.67	28-01-05
Long Jump	S de Silva	4.47	25-11-89	Long Jump	James McKinlay	5.07	12-03-05
High Jump	Narelle Johnston	1.31	05-02-05	High Jump	Ben White	1.45	26-11-94

Under 12 Girls				Under 12 Boys			
Event	Record holder	Result	Year	Event	Record holder	Result	Year
100m	Natalie Hooper	13.70	26-10-91	100m	James McKinlay	13.40	17-12-05
					Michael Robertson	13.40	15-10-94
200m	Jodie Finnigan	28.80	09-12-95	200m	Tim Curran	27.80	17-02-96
400m	Bridget Reilly	1:06.42	14-03-09	400m	Joshua Pheaney	1:02.84	09-12-06
800m	Dominique Wilson	2:31.44	31-03-01	800m	Chris Sainsbury	2:24.70	25-02-89
1500m	Bridget Reilly	5:16.85	08-11-08	1500m	Chris Sainsbury	4:54.00	12-11-88
60m Hurdles	A Hardwick	10.3	94/95	60m Hurdles	J McKinlay	10.25	2006
80m Hurdles	Morgan Stevens	15.87	30-11-19	80m Hurdles	Remi Backhouse	16.17	05-12-20
1500m Walk	Belinda Hiscocks	8:51.50	18-03-95	1500m Walk	Matt Dugan	8:14.00	15-10-94
Discus	Maree Fleming	29.80	08-02-03	Discus	Kieran Reilly	37.67	07-01-12
Shot Put	Maree Fleming	11.15	07-12-02	Shot Put	Isaac Cooper	9.05	20-02-21
				Shot 3kg*	Kieran Reilly	10.56	04-02-12
Javelin	Emma Fisher	24.38	28-11-98	Javelin	Tim Curran	39.49	09-03-96

Triple Jump	Caitlin McAuliffe	9.74	03-03-18	Triple Jump	Tim Curran	10.70	09-03-96
Long Jump	Jodie Finnigan	4.83	09-03-96	Long Jump	Tim Curran	4.93	02-03-96
High Jump	Caitlin McAuliffe	1.38	09-12-17	High Jump	Ben White	1.56	28-10-95

Under 13 Girls				Under 13 Boys			
Event	Record holder	Result	Year	Event	Record holder	Result	Year
100m	Sara Wallace	13.39	27-01-18	100m	Joe Matthews	12.50	12-11-94
					Brendan Foster	12.50	27-11-93
200m	Melonie Ward	28.11	14-03-98	200m	Joe Matthews	25.70	29-10-94
400m	Bridget Reilly	1:04.53	14-11-09	400m	Trent Babington	58.90	18-01-92
800m	Bridget Reilly	2:25.52	12-12-09	800m	Kieran Reilly	2:15.63	02-02-13
1500m	Bridget Reilly	5:05.57	06-02-10	1500m	A Shaw	4:45.61	01-01-88
80m Hurdles	Jade Sutcliffe	13.95	13-03-99	80m Hurdles	Billy Halliday	13.20	05-03-94
200m Hurdles	Ariadne Stergiou	31.45	25-11-17	200m Hurdles	Nathan Perry	30.26	22-01-15
1500m Walk	Belinda Cole	8:35.50	05-03-94	1500m Walk	C Dunn	8:05.30	02-11-91
Discus	Maree Fleming	33.16	13-12-03	Discus	Noah Urquhart	26.10	15-03-25
				Discus 1kg*	Taumasina Amon	36.72	06-03-15
Shot Put	Maree Fleming	11.16	29-11-03	Shot Put	Kieran Reilly	12.48	03-11-12
Javelin	Taylah Grady	32.83	05-03-11	Javelin	Tim Curran	34.26	15-03-97
Triple Jump	Sophie Brennan	10.01	20-10-18	Triple Jump	Nathan Perry	11.22	06-03-15
Long Jump	Sophie Brennan	4.85	16-02-19	Long Jump	Joe Matthews	5.36	18-03-95
High Jump	Shenevelle Dickson	1.48	09-03-96	High Jump	Billy Halliday	1.62	27-11-93

Under 14 Girls				Under 14 Boys			
Event	Record holder	Result	Year	Event	Record holder	Result	Year
100m	Katrina Birtwistle	12.85	15-12-07	100m	Mark Haylock	11.75	18-11-06
200m	Katrina Birtwistle	27.24	24-11-07	200m	Billy Halliday	24.20	04-02-95
400m	Bridget Reilly	1:02.22	13-11-10	400m	Neil Punyer	57.56	18-12-99
800m	Bridget Reilly	2:22.08	20-11-10	800m	Kieran Reilly	2:13.34	09-11-13
1500m	Erin Sutcliffe	4:58.50	01-03-97	1500m	Kieran Reilly	4:42.80	16-11-13
80m Hurdles	Zinta Walsh	13.40	16-3-02	100m Hurdles	Mark Haylock	11.75	18-11-06
200m Hurdles	Ariadne Stergiou	31.39	01-12-2-18	200m Hurdles	Nathan Perry	27.46	05-03-16
300m Hurdles	Maree McGuire	1.15.00	25-11-17	90m Hurdles	Nathan Perry	13.93	12-03-16
1500m Walk	Belinda Cole	7:51.60	03-12-94	1500m Walk	Connor Frew	6:54.87	07-03-15
Discus	Shenevelle Dickson	28.46	30-11-96	Discus	Taumasina Amon	47.05	05-12-15
Shot Put	Maree Fleming	10.73	12-03-05	Shot Put	Taumasina Amon	13.27	20-02-16
Javelin 500g	Sara Leverett	16.20	07-11-20	Javelin 700g	Ondrej Busek	19.44	07-11-20
Triple Jump	Ariadne Stergiou	10.76	09-03-19	Triple Jump	Nathan Perry	12.51	06-02-16
Long Jump	Ariadne Stergiou	5.25	01-12-18	Long Jump	Billy Halliday	5.84	18-02-95
High Jump	Morgan Stevens	1.58	12-02-22	High Jump	Vegard Sebastian Hauge-Duval	1.70	28-11-15

Under 15 Girls				Under 15 Boys			
Event	Record holder	Result	Year	Event	Record holder	Result	Year
100m	Cassie Schilg	12.90	09-03-02	100m	Mark Haylock	11.50	20-10-07
	Katrina Birtwistle	12.90	14-03-09				
200m	Morgan Stevens	26.08	26-11-22	200m	Mark Haylock	24.15	13-10-07
400m	Evie Gibbon	1:01.16	09-01-16	400m	S Bryant	55.20	02-02-91
800m	Bridget Reilly	2:25.32	15-10-11	800m	Kieran Reilly	2:08.84	08-11-14
1500m	Erin Sutcliffe	5:08.46	07-02-98	1500m	Allan McGlew	4:36.15	16-11-02

90m Hurdles	Jade Sutcliffe	14.10	31-03-01	100m Hurdles	Neil Punyer	14.80	31-03-01
200m Hurdles*	Evie Gibbon	32.25	13-02-16	200m Hurdles*	Damien Sillett	30.38	21-11-15
300m Hurdles	Ariadne Stergiou	53.93	22-02-20	300m Hurdles	Nathan Perry	45.73	29-10-16
1500m Walk	Belinda Cole	8:05.20	11-11-95	1500m Walk	Connor Frew	6:44.00	16-01-16
Discus	Taylah Grady	30.00	19-01-13	Discus	Taumasina Amon	52.53	11-03-17
Shot Put	Taylah Grady	11.17	08-12-12	Shot Put	Dean Law	13.68	14-02-98
Javelin	Taylah Grady	31.20	15-12-12	Javelin	Taumasina Amon	36.49	04-02-17
Triple Jump	Sophie Brennan	10.88	06-03-21	Triple Jump	Nathan Perry	12.64	15-10-16
Long Jump	Ariadne Stergiou	5.60	30-11-19	Long Jump	Mark Haylock	6.06	20-10-07
High Jump	Morgan Stevens	1.57	10-12-22	High Jump	Morgan Hauge-Duval	1.75	08-02-14

Under 16 Girls				Under 16 Boys			
Event	Record holder	Result	Year	Event	Record holder	Result	Year
100m	Alison McKinlay	13.62	24-11-12	100m	Joshua Hatch	11.70	04-12-04
200m	Alison McKinlay	27.86	10-11-12	200m	Nathan Perry	24.36	03-02-18
400m	Coby-Lee Maguire	1:05.24	28-10-17	400m	Nathan Perry	56.27	09-12-17
800m	Bridget Reilly	2:27.72	03-11-12	800m	Hugh McKenzie	2:09.61	09-11-13
1500m	Katie Whitecross	5:47.58	11-02-17	1500m	Hugh McKenzie	4:38.57	16-11-13
90m Hurdles	Ariadne Stergiou	14.75	28-11-20	100m Hurdles	Joshua Hatch	14.60	16-10-04
100m Hurdles*	Doreen Hanner	19.50	06-12-08	200m Hurdles*	Jordan Schultz	30.51	29-11-14
200m Hurdles*	Taylah Minto	35.63	13-02-16	300m Hurdles	Kyle Burgess	46.55	18-02-23
300m Hurdles	Coby-Lee Maguire	56.02	17-03-18	1500m Walk	Connor Frew	6:18.57	19-11-16
1500m Walk	Felicity Maloney	9:53.19	12-03-16	Discus 1.5kg	Edward Murphy	23.84	02-03-24
Discus	Sophie Brennan	29.38	05-03-22	Discus	Taumasina Amon	51.97	03-03-18
Shot Put	Sophie Brennan	10.66	05-03-22	Shot Put	Taumasina Amon	12.74	10-02-18

Javelin	Annika Ciszek	25.30	15-12-12	Javelin	Kyle Burgess	38.96	28-01-23
Triple Jump	Sophie Brennan	10.53	05-02-22	Triple Jump	Nathan Perry	13.06	17-02-18
Long Jump	Ariadne Stergiou	5.44	05-02-20	Long Jump	Joshua Hatch	5.91	06-11-04
High Jump	Alison McKinlay	1.50	10-11-12	High Jump	Vegard Hauge-Duval	1.81	09-12-17

Under 17 Girls				Under 17 Boys			
Event	Record holder	Result	Year	Event	Record holder	Result	Year
100m	Alison McKinlay	13.44	09-11-13	100m	Mark Haylock	11.67	28-11-09
200m	Alison McKinlay	28.14	19-10-13	200m	Mark Haylock	24.29	20-02-10
400m	Katie Whitecross	1:06.36	10-03-18	400m	Hugh McKenzie	55.26	08-11-14
800m	Katie Whitecross	2:40.86	17-02-18	800m	Hugh McKenzie	2:03.37	08-11-14
1500m	Taylah Minto	6:38.84	11-03-17	1500m	Hugh McKenzie	4:22.25	07-03-15
100m Hurdles	Sophie Brennan	19.89.00	11-02-23	100m Hurdles	Ariel Larkey	15.65	04-11-06
				110m Hurdles	Edward Murphy	18.60	16-11-24
200m Hurdles*	Taylah Grady	35.09	29-11-14	200m Hurdles*	Jordan Schultz	29.72	21-11-15
300m Hurdles	Sophie Brennan	56:74	19-11-22	300m Hurdles	Edward Murphy	47.67	23-11-24
1500m Walk	Courtney Mattick	10:04.99	18-02-17	1500m Walk	Tim Fraser	6:16.03	10-12-16
Discus	Taylah Grady	33.34	22-11-14	Discus	Mark Haylock	35.95	21-11-09
Shot Put	Sophie Brennan	11.13	11-02-23	Shot Put	Mark Haylock	12.57	28-11-09
Javelin	Taylah Grady	30.30	07-02-15	Javelin	Christopher Matthews	38.48	14-03-09
Triple Jump	Sophie Brennan	10.40	15-10-22	Triple Jump	Morgan Hauge-Duval	11.82	07-11-15
Long Jump	Sophie Brennan	5.12	11-03-23	Long Jump	Ariel Larkey	6.09	14-10-06
High Jump	Alison McKinlay	1.45	18-01-14	High Jump	Vegard Hauge-Duval	1.90	08-12-18

**These events no longer held.*