



Handbook

Season 2004 / 2005



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Werribee Little Athletics would like to acknowledge the generous support of all our Season 2004 / 2005 supporters. We encourage our members to support these business and mention our Centre when visiting them.

Westpoint Ford Hoppers Crossing *(back cover)*

Snap Printing Werribee *(page 45)*

Athlete's Foot Werribee Plaza *(inside front cover)*

The Look Hoppers Crossing, Altona, Williamstown *(page 18)*

Barry Plant Doherty Real Estate Werribee *(page 29)*

The Great Australian Icecreamery Werribee

Capt'n Snooze Hoppers Crossing

Wyndhamvale Physiotherapy & Sports Injury Clinic *(page 25)*

Cinnabon Werribee Plaza *(page 34)*

McDonalds Hoppers Crossing *(page 45)*

PM Foster & Co Werribee *(page 34)*

Cookieman Werribee Plaza *(page 25)*

Natural Alternative Werribee Plaza *(page 29)*

DiCaprio Family Restaurant Hoppers Crossing

Victoria University Hoppers Crossing

Donut King Werribee Plaza

Costa's Mitre 10

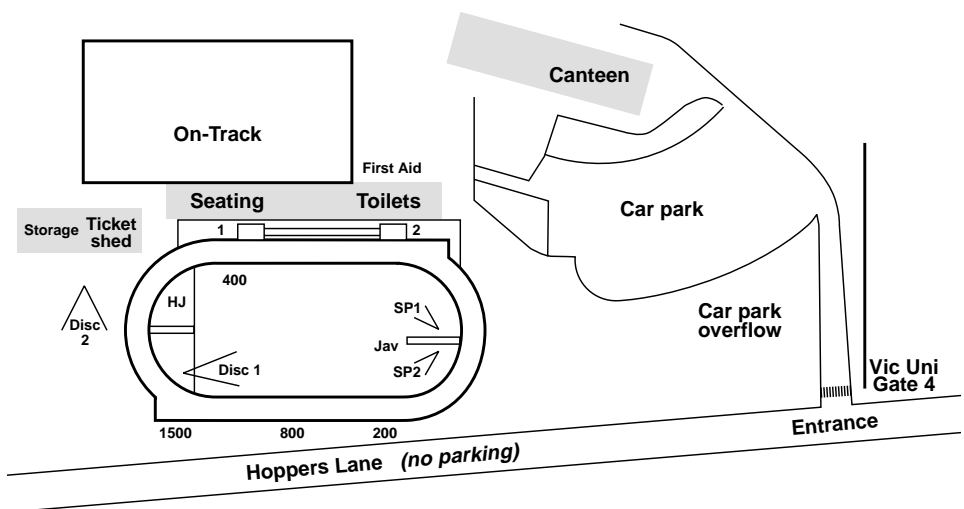


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Werribee Little Athletics Centre Fixture for 2004 / 2005

Date	Program	Comments
Sept 11		Registration day Sat 10 am to 12 noon
Oct 2	1	Saturday 1.00 pm start, registrations taken 10 am to 12 noon
Oct 10	2	(B) Sunday – 11.00 am start
Oct 16	3	
Oct 23	1	U13-U15 Invitation Day – Werribee
Oct 29		Lady Northcote Camp (U10-U12 girls & boys)
Oct 30		No athletics this day.
Nov 6	2	(G)
Nov 12	3	Friday twilight meeting, commences 5.00 pm
Nov 14		Sunday – Regional Relay Championships at Werribee
Nov 20	1	Fun with Friends day (U12 – U15 only)
Nov 27	2	(B) U13-U15 Invitation Day – (TBA)
Dec 4	3	
Dec 5		Sunday – State Relay Championships at Whittlesea
Dec 11	1	
Dec 18	2	(G) Final day – entries for Track & Field Championships
Jan 15	3	Ribbon Day
Jan 21	1	Friday twilight meeting, commences 5.00 pm (Camp Over)
Jan 28	2	(B) Friday twilight meeting, commences 5.00 pm
Feb 5	3	U13-U15 Invitation Day – Williamstown
Feb 12	1	
Feb 19-20		Regional Track and Field Championships
Feb 26	2	(G) U13-U15 Invitation Day (TBA)
Mar 5-6		State Multi-Event – (TBA)
Mar 5	3	
Mar 13		Sunday – Werribee Open Day, 9.30 am start
Mar 19-20		State Track & Field Championships, Olympic Park
Apr 2		Presentation Day, at track
Apr 23		Werribee Cross Country commences – Presidents Park

Notes

Programs commence on Saturday morning at 8.15 am with warm-ups, going through to 12.00 noon, unless otherwise stated – Oct 2 is Saturday afternoon, Oct 10 is Sunday,

Nov 12, Jan 21 & Jan 28 are Friday Night Twilight Meetings.

** (B) & (G) – This symbol indicated who competes in the 1st event listed on program 2 where there is a split event for an age group.

ie: U12 Program 2 '100/200' – On October 10 the U12 boys will complete 100 metres, whilst the U12 girls will complete 200 metres. On November 6 the U12 girls will complete 100 metres, whilst the U12 boys complete 200 metres.

Training is offered to all registered athlete on Mondays & Wednesdays from 5.00 pm to 7.00 pm at the track.

U13-U15 Invitation Days – Athletes competing at other venues on these days must provide evidence of competition results to ensure they are recorded at Werribee. Please contact David Lane on 9741 1378 for further details.

THE THREE PROGRAM CYCLE

Age Group	Program 1	Program 2	Program 3
Open Age (U13-U15)	Discus	Shot Put	Javelin
	High J	Long J	Triple J
	400	800	1500
	200	200	100
	100	80-100 H	300 H
Under 12	<i>Javelin</i>	<i>Discus</i>	Shot Put
	Triple J	Long J	High J
	400	800	1500
	100	<i>100/200</i>	200
	60 H	80 H	70
Under 11	Discus	Javelin	Shot Put
	Long J	Triple J	High J
	400	800	1500
	100	<i>100/200</i>	200
	60 H	80 H	70
Under 10	Shot Put	<i>Discus/Shot P</i>	Discus
	High J	Triple J	Long J
	400	800	200
	100	200	100
	60 H	80 H	70
Under 9	Shot Put	<i>Discus/Shot P</i>	Discus
	Triple J	High J	Long J
	400	800	200
	100	200	100
	60 H	80 H	70
Under 8	Shot Put	<i>Discus/Shot P</i>	Discus
	Long J	<i>Triple J/Long J</i>	Triple J
	400	200	200
	70	100	100
	60 H	80 H	70
Under 7	Discus	Shot Put	Long J
	200	200	200
	70	100	100
	60 H	60 H	70
Under 6	Long J	Discus	Shot Put
	100	200	200
	70	100	100
	60 H	60 H	70

Program 2: Events shown in ***bold italics*** would be split. eg. boys do one this week, girls do the other. Next time that program is offered, they do the reverse

WELCOME TO LITTLE ATHLETICS

Welcome to Little Athletics for the 2004 / 2005 season.

Werribee Little Athletics Centre Incorporated (WLAC) is a member of the Victorian Little Athletics Association Incorporated (VLAA). More than 22,000 young Victorians participate in Little Athletics. There are almost 100,000 Little Athletes registered throughout Australia .

Athletics gives children the opportunity to participate in a range of activities including running, jumping, throwing and walking. Little Athletics acknowledges participation and self-improvement, not just winning.

The primary goal of Little Athletics is to unite family, fun and fitness. Little Athletics promotes, and in fact depends on family participation at all levels. Parents are always needed to help out with the centre program as team managers, officials and helpers.

Enjoy your year with Werribee Little Athletics.

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 whilst upgrades took place to their track in Corio. Lara will be continuing with us this season.

Today, Werribee Little Athletics consists of six clubs: Glen Devon, Hoppers Crossing, Lara, St Andrews, Werribee Central & Wyndhamvale.

LIFE MEMBERS OF WERRIBEE LITTLE ATHLETICS CENTRE INC

1979	V Bunworth, M Bunworth, J Stewart, B Thompson
1981	V Steinbergs
1985	B Ganley, S Mongey, J Sandford
1986	T Jago
1990	K Minster
1993	I Dunne
1995	J Shannon
1998	D Bunworth, A Hilton
1999	R Carr
2001	P Miles
2003	W. Anderson
2004	P Hargreaves

Distinguished Service Award

1993	D Bunworth
1998	J Musial
2004	V Bunworth, N Hamilton

WERRIBEE LITTLE ATHLETICS EXECUTIVE COUNCIL MEMBERS

President	Michelle McIntyre	☎ 9748 0663	mrsmac@bmail.com.au
Secretary	Noelyn Schumacher	☎ 9741 4300	schum@bigpond.com
Treasurer	Beryl McGinness	☎ 9731 0728	
Registrar	Jon Field	☎ 9741 2609	jonbfield@hotmail.com
Interclub Track & Field / Vice President	Steve Ryan	☎ 9741 3248	steve_m_ryan@bigpond.com
Interclub Cross Country	Wallace Anderson	☎ 9741 5162	anderson.wallace.m@edumail.vic.gov.au
Championship & Special Events – (Girls)	Lois Mitchell	☎ 9734 3256	lois@firstauto.com.au
Championship & Special Events – (Boys)	Michelle Turner	☎ 9741 1549	turnerroos@iprimus.com.au
Publicity & Public Relations	Glenn Todd	☎ 9742 7766	takenotice@access.net.au
Education	Allan Cook	☎ 9748 0546	alan.cook@orica.com
Organisation of Officials	Kevin Maddigan	☎ 9741 9645	maddigankk@hotmail.com
Technical Requirements	Vacant		
Co-ordination of Records and Rankings	David Lane	☎ 9741 1378	davidlane@bigpond.com
Under 6 Track Co-ordinator	Leanne Ryan	☎ 9741 3248	steve_m_ryan@bigpond.com
General Committee Member	Colleen Tewhata	☎ 9742 3321	tewhata@optusnet.com.au
General Committee Member	Chris Sciculna	☎ 5282 3318	

CONTACTS AND UNIFORMS OF MEMBER CLUBS

Glen Devon	Mary Wilson	☎ 9748 9324
	Lois Mitchell	☎ 9734 3256

Uniform: *White T-shirt, black shorts, white socks*

Hoppers Crossing	Robin Brand	☎ 9748 9544
	Carmen Falduto	☎ 9749 5336

Uniform: *Gold T-shirt, black shorts, white socks*

Lara	Chris Sciculna	☎ 5282 3318
	Virginia Hogan	☎ 5282 5295

Uniform: *Navy blue T-shirt, navy shorts, white socks*

St Andrews	Sharyn Morton	☎ 9742 2714
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Uniform: *Red T-shirt, black shorts, white socks*

Werribee Central	Colleen Tewhata	☎ 9742 3321
	Mechelle Lane	☎ 9741 1378

Uniform: *Light blue T-shirt, black shorts, white socks*

Wyndhamvale	Ron Hoare	☎ 9742 4599
	Steve Ryan	☎ 9741 3248

Uniform: *Green T-shirt, black shorts, white socks*

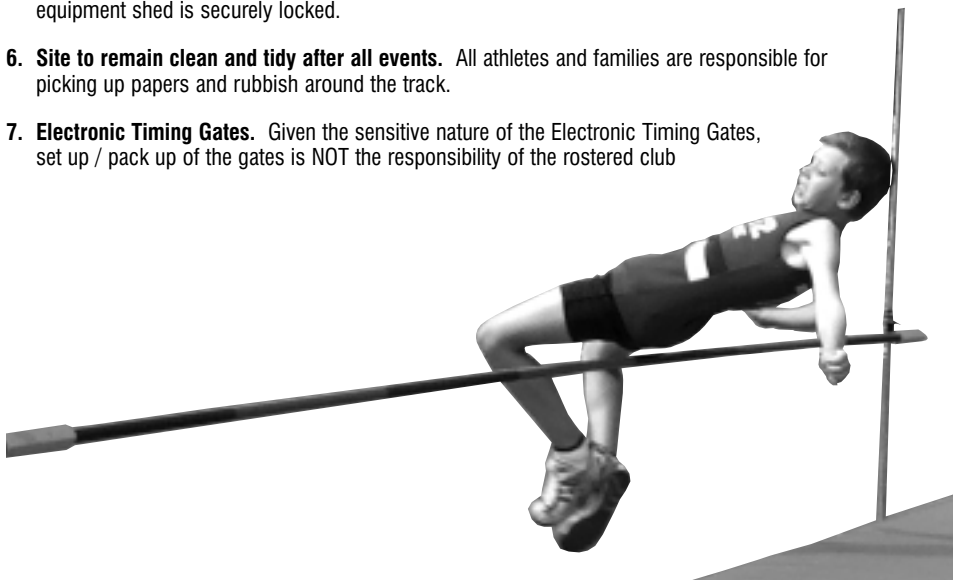
CLUB DUTY ROSTER FOR SEASON 2004 - 2005

<i>Date</i>	<i>Equipment</i>	<i>Date</i>	<i>Equipment</i>
October	2 St Andrews	December	11 Glen Devon
	10 Werribee Central		18 Lara
	16 Wyndhamvale	January	15 Hoppers Crossing
	23 Glen Devon		21 St Andrews
November	6 Lara		28 Werribee Central
	12 Hoppers Crossing	February	5 Wyndhamvale
	20 St Andrews		12 Glen Devon
	27 Werribee Central		26 Lara
December	4 Wyndhamvale	March	5 Hoppers Crossing

DUTIES OF ROSTERED CLUBS

Set-up

- 1. Long Jump:** Take metre and half-metre mats, a rake and a broom to each jump pit. Rake and level each pit.
- 2. High Jump:** Place jump mats, side bags, bar and measuring stick at high jump area.
- 3. Throwing Events:** Put large red cones and signs out to mark the boundaries of the shot put and discus sectors.
- 4. Hurdles:** When required, put hurdles on the track. Hurdles specifications for all hurdles events are on page 12 of this booklet, and colour coded placement marks are on the track.
- 5. Pack Away:** At the end of competition, ensure that all equipment is put away neatly, and that the equipment shed is securely locked.
- 6. Site to remain clean and tidy after all events.** All athletes and families are responsible for picking up papers and rubbish around the track.
- 7. 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 club



PARENT ASSISTANCE TO RUN THE WEEKLY PROGRAM

Little Athletics is run by parents for our children. It is important that we all accept a share of the responsibility for getting through the program at both our regular and special meetings. Please do not sit back and leave the work to other parents. Volunteer to help in setting up, running the events or packing equipment away. Experienced helpers are always willing to assist new volunteers.

Every week approximately 50 parents are required to assist with conducting the weekly program. About 20 are required to conduct the track events (timekeepers for front and back straight, starters and marshalls) and about 30 are required to conduct the field events (4 people at each of 7 events, doing measuring, recording, raking and returning equipment after throws).

It should be easy to get 50 parent helpers when we have about 500 athletes participating each week. However, experience has shown that it is extremely difficult to get sufficient parent helpers. In recent years the Centre has tried all sorts of rosters and methods but none of these have worked very well.

For 2004 / 2005 we are using the following system to organise parent assistance. Please read it.

Firstly, we require experienced (or keen to learn) parents to be Chief Officials. This would provide 2 each for front straight timekeeping, back straight timekeeping, high jump, long jump, triple jump, discus (ring 1), discus (ring 2), shot put (ring 1) and shot put (ring 2). These Chief Officials will have responsibility for their event every second week, every other week they can have a rest or just help out. If you are prepared to be a Chief Official (or at least interested in the possibility) please see Kevin at one of the Registration sessions.

Secondly, Kevin will be operating an officials sign-in sheet at the centre table between 8.15 am and 8.30 am each morning. We will be looking for:

- Chief Officials to sign in
- Parents to sign in for timekeeping and marshalling, preferably for the whole morning or at least half the morning. These are the first positions that need to be filled each morning so that the track program can commence at 8.30 am
- Parents to sign in for assisting with field events, preferably for the whole morning or at least half the morning.

Thirdly, and this is the most important change from previous seasons, if any field or track official positions are unfilled when the program commences, the Coordinator will call groups of athletes to the relevant events and he will mention how many officials are required for that event to proceed. If at least that number of parents, from the age group called to the event, do not report to the event within five minutes and volunteer to do the officials duties, the event will be cancelled for that group of athletes. Cancellation will be used. If you come out to be an official under these conditions you only need to stay until your age group has finished the event.

When we have difficulty getting volunteers, both the program and our children suffer. Take the initiative and volunteer so that we can avoid the disappointment of cancelling events.

During the year we will be asking parents (particularly those of children in the Under 9 to Under 15 age groups) for assistance at the following special events (noting – if your child is participating in one of these events your assistance is mandatory):

- Region Relay Championships on 14th November 2004 at Werribee;
- State Relay finals on 5th December 2004 at Whittlesea;
- Region Track and Field Championships on 19th & 20th February 2005;
- State Multi-Event Championship on 5th & 6th March 2005; and
- State Track and Field finals on 19th & 20th March 2005

GENERAL INFORMATION

Insurance

All registered athletes are insured by the 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 including inter-club competition (Track and Field and Cross Country), Championship meetings and Open Days.

Any person wishing to make an insurance claim should contact the Centre secretary for details.

A summary of coverage is displayed on the Centre noticeboard.

Coaching

Coaching is available for U7-U15 athletes as detailed below. Coaching for U6 athletes will be conducted as part of the On-Track program.

Prior to the State Relay Championships break :

- Relay training on Monday evening from 5.30 pm to 6.30 pm (U9-U15)
- Event coaching on Wednesday evening from 5.30 pm to 6.30 pm (U7-U15)

After the State Relay Championships break :

- Event coaching on Wednesday evening from 5.30 pm to 6.30 pm (U7-U15). Athletes selected for regional and State T&F will be offered coaching in their events, all other athletes will do general skills coaching

Parents are encouraged to assist centre coaches with relay and event coaching.

Queries on relay training should be directed to Michelle Turner or Lois Mitchell. Queries on event coaching should be directed to Allan Cook.

VLAA and AT&FAC offer a wide range of coaching courses, from beginner to experienced level.

Parents interested in attending coaching courses should contact Allan Cook or the VLAA on 9676 3600.

Wet Weather

If it can be determined early enough that the program has to be cancelled due to inclement weather, or for any other reason, advice of such cancellation will be communicated to the Club President/Secretary on the morning of the planned competition. Their contact phone numbers can be found on page 6. Phone calls can be made to club contacts between 7.00 am and 8.00 am.

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 brought to the canteen each week.

To assist with identification, parents are asked to label all items of clothing with the child's name and club.

Open Days

Little Athletics centres throughout Victoria conduct Open Days at which all registered athletes may compete. Entry forms are displayed on the centre noticeboard. The Werribee Centre Open Day will be held on Sunday, 13 March 2005, commencing at 9.30 am. Entry forms are available on the noticeboard and on our website.

PROGRAM FOR UNDER 6 ATHLETES

This season Werribee LAC is running an Under 6 Track program which will operate as follows:

- Each morning parents will register U6 athletes at the normal club tables, and you need to register by 8.15 am
- U6 athletes are invited to 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. The children will be active for approximately 2 hours each week.

All U6 athletes who participate in at least 50% of the weekly programs will receive participation trophies from their club. However, there will be no Centre trophies for the U6 age group.

Any queries about the Under 6 Track Program should be directed to the coordinator, Leanne Ryan (9741 3248)

RULES OF COMPETITION

General Rules

1. An athlete competing in an event for the first time must report to the Starter's Marshall or to the field event Chief Official.
2. All registered Little Athletes must be dressed in correct club uniform. A patch showing the athletes registration number, age group and name must be attached to the front of the T-shirt. Body suits are allowed to be worn by athletes provided the club has them approved by the Centre Executive.
3. All children in the Under 6 to Under 9 age groups are to be escorted to their events by an age group team manager.
4. The chief official of any event may disqualify a competitor for misconduct.
5. All athletes must wear suitable footwear at all times when competing. Bare feet are not allowed.
6. 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.
7. Starting blocks are permitted for the Under 12 to Under 15 age groups for laned track events.
8. Bicycle shorts in the club's registered colours may be worn. They must be at least 10 cm above the knees. No stripes, checks or other markings are permitted.
9. When an event is being conducted on the in-field, only those athletes competing in the event will be allowed on the arena.
10. The only adults permitted to enter the in-field or cross the track are those officiating or acting as team managers. All other adults must remain off the in-field and track.
11. Coaching or barracking for competitors from the in-field is not permitted, and may result in an athlete being disqualified in an event.
12. If a parent or club official has a complaint about the result of an event, a protest may be lodged through the club secretary or team manager to the executive member 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.

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 70 m, 100 m, 200 m, 300 m, 400 m, 60 mH, 80/90/100 mH, and 300 mH events. All other track events are deemed unlaned events. Failure to comply with this rule will result in disqualification.
2. The Starter or Recall Starter may declare a false start if:
 - an athlete fails to assume their full and final 'set' position after a reasonable time when 'set' has been called;
 - An athlete disturbs another in a race through sound or otherwise; or
 - An athlete leaves his mark before the actual report of the starting pistol.

An athlete making a false start must be warned. If an athlete is responsible for two false starts, the athlete shall be disqualified except if the athlete is Under 6-9 or competing in a Multi event when three false starts are allowed.

3. A competitor is judged and timed only when the torso (neck to hips) crosses the finish line.
4. 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.
5. At the completion of a track event, athletes will receive their place tickets from the timekeepers. All track event tickets must then be taken to the recording shed where the performances will be recorded. Failure to have the time recorded will result in an athlete being deemed not to have participated in that event

Field Events

1. Children in the Under 7 to Under 9 age groups will be taken to the field events by a club team manager who will ensure that correct behaviour is observed.
2. After the completion of each event, all children are to return to their club area, or behind the fence at the pavilion.
3. Performances will be recorded by the officials at the event and athletes will receive a performance ticket.

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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 advised 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.

Middle Distance

Middle distance events are the 200 metres, 300 metres and 400 metres races. These are laned events. Starting procedure is the same as for the sprints.

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:

<i>Age group</i>	<i>Hurdle height</i>
Under 6,7	Small hurdles
Under 8,9	45 cm
Under 10,11	60 cm
Under 12	68 cm
Under 13-15	76 cm (sprint track) 68 cm (300 m)

<i>Event</i>	<i>No flights</i>	<i>Run In Distance</i>	<i>Distance Between Hurdles</i>	<i>Run Out Distance</i>
60 m	6	12 m	7 m	13 m
80 m	9	12 m	7 m	12 m
90 m	9	13 m	8 m	13 m
100 m	10	13 m	8.5 m	10.5 m
300 m	7	50 m	35 m	40 m

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

Distance

Distance events are the 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 12 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 13 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.

EVENT INFORMATION *cont.*

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.

The competitor who jumps the longest measured distance of all jumps recorded is the winner. In the event of a tie, a decision is made on the next best jump recorded by the tied athletes.

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 1 and 2 above should be completed on the run-up track.

Competitors in the Under 8 age group take off for their hop from a 1.22 metre by 1 metre mat.

Competitors in the Under 9 to Under 12 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.

Competitors in the Under 13 to Under 15 age groups take off from a 1.22 metres by 0.20 metres 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 correct starting height for the age group 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 failure at the height the third baulk occurs.

The athlete who achieves the jump of the greatest height will be declared the winner.

Ties:

The athlete with the fewest jumps at the height at which the tie occurs shall be awarded the higher place. If the tie still remains, the athlete with the lowest total number of failures throughout the competition (up to and including the height last cleared) shall be awarded the higher place.

If the tie still remains:

- when it concerns first place, competitors shall have one more jump at the lower height at which those involved in the tie failed. If no decision is reached, the bar shall be raised or lowered to a height nominated by the Chief Judge of the event. Competitors shall then attempt one jump as directed, to resolve the tie.
- When it concerns any other place, the tied competitors shall be awarded equal placing in the competition.

In the early weeks of the season, a high jump clinic will be conducted for Under 9 age group competitors in place of competition.

Discus

Competitors in the Under 7 to Under 8 age groups have two throws. Competitors in the Under 9 to Under 15 age groups have three throws. The athlete may enter the circle from any direction, but must leave from the rear half of the circle and from a standing position. 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.

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.

Measurement:

- 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.

Place is determined by best performance of all trials.

<i>Discus weights:</i>	<i>Age Group</i>	<i>Gender</i>	<i>Weight</i>
	Under 7-8	Boys & Girls	330 g
	Under 9,10	Boys & Girls	500 g
	Under 11,12	Boys	750 g
	Under 11-13	Girls	750 g
	Under 13-15	Boys	1.0 kg
	Under 14,15	Girls	1.0 kg

Shot Put

Competitors in the Under 7 to Under 8 age groups have two throws. Competitors in the Under 9 to under 15 age groups have three throws. Each throw must be commenced from a stationary position inside the circle. 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.

EVENT INFORMATION cont.

The athlete must not leave the circle until the shot has landed. The athlete may enter the circle from any direction, but must always leave from the rear half of the circle and from a standing position.

Measurement is similar to that described for discus.

<i>Shot weights:</i>	<i>Age Group</i>	<i>Gender</i>	<i>Weight</i>
	Under 7-8	Boys & Girls	1.5 kg
	Under 9-11	Boys	2.0 kg
	Under 9-12	Girls	2.0 kg
	Under 12,13	Boys	3.0 kg
	Under 13-15	Girls	3.0 kg
	Under 14,15	Boys	4.0 kg

Javelin

<i>Javelin Weights:</i>	<i>Age Group</i>	<i>Gender</i>	<i>Weight</i>
	Under 11,12	Boys	400 g
	Under 11-13	Girls	400 g
	Under 13-15	Boys	600 g
	Under 14,15	Girls	600 g

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, (see pages 20-25) to follow their progress.

Achievement Awards

There are five levels of achievement awards: green, red, bronze, silver and gold.

Achievement awards relate to five event groups. These are:

Sprints	70 m, 100 m, 60 mH, 80 mH, 90 mH, 100 mH
Middle Distance	200 m, 300 m, 400 m, 300 mH
Distance	800 m, 1500 m
Jumping	Long Jump, Triple Jump, High Jump
Throwing	Shot Put, Discus, Javelin

CODE OF BEHAVIOUR

The Werribee Little Athletics Centre operates under the Code of Behaviour developed by Victorian Little Athletics. The Code outlines appropriate and inappropriate behaviour for little athletes, coaches, team managers, parents, spectators, administrators and officials.

The Code of Behaviour is available through your club, on the WLAC website and also on the main notice board.

An action plan is in place for Werribee Little Athletics Executive Committee to deal with inappropriate behaviour and resolve any matters relating to continued breeches 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.

CROSS COUNTRY RUNNING

From late April to late July, Werribee Little Athletics Centre conducts cross country runs on Saturday mornings. These are held at various locations within the Werribee area and commence at 9.00 a.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:

<i>Age group</i>	<i>Distance</i>
Under 6-8	1000 metres
Under 9-10	1500 metres
Under 11-12	2000 metres
Under 13-15	3000 metres

The season consists of approximately 12 inter-club meetings plus Regional and State finals. These finals are held for Under 9 to Under 15 age groups. Additionally, special invitation events are held:

- at Regional level for Under 6 to Under 8 age groups, and
- at State level for Under 7 and Under 8 age groups

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 small registration fee.

For further information, contact the Centre Executive for Cross Country.

REPRESENTING WERRIBEE LITTLE ATHLETICS CENTRE

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.

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.

Regional trials will be held at Werribee and State Finals this year will be held at Whittlesea.

Athletes who attend regular training sessions for relays will be assured a position in at least 1 event 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.

A permission / entry form to represent WLAC can be found towards the back of this handbook. Parents are requested to detach this form, complete it and forward the form and relevant payment by the required date. The form must be signed by a parent to indicate that the athlete has permission to attend and that a parent is prepared to assist as an official if required. Athletes will be expected to pay \$4 for each event they enter, and this must accompany the permission / entry form.

Regional heats are held at Newport Park, and State finals at Olympic Park.

REPRESENTING WERRIBEE LITTLE ATHLETICS CENTRE *cont.*

Multi-Event Championships

This event is held on March 5th & 6th at a country venue. Selection is open to all athletes in the Under 9 to Under 15 age groups. Athletes compete in 100 m, 800 m, 80mH, Long Jump and Discus. Athletes will be expected to pay half of the entry fee.

Werribee Centre Uniform

Athletes selected to represent the Werribee Centre in VLAA Championship events will be required to wear a WLAC uniform top on the day of competition. For those athletes who do not currently have a WLAC uniform top one can be borrowed. Arrangements can be made with our Centre uniform co-ordinator, Colleen Tawhata. A small refundable deposit will be required.

Children are also required to wear black shorts and suitable footwear as part of the WLAC uniform.

Note: *The Centre uniform can be returned to Colleen at the completion of the day's competition or athletes may retain the uniform and return at the end of participation in all events.*

Werribee centre uniforms may be purchased at the start of the season by athletes, all inquiries are to be directed to the Centre executive.

Failure to comply with the clothing regulation may result in an athlete being disqualified from an event.

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 is provided per athlete per year. Applications should be in writing and addressed to the Centre secretary. For more information contact a member of the Centre executive.

VICTORIAN LITTLE ATHLETICS HEALTH POLICIES

Smoke Free Policy

- Cigarettes shall not be sold at any Little Athletics venue
- Committee, coaches and officials shall not smoke in view of the public
- All Centre meetings and functions shall be smoke free
- The Centre will place no smoking signs in prominent positions
- The Centre will have a designated 'Smoking Area' away from the public view
- Regular announcements will be made to remind all attendees of the smoke free policy

Sun Protection Policy

- The Centre will maximise the use of natural shade
- Individuals are encouraged to bring their own shade structures
- When considered necessary, portable shade will be provided at field events
- Promote the wearing of sun protective clothing, hats, sunglasses etc for competitors, officials and parents
- Athletes will be encouraged to take drink bottles, hats and sunglasses to events. Hats and sunglasses may be worn during events
- Sunscreen of 15+ SPF to be promoted
- Centre officials and coaches to act as sunscreen models

Health Food Policy

- The Centre canteen where applicable will provide a variety of healthy food choices
- Healthy eating will be promoted
- Healthy food will be priced competitively

Responsible Alcohol Management

- There will be no consumption of alcohol while any Little Athletics event is in progress
- Where alcohol is consumed at a Centre function:
- It will not be served to minors
- Members who have been drinking will be encouraged to use safe transport options
- Water will be available at no cost
- Low alcohol and non alcoholic drinks will be available

WERRIBEE LITTLE ATHLETICS FEES FOR THE 2004 / 2005 YEAR

Registration Fees for the 2004 / 2005 year are \$70.00 per athlete, with a 50% discount for the third or any subsequent children from the same family.

In addition, athletes competing in individual State Track and Field and Multi-Event Championships will be required to pay 50% of the entry fee (the Centre will pay the balance of fees plus all relay fees).

The executive believes that the fee structure is very reasonable in comparison with other junior sports and other Little Athletic Centres. It should also be remembered that the registration fee is for 12 months and entitles athletes to compete in the cross country season following the Track & Field season.

Each of the clubs participating at Werribee LAC charges between \$1 & \$2 per week as a weekly competition fee. Club secretaries can provide details of club weekly fees and other club fundraising activities to their members.

DETERMINING THE ALLOCATION OF POINTS FOR CENTRE TROPHIES

All children receive points for their performance in each event in which they participate. The points scoring is based on the athlete's performance in relation to a set age group record. For example, if the record for the 100 metre sprint is 16.5 seconds, and a child runs the event in 16.5 seconds, s/he would receive 100 points. A child with a faster time would receive more than 100 points and a child with a slower time would receive less than 100 points.

In determining which athletes will receive trophies the following steps are followed:

- Points are allocated every week that a normal full program can be conducted.
- Centre trophies are awarded to the three athletes in each sex/age group with the highest weekly average points score. This is calculated by dividing the total number of points an athlete receives by the number of weeks that the athlete participates.
- To ensure that regular participation is encouraged and rewarded, athletes must participate in at least 75% of the weeks to be eligible for centre trophies and the calculation of points is based on a minimum participation at 85% of the weeks points are allocated. This is 13 and 15 weeks respectively, if the whole season is completed, less if any weeks are abandoned.
- For example, if A has 4800 (18 weeks attendance), B has 4600 points (16 weeks attendance), C has 4200 points (14 weeks attendance) and D has 4000 points (10 weeks attendance), the points are determined as follows:
 - *A has a weekly average of 267 (4800 divided by 18)*
 - *B has a weekly average of 287 (4600 divided by 16)*
 - *C has a weekly average of 300 (4200 divided by 14) but this is adjusted to a weekly average of 280 when divided by the minimum 15 weeks*
 - *D has a weekly average of 400 (4000 divided by 10) but is not eligible because D did not participate at 75% of the weeks.*
- In this example B is the winner because B has the highest weekly average points, even though A received more points in total and C and D had higher weekly averages before adjustments for not competing at the minimum number of weeks.
- The committee believes that the minimum participation rate rewards participation, while awarding the trophies to the highest achieving athletes. It also means that athletes competing at the State Multi-Event, attending coaching camps or ill for a short time are not disadvantaged.
- In addition to the trophies described above, most consistent trophies will also be presented to any athlete who finishes in the top three total points for their age group but does not win a 1st, 2nd or 3rd trophy using the weekly averaging system.
- Athletes and parents should be aware that participating in part of a weekly program eg 1 or 2 events, will disadvantage them in terms of centre trophies because it will count as a week of participation but they will not gain as many points as if they participated in all events.

Clubs will be provided with weekly average points, total points and number of weeks participating data and will determine which athletes will receive club trophies.

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.

The following charts indicate achievement levels needed to be attained for each level.

ACHIEVEMENT AWARD LEVELS – GIRLS

<i>Event</i>	<i>Age</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Red</i>	
70 m	6	14.0	14.7	15.4	16.1	
	7	13.3	14.0	14.7	15.4	
	8	12.6	13.3	14.0	14.7	
	9	12.0	12.7	13.4	14.1	
	10	11.5	12.2	12.9	13.6	
	11	11.1	11.8	12.5	13.2	
	12	10.8	11.5	12.2	12.9	
	13	10.6	11.3	12.0	12.7	
	14	10.4	11.1	11.8	12.5	
	15	10.2	10.9	11.6	12.3	
	100 m	6	19.1	20.1	21.1	22.1
		7	18.3	19.3	20.3	21.3
		8	17.5	18.5	19.5	20.5
		9	16.8	17.8	18.8	19.8
		10	16.2	17.2	18.2	19.2
11		15.7	16.7	17.7	18.7	
12		15.3	16.3	17.3	18.3	
13		15.0	16.0	17.0	18.0	
14		14.7	15.7	16.7	17.7	
15		14.4	15.4	16.4	17.4	
60 mH		6	14.1	14.8	15.5	16.2
		7	13.5	14.2	14.9	15.6
		8	12.9	13.6	14.3	15.0
		9	12.3	13.0	13.7	14.4
		10	11.7	12.4	13.1	13.8
	11	12.3	13.0	13.7	14.4	
	12	11.7	12.4	13.1	13.8	
	80 mH	8	18.5	19.6	20.7	21.9
		9	17.6	18.8	19.8	20.9
		10	18.9	20.2	21.4	22.7
		11	16.8	17.9	18.7	20.1
		12	16.2	17.4	18.4	19.6
13		15.8	16.9	18.0	19.2	
14		15.6	16.7	17.8	19.0	
90 mH		15	17.1	18.4	19.6	20.9
	300 mH	13	56.0	58.0	60.0	63.0
		14	53.0	55.0	57.0	60.0
15		50.0	52.0	54.0	57.0	

ACHIEVEMENT AWARD LEVELS – GIRLS cont.

<i>Event</i>	<i>Age</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Red</i>
200 m	6	45.5	47.5	49.5	51.5
	7	42.5	44.9	47.3	49.8
	8	39.5	41.9	44.3	46.8
	9	37.0	39.4	41.8	44.2
	10	35.0	37.4	39.8	42.2
	11	33.5	35.9	38.3	40.7
	12	32.5	34.9	37.3	39.7
	13	32.0	34.4	36.8	39.2
	14	31.5	33.9	36.3	38.7
	15	31.0	33.4	35.8	38.2
300 m	7	1.16.0	1.21.5	1.27.0	1.32.5
400 m	8	1.34.5	1.40.3	1.46.1	1.51.9
	9	1.28.0	1.33.8	1.39.6	1.45.4
	10	1.22.5	1.28.3	1.34.1	1.39.9
	11	1.18.0	1.23.8	1.29.6	1.35.4
	12	1.14.5	1.20.3	1.26.1	1.31.9
	13	1.12.0	1.17.8	1.23.6	1.29.4
	14	1.10.5	1.16.3	1.22.1	1.27.9
	15	1.09.0	1.14.8	1.20.6	1.26.4
800 m	9	3.30.0	3.40.0	3.50.0	4.00.0
	10	3.20.0	3.30.0	3.40.0	3.50.0
	11	3.11.0	3.21.0	3.31.0	3.41.0
	12	3.03.0	3.13.0	3.23.0	3.33.0
	13	2.57.0	3.07.0	3.17.0	3.27.0
	14	2.52.0	3.02.0	3.12.0	3.22.0
	15	2.48.0	2.58.0	3.08.0	3.18.0
800 mW	8	6.00.0	6.25.0	6.50.0	7.15.0
1100 mW	9	8.20.0	8.53.0	9.24.0	9.27.0
	10	7.55.0	8.27.0	9.00.0	9.32.0
1500 mW	11	10.32.0	11.22.0	12.12.0	13.02.0
	12	10.12.0	11.22.0	12.12.0	13.02.0
	13	9.57.0	10.47.0	11.37.0	12.27.0
	14	9.47.0	10.37.0	11.27.0	12.17.0
	15	9.42.0	10.32.0	11.22.0	12.12.0
1500 m	11	6.05.0	6.20.0	6.35.0	6.50.0
	12	5.55.0	6.10.0	6.25.0	6.40.0
	13	5.45.0	6.00.0	6.15.0	6.30.0
	14	5.35.0	5.50.0	6.05.0	6.20.0
	15	5.25.0	5.40.0	5.55.0	6.10.0

ACHIEVEMENT AWARD LEVELS – GIRLS cont.

<i>Event</i>	<i>Age</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Red</i>
Long Jump	6	2.00	1.75	1.50	1.25
	7	2.20	1.95	1.70	1.45
	8	2.50	2.25	2.00	1.75
	9	2.80	2.55	2.30	2.05
	10	3.10	2.85	2.60	2.35
	11	3.40	3.15	2.90	2.65
	12	3.70	3.45	3.20	2.95
	13	4.00	3.75	3.50	3.25
	14	4.30	4.05	3.80	3.55
	15	4.60	4.45	4.10	3.85
Triple Jump	8	5.40	4.80	4.20	3.60
	9	6.00	5.40	4.80	4.20
	10	6.60	6.00	5.40	5.40
	11	7.20	6.60	6.00	5.40
	12	7.80	7.20	6.60	6.00
	13	8.40	7.80	7.20	6.60
	14	9.00	8.40	7.80	7.20
	15	9.60	9.00	8.40	7.80
High Jump	9	0.95	0.89	0.83	0.77
	10	1.03	0.97	0.91	0.85
	11	1.11	1.05	0.99	0.93
	12	1.19	1.13	1.07	1.01
	13	1.27	1.21	1.15	1.09
	14	1.35	1.29	1.23	1.17
	15	1.43	1.37	1.31	1.25
Shot Put	6	2.60	2.20	1.70	1.40
	7	4.00	3.50	2.00	1.50
	8	3.50	3.00	2.50	2.00
	9	4.00	3.50	3.00	2.50
	10	5.00	4.50	4.00	3.50
	11	6.00	5.50	5.00	4.50
	12	7.00	6.50	6.00	5.50
	13	8.00	7.50	7.00	6.50
	14	8.50	8.00	7.50	7.00
	15	9.50	9.00	8.50	8.00
Discus	6	6.00	5.00	4.00	3.00
	7	9.50	7.50	6.50	5.50
	8	12.50	10.20	8.50	6.50
	9	14.50	12.20	10.50	8.50
	10	17.50	15.20	13.50	11.50
	11	17.50	15.20	13.50	11.50
	12	19.50	17.20	15.50	13.50
	13	21.50	19.50	17.50	15.50
	14	23.50	21.50	19.50	17.50
	15	25.50	23.50	21.50	19.50

ACHIEVEMENT AWARD LEVELS – GIRLS cont.

<i>Event</i>	<i>Age</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Red</i>
Javelin	11	14.0	13.0	11.0	9.0
	12	16.0	14.0	12.0	9.0
	13	18.0	16.0	14.0	11.0
	14	20.0	18.0	16.0	13.0
	15	22.0	20.0	18.0	15.0

ACHIEVEMENT AWARD LEVELS – BOYS

<i>Event</i>	<i>Age</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Red</i>	
70 m	6	13.7	14.4	15.1	15.8	
	7	13.0	13.7	14.4	15.1	
	8	12.3	13.0	13.7	14.4	
	9	11.7	12.4	13.1	13.8	
	10	11.2	11.9	12.6	13.3	
	11	10.8	11.5	12.2	12.9	
	12	10.5	11.2	11.9	12.6	
	13	10.3	11.0	11.7	12.4	
	14	10.1	10.8	11.5	12.2	
	15	9.9	10.6	11.3	12.0	
	100 m	6	18.4	19.4	20.4	21.4
		7	17.6	18.6	19.6	20.6
		8	16.8	17.8	18.8	19.8
		9	16.1	17.1	18.1	19.1
		10	15.5	16.5	17.5	18.5
11		15.0	16.0	17.0	18.0	
12		14.6	15.6	16.6	17.6	
13		14.3	15.3	16.3	17.3	
14		14.0	15.0	16.0	17.0	
15		13.7	14.7	15.7	16.7	
60 mH		6	13.6	14.3	15.0	15.7
		7	13.0	13.6	14.2	14.8
		8	12.3	13.0	13.6	14.2
		9	11.8	12.4	13.0	13.6
		10	11.2	11.8	12.4	13.0
	11	11.4	12.0	12.6	13.2	
	12	10.8	11.4	12.0	12.6	
	80 mH	8	16.9	17.9	18.8	19.8
		9	16.4	17.3	18.3	19.3
		10	17.6	18.7	19.7	20.7
		11	15.6	16.4	17.4	18.4
		12	15.1	16.0	16.9	18.0
13		14.8	15.6	16.5	17.6	
90 mH	14	16.1	17.1	18.1	19.3	
100 mH	15	15.6	16.6	17.6	18.8	

ACHIEVEMENT AWARD LEVELS – BOYS cont.

<i>Event</i>	<i>Age</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Red</i>
300 mH	13	50.5	52.5	54.5	56.5
	14	48.5	51.0	53.5	55.0
	15	46.0	48.5	51.0	53.5
200 m	6	43.5	45.5	47.5	49.5
	7	40.5	42.5	44.5	46.5
	8	37.5	39.5	41.5	43.5
	9	35.0	37.0	39.0	41.0
	10	33.0	35.0	37.0	39.0
	11	31.5	33.5	35.5	37.5
	12	30.5	32.5	34.5	36.5
	13	30.0	32.0	34.0	36.0
	14	29.5	31.5	33.5	35.5
	15	29.0	31.0	33.0	35.0
	300 m	7	1.10.5	1.16.0	1.21.5
400 m	8	1.29.5	1.34.5	1.39.5	1.44.5
	9	1.23.0	1.28.0	1.33.0	1.38.0
	10	1.17.5	1.22.5	1.27.5	1.32.5
	11	1.13.0	1.18.0	1.23.0	1.28.0
	12	1.09.5	1.14.5	1.19.5	1.24.5
	13	1.07.0	1.12.0	1.17.0	1.22.0
	14	1.05.5	1.10.5	1.15.5	1.20.5
	15	1.04.0	1.09.0	1.14.0	1.19.0
800 m	9	3.08.0	3.18.0	3.28.0	3.38.0
	10	2.58.0	3.08.0	3.18.0	3.28.0
	11	2.51.0	3.01.0	3.11.0	3.21.0
	12	2.46.0	2.56.0	3.06.0	3.16.0
	13	2.42.0	2.52.0	3.02.0	3.12.0
	14	2.39.0	2.49.0	2.59.0	3.09.0
	15	2.37.0	2.47.0	2.57.0	3.07.0
800 mW	8	5.45.0	6.10.0	6.35.0	7.00.0
1100 mW	9	7.55.0	8.27.0	9.00.0	9.32.0
	10	7.27.0	7.59.0	8.31.0	9.02.0
1500 mW	11	9.52.0	10.42.0	11.32.0	12.22.0
	12	9.32.0	10.22.0	11.12.0	12.02.0
	13	9.17.0	10.07.0	10.57.0	11.47.0
	14	9.07.0	9.57.0	10.47.0	11.37.0
	15	9.02.0	9.52.0	10.42.0	11.32.0
1500 m	11	5.50.0	6.05.0	6.20.0	6.35.0
	12	5.40.0	5.55.0	6.10.0	6.25.0
	13	5.30.0	5.45.0	6.00.0	6.15.0
	14	5.20.0	5.35.0	5.50.0	6.05.0
	15	5.19.0	5.25.0	5.40.0	5.55.0

ACHIEVEMENT AWARD LEVELS – BOYS cont.

<i>Event</i>	<i>Age</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Red</i>	
Long Jump	6	2.20	1.95	1.70	1.45	
	7	2.50	2.25	2.00	1.75	
	8	2.80	2.55	2.30	2.05	
	9	3.10	2.85	2.60	2.35	
	10	3.40	3.15	2.90	2.65	
	11	3.70	3.45	3.20	2.95	
	12	4.00	3.75	3.50	3.25	
	13	4.30	4.05	3.80	3.55	
	14	4.60	4.35	4.10	3.85	
	15	4.90	4.75	4.40	4.15	
	Triple Jump	8	6.00	5.40	4.80	4.20
		9	6.60	6.00	5.40	4.80
		10	7.20	6.60	6.00	5.40
		11	7.80	7.20	6.60	6.00
		12	8.40	7.80	7.20	6.60
13		9.00	8.40	7.80	7.20	
14		9.60	9.00	8.40	7.80	
15		10.20	9.60	9.00	8.40	
High Jump		9	1.00	0.94	0.88	0.82
	10	1.08	1.02	0.96	0.90	
	11	1.16	1.10	1.04	0.98	
	12	1.24	1.18	1.12	1.06	
	13	1.32	1.26	1.20	1.14	
	14	1.40	1.34	1.28	1.22	
	15	1.48	1.42	1.36	1.30	
	Shot Put	6	3.20	2.80	2.20	1.50
7		4.00	3.50	3.00	2.40	
8		4.30	3.80	3.20	2.60	
9		4.60	4.20	3.80	3.40	
10		6.00	5.50	4.90	4.30	
11		6.20	5.70	5.30	4.90	
12		6.90	6.30	5.70	5.10	
13		7.70	7.10	6.50	5.90	
14		8.70	8.20	7.50	7.00	
15		9.30	8.80	8.30	7.70	
Discus		6	9.00	7.50	5.40	4.50
	7	11.00	9.50	7.40	6.50	
	8	14.00	12.20	10.40	8.50	
	9	17.00	15.20	13.40	11.60	
	10	20.00	18.20	16.40	14.60	
	11	20.00	18.20	16.40	14.60	
	12	22.00	20.20	18.40	16.60	
	13	24.00	22.20	20.40	18.60	
	14	26.50	24.50	22.50	20.50	
	15	29.00	27.00	25.00	23.00	
	Javelin	11	17.0	15.0	13.0	11.0
12		20.0	18.0	16.0	13.0	
13		22.0	20.0	18.0	15.0	
14		24.0	22.0	20.0	17.0	
15		26.0	24.0	22.0	19.0	

WERRIBEE CENTRE RECORDS – GIRLS**70 metres**

Under 6	12.58	O Todd	WC	1999/00
Under 7	12.09	D Geisler	HC	1993/94
Under 8	10.90	W Sharland	GD	1976/77
Under 9	10.65	B Bonaccurso	GD	1985/86
Under 10	10.33	B Bonaccurso	GD	1986/87
Under 11	9.95	R Barlow	HC	1988/89
	9.95	S Robinson	HC	2003/04
Under 12	9.62	D Fernandez	SA	2003/04
Under 13	9.55	M Hill	WP	1985/86
	9.55	R Galea	SA	1997/98
Under 14	9.27	K Morley	HC	1987/88
Under 15	9.31	K Morley	HC	1988/89

100 metres

Under 6	18.30	L Purdy	HC	1987/88
Under 7	17.35	R Hinkley	SA	1991/92
Under 8	15.80	B Bonaccurso	GD	1984/85
Under 9	15.26	B Bonaccurso	GD	1985/86
Under 10	14.41	B Bonaccurso	GD	1986/87
Under 11	13.90	J Bridges	HC	1979/80
Under 12	13.56	R Barlow	HC	1989/90
Under 13	13.31	K Morley	HC	1986/87
Under 14	13.08	C Carr	HC	1997/98
Under 15	12.60	K Morley	HC	1988/89

300 metres

Under 7	1.00.42	L Purdy	HC	1988/89
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60 metres Hurdles

Under 6	12.23	T Wilson	GD	1992/93
Under 7	11.49	R Dunlop	GD	1995/96
Under 8	11.20	R Paton	WV	1979/80
Under 9	10.30	W Sharland	GD	1977/78
Under 10	10.22	B Bonaccurso	GD	1986/87
Under 11	10.41	J Hanson	SA	1985/86
Under 12	9.64	A Skinner	GD	1991/92

80/90 metres Hurdles

Under 8	15.74	K Edwards	WV	2001/02
Under 9	14.95	O Todd	WC	2002/03
Under 10	14.57	O Todd	WC	2003/04
Under 11	14.80	K Heath	GD	1995/96
Under 12	13.90	B McDowell	SA	2001/02
Under 13	13.69	B McDowell	SA	2002/03
Under 14	13.40	J McDowell	SA	2002/03
Under 15 (90 m)	14.19	N Barthelson	GD	1991/92

300 metres Hurdles

Under 13	51.33	J McDowell	SA	2001/02
Under 14	48.21	B McDowell	SA	2003/04
Under 15	47.71	J McDowell	SA	2003/04

WERRIBEE CENTRE RECORDS – GIRLS cont.**200 metres**

Under 6	40.06	T Wilson	GD	1992/93
Under 7	35.80	C Steward	HC	1981/82
Under 8	33.42	S Robinson	HC	2000/01
Under 9	31.90	W Sharland	GD	1977/78
Under 10	30.24	B Bonaccorso	GD	1986/87
Under 11	29.13	R Barlow	HC	1988/89
Under 12	28.22	D Fernandez	SA	2003/04
Under 13	27.58	K Morley	HC	1986/87
Under 14	27.03	C Newman	HC	2002/03
Under 15	26.52	L Morkous	HC	2003/04

400 metres

Under 8	1.20.10	K Hodge	WV	1977/78
Under 9	1.11.04	S Robinson	HC	2001/02
Under 10	1.10.48	N Mason	HC	1986/87
Under 11	1.07.00	N Mason	HC	1987/88
Under 12	1.04.63	D Fernandez	SA	2003/04
Under 13	1.04.26	K Morley	HC	1986/87
Under 14	1.00.10	K Morley	HC	1987/88
Under 15	1.00.02	A Daniel	SA	2002/03

800 metres

Under 9	2.56.20	M Mitchell	GD	2003/04
Under 10	2.46.26	B Bonaccorso	GD	1986/87
Under 11	2.44.79	V Richards	WC	2000/01
Under 12	2.36.84	K Morley	HC	1985/86
Under 13	2.36.10	K Morley	HC	1986/87
Under 14	2.29.97	A Daniel	SA	2001/02
Under 15	2.29.65	A Daniel	SA	2002/03

1500 metres

Under 11	5.43.42	K Dunne	SA	1988/89
Under 12	5.30.38	K Morley	HC	1985/86
Under 13	5.24.87	K Morley	HC	1986/87
Under 14	5.19.28	A Daniel	SA	2001/02
Under 15	5.09.30	A Daniel	SA	2002/03

800 metres Walk

Under 8	5.16.80	G Hannah	WP	1981/82
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1100 metres Walk

Under 9	6.46.40	N Ellis	GD	1982/83
Under 10	6.23.30	K Dunne	SA	1987/88

1500 metres Walk

Under 11	8.51.20	N Gray	HC	1987/88
Under 12	8.35.70	S Kivimets	GD	1980/81
Under 13	8.16.79	K Dunne	SA	1990/91
Under 14	8.23.64	K Dunne	SA	1991/92
Under 15	7.56.74	K Dunne	SA	1992/93

WERRIBEE CENTRE RECORDS – GIRLS cont.**Long Jump**

Under 6	2.72 m	T Wilson	GD	1992/93
Under 7	3.13 m	J Sandford	GD	1980/81
Under 8	3.60 m	C Day	SA	1970/71
Under 9	3.86 m	D Boyles	WV	1984/85
Under 10	4.27 m	H Bowyer	GD	1971/72
Under 11	4.39 m	J Bridges	HC	1979/80
Under 12	4.54 m	N Mason	HC	1988/89
Under 13	4.57 m	C Sandford	SA	1997/98
Under 14	5.07 m	L Baker	GD	2003/04
Under 15	4.88 m	G Hannah	WP	1988/89

Triple Jump

Under 8	7.23 m	J Sandford	GD	1981/82
Under 9	8.16 m	K Heath	GD	1993/94
Under 10	8.86 m	B Bonaccorso	GD	1986/87
Under 11	9.40 m	L Baker	GD	2000/01
Under 12	10.02 m	D Fernandez	SA	2003/04
Under 13	10.41 m	L Baker	GD	2002/03
Under 14	11.06 m	L Baker	GD	2003/04
Under 15	10.50 m	G Hannah	WP	1988/89

High Jump

Under 9	1.16 m	L Hamon	GD	1989/90
	1.16 m	K Koch	HC	1999/00
Under 10	1.35 m	M Noonan	LA	2003/04
Under 11	1.35 m	N Mason	HC	1987/88
Under 12	1.42 m	K Heath	GD	1996/97
Under 13	1.52 m	C Burton	GD	1993/94
Under 14	1.55 m	C Sandford	SA	1998/99
Under 15	1.58 m	C Burton	GD	1995/96

Shot Put

Under 6 (1.5 kg)	3.67 m	A Hopper	WV	1996/97
Under 7 (1.5 kg)	5.20 m	A Hopper	WV	1997/98
Under 8 (1.5 kg)	6.72 m	A Hopper	WV	1998/99
Under 9 (2 kg)	7.44 m	A Hopper	WV	1999/00
Under 10 (2 kg)	7.92 m	N Barnes	GD	1992/93
		A Hopper	WV	2000/01
Under 11 (2 kg)	11.20 m	N Barnes	GD	1993/94
Under 12 (2 kg)	12.66 m	N Barnes	GD	1994/95
Under 13 (3 kg)	11.18 m	N Barnes	GD	1995/96
Under 14 (3 kg)	11.64 m	N Barnes	GD	1996/97
Under 15 (3 kg)	11.61 m	N Barnes	GD	1997/98

WERRIBEE CENTRE RECORDS – GIRLS cont.**Discus**

Under 6 (330 g)	12.57 m	T Sandford	HC	1997/98
Under 7 (330 g)	16.63 m	A Hopper	WV	1997/98
Under 8 (330 g)	20.84 m	A Hopper	WV	1998/99
Under 9 (500 g)	22.22 m	A Hopper	WV	1999/00
Under 10 (500 g)	27.42 m	S Hamilton	SA	1992/93
Under 11 (750 g)	30.23 m	N Barnes	GD	1993/94
Under 12 (750 g)	36.33 m	N Barnes	GD	1994/95
Under 13 (750 g)	37.01 m	N Barnes	GD	1995/96
Under 14 (1 kg)	33.66 m	S Bramwell	WC	1994/95
Under 15 (1 kg)	35.86 m	S Hamilton	SA	1997/98

Javelin

Under 11 (400 g)	7.50	A Hopper	WV	2001/02
Under 12 (400 g)	26.71	N Jennings	HC	1997/98
Under 13 (400 g)	29.75	C Newman	HC	2001/02
Under 14 (600 g)	30.82	C Newman	HC	2002/03
Under 15 (600 g)	30.59	C Newman	HC	2003/04

WERRIBEE CENTRE RECORDS – BOYS**70 metres**

Under 6	12.19	T Galley	HC	2001/02
Under 7	11.52	D Buglisi	SA	1995/96
Under 8	10.74	L Shannon	WP	1984/85
Under 9	10.37	C Gabriel	HC	1998/99
Under 10	10.05	L Shannon	WP	1986/87
Under 11	9.74	L Shannon	WP	1987/88
Under 12	9.35	T Schumacher	SA	2003/04
Under 13	9.20	L Goodwin	HC	1988/89
Under 14	8.63	P Jago	HC	1984/85
Under 15	8.42	T Korteman	GD	1994/95

100 metres

Under 6	17.98	T Galley	HC	2001/02
Under 7	15.80	D Buglisi	SA	1995/96
Under 8	15.10	M Gard	SA	1972/73
Under 9	14.95	C Waldon	SA	1991/92
Under 10	14.29	L Shannon	WP	1986/87
Under 11	13.66	B Nuske	HC	1991/92
Under 12	13.30	B Hoare	WV	2001/02
Under 13	12.59	R French	WV	1991/92
Under 14	11.98	P Jago	HC	1984/85
Under 15	11.59	D Cooper	HC	1991/92

60 metres Hurdles

Under 6	11.79	T Galley	HC	2001/02
Under 7	10.46	D Buglisi	SA	1995/96
Under 8	11.20	D Buchanan	HC	1987/88
Under 9	10.41	D Buglisi	SA	1997/98
Under 10	9.89	L Shannon	WP	1986/87
	9.89	M Batty	WV	1986/87
Under 11	10.09	B Ganley	HC	1982/83
Under 12	9.56	B Ganley	HC	1983/84

80/90/100 metres Hurdles

Under 8	15.34	K Fulton	LA	2003/04
	15.34	D Bunting	WC	2003/04
Under 9	13.97	J Kells	WV	2003/04
Under 10	13.98	C Smith	HC	1992/93
Under 11	13.09	J Fitzpatrick	SA	2001/02
Under 12	13.33	S Hargreaves	SA	2001/02
Under 13	13.40	J Fitzpatrick	SA	2003/04
Under 14 (90 m)	12.61	C Smith	HC	1996/97
Under 15 (100 m)	13.01	D Miles	HC	1992/93

300 metres Hurdles

Under 13	44.97	S Hargreaves	SA	2002/03
Under 14	42.50	S Hargreaves	SA	2003/04
Under 15	41.16	L Hart	GD	2003/04

300 metres

Under 7	58.31	D Buchanan	HC	1986/87
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WERRIBEE CENTRE RECORDS – BOYS cont.**200 metres**

Under 6	38.82	M Walsh	HC	1988/89
Under 7	33.80	D Steinbergs	GD	1977/78
Under 8	32.20	A Skrinnikoff	WV	1981/82
Under 9	31.15	B Ganley	HC	1980/81
Under 10	29.10	K Smith	SA	1971/72
Under 11	28.74	L Hart	GD	1999/00
Under 12	27.22	L Hart	GD	2002/03
Under 13	26.27	S Hargreaves	SA	2002/03
Under 14	24.62	C Smith	HC	1996/97
Under 15	24.07	L Hart	GD	2003/04

400 metres

Under 8	1.18.19	K Fulton	LA	2003/04
Under 9	1.12.20	R French	WV	1987/88
Under 10	1.07.95	B Hoare	WV	1999/00
Under 11	1.05.30	B Ganley	HC	1982/83
Under 12	1.02.31	B Hoare	WV	2001/02
Under 13	58.92	S Hargreaves	SA	2002/03
Under 14	55.04	S Hargreaves	SA	2003/04
Under 15	53.98	K Flahavin	HC	1997/98

800 metres

Under 9	2.40.36	L Matthews	SA	2003/04
Under 10	2.40.20	D Miles	HC	1987/88
Under 11	2.30.74	B Hoare	WV	2000/01
Under 12	2.23.57	B Hoare	WV	2001/02
Under 13	2.21.14	B Hoare	WV	2002/03
Under 14	2.10.36	S Schumacher	SA	2003/04
Under 15	2.08.45	K Flahavin	HC	1997/98

1500 metres

Under 11	5.13.30	D Miles	HC	1988/89
Under 12	5.01.84	T Schumacher	SA	2003/04
Under 13	4.58.38	R French	WV	1991/92
Under 14	4.42.64	C Camilleri	SA	2001/02
Under 15	4.35.00	R Mathews	SA	2003/04

800 metres Walk

Under 8	5.19.30	C McElvaney	WP	1981/82
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1100 metres Walk

Under 9	6.57.60	D Miles	HC	1986/87
Under 10	6.18.40	D Miles	HC	1987/88

1500 metres Walk

Under 11	7.29.50	S Ellis	GD	1982/83
Under 12	8.01.30	M Barlow	WP	1975/76
Under 13	8.04.24	D Crawford	HC	1993/94
Under 14	7.04.33	D Crawford	HC	1994/95
Under 15	7.21.93	D Crawford	HC	1995/96

WERRIBEE CENTRE RECORDS – BOYS cont.**70 metres**

Under 6	12.19	T Galley	HC	2001/02
Under 7	11.52	D Buglisi	SA	1995/96
Under 8	10.74	L Shannon	WP	1984/85
Under 9	10.37	C Gabriel	HC	1998/99
Under 10	10.05	L Shannon	WP	1986/87
Under 11	9.74	L Shannon	WP	1987/88
Under 12	9.35	T Schumacher	SA	2003/04
Under 13	9.20	L Goodwin	HC	1988/89
Under 14	8.63	P Jago	HC	1984/85
Under 15	8.42	T Korteman	GD	1994/95

100 metres

Under 6	17.98	T Galley	HC	2001/02
Under 7	15.80	D Buglisi	SA	1995/96
Under 8	15.10	M Gard	SA	1972/73
Under 9	14.95	C Waldon	SA	1991/92
Under 10	14.29	L Shannon	WP	1986/87
Under 11	13.66	B Nuske	HC	1991/92
Under 12	13.30	B Hoare	WV	2001/02
Under 13	12.59	R French	WV	1991/92
Under 14	11.98	P Jago	HC	1984/85
Under 15	11.59	D Cooper	HC	1991/92

60 metres Hurdles

Under 6	11.79	T Galley	HC	2001/02
Under 7	10.46	D Buglisi	SA	1995/96
Under 8	11.20	D Buchanan	HC	1987/88
Under 9	10.41	D Buglisi	SA	1997/98
Under 10	9.89	L Shannon	WP	1986/87
	9.89	M Batty	WV	1986/87
Under 11	10.09	B Ganley	HC	1982/83
Under 12	9.56	B Ganley	HC	1983/84

80/90/100 metres Hurdles

Under 8	15.34	K Fulton	LA	2003/04
	15.34	D Bunting	WC	2003/04
Under 9	13.97	J Kells	WV	2003/04
Under 10	13.98	C Smith	HC	1992/93
Under 11	13.09	J Fitzpatrick	SA	2001/02
Under 12	13.33	S Hargreaves	SA	2001/02
Under 13	13.40	J Fitzpatrick	SA	2003/04
Under 14 (90 m)	12.61	C Smith	HC	1996/97
Under 15 (100 m)	13.01	D Miles	HC	1992/93

300 metres Hurdles

Under 13	44.97	S Hargreaves	SA	2002/03
Under 14	42.50	S Hargreaves	SA	2003/04
Under 15	41.16	L Hart	GD	2003/04

300 metres

Under 7	58.31	D Buchanan	HC	1986/87
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WERRIBEE CENTRE RECORDS – BOYS cont.**Long Jump**

Under 6	2.78 m	W Tewhata	GD	2000/01
Under 7	3.35 m	L Shannon	WP	1983/84
Under 8	4.25 m	P Jago	HC	1978/79
Under 9	4.04 m	M Batty	WV	1985/86
Under 10	4.37 m	L Shannon	WP	1986/87
Under 11	4.55 m	P Jago	HC	1981/82
Under 12	5.04 m	J Batty	WV	1986/87
Under 13	5.10 m	P Jago	HC	1983/84
Under 14	5.69 m	S Hargreaves	SA	2003/04
Under 15	5.97 m	P Jago	HC	1985/86

Triple Jump

Under 8	7.77 m	C Howard	WV	1985/86
Under 9	8.66 m	C Smith	HC	1991/92
Under 10	9.07 m	M Steinbergs	GD	1974/75
Under 11	10.26 m	L Hart	GD	1999/00
Under 12	10.63 m	P Jago	HC	1982/83
Under 13	11.13 m	S Hargreaves	SA	2002/03
Under 14	12.56 m	S Hargreaves	SA	2003/04
Under 15	12.27 m	M Pyers	HC	1999/00

High Jump

Under 9	1.25 m	R Sneddon	HC	1988/89
Under 10	1.38 m	B Ganley	HC	1981/82
	1.38 m	T Brooker	WV	1987/88
Under 11	1.52 m	C Smith	HC	1993/94
Under 12	1.53 m	C Smith	HC	1994/95
Under 13	1.67 m	B Crossthwaite	HC	1998/99
Under 14	1.71 m	C Smith	HC	1996/97
Under 15	1.88 m	L Shannon	WC	1991/92

Shot Put

Under 6 (1.5 kg)	4.79 m	W Tewhata	GD	2000/01
Under 7 (1.5 kg)	6.31 m	H Jacobs	WC	2001/02
Under 8 (1.5 kg)	7.89 m	J Curnow	HC	1989/90
Under 9 (2 kg)	8.53 m	H Jacobs	WC	2003/04
Under 10 (2 kg)	10.09 m	N Williams	SA	1992/93
Under 11 (2 kg)	10.03 m	S Miles	HC	2002/03
Under 12 (3 kg)	11.35 m	A Peska	WC	2000/01
Under 13 (3 kg)	14.63 m	A Peska	WV	2001/02
Under 14 (4 kg)	15.83 m	A Peska	WV	2002/03
Under 15 (4 kg)	16.88 m	A Peska	WV	2003/04

WERRIBEE CENTRE RECORDS – BOYS cont.**Discus**

Under 6 (330 g)	14.48 m	W Tewhata	GD	2000/01
Under 7 (330 g)	20.24 m	J Miles	HC	1989/90
Under 8 (330 g)	25.26 m	W Soonalolo	WC	2002/03
Under 9 (500 g)	29.74 m	J Curnow	HC	1990/91
Under 10 (500 g)	34.63 m	J Curnow	HC	1991/92
Under 11 (750 g)	33.91 m	C Smith	HC	1993/94
Under 12 (750 g)	36.90 m	C Hargreaves	SA	1998/99
Under 13 (1 kg)	46.22 m	A Peska	WV	2001/02
Under 14 (1 kg)	53.87 m	A Peska	WV	2002/03
Under 15 (1 kg)	57.30 m	A Peska	WV	2003/04

Javelin

Under 11 (400 g)	29.63 m	S Hargreaves	SA	2000/01
Under 12 (400 g)	36.57 m	S Hargreaves	SA	2001/02
Under 13 (600 g)	39.42 m	S Hargreaves	SA	2002/03
Under 14 (600 g)	45.45 m	A Peska	WV	2002/03
Under 15 (600 g)	50.45 m	C Hargreaves	SA	2001/02

AUSTRALIAN TEAMS CHAMPIONSHIPS (ATC)

Each year, the VLAA selects a 22-member Victorian team to compete in the Australian Teams Championships.

The Victorian team composition is decided by the selectors based on performances during the year and at the State Track and Field Championship.

Medal Winners From WLAC At The ATC:

Gold Medals

C Smith	Boys	Gold	Triple Jump	1996
A Peska	Boys	Gold	Discus	2002

Silver Medals

M Barlow	Boys	Silver	1500m walk	1975
M Sandford	Boys	Silver	Discus	1982
L Taitapanui	Girls	Silver	Discus	1984
K Morley	Girls	Silver	400m	1986
L Shannon	Boys	Silver	High jump	1989
C Smith	Boys	Silver	High Jump	1996
N Barnes	Girls	Silver	Discus	1996
C Hargreaves	Boys	Silver	Discus	2000
A Peska	Boys	Silver	Shot Put	2002
S Hargreaves	Boys	Silver	Triple Jump	2003
L Baker	Girls	Silver	Triple Jump	2003

Bronze Medals

N Barnes	Girls	Bronze	Shot Put	1996
S Hamilton	Girls	Bronze	Discus	1996
B Crossthwaite	Boys	Bronze	High Jump	1999
S Hargreaves	Boys	Bronze	Javelin	2003

STATE CHAMPIONSHIP MEDAL WINNERS – MULTI-EVENT (FROM 1994)

Gold Medals

C Smith	Boys	U11	1994
C Smith	Boys	U12	1995
S Hargreaves	Boys	U13	2003
S Hargreaves	Boys	U14	2004

Silver Medals

L Hart	Boys	U10	1999
L Hart	Boys	U11	2000
L Hart	Boys	U12	2001
C Hargreaves	Boys	U14	2001
L Hart	Boys	U13	2002
L Matthews	Boys	U9	2004

Bronze Medals

K Heath	Girls	U9	1994
R Haw	Boys	U11	1994
G Hilton	Boys	U13	1994
C Newman	Girls	U14	2003
L Baker	Girls	U14	2004

STATE CHAMPIONSHIPS MEDAL WINNERS – RELAYS (FROM 1994)**Gold Medals***Boys 9-12 / Medley A / 1994*

J Gwyer	T Williamson	R Haw	J Chamberlain
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Mixed Sex U13 / 4 x 100 m / 1996

C Carr	M Hanak	R Haw	S Fitzpatrick
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Boys 9-12 / Medley A / 1997

D Buglisi	M Sivell	M Garbiel	G Haw
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Boys U9 / Medley / 1998

T Anderson	C Garbiel	S Hargreaves	B Hoare
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Boys U13-15 / Medley / 1999

N Itzstein	R Anderson	B Crosswaite	M Pyers
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Boys U9-12 / Medley / 2000

T Schumacher	J Fitzpatrick	D Hart	L Hart
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Boys U12 / Medley / 2001

T Anderson	B Hoare	D Hart	S Hargreaves	S Sherlock
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Mixed Sex U9 / 4 x 100 m / 2001

M Turner	B Turner	S Robinson	J Williamson	M Lambourn
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Girls U12 / 4 x 100 m / 2001

L Baker	T Leenstra	B McDowell	V Richards
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Boys U13 / Medley / 2002

B Hoare	T Anderson	D Hart	S Hargreaves
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Mixed Sex U13 / 4 x 100 m / 2002

T Leenstra	B McDowell	T Anderson	S Hargreaves
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Girls U9-12 / Medley / 2002

O Todd	B Ellis	D Fernandez	K Field
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Girls U14 / 4 x 100 m / 2003

T Leenstra	B McDowell	L Baker	V Iatrou-Miritis
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Girls U9-12 / Medley / 2003

M Mitchell	O Todd	S Robinson	D Fernandez
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Silver Medals*Boys U11 / Medley A / 1994*

R Haw	S Fitzpatrick	M King	J Mason
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Mixed Sex U9 / 4 x 100 m / 1997

C Newman	T Montebruno	D Buglisi	M Dean
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Mixed Sex U14 / 4 x 100 m / 1997

C Carr	M Hanak	J Egan	S Fitzpatrick
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STATE CHAMPIONSHIP MEDAL WINNERS – RELAYS (FROM 1994) cont.*Boys U14 / 4 x 200 m / 1997*

J Egan	S Fitzpatrick	R Haw	J Muscat
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Boys U9 / 4 x 200 m / 1998

T Anderson	S Gardiner	B Hoare	D Pagnocco
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Mixed Sex U15 / 4 x 100 m / 1998

C Carr	K Lindsay	B Cunningham	J Muscat
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Girls U9-12 / Medley / 1999

E Albergo	A Masterton	A Lane	A Daniel	J Falduto
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Mixed Sex U12 / 4 x 100 m / 2002

S Sinfield	K Field	M Porter	J Fitzpatrick
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Boys U13-15 / Medley / 2002

B Hoare	D Hart	L Hart	C Camilleri
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Boys U14 / Medley / 2003

B Hoare	T Anderson	D Hart	S Hargreaves	S Schumacher
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Boys U9 / Medley / 2003

B Jago	J Kells	L Matthews	W Soonalole
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Boys U9 / 4 x 200 m / 2003

B Jago	J Kells	M Warr	L Matthews
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Boys U11 / 4 x 200 m / 2003

L McDowell	B Turner	D Krywyn	N Camilleri	Z Meadows
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Boys U9-12 / Medley / 2003

L Matthews	D Agius	L McDowell	T Schumacher	M Turner
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Bronze Medals*Girls U14 / Medley A / 1994*

S Bramwell	S Welch	C Burton	L Hamon
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Mixed Sex U12 / 4 x 100 m / 1995

C Carr	M Hanak	R Haw	S Fitzpatrick
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Girls U15 / Medley A / 1995

S Bramwell	S Welch	C Burton	L Hamon
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Girls 13-15 / Medley A / 1995

J Alsop	E Lambourn	K Fitzpatrick	S Welch
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Girls U13 / 4 x 100 m / 1997

K Heath	C Sandford	R Galea	C Rush
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Boys U15 / 4 x 200 m / 1997

J Chamberlain	K Flahavin	R Garland	C Smith
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Boys U15 / Medley A / 1997

J Chamberlain	K Flahavin	R Garland	J Miles	C Smith
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STATE CHAMPIONSHIP MEDAL WINNERS – RELAYS (FROM 1994) cont.*Boys U10 / 4 x 100 m / 1998*

D Buglisi	M Dean	W Fernandez	L Hart
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Girls U15 / 4 x 100 m / 1998

C Carr	M Hanak	C Kennedy	K Lindsay
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Boys U10 / Medley / 1999

S Hargreaves	S Sherlock	B Hoare	T Anderson
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Mixed Sex U14 / Medley / 1999

J Carr	M Ryan	B Crosswaite	L Wilson
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Girls U11 / 4 x 100 m / 2000

L Baker	V Richards	B McDowell	T Leenstra
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Boys U11 / Medley / 2000

T Anderson	B Hoare	S Hargreaves	S Sherlock	S Gardiner
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Mixed Sex U15 / 4 x 100 m / 2001

C Hargreaves	S Kusli	S Spiteri	D Sandford
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Girls U12 / 4 x 200 m / 2001

L Baker	T Leenstra	B McDowell	V Richards
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Boys U9-U12 / Medley / 2001

L McDowell	T Schumacher	J Fitzpatrick	B Hoare
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Mixed Sex U10 / 4 x 100 m / 2002

B Turner	M Turner	S Robinson	J Williamson	N Camilleri
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Mixed Sex U9 / 4 x 100 m / 2002

S Crea	D Agius	K Edwards	D Pisano
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Mixed Sex U11 / Medley / 2002

D Fernandez	R Bizon	T Schumacher	L Agius
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Girls U9 / 4 x 200 m / 2002

O Todd	K Edwards	A Albergo	S McDowell
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Boys U9 / 4 x 200 m / 2002

C Ryan	S Crea	D Agius	D McGuinness
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Girls U10 / 4 x 100 m / 2003

K Edwards	D Pisano	O Todd	M Noonan
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Boys U9 / 4 x 100 m / 2003

B Jago	J Kells	M Warr	W Soonalole
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Boys U10 / Medley / 2003

C Ryan	D Agius	S Crea	A Joyce
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Mixed Sex U14 / 4 x 100 m / 2003

T Anderson	S Hargreaves	T Leenstra	B McDowell
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STATE CHAMPIONSHIP MEDAL WINNERS – TRACK AND FIELD (FROM 1994)

Gold Medals

S Hamilton	Girls	U11	Discus	1994
N Barnes	Girls	U11	Shot put	1994
C Smith	Boys	U11	High jump	1994
N Barnes	Girls	U12	Discus	1995
N Barnes	Girls	U12	Shot Put	1995
J Miles	Boys	U12	Javelin	1995
C Smith	Boys	U12	Discus	1995
S Bramwell	Girls	U14	Javelin (<i>Vic Record</i>)	1995
S Bramwell	Girls	U14	Discus	1995
S Bramwell	Girls	U14	Shot Put	1995
D Crawford	Boys	U14	1500 mW	1995
C Carr	Girls	U12	70 m	1996
N Barnes	Girls	U13	Shot Put (<i>Vic Record</i>)	1996
S Hamilton	Girls	U13	Discus (<i>Vic Record</i>)	1996
C Smith	Boys	U13	Triple Jump	1996
D Crawford	Boys	U15	1500 mW	1996
M Jacobs	Boys	U15	Discus	1997
L Hart	Boys	U9	Triple Jump	1998
C Hargreaves	Boys	U11	Discus	1998
N Barnes	Girls	U15	Discus	1998
K Flahavin	Boys	U15	400 m	1998
R Garland	Boys	U15	Triple Jump	1998
A Bogart	Boys	U9	Shot Put	1999
L Hart	Boys	U10	Triple Jump	1999
S Baldock	Boys	U9	60 mH	2000
L Hart	Boys	U11	Triple Jump	2000
C Hargreaves	Boys	U13	Discus	2000
K Heath	Girls	U15	High Jump	2000
L Baker	Girls	U11	Triple Jump	2001
A Peska	Boys	U12	Shot Put	2001
A Peska	Boys	U12	Discus	2001
L Hart	Boys	U12	Triple Jump	2001
C Hargreaves	Boys	U14	Discus	2001
S Robinson	Girls	U9	400 m (<i>Vic Record</i>)	2002
J Fitzpatrick	Boys	U11	80 mH	2002
B Hoare	Boys	U12	800 m	2002
D Hart	Boys	U12	Long Jump	2002
T Leenstra	Girls	U12	70 m	2002
L Hart	Boys	U13	300 mH	2002
L Hart	Boys	U13	Triple Jump	2002
A Peska	Boys	U13	Shot Put	2002
A Peska	Boys	U13	Discus	2002
C Newman	Girls	U13	Javelin	2002
C Camilleri	Boys	U14	1500 m	2002
S Viney	Girls	U14	Shot Put	2002
C Hargreaves	Boys	U15	300 mH	2002
C Hargreaves	Boys	U15	Discus	2002
C Hargreaves	Boys	U15	Javelin	2002
S Kusli	Boys	U15	Long Jump	2002
D Fernandez	Girls	U11	400 m	2003
D Fernandez	Girls	U11	Triple Jump	2003
S Schumacher	Boys	U13	1500 m	2003

STATE CHAMPIONSHIP MEDAL WINNERS – TRACK AND FIELD (FROM 1994) cont.

S Hargreaves	Boys	U13	300 mH (<i>Vic Record</i>)	2003
S Hargreaves	Boys	U13	Triple Jump	2003
S Hargreaves	Boys	U13	Javelin	2003
T Leenstra	Girls	U13	100 m	2003
L Baker	Girls	U13	Long Jump	2003
L Baker	Girls	U13	Triple Jump (<i>Vic Record</i>)	2003
A Peska	Boys	U14	Shot Put	2003
A Peska	Boys	U14	Discus	2003
C Newman	Girls	U14	Shot Put	2003
C Newman	Girls	U14	Javelin	2003
L Matthews	Boys	U9	800 m	2004
L Matthews	Boys	U9	400 m	2004
J Kells	Boys	U9	Triple Jump	2004
J Kells	Boys	U9	60 mH	2004
O Todd	Girls	U10	80 mH	2004
O Todd	Girls	U10	60 mH	2004
D Fernandez	Girls	U12	Triple Jump	2004
T Schumacher	Boys	U12	800 m	2004
T Schumacher	Boys	U12	1500 m	2004
L Baker	Girls	U14	Triple Jump	2004
L Baker	Girls	U14	Long Jump	2004
B McDowell	Girls	U14	300 mH	2004
S Hargreaves	Boys	U14	Long Jump	2004
S Hargreaves	Boys	U14	Triple Jump	2004
S Hargreaves	Boys	U14	300 mH	2004



STATE CHAMPIONSHIP MEDAL WINNERS – TRACK AND FIELD (FROM 1994) cont.

S Schumacher	Boys	U14	1500 m	2004
J McDowell	Girls	U15	90 mH	2004
A Peska	Boys	U15	Shot Put	2004
A Peska	Boys	U15	Discus	2004
L Willson	Boys	U15	Triple Jump	2004
L Hart	Boys	U15	100 mH	2004
L Hart	Boys	U15	300 mH	2004

Silver Medals

S Musial	Girls	U9	Discus	1994
K Heath	Girls	U9	80 mH	1994
N Barnes	Girls	U11	Discus	1994
S Hamilton	Girls	U11	Shot Put	1994
C Smith	Boys	U11	Triple Jump	1994
J Miles	Boys	U11	Discus	1994
S Bramwell	Girls	U13	Discus	1994
S Bramwell	Girls	U13	Shot Put	1994
R Haw	Boys	U11	400 m	1995
S Hamilton	Girls	U12	Discus	1995
S Hamilton	Girls	U12	Shot Put	1995
N Barnes	Girls	U12	Javelin	1995
C Smith	Boys	U12	High Jump	1995
F Gargano	Boys	U14	400 m	1995
D Gargano	Girls	U9	High Jump	1996
C Hargreaves	Boys	U9	Triple Jump	1996
N Barnes	Girls	U13	Discus	1996
C Smith	Boys	U13	High Jump	1996
S Bramwell	Girls	U15	Discus	1996
S Bramwell	Girls	U15	Shot Put	1996
C Burton	Girls	U15	High Jump	1996
C Hargreaves	Boys	U10	Triple Jump	1997
C Hargreaves	Boys	U10	Discus	1997
R Haw	Boys	U13	400 m	1997
N Barnes	Girls	U14	Discus	1997
C Flahavin	Boys	U14	400 m	1997
M Jacobs	Boys	U15	Shot Put	1997
C Newman	Girls	U9	Shot Put	1998
R Hamilton	Girls	U9	Discus	1998
L Hart	Boys	U9	400 m	1998
C Hargreaves	Boys	U11	Javelin	1998
K Heath	Girls	U13	High Jump	1998
N Barnes	Girls	U15	Shot Put	1998
S Hamilton	Girls	U15	Discus	1998
K Flahavin	Boys	U15	800 m	1998
R Garland	Boys	U15	400 m	1998
T Anderson	Boys	U9	800 m	1999
A Bogart	Boys	U9	Discus	1999
J McDowell	Girls	U10	80 mH	1999
L Hart	Boys	U10	200 m	1999
L Hart	Boys	U10	High Jump	1999
C Hargreaves	Boys	U12	Javelin	1999
C Hargreaves	Boys	U12	Discus	1999
B Crossthwaite	Boys	U13	High Jump	1999

STATE CHAMPIONSHIP MEDAL WINNERS – TRACK AND FIELD (FROM 1994) cont.

L Hart	Boys	U11	200 m	2000
S Viney	Girls	U12	Shot Put	2000
J Fitzpatrick	Boys	U9	80 mH	2000
L Aguis	Boys	U9	Long Jump	2001
J Fitzpatrick	Boys	U10	60 mH	2001
B Hoare	Boys	U11	800 m	2001
L Hart	Boys	U12	60 mH	2001
C Newman	Girls	U12	400 m	2001
C Camilleri	Boys	U13	800 m	2001
C Camilleri	Boys	U13	1500 m	2001
S Viney	Girls	U13	Shot Put	2001
N Renaut	Boys	U15	1500m Walk	2001
S Robinson	Girls	U9	100 m	2002
S Robinson	Girls	U9	200 m	2002
S Robinson	Girls	U9	Triple Jump	2002
J Fitzpatrick	Boys	U11	60 mH	2002
S Hargreaves	Boys	U12	Javelin	2002
T Leenstra	Girls	U12	100 m	2002
B McDowell	Girls	U12	60 mH	2002
L Baker	Girls	U12	Triple Jump	2002
J McDowell	Girls	U13	80 mH	2002
C Newman	Girls	U13	Shot Put	2002
C Camilleri	Boys	U14	800 m	2002
A Daniel	Girls	U14	800 m	2002
C Hargreaves	Boys	U15	100 m	2002
S Kusli	Boys	U15	Triple Jump	2002
S Spiteri	Girls	U15	Triple Jump	2002
S Crea	Boys	U9	Long Jump	2003
O Todd	Girls	U9	80 mH	2003
S Robinson	Girls	U10	200 m	2003
S Robinson	Girls	U10	400 m	2003
L Aguis	Boys	U11	80 mH	2003
D Fernandez	Girls	U11	200 m	2003
J Fitzpatrick	Boys	U12	60 mH	2003
B Hoare	Boys	U13	800 m	2003
B McDowell	Girls	U13	300 mH	2003
L Hart	Boys	U14	300 mH	2003
A Peska	Boys	U14	Javelin	2003
C Newman	Girls	U14	400 m	2003
G McDowell	Girls	U14	80 mH	2003
A Daniels	Girls	U15	400 m	2003
A Daniels	Girls	U15	800 m	2003
S Viney	Girls	U15	Shot Put	2003
M Mitchell	Girls	U9	800 m	2004
M Mitchell	Girls	U9	200 m	2004
M Mitchell	Girls	U9	High Jump	2004
H Jacobs	Boys	U9	Discus	2004
S Crea	Boys	U10	Triple Jump	2004
D Fernandez	Girls	U12	400 m	2004
K Field	Girls	U13	Triple Jump	2004
B McDowell	Girls	U14	100 m	2004
S Hargreaves	Boys	U14	Javelin	2004
C Newman	Girls	U15	Shot Put	2004

STATE CHAMPIONSHIP MEDAL WINNERS – TRACK AND FIELD (FROM 1994) cont.**Bronze Medals**

L Edwards	Girls	U10	Discus	1994
R Haw	Boys	U10	400 m	1994
C Smith	Boys	U11	800 m	1994
M Jacobs	Boys	U12	Shot Put	1994
S Bramwell	Girls	U13	Javelin	1994
S Antrim	Girls	U15	90 mH	1994
S Antrim	Girls	U15	Triple Jump	1994
K Heath	Girls	U10	High Jump	1995
K Heath	Girls	U10	Triple Jump	1995
C Burton	Girls	U13	High Jump	1995
E Hobbs	Girls	U15	Discus	1995
S Musial	Girls	U11	Javelin	1996
C Carr	Girls	U12	100 m	1996
K Flahavin	Boys	U13	800 m	1996
J Miles	Boys	U13	Javelin	1996
N Williams	Boys	U13	Shot Put	1996
B O'Connell	Boys	U14	Triple Jump	1996
S Welch	Girls	U15	300 mH	1996
S Welch	Girls	U15	400 m	1996
N Jennings	Girls	U11	Javelin	1997
R Galea	Girls	U12	Triple Jump	1997
S Musial	Girls	U12	Discus	1997
C Carr	Girls	U13	100 m	1997
S Hamilton	Girls	U14	Shot Put	1997
N Williams	Boys	U14	Shot Put	1997
S Noble	Girls	U15	Shot Put	1997
R Wilson	Boys	U15	400 m	1997
B Crossthwaite	Boys	U12	100 m	1998
B Crossthwaite	Boys	U12	200 m	1998
N Barnes	Girls	U15	Javelin	1998
S Hamilton	Girls	U15	Shot Put	1998
B Hoare	Boys	U9	400 m	1999
C Newman	Girls	U10	Shot Put	1999
R Hamilton	Girls	U10	Discus	1999
K Heath	Girls	U14	High Jump	1999
B Hoare	Boys	U10	800 m	2000
A Bogart	Boys	U10	Discus	2000
C Newman	Girls	U11	Shot Put	2000
L Hart	Boys	U11	Long Jump	2000
M Lowe	Boys	U14	Shot Put	2000
T Schumacher	Boys	U9	80 mH	2001
J Fitzpatrick	Boys	U10	80 mH	2001
B Hoare	Boys	U11	400 m	2001
J McDowell	Girls	U12	80 mH	2001
C Newman	Girls	U12	200 m	2001
C Newman	Girls	U12	Shot Put	2001
C Hargreaves	Boys	U14	Javelin	2001
N Renaut	Boys	U15	Javelin	2001
M Robinson	Boys	U12	Shot Put	2002
S Sherlock	Boys	U12	Javelin	2002
B McDowell	Girls	U12	80 mH	2002
A Peska	Boys	U13	Javelin	2002

STATE CHAMPIONSHIP MEDAL WINNERS – TRACK AND FIELD (FROM 1994) cont.

C Newman	Girls	U13	400 m	2002
A Daniel	Girls	U14	1500 m	2002
L McDowell	Boys	U10	60 mH	2003
S Robinson	Girls	U10	100 m	2003
J Williamson	Girls	U10	60 mH	2003
J Williamson	Girls	U10	80 mH	2003
J Fitzpatrick	Boys	U12	80 mH	2003
M Robinson	Boys	U13	Shot Put	2003
S Hargreaves	Boys	U13	Discus	2003
L Hart	Boys	U14	90 mH	2003
G McDowell	Girls	U14	300 mH	2003
C Camilleri	Boys	U15	800 m	2003
M Mitchell	Girls	U9	400 m	2004
J Kells	Boys	U9	80 mH	2004
S Robinson	Girls	U11	400 m	2004
L McDowell	Boys	U11	60 mH	2004
M Matthews	Girls	U13	1500 m	2004
B McDowell	Girls	U14	80 mH	2004
M Robinson	Boys	U14	Shot Put	2004
J McDowell	Girls	U15	300 m	2004
D Lineen	Boys	U15	1500 m Walk	2004
R Matthews	Boys	U15	1500 m	2004
M Peska	Boys	U15	Discus	2004

STATE CHAMPIONSHIPS MEDAL WINNERS – CROSS COUNTRY (FROM 1994)**Gold Medals – Individual**

P Munro	Boys	U15	3000 m	1994
C Camilleri	Boys	U13	3000 m	2001
T. Schumacher	Boys	U11	2000 m	2003
L Matthews	Boys	U9	1500 m	2004
M Mitchell	Girls	U9	1500 m	2004
T Schumacher	Boys	U12	2000 m	2004

Gold Medals – Team

Girls / U11 / 2000 m / 1999

A Daniel N Depetro C Seymour

Boys / U9 / 1500 m / 1999

T Anderson B Hoare T Wilson

Boys / U13 / 3000 m / 2001

C Camilleri (part of WMR team)

Girls / U13 / 3000 m / 2001

A Daniel N Depetro (part of WMR team)

Silver Medals – Individual

C Munro	Boys	U9	2000 m	1994
T Anderson	Boys	U9	1500 m	1999

STATE CHAMPIONSHIPS MEDAL WINNERS – CROSS COUNTRY (FROM 1994) cont.**Silver Medals – Team**

<i>Boys / U15 / 3000 m / 1994</i>				
	P Munro	R French	D Sandford	D McDonald

<i>Girls / U12 / 3000 m / 2000</i>				
	A Daniel	N Depetro	C Seymour	

Bronze Medals – Individual

P Keane	Girls	U15	3000 m	2000
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Bronze Medals – Team

<i>Boys / U15 / 3000 m / 1993</i>				
	T Kellam	B Welch		

<i>Girls / U13 / 3000 m / 1994</i>				
	J Munro	S Welch	C Burton	

<i>Boys / U10 / 1500 m / 1999</i>				
	L Hart	A Cornell	L Wilson	

<i>Boys / U10 / 1500 m / 2000</i>				
	T Anderson	B Hoare	T Willson	

REGIONAL / STATE TRACK & FIELD TEAM 2005

Attention all U9 to U15 Werribee athletes

You are invited to join our team for the 2005 Track and Field Program at Region and State.

If you want to be selected, you must:

- Be available for the Regional trials (19th & 20th February 2005 at Newport Park) and the State finals (19th & 20th March 2005 at Olympic Park)
- Complete and return the entry form below, signed by one of your parents, by Saturday the 18th December 2004. The form can be handed to Lois Mitchell or Michelle Turner at any Saturday competition, or mailed to Werribee LAC, PO Box 780, Werribee, 3030
- Pay \$4 per event you want to compete in. Money to accompany this entry form
- Attend training sessions on Wednesday February 9 & 16, between 5.30 pm & 6.30 pm
- Have a parent who will do 3 hours of official duty on one of the days mentioned above

Each athlete can participate in a maximum of 4 events.

On the form below, circle all the events you wish to participate in.

If you have any queries please contact Lois Mitchell on 9734 3256 or Michelle Turner on 9741 1549.

Attention Under 8 athletes:

A team will be selected for Under 8 athletes. Competing is by invitation only. A team will be selected by a committee and invitations will be handed to those selected in December.

NAME: _____ AGE: Under _____ Tel: _____

GIRL / BOY (*please circle*) Entry fee enclosed (*please circle*) \$4 \$8 \$12 \$16

Total number of events I want to participate in (*please circle*) 1 2 3 4

EVENTS: (*circle the events you wish to participate in*)

60 mH 80/90/100 mH 300 mH 70 m 100 m 200 m 400 m 800 m 1500 m 1500 mW

Discus Shot P Javelin Long J High J Triple J

I agree that if my child is selected to represent Werribee LAC, we will abide by the conditions outlined in the attached notice.

Signature of parent: _____