

WERRIBEE

LITTLE ATHLETICS



2009/2010 HANDBOOK

COUGARS



Little Athletics Club



Little Athletics Club

Lynx



Little Athletics Club

SCORPIONS



Little Athletics Club

WILDCATS



Little Athletics Club

Website: www.wlac.com.au

E-mail: werribee@vlaa.asn.au

Information Line: 0413-259-366

SPONSORS AND SUPPORTERS OF WERRIBEE LITTLE ATHLETICS

Werribee Little Athletics would like to acknowledge the generous support of our sponsors for the 2009/2010 Season.

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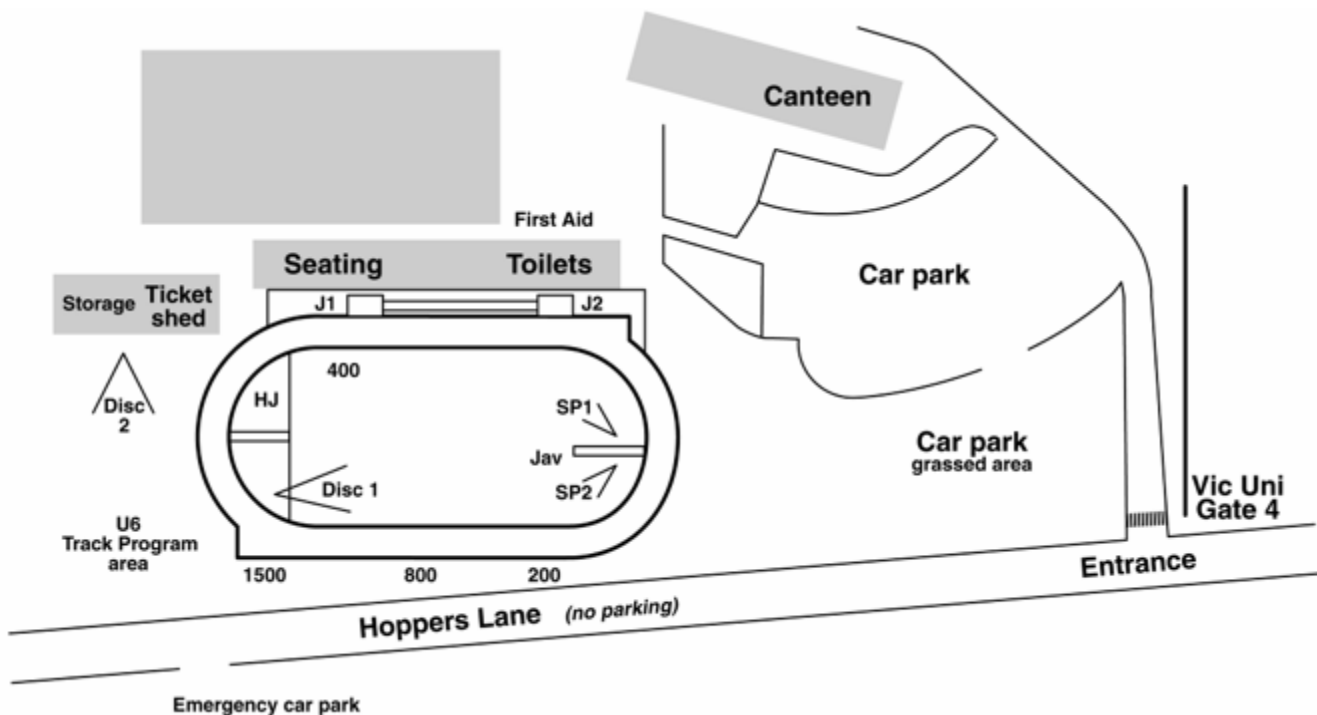
FORMING A PARTNERSHIP FOR OUR CHILDREN

Werribee Little Athletics Centre Incorporated (WLAC) is one of the largest athletics centres in Victoria. We have approx 400 athletes registered. Little Athletics promotes participation and self-improvement, not just winning. Our goal is to unite family, fun and fitness. It gives children between the ages of 5 and 15 the opportunity to participate in a range of activities; developing character and motor skills through running, jumping and throwing.

Little Athletics requires and depends on family participation at all levels. Parents are always needed to assist with the running of the Saturday morning program. Parents can assist as Age Group Managers, officials and helpers. On average, 75 parents are needed to assist, with the running of our program weekly. A roster system, which gives every parent an opportunity to assist approximately 3 times a season, will be in place.

The result of any parents not assisting, as rostered, will be loss of points for their children – this will affect the children's end of season scores which have a direct relationship to end of season trophies awarded.

We trust that you will enjoy your year with Werribee Little Athletics.



Victoria University Wyndham Sporting Complex, Hoppers Lane, Werribee (Melways Map 206, J6)

A BRIEF HISTORY OF WERRIBEE LITTLE ATHLETICS

Werribee Little Athletics started in 1970. Originally there were six participating clubs: Glen Devon, Hoppers Crossing, Little River, St Andrews, Werribee Primary and Werribee South.

The Werribee South club ceased to operate in 1973, and Little River withdrew from competition in 1974. The Windermere club began in 1976, but changed its name to Wyndhamvale in 1979. In 1990, Werribee Primary changed its name to Werribee Central.

The Werribee Little Athletics Centre moved to the new synthetic track for the commencement of the 2003 season. That same year Lara joined us.

In 2007 clubs underwent a name change to move away from geographic regions. Today, Werribee Little Athletics consists of five clubs: Cougars, Dragons, Lynx, Scorpions and Wildcats.

WERRIBEE LITTLE ATHLETICS CENTRE COMMITTEE MEMBERS

Please note – all Committee members and Club Representatives are Parent Volunteers. Werribee Little Athletics Centre has no paid positions.

President	Charlie Muscara	0417 117 887
Secretary	Kerri Chapman	
Treasurer	Mark Coulston	
Registrar	Leanne Siwek	0409 029 509
Co-Ordinator of Records & Rankings	Mike Larkin	
Special Events Co-Ordinator	Melanie Utber	
Publicity & Public Relations	Vacant	-
Championships Team Manager, Inter Club Cross Country Co-ordinator	Mark De Girolamo	0413 883 364
Championships Team Manager, Training & Education	Noraine Singletary	0413 057 542
Organisation of Officials	Damien Rieber	
On-Track Co-Ordinator	Stuart Macaulay	
Technical Requirements	Samantha Burke & Adrian May	
General Committee Member, Relay Co-ordinator and Uniforms & Merchandise	Carmen Falduto	0418 145 704
General Committee Member	Lexi Alfieri	
General Committee Member	Ross Alfieri	
General Committee Member	Amy Cashin	
General Committee Member	Shane Harberger	
General Committee Member, Saturday Morning Program Co-ordinator	Jeff Paul	
General Committee Member	Steve Ryan	

CLUB CONTACTS AND UNIFORMS

All athletes must compete at Werribee Little Athletics in their representative club uniform. **Any athlete not wearing appropriate clothing and running shoes will be not be allowed to compete.** T-shirts and shorts are must be plain, without patterns, brand signage (as long as it is small) is accepted.

Clubs	Contacts	Contact Numbers	T-Shirt Colour	Shorts Colour
Cougars	Christine Ryan	0418 317 598	Light Blue	Black
Dragons	Carmen Falduto	0418 145 704	Yellow	Black
Lynx	Sue Rebesco	0412 273 036	Red	Black
Scorpions	Michelle Andrews	0419 750 918	White	Black
Wildcats	Sharon Rodda	0410 414 352	Green	Black

PARENT COMMITMENT

If you have registered with the Werribee Little Athletics Centre, you have **committed to the below without exception:**

- I, or a nominated adult guardian, will be present with the above children at all Little Athletics meets.
- I will make myself available and undertake my rostered tasks approximately four times throughout the season.
- I will make myself available and undertake my rostered tasks at Region and State Events if my child/children register to participate at these events.
- If my child/children want to represent Werribee Little Athletics they will meet the following as minimum participation requirements:
 - Compete in at least 50% of the WLAC Track and Field Program. *Any exceptional circumstances (health, family arrangements etc), preventing an athlete from doing this, will be managed at the discretion of the WLAC Executive Committee. **Please approach the committee in the instance of any exceptional circumstances.***
 - Compete in at least 50% of the WLAC Cross Country Program. *Any exceptional circumstances (health, family arrangements etc), preventing an athlete from doing this, will be managed at the discretion of the WLAC Executive Committee. **Please approach the committee in the instance of any exceptional circumstances.***
- My behaviour and that of my child/children will be consistent with behaviour outlined by the VLAA Code of Behaviour.
- I will and my child/children will participate at WLAC according to all the guidelines and rules as documented in this handbook.
- I will sign the WLAC Parent Commitment Form

These are the terms and conditions of registration with the Werribee Little Athletics Centre (WLAC). WLAC reserves the right to revoke the registration of any family not meeting these terms and conditions.

CODES OF BEHAVIOUR

WLAC takes it responsibility to provide a safe and enjoyable environment, for everyone, very seriously.

So there can be no confusion, anyone who breaches any of the “Codes of Behaviour” (as defined by the VLAA) or the “Rules of Competition” (found in this handbook) will be in breach of the WLAC Codes of Behaviour. Anyone in breach of the WLAC Codes of Behaviour will be formally warned, by the WLAC Executive Committee, and any subsequent breaches may result in the revoking of your registration to Werribee Little Athletics.

Below is an extract of the VLAA Codes of Behaviour and the complete list can be found on our website.

Parents' Code of Behaviour

- Encourage children to participate if they are interested. However, if a child is not willing, do not force him or her.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the children in setting realistic goals related to his/her own ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.

- Never ridicule or yell at a child for making a mistake or losing an event.
- Remember children are involved in Little Athletics for **their** enjoyment, not yours.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- Support all efforts to remove all verbal and physical abuse at Little Athletics activities.
- Recognise the value and importance of being a volunteer official and/or coach. They give of their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

Spectators' Code of Behaviour

- Remember that children participate in Little Athletics activities for fun. They are not participating for the entertainment of spectators only, nor are they miniature professionals.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performance regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the children to do likewise.
- Never ridicule or scold a child for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each participant. Without them there would be no events.
- Encourage athletes to follow the rules and the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Avoid use of bad language.

Little Athletes' Code of Behaviour

- Play by the rules.
- Never argue with an official. If you disagree, ask your Team Manager to deal with the matter.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking an opponent is not acceptable or permitted in our sport.
- Work equally hard for yourself and/or your Centre/Club. Your Centre/Club's performance will benefit.
- Be a good sport. Applaud all good results whether they are by your Centre/Club, opponent or the other Centre/Club.
- Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
- Co-operate with your coach, club mates and other participants. Without them there would be no competition.
- Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
- Avoid use of bad language

WERRIBEE LITTLE ATHLETICS CENTRE 2009/2010 FIXTURE

This fixture outlines basic information only. For a comprehensive listing of dates refer to Centre Calendar and watch out for updates on our website.

Day	Date	Program	Event
Sat	12-Sep-08		Registration Day 1
Sat	19-Sep-08		Registration Day 1
Sun	04-Oct-08	Week 1	Commencing 1-00pm
Sat	10-Oct-08	Week 2	
Sat	17-Oct-08	Week 3	
Sat	24-Oct-08	Week 4	
Sat	07-Nov-08	Week 5	
Fri	13-Nov-08	Week 6	Twilight Meeting commencing 5-30pm: BYO light dinner
Sun	15-Nov-08		Regional Relay Championships (Corio)
Sat	21-Nov-08	Week 7	
Sat	28-Nov-08	Week 8	
Sat	06-Dec-08	Week 9	Werribee Little Athletics Multi Day – Will run as a regular week of competition.
Fri	11-Dec-08	Spare	Date reserved in event of a competition cancellation of a previous week.
Sun	13-Dec-08		State Relay Championships (Olympic Park)
Sat	19-Dec-08	Week 10	Closing Date Track & Field and Multis registrations. Christmas Party!
Sat	16-Jan-09	Week 11	Ribbon Day: 9-00am start (Registrations - Werribee Multi Day)
Sat	23-Jan-09	Week 12	
Sat / Sun 30 & 31-Jan-09			State Multi Championships Under 9-15 (Bendigo)
Sat	30-Jan-09	Week 13	
Sat	06-Feb-09	Week 14	
Sat	13-Feb-09	Week 15	
Sat / Sun 20 & 21-Feb-09			Regional Track & Field Championships (Geelong)
Sat	27-Feb-09	Week 16	
Sun	07-Mar-09		Werribee Open Day (Starts 10am)
Sat / Sun 20 & 21-Mar-09			State Track & Field Championships (Olympic Park)
	tba		Club Presentations
Sat	13-Mar-09		Centre Presentations
Sat	17-Apr-09		Cross Country Registrations & Trial Run (Presidents Park)
See Calendar for Cross Country Calendar – Regional & State Championships			
Mon	03-May-09		AGM – 7-30pm – Chirnside Park (all parents to attend)

Training	Relays	Mondays 5-30 – 6-30: Under 9 – Under 15 (September – December)
Training	General	Wednesdays 5-30 – 7-00pm: Under 7 – Under 15 (October – March)

Program commences on Saturday mornings at 8-15am sharp with warm-ups, going through to approximately 12 midday unless otherwise stated.

**** Dates to remember! ****

- 17th Oct 2009 – Registrations for WLAC Relay Squad close (Under 9 – 15 only)
- 19th Dec 2009 – Registrations for Region Track & Field close (Under 9 – 15 only)
- 19th Dec 2009 – Registrations for State Multis close (Under 9 – 15 only)
- 26th Feb 2010 – Registrations for WLAC Open Day close (All Ages)

2009/2010 PARENT ASSISTANCE ROSTER

Little Athletics requires the assistance of all parents to run competitions & programs. It is important that we all accept a share of the responsibility for both our regular and special meetings. Please do not sit back and leave the work to other parents.

Parents will be responsible for the general running of our weekly program. All families will be rostered on a rotational basis. Information on when you will be rostered will be available from your club as well as the website. Each family will be rostered throughout the season and we seek everyone's patience and assistance in ensuring the roster is equitable and operates smoothly.

It is the responsibility of anybody rostered to find their own replacement if they are unable to fulfil their obligation on the day they are rostered. Failure to comply with the roster will be unfair for all those who do attend to their duties and place additional unnecessary pressure on the program. ***Failure to comply with the roster will also result in your child losing all points scored on your rostered week.***

Parents unable to assist must have a valid reason. This will need to be discussed with your club so the roster can reflect such a need.

All athletes and families are responsible for picking up papers and rubbish around the track. Bins are provided.

Electronic Timing Gates

Given the sensitive nature of the Electronic Timing Gates, set up / pack up of the gates is NOT the responsibility of the rostered individuals.

Chief Officials

Whilst we shall be running a roster of volunteers each week, it is important to ensure each event has a chief official. This will benefit all athletes and other volunteers at the event. Any parent can be a Chief Official. Parents wanting to be a Chief Official will have training, formal and informal provided. These Chief Officials will have responsibility for their event. If you are prepared to be a Chief Official (or at least interested in the possibility) please enquire at the centre table at any time to register your interest.

Assistance at Events outside of our regular program

Parents of athletes competing at events listed below will be required to assist with the running of those programs. Duties are generally light and require no specific skill sets. Our Centre has a responsibility to the organisers of these events (Region or State) to provide a prescribed number of volunteers.

- Regional Relay Championships
- State Relay Championships
- Regional Track and Field Championships
- Werribee Multi-Event Day
- State Multi-Event Championships
- Werribee Open Day Event
- State Track and Field Championships
- Regional Cross Country Championships
- State Cross Country Championships

If your child is participating in one of these events your assistance is mandatory. Failure to fulfil your obligations may result in your child being refused entry to future events or progressions to State Championships following Regions.

GENERAL INFORMATION

Age Groups

Age groups are determined by the year and month of birth from October 1st to September 30th. For example, all under 6s must be born up to Oct 1st 2004, those born earlier (from Sep 30th 2003 back to Oct 1st 2004).

Fees

Centre Registration is \$110 per athlete (third and subsequent child from same family is 50% of registration fee). This fee is comprised of an \$85 fee that goes to the Centre and a Club Fee of \$25 for the Summer Season – this goes towards end of season presentations, trophies, etc.

Once registrations have been paid no refund is available. However athletes are welcome to try-out prior to joining. A child may register at any time during the season. From January 1st registration is \$40 (no discount for third child) plus a minimal club fee.

Insurance

All registered athletes are insured by the Victorian Little Athletics Association (VLAA). Club and Centre officials, voluntary helpers and event officials are also covered while they are engaged in Little Athletics activities. This insurance applies to all VLAA events, Championship meetings and Open Days.

Code of Behaviour

WLAC operates under a Code of Behaviour as defined by VLAA. The Code of Behaviour can be found on our website. A copy can also be obtained through our Committee if web access is not available or convenient.

An action plan is in place for WLAC Committee to deal with inappropriate behaviour and resolve any matters relating to continued breaches of the Code of Behaviour.

The primary goal of Werribee Little Athletics is to unite family, fun and fitness and promote participation at all levels.

Working with Children Checks

As a member of the Victorian Little Athletics Association WLAC fulfils its obligations ensuring all relevant helpers and Committee Members have a Working with Children Card.

If you have any queries pertaining to this matter do not hesitate to contact the Centre President.

Health Policies

WLAC operates under a series of Health policies endorsed by Victorian Little Athletics Association:

- Smoke Free Policy
- Sun Protection Policy
- Health Food Policy
- Responsible Alcohol Management

Theses can be found on our website.

WLAC Extreme Weather Policy

The below policy will be applied to Werribee Little Athletics events **ONLY**. It **DOES NOT** apply to:

- Werribee Little Athletics Open Day
- Region or State Relays
- State Multis
- Region or State Track & Field
- Region or State Cross Country

If your child is competing in any of the above events and you have concerns regarding weather conditions it is your responsibility, as the parent / guardian, not the Centre's to decide whether your child should participate.

Heat Conditions

Competition will be cancelled if the following condition is met:

- If the weather forecast as at 8:00am, on the morning of competition (typically Saturday morning) as communicated by the Bureau of Meteorology (link can be found on the WLAC Website) is equal to or exceeds 40 degrees Celsius. Any outcome will be communicated via the WLAC Information Line

Wet Conditions

Competition will be cancelled if one of more of the following conditions are met:

- Thunder occurring without ceasing.
 - Lightening
 - Unceasing rain
1. It is possible that even though none of the above conditions are met it may still not be safe for some children to compete (eg they may have asma). ***In this circumstance it is the responsibility of the parent / guardian, not WLAC***, to determine if the child should compete
 2. It may be possible that even though competition does not cease the Program Co-ordinator, in conjunction with the President and/or Secretary, with advise from Chief Officials, may decide to cancel some events for safety reasons.
 3. It may be possible that even though none of the above conditions are met the Program Co-ordinator, in conjunction with the President and/or Secretary, with advise from Chief Officials, may decide to cancel meet if they are any concerns pertaining to the children's safety.

If you have any queries regarding this policy please do not hesitate to contact the Centre President.

Lost Property

Any article of clothing or personal belongings found should be handed to the official at the table in the centre of the field. An announcement will be made calling for the owner. Unclaimed articles will be stored within the shed. To assist with identification, parents are asked to label all clothing with the child's name and club.

At the end of the summer season all unclaimed articles will be donated to charity.

Open Days

Little Athletics centres throughout Victoria conduct Open Days at which all registered athletes may compete. Entry forms are available through your club. Werribee Centre Open Day entry forms are available through your club and on our website.

Financial Assistance to Athletes

The Centre provides financial assistance to athletes who have been selected on State or National teams where competition is outside Victoria. A maximum of \$100 may be applied for per athlete per year (1st October – 30th September). Applications must be in writing and addressed to the Centre Secretary.

For more information contact a member of the Committee. Remember, this is your club, so applications are encouraged.

TRAINING

Training is available for U7 - U15 athletes as detailed below. Skills training for U6 athletes will be conducted as part of the weekly program.

General Training

General training is on Wednesday evening from 5.30 pm to 7.00 pm (U7-U15). Queries pertaining to general training should be directed to Noraine Singletary.

State Relay Championship Training

Relay training is on Monday evenings from 5.30 pm to 6.30 pm (U9-U15). Athletes are required to attend training to qualify for a position within a team.

Parents are encouraged to assist centre coaches with training.

Queries pertaining to relay training should be directed to Carmen Falduto.

Coaching

VLAA offer a wide range of coaching courses, from beginner to experienced level. Parents interested in attending coaching courses should contact Noraine Singletary.

PROGRAM FOR UNDER 6 ATHLETES

This season WLAC is running an Under 6 Track program as follows:

- Each morning parents will register U6 athletes at the normal club tables by 8.15am
- U6 athletes may attend the warm up exercises with all other athletes in the middle of the track.
- The program will be a mixed session combining track events and skills training.

All U6 athletes who participate in at least 50% of the weekly programs will receive participation trophies from their club. Any queries should be directed to the coordinator.

SENIOR ATHLETES

WLAC athletes in the U12 – U15 age group are eligible for dual registration with Western Athletics, our local senior athletics club, at a reduced fee. Competition is held on Saturday afternoons from mid October at the Moonee Valley Athletics Track in Essendon. For details visit the Western Athletics website at www.westernathletics.com.au.

THE RUNNING OF TRACK & FIELD EVENTS

Track Even Process

1. The Program Co-ordinator, at the centre table, calls events over the PA System.
2. Athletes then need to go and marshal for called events (younger age groups are marshalled by the Age Group Manager).
3. Chief Official (Not the Age Group Manager) marshals the athletes into competing order.
4. Heats are run in order.

Field Event Process

1. The Program Co-ordinator, at the centre table, calls events over the PA System.
2. Athletes then need to go and marshal for called events (younger age groups are marshalled by the Age Group Manager).
3. The chief official (Not the Age Group Manager) takes attendance and organises athletes in competing order.
4. Practice throws or jumps (time permitting) undertaken.
5. The chief official announces the commencement of the event (2 recorded jumps/throws for U8 and lower – all other age groups have 3 jumps or throws, time permitting).

Note:

- In the context of providing a safe and effective arena for the day's program to be conducted, **only athletes /Officials & Age Group Managers** are permitted onto the arena and competing areas.
- Access to the back straight should only be by way of walking around the track and **no crossing of the infield** will be permitted by athletes or parents who are not officiating.

Track Event Procedure - How Track Events will be Run

1. At start of each event the Chief Official is to make a minimum of two calls for all athletes to report in to have their name marked off on the recording sheet.
2. Each athlete is responsible to report to the Chief Official, at the start of the event, to have his/her name marked off as being available to compete in that event.
3. If the athlete needs to leave the event, for any reason, the chief official's permission is required.
4. Any athlete who wishes to leave competition day early may not take part in an event prior to their age group commencing (after being called by the Program Co-ordinator).
5. The chief official has the authority to disqualify athletes from competing in an event or any part thereof. The chief official will do so if, after one warning, the athletes and or their parents continue to disrupt that event or any other event due to misconduct or inappropriate behaviour. **See Code of Behaviour.**
6. The chief official may cancel an event due to insufficient officials.

7. Any athlete / parent or coach who disputes any directive made by the chief official can only approach the Program Co-ordinator, at the centre table, not the Chief Official to further pursue the dispute. The event will continue until the centre table informs the chief official of the issue in dispute and a judgement will be made on how it will be actioned.

These procedures are to be applied in conjunction with the competition rules and the "Track Event Process".

Field Event Procedure - How Field Events will be Run

1. At start of each event the Chief Official is to make a minimum of two calls for all athletes to report in to have their name marked off on the recording sheet.
2. Each athlete is responsible to report to the Chief Official, at the start of the event, to have his/her name marked off as being available to compete in that event.
3. If the athlete needs to leave the event, for any reason, the chief official's permission is required.
4. No athlete will be permitted to join any field event after Round 1 has been completed.
5. With regards to High Jump, if an athlete decides to enter at a later height they must notify the Chief Official and they must make themselves available at the appropriate time.
6. Any athlete who wishes to leave competition day early may not take part in an event prior to their age group commencing (after being called by the Program Co-ordinator).
7. Any athlete who wishes to leave a field event early must notify the chief official. The athlete will need to sign the recording sheets to acknowledge they are forfeiting outstanding jumps or throws. The chief official will then issue the athlete with a ticket for a recorded throw or jump as completed to the current round. The athlete will then not be permitted to rejoin that event even if there are further rounds still to be completed.
8. The chief official has the authority to disqualify athletes from competing in an event or any part thereof. The chief official will do so if, after one warning, the athletes and or their parents continue to disrupt that event or any other event due to misconduct or inappropriate behaviour. **See Code of Behaviour.**
9. The chief official has the authority to disqualify any athlete from any round of the event if after one warning an athlete does not turn up for their allocated throw or jump. A no jump/throw will be recorded for that round.
10. *The only exception is in the case of an athlete who has been injured and may not be fit or able to communicate (as deemed by a first aid officer or the chief official).*
The chief official will then have authority to allow the athlete to complete any further rounds remaining for the injured athlete at the end of that event or if the chief official deems that the injury could be further aggravated by continuing then they may not allow any further participation in any remaining rounds.
11. The chief official has the authority to allow flexibility of the rules for new participants so as to develop and encourage further participation.

These procedures are to be applied in conjunction with the competition rules and the "Field Event Process".

RULES OF COMPETITION

General Rules

1. No athlete can compete for points unless their registration has been submitted 24 hours prior to the commencement of the program. This is due to the administrative effort in ensuring registered athletes are correctly loaded into the points scoring system. An athlete may still compete on the day they register.
2. An athlete competing in an event for the first time must report to the Starter's Marshall or to the field event chief official.
3. All registered Little Athletes must be dressed in correct club uniform. A patch showing the athlete's registration number, age-group and name must be attached to the front of the t-shirt. Bicycle shorts (or under shorts) may be worn in single colour black or skin tone. They must be above the knees. No patterns will be allowed however brand signage, if normal size, is accepted. The provided IGA patch must be attached to athlete's club t-shirt. ***The t-shirt must be a plain colour, the colour of your club, and must be without patterns however brand signage, if normal size, is accepted.***
4. All athletes must wear suitable footwear at all times when competing. Bare feet are not allowed.
5. Spikes are permitted for the Under 12 to Under 15 age groups for laned track events, and long and triple jumps. Athletes must carry their spikes to these events.
6. All children in Under 7 to Under 10 will have Age Group Managers.
7. The chief official of any event may disqualify a competitor for misconduct.
8. Starting blocks are permitted for the Under 12 to Under 15 age groups for laned track events and must be used by all athletes using spikes.
9. Only athletes competing in events in the infield, and the officials of those events, are allowed to be in the centre of the track at any time.
10. The only adults permitted to enter the in-field or cross the track are those officiating or acting as Age Group Managers. All other adults must remain off the in-field and track. Parents officiating may encourage competitors in the spirit of fairness providing they do not interfere with events.
11. If a parent or club official has a complaint about the result of an event, a protest may be lodged with the Program Co-ordinator at the centre table. Protests must be lodged within 15 minutes of the event being completed. At no time is a parent or club official to approach the officials of the event in question. If they do they are in breach of the Code of Behaviour.
12. At the completion of an event, athletes will receive their performance tickets. **Athletes need to take their performance tickets from back straight running events to the recording shed to have their results recorded.** All other track & field event results are automatically recorded by the officials.

Track Events

1. An athlete competing in a laned track event must start in the lane allocated by the Starter's Marshall, and must remain in that lane until the finish line is crossed. This rule applies to the 70m, 100m, 200m, 300m, 400m, 60mh, 80/90/100mh, and 300mh events. All other track events are deemed unlaned events.
2. The Starter or Recall Starter may declare a false start if:
 - i) an athlete fails to assume their full and final 'set' position after a reasonable time when 'set' has been called;
 - ii) an athlete disturbs another in a race through sound or otherwise; or
 - iii) an athlete leaves his mark before the actual report of the starting pistol.

3. An athlete making a false start will be warned. If an athlete is responsible for two false starts, the athlete may be disqualified.
4. A competitor is judged and timed only when the torso (neck to hips) crosses the finish line.
5. Two or more competitors may record the same time at the finish of a race, but need not be placed equally. Place position will be decided by the timekeepers.

EVENT INFORMATION

Sprints

The sprint events are held over 70 metres and 100 metres, and are laned events.

Starting: A standing start is recommended for the younger age-groups, U12-U15 athletes are encouraged to do crouch starts. The commands for start are 'on your mark' (children should step up to the line); 'set' (children should adopt their starting position) and remain still until the starting gun fires.

Hurdles

The hurdles are run on the sprint track over 60, 80, 90 and 100 metres, and on the circular track over 300 metres. Hurdle heights and set-ups are summarised in the tables below:

Age Group	Distance	Hurdle Height
Under 6 Boys & Girls	60 metres	Small Hurdles
Under 7 Boys & Girls	60 metres	Small Hurdles
Under 8 Boys & Girls	60 metres & 80 metres	45 cm
Under 9 Boys & Girls	60 metres & 80 metres	45 cm
Under 10 Boys & Girls	60 metres & 80 metres	60 cm
Under 11 Boys & Girls	60 metres & 80 metres	60 cm
Under 12 Boys & Girls	60 metres & 80 metres	68 cm
Under 13 Boys & Girls	80 metres & 300 metres	76 cm (80 metres) & 68 cm (300 metres)
Under 14 Girls	80 metres & 300 metres	76 cm (80 metres) & 68 cm (300 metres)
Under 14 Boys	90 metres & 300 metres	76 cm (90 metres) & 68 cm (300 metres)
Under 15 Girls	90 metres & 300 metres	76 cm (90 metres) & 68 cm (300 metres)
Under 15 Boys	100 metres & 300 metres	76 cm (100 metres) & 68 cm (300 metres)

Event	Number of Flights	Run into 1 st hurdle	Distance Between Hurdles	Run out from last hurdle
60 metre hurdles	6	12 metres	7 metres	13 metres
80 metre hurdles	9	12 metres	7 metres	12 metres
90 metre hurdles	9	13 metres	8 metres	13 metres
100 metre hurdles	10	13 metres	8.5 metres	10.5 metres
300 metre hurdles	7	50 metres	35 metres	40 metres

Starting: Starting procedure is the same as for the sprint events. Athletes must remain within their allocated lanes, and must go over each hurdle. There is no penalty when a hurdle is knocked over.

Middle Distance

Middle distance events are the 200 metres and 400 metres races. These are laned events. Starting procedure is the same as for the sprints.

Distance

Distance events are the 300 metres (U7s), 800 metres and 1500 metres. These events are not run in lanes. Runners may move immediately to the inside lane of the track providing they do not interfere with other runners.

Starting: The command for starting is 'on your mark' when children should step up to the starting line, immediately adopt their starting position, and stand still until the gun fires.

Long Jump

Competitors in the Under 7 to Under 8 age-groups have two jumps, and jump from a 1.22 metre by 1 metre mat placed not less than 0.5 metres from the near edge of the pit. Competitors in the Under 9 to Under 11 age-groups have three jumps, and jump from a 1.22 metre by 0.5 metre mat placed not less than 0.5 metres from the near edge of the pit. Competitors in the Under 12 to Under 15 age-groups have 3 jumps and jump from a board 1.22 metres by 0.20 metres placed 1 metre from the near edge of the pit.

For a jump result to be recorded, an athlete must take off on one foot from either on or behind the take-off mat or board, and land in the sandpit.

Measurement:

Off the mat: A jump is measured from the front of the imprint on the mat to the closest indentation in the sand made by the athlete. If an athlete takes off before the take-off mat, the jump shall be measured from the break in the sandpit to the back edge of the take-off mat.

Off the board: A jump is measured from the front of the board to the closest indentation in the sand made by the athlete.

A foul jump (no-jump) is recorded if:

- Any part of the athlete's take-off foot crosses the front or side edge of the take-off mat or board;
- After completing a jump, the athlete walks back through the sandpit;
- In the course of landing, the athlete touches the ground outside the landing area nearer to the take-off point than the nearest break in the landing area made by the jump; or
- The athlete does not land in the sandpit.

Triple Jump

Competitors in the Under 8 age-group have two jumps. Competitors in the Under 9 to Under 15 age-groups have three jumps.

The triple jump consists of three distinct movements which must be performed in the correct order. These are:

1. The Hop - where the athlete takes off and lands on the same foot as that from which s/he took off;
2. The Step - where the athlete lands on the opposite foot to that used for the hop; and
3. The Jump - where the athlete lands on one or both feet in the sandpit.

Steps one and two above should be completed on the run-up track.

1. Competitors in the Under 8 age-group take off for their hop from a 1.22 metre by 1 metre mat.
2. Competitors in the Under 9 to Under 11 age-groups use a 1.22 metre by 0.5 metre mat. Officials will assist children to determine suitable mat placement early in the season.
3. Competitors in the Under 12 to Under 15 age-groups take off from a 1.22 metres by 0.20 metre board.

The rules for measurement and no-jumps are the same as for long jump.

High Jump

Prior to the competition, the chief official shall ensure that all aspects of the landing and run-up area are safe. The bar shall be set at the appropriate starting height for the age-group/individual competing. Bar height is checked with the measuring stick perpendicular to the ground at the lowest point of the bar: that is, the middle of the bar. The outer edges shall measure equal heights, and be set so that the centre of the bar is at the stipulated height.

Each competitor has three jumps, and may commence jumping at any height above the starting height. Athletes must take off from one foot. An athlete shall be eliminated from the event after three consecutive failures at a particular height, regardless of the height. An athlete may achieve his/her second or third attempt at a particular height (after missing the first, or first and second attempts) and still jump the next height. Three consecutive baulks constitute a failed jump.

Discus

Age Group	Weight	Throws	Overview
Under 6 Boys & Girls	330 grams	2	Entering the circle: <ul style="list-style-type: none"> ▪ The athlete may enter the circle from any direction
Under 7 Boys & Girls	330 grams	2	The throw: Each throw must be commenced from a stationary position within the throwing circle. No part of the athlete's body or clothing is permitted to touch the outside of the circle during the throw. There is no specific rule as to the way in which the discus leaves the competitor's hand.
Under 8 Boys & Girls	330 grams	2	
Under 9 Boys & Girls	500 grams	3	Leaving the circle: <ul style="list-style-type: none"> ▪ The athlete must leave from the rear half of the circle and from a standing position. ▪ The athlete must not leave the circle until the discus has landed. ▪ The discus must land so that the imprint mark is within the inner edges of the marked sector.
Under 10 Boys & Girls	500 grams	3	
Under 11 Boys & Girls	750 grams	3	Measuring: <ul style="list-style-type: none"> ▪ A prong, with the zero end of a measuring tape attached, is placed on the near edge of the imprint mark made by the discus; ▪ The tape measure is drawn tight through the centre of the throwing ring; ▪ The distance of the throw is measured at the point where the tape crosses the inner edge of the ring; ▪ Measurement is made to the nearest centimetre below the distance thrown unless the reading is a whole centimetre.
Under 12 Boys & Girls	750 grams	3	
Under 13 Girls	750 grams	3	
Under 13 Boys	1.0 kilogram	3	
Under 14 Boys & Girls	1.0 kilogram	3	
Under 15 Boys & Girls	1.0 kilogram	3	

Shot Put

Age Group	Weight	Throws	Overview
Under 6 Boys & Girls	1.5 kilograms	2	<p>Entering the circle:</p> <ul style="list-style-type: none"> The athlete may enter the circle from any direction Each throw must be commenced from a stationary position inside the circle. <p>The throw: :</p> <ul style="list-style-type: none"> When a competitor takes a stance in the circle, the shot must be held in one hand close to the chin. The shot must be put from the shoulder with one hand, and should not be brought from behind the line of the shoulder. <p>Leaving the circle:</p> <ul style="list-style-type: none"> The athlete must leave from the rear half of the circle and from a standing position. The athlete must not leave the circle until the shot has landed. <p>Measuring:</p> <ul style="list-style-type: none"> Measurement is similar to that described for discus.
Under 7 Boys & Girls	1.5 kilograms	2	
Under 8 Boys & Girls	1.5 kilograms	2	
Under 9 Boys & Girls	2.0 kilograms	3	
Under 10 Boys & Girls	2.0 kilograms	3	
Under 11 Boys & Girls	2.0 kilograms	3	
Under 12 Girls	2.0 kilograms	3	
Under 12 Boys	3.0 kilograms	3	
Under 13 Boys & Girls	3.0 kilogram	3	
Under 14 Girls	3.0 kilogram	3	
Under 14 Boys	4.0 kilogram	3	
Under 15 Girls	3.0 kilogram	3	
Under 15 Boys	4.0 kilogram	3	

Javelin

Age Group	Weight	Throws	Overview
Under 11 Boys & Girls	400 grams	3	<p>The throw: :</p> <ul style="list-style-type: none"> The javelin must be held by the grip and thrown over the shoulder (not slung or hurled). At no time during the throwing action may the competitor turn completely around so that their back is towards the throwing arc, until the Javelin has been discharged into the air. The javelin must be thrown from within the run up zone. The tip of the javelin must land within, and not on the sector lines. The tip must land before any other part of the javelin. <p>Leaving the run way:</p> <ul style="list-style-type: none"> The competitor must not leave the runway until the javelin has touched the ground. Athletes must leave the run up zone from behind the throwing arc, after the javelin has landed. <p>Measuring:</p> <ul style="list-style-type: none"> The measurement of each throw shall be made from where the metal tip of the javelin first strikes the ground to the inside edge of the arc, along a line from the point of the landing to the centre of the circle of which the arc is part.
Under 12 Boys & Girls	400 grams	3	
Under 13 Girls	400 grams	3	
Under 13 Boys	600 grams	3	
Under 14 Boys & Girls	600 grams	3	
Under 15 Boys & Girls	600 grams	3	

PARTICIPATION AND ACHIEVEMENT

Little Athletics emphasises participation and improvement rather than simply winning. Each week, athletes may check their personal performance against the Achievement Award levels, to follow their progress.

Achievement Awards

There are four levels of achievement awards: red, bronze, silver and gold. Details are on the Noticeboard and website.

Best Performance Awards

A Best Performance Award will be made to the child who records the best performance for each event in each age group at the Centre. These awards will be presented at Club Presentation Day.

Centre and Club Trophies

All children receive points for their performance in each event in which they participate. Points are allocated every week that a normal full program can be conducted. Athletes are evaluated on average weekly points, total points and number of weeks participating.

Centre and Club trophies are awarded to the best three athletes in each sex/age group.

CROSS COUNTRY

From late April, WLAC conducts Cross Country runs on Saturday mornings. These are held at various locations within Werribee and surrounding areas and commence at 9:00a.m. The program is usually finished within an hour, and minimal numbers of officials are required.

Cross Country running is an important part of Little Athletics. It is an ideal way for those athletes who like the longer distances to enjoy a different style of competition. Further, participating in the program is beneficial for building strength and stamina for the next season of track and field events.

All children from Under 6 to Under 15 may participate. Distances run at Werribee are:

Age Group	Distance
Under 6	1000 metres
Under 7	1000 metres
Under 8	1000 metres
Under 9	1500 metres
Under 10	1500 metres
Under 11	2000 metres
Under 12	2000 metres
Under 13	3000 metres
Under 14	3000 metres
Under 15	3000 metres

The season consists of approximately 10 inter-club meetings plus Regional and State finals. These finals are held for Under 9 to Under 15.

Summer season WLAC registration also covers athletes for the Cross Country season. However, new members are welcome to join WLAC during the Cross Country season for a reduced registration fee.

For further information on Cross Country, contact Mark De Girolamo.

REPRESENTING WERRIBEE

Athletes from Under 9 through to Under 15 age-groups may be selected to represent WLAC at a number of VLAA events throughout the year. These events include Relay, Track and Field, Multi-event and Cross Country Championships. Event fees may be applicable.

Relay Championships

These events are conducted prior to the Christmas break. Teams are selected from athletes who attend coaching sessions which begin early in the summer season. Athletes who attend regular training sessions for relays will be assured a position at regional trials.

Track and Field Championships

These events are held during February and March each year. All athletes from Under 9 to Under 15 are eligible to participate in a maximum of four events. Registrations for all athletes, wanting to participate, need to be submitted prior to the Christmas break.

Multi-event Championships

Selection is open to all athletes in the Under 9 to Under 15 age groups. Athletes compete in 100m, 800m, 800m, Long Jump and Discus.

Werribee Centre Uniform

Athletes selected to represent the Werribee Centre in VLAA Championship events will be required to wear the WLAC uniform top on the day of competition. Children are also required to wear plain black shorts and suitable footwear as part of the WLAC uniform.

Failure to comply with the clothing regulation may result in an athlete being disqualified from an event. This is a VLAA enforceable policy.

NEW WERRIBEE CENTRE RECORDS – BROKEN IN THE 2008/2009 SEASON

Name	Age Group	Event	Club	New Record	Old Record	Year
Amy Cashin	Under 15 Girls	1500m	WC	4:59.75 mins	5:09.30	2002/2003
Amy Cashin	Under 15 Girls	800m	WC	2:24.97 mins	2:29.12	2007/2008
Gabriel Del Pilar	Under 12 Boys	70m	DR	9.10 secs	9.35	2003/2004
Frank Muscara	Under 13 Boys	200m	DR	25.31 secs	25.82	2004/2005
Frank Muscara	Under 13 Boys	Long Jump	DR	5.28 metres	5.10	1983/1984
Maree Muscara	Under 11 Girls	Javelin	DR	21.15 metres	20.63	2006/2007

STATE CHAMPIONSHIP MEDAL WINNERS – 2008/2009 SEASON

Below are medals that were won by Werribee Little Athletics athletes at the State Championships of Relay, Multis, Track & Field and Cross Country.

Cross Country

Gold = 3	Silver = 0	Bronze = 0
Alexie Barlow Under 9 Girls Amy Cashin Under 15 Girls * Brooklyn Utber Under 7 Girls Under 9 Girls Team: - Alexie Barlow - Chantelle De Girolamo - Demi Utber	-	-

*** Invitation Event**

Under 7 and Under 8 events are invitation only. Medals are not awarded for these events.

Relays

Gold = 0	Silver = 2	Bronze = 2
-	Under 13-15 Girls Medley - Amy Cashin - Daniela Roman - Kirsty Stevens - Jennifer Walter Under 13-15 Boys Medley - Dean Bunting - Jason Concha - Frank Muscara - Steve Ryan	Under 9-12 Boys Medley - Kees Fong - Scott May - Fraser Paull - Meeraf Tsehai Under 13 Boys Medley - Dean Bunting - Trent Galley - Frank Muscara - Alex Riseborough

Multis

Gold = 0	Silver = 0	Bronze = 0
-	-	-

Track & Field

Gold = 5	Silver = 6	Bronze = 5
<p>Breanna De Girolamo Under 9 Girls - Discus</p> <p>** Morgan Mitchell Under 14 Girls - 300mH</p> <p>Frank Muscara Under 13 Boys - Long Jump</p> <p>Maree Muscara Under 11 Girls - Javelin</p> <p>Daniela Roman Under 13 Girls - 300mH</p>	<p>Amy Cashin Under 15 Girls - 1500m</p> <p>Amy Cashin Under 15 Girls - 800m</p> <p>Sarah Chapman Under 11 Girls - 800m</p> <p>Morgan Mitchell Under 14 Girls - 80mH</p> <p>Frank Muscara Under 13 Boys - 200m</p> <p>Frank Muscara Under 13 Boys - 400m</p>	<p>Babriel Del Pilar Under 12 Boys - 70m</p> <p>Mia Reiber Under 11 Girls - 60mH</p> <p>Isaac Corvo Under 12 Boys - Long Jump</p> <p>Isaac Corvo Under 12 Boys - Triple Jump</p> <p>Kees Fong Under 10 Boys - Shot Put</p>

**** Victorian Best Performance (VBP)**

Congratulations to Morgan Mitchell on setting a new VBP in the Under 14 Girls 300mH of 43.23 seconds breaking the previous record of 43.85 seconds



2009/2010 Track & Field Program



Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
4 th Oct '09	10 th Oct '09	17 th Oct '09	24 th Oct '09	7 th Nov '09	13 th Nov '09	21 st Nov '09	28 th Nov '09	5 th Dec '09	19 th Dec '09	16 th Jan '10	23 rd Jan '10	30 th Jan '10	6 th Feb '10	13 th Feb '10	27 th Feb '10
100m 400m 80-100mH High Jump Shot Put	100m 200m 1500m Triple Jump Javelin	200m 400m 300mH Long Jump Shot Put	100m 200m 1500m Triple Jump Discus	100m 800m 300mH High Jump Discus	200m 400m 80-100mH Javelin	200m 1500m 300mH Triple Jump Shot Put	100m 800m 80-100mH Long Jump Discus	100m 800m 80-100mH Long Jump Discus	100m 400m 80-100mH High Jump Javelin	100m 200m 1500m Triple Jump Javelin	200m 400m 300mH High Jump Shot Put	100m 200m 1500m Long Jump Discus	100m 800m 80-100mH High Jump Shot Put	200m 400m 300mH Triple Jump Javelin	200m 800m 300mH Long Jump Shot Put
200m 400m 60mH High Jump Shot Put	70m 100m 1500m Triple Jump Javelin	200m 400m 80mH Triple Jump Shot Put	70m 100m 1500m Long Jump Discus	200m 800m 60mH High Jump Discus	100m 400m 60mH Javelin	200m 1500m 80mH High Jump Shot Put	70m 100m 800m Long Jump Discus	80mH 100m 800m Long Jump Discus	200m 400m 60mH High Jump Javelin	70m 1500m 80mH Triple Jump Javelin	200m 400m 70m Long Jump Shot Put	70m 100m 1500m Long Jump Shot Put	200m 800m 60mH High Jump Discus	70m 100m 400m Triple Jump Javelin	200m 800m 80mH Triple Jump Shot Put
200m 400m 60mH Triple Jump Discus	70m 100m 1500m High Jump Javelin	200m 400m 80mH Shot Put High Jump	70m 100m 1500m Long Jump Shot Put	200m 800m 60mH Triple Jump Javelin	100m 400m 60mH High Jump	200m 1500m 80mH Long Jump Shot Put	70m 100m 800m Long Jump Discus	80mH 100m 800m Long Jump Discus	200m 400m 60mH Triple Jump Javelin	70m 1500m 80mH High Jump Javelin	200m 400m 70m Triple Jump Shot Put	70m 100m 1500m Long Jump Discus	200m 800m 60mH Triple Jump Discus	70m 100m 400m High Jump Javelin	200m 800m 80mH High Jump Shot Put
70m 200m 60mH Long Jump	70m 100m 400m Discus	200m 400m 80mH Triple Jump	100m 800m High Jump Shot Put	70m 200m 60mH Long Jump	100m 400m 60mH Shot Put	200m 800m 80mH Triple Jump	100m 800m High Jump Shot Put	100m 800m 800m Long Jump Discus	70m 200m 60mH High Jump	70m 400m 80mH Discus	200m 400m 80mH Triple Jump	100m 800m High Jump Shot Put	70m 200m 60mH Long Jump	70m 100m 400m Discus	200m 800m 80mH Triple Jump
70m 200m 60mH Long Jump	70m 100m 400m Discus	200m 400m 80mH Triple Jump	100m 800m High Jump Shot Put	70m 200m 60mH Long Jump	100m 400m 60mH Shot Put	200m 800m 80mH Triple Jump	100m 800m High Jump Shot Put	100m 800m 800m Long Jump Discus	70m 200m 60mH Long Jump	70m 400m 80mH Discus	200m 400m 80mH Triple Jump	100m 800m High Jump Shot Put	70m 200m 60mH High Jump	70m 100m 400m Discus	200m 800m 80mH Triple Jump
70m 200m 60mH Long Jump	70m 100m 400m Triple Jump	100m 200m 80mH Shot Put	70m 100m Shot Put Discus	70m 200m 60mH Long Jump	100m 400m 60mH Triple Jump	100m 200m 80mH Shot Put	70m 80mH Long Jump Discus	100m 600m 60mH Long Jump Discus	70m 200m 60mH Long Jump	70m 100m 400m Triple Jump	100m 200m 80mH Shot Put	70m 100m Shot Put Discus	70m 200m 60mH Long Jump	70m 200m 400m Triple Jump	100m 200m 80mH Shot Put
70m 200m 60mH Long Jump	70m 100m 300m Shot Put	100m 200m 60mH Discus	70m 100m Long Jump Discus	70m 200m 60mH Long Jump	70m 100m 200m Shot Put	100m 300m 60mH Discus	70m 100m Long Jump Shot Put	100m 400m Long Jump Discus	70m 200m 60mH Long Jump	70m 100m 200m Shot Put	100m 200m 60mH Discus	70m 100m Long Jump Shot Put	70m 300m 60mH Long Jump	70m 100m 200m Shot Put	100m 300m 60mH Discus
70m 200m On Track	70m 100m On Track	200m 60mH On Track	70m 100m On Track	70m 60mH On Track	100m 200m On Track	200m 60mH On Track	70m 100m On Track	100m 400m Long Jump Discus	70m 60mH On Track	70m 200m Shot Put On Track	100m 200m 60mH Shot Put	70m 100m Long Jump Discus	70m 200m 60mH Long Jump	70m 100m 200m Shot Put	100m 200m 60mH Discus

WLAN Multi Day - Week 9 is a normal competition week for ALL athletes. Athletes score points just like any other week. However in addition to normal competition it is also a Multi day and medals will be awarded for the top 3 athletes in each age group.