

Werribee LAC



COUGARS



Little Athletics Club



Lynx



SCORPIONS



WILDCATS



Handbook

Season 2007/2008

www.wlac.coolrunning.com.au

werribee@vlaa.asn.au

infoline: 9517 7150

Werribee Little Athletics would like to acknowledge the generous support of our sponsors for Season 2007 / 2008.

Werribee Banner

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Publia Commercial Printers

4 Rennick Street, Preston 9480 4099

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Westpoint Ford

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Athlete's Foot

Shop 123, Werribee Plaza 9974 3668

Domino's Pizza

Shop 1/377 Sayer's Road, Hoppers Crossing 9749 0677

Coffex Coffee

0404 669 908

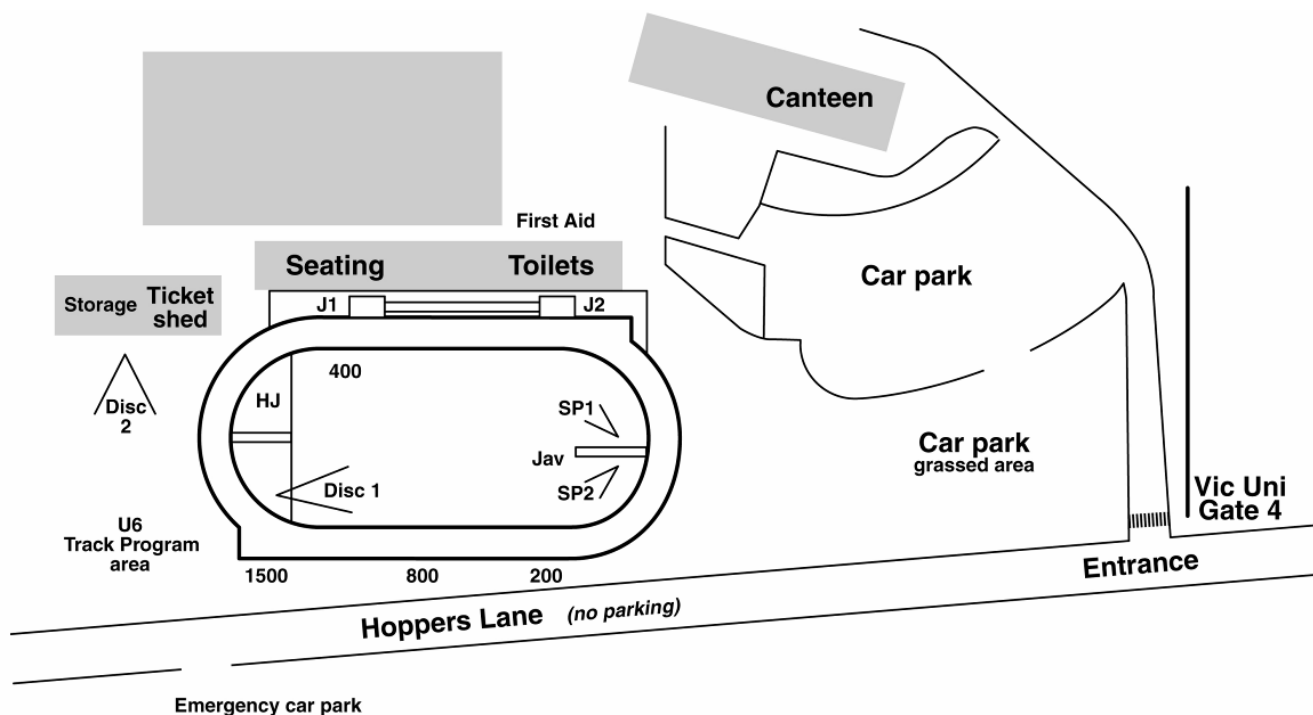
WELCOME TO LITTLE ATHLETICS

Welcome to Little Athletics for the 2007-2008 Season.

Werribee Little Athletics Centre Incorporated (WLAC) is one of the largest athletics centre in Victoria. We have over 550 athletes registered with our club. 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 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. On average, 75 parents are required to assist each week with the running of our program. A roster system is in place.

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 six clubs: Cougars, Dragons, Falcons, 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	0414 591 971	Steve Ryan
Secretary	0424 419 998	Peter Cashin
Treasurer		Mark Coulston
Registrar & Publicity		Ben van der Merwe
Interclub Cross Country		Shane Harberger
Championship & Special Events Team Manager		Charlie Muscara
Championship & Special Events Assistant Team Manager		Mark De Girolamo
Education & Under 6 Track Coordinator		Stuart Macaulay
Organisation of Officials		Karen Cogswell
Technical Requirements		Chris Meadows
Coord. of Records & Rankings		Paula Bunting
Special Events Coordinator		Michelle McIntyre
Public Relations		Michael Goldsworthy
General Committee		Carmen Falduto
General Committee		Willie Robinson
General Committee		Derek Smith
General Committee		Graham Shaw

E-mail the Centre Secretary directly on: werribee@vlaa.asn.au. Messages can be passed onto Committee or Club representatives if needed. For latest information call the Infoline: 9517 7150.

CONTACTS AND UNIFORMS OF MEMBER CLUBS

Cougars	Light-blue T-shirt, black shorts, white socks	Beryl McGinness / Leanne Siwek
Dragons	Gold T-shirt, black shorts, white socks	John Sanseviero
Falcons	Navy Blue T-shirt, navy shorts, white socks	Michael Goldsworthy
Lynx	Red T-shirt, black shorts, white socks	Kerri Freeman
Scorpions	White T-shirt, black shorts, white socks	Paul Shanahan
Wildcats	Green T-shirt, black shorts, white socks	Chris Meadows

WERRIBEE LAC FIXTURE FOR 2007 / 2008

	Date		Activity / Comments
Sat	15-Sep-07		Registration Day - 10am - 12 noon
Mon	17-Sep-07		Relay Training Commences
Mon	24-Sep-07		Relay Training U9-Open Age
Mon	01-Oct-07		Relay Training U9-Open Age
Sat	06-Oct-07		Registration Day - 10am - 12 noon
Sun	07-Oct-07	Week 1	1:00pm Start
Sat	13-Oct-07	Week 2	
Sat	20-Oct-07	Week 3	
Sat	27-Oct-07	Week 4	Close of Entries for Regional Relays
Fri	02--04-Nov-07		Regional Camp - All U10-U12 athletes are invited
Sat	10-Nov-07	Week 5	
Sun	11-Nov-07		Special Relay Training Day 10am - 1pm
Sat	17-Nov-07	Week 6	
Sun	18-Nov-07		Regional Relays - Geelong
Sat	24-Nov-07	Week 7	Kids Klix in attendance
Sat	01-Dec-07	Week 8	Pick up Kids Klix Photos
Sat	08-Dec-07	Week 9	
Sat	15-Dec-07	Week 10	Christmas Dress Up / Laps for Kids / Santa Visitation / Close of Entries for Regional T&F Championships
Sun	16-Dec-07		State Relay Championships - Olympic Park
Sat	22-Dec-07	Spare	Reserved in event of a wash out or cancelled week
Sat	12-Jan-08	Week 11	Ribbon Day - 4:00pm Start
Sat	19-Jan-08		Werribee Multi-Day Competition - Social Night (Iramoo Community Hall commencing 7-00pm)
Sat	26-Jan-08	Week 12	Australia Day
Sat	02-Feb-08	Week 13	
Sat	09-Feb-08	Week 14	
Sat	16-Feb-08		Regional Track & Field Championships - Corio
Sun	17-Feb-08		Regional Track & Field Championships - Corio
Sat	23-Feb-08	Week 15	
Sat	01-Mar-08	Week 16	State Multi Event - Albury
Sun	02-Mar-08		State Multi Event - Albury
Fri	07-Mar-08	Spare	Special twilight if needed
Sun	09-Mar-08		Werribee Open Day
Sat	15-Mar-08		State T&F Championships - Bendigo
Sun	16-Mar-08		State T&F Championships - Bendigo
Sat	29-Mar-08		Club Presentation Day
Sat	05-Apr-08		Centre Presentation Night
Sat	12-Apr-08	Cross Ctry	Registration Day / Trial President's Park

Notes:

- Program commences on Saturday mornings at 8.15 am with warm-ups, going through to 12:00 noon, unless otherwise stated.
- Refer to your WLAC Calendar for details of each week's Track & Field events by age group.
- Relay events will be held on a rotational basis through the Age Groups and commence at 8-30am Sharp from Week 2 through to Week 9.

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 through their club. Information on when you will be rostered will be available from your club. 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 a replacement for themselves 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.

Parents unwilling 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 qualified or semi-qualified chief official. This will benefit all athletes and other volunteers at the event. Therefore, we require experienced (or keen to learn – training will be provided) parents to be Chief Officials. 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 see Karen Cogswell at any time to register your interest. Training will be provided.

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 Regionals.

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 2001, those born earlier (from Sep 30th 2001 back to Oct 1st 2000) are then in under 7s. Under 15s end at those born up to Oct 1st 1992. Also any boy or girl may register during the year upon attaining five (5) years of age.

Fees

Centre Registration is \$80 per athlete (third and subsequent child from same family is 50% of registration fee). There is also a Club Fee of \$24 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).

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 Conduct

WLAC operates under a Code of Conduct endorsed by VLAA. The Code of Conduct 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 Conduct.

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

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.

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 through the WLAC infoline 9517 7150 prior to events commencing.

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 clothing with the child's name and club.

GENERAL INFORMATION cont.

Open Days

Little Athletics centres throughout Victoria conduct Open Days at which all registered athletes may compete. Entry forms are available through your club. The Werribee Centre Open Day will be held on the Sunday prior to State Track & Field Championships. 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 U6 - U15 athletes as detailed below. Additional skills training for U6 athletes will also be conducted as part of the weekly program.

General Training

General Training on Wednesday evening from 5.30 pm to 6.30 pm (U6-U15). Queries on general training should be directed to Stuart Macaulay on 0417 128 457.

State Relay Championship Training

Relay Training on Monday evening 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 on relay training should be directed to Carmen Falduto on 0418 145 704.

Coaching

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

PROGRAM FOR UNDER 6 ATHLETES

This season WLAC is running an Under 6 Track program which will operate 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 ATHLETICS

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 contact Clare on 0412 883 407.

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 at least 10 cm above the knees. No stripes, checks or other markings are permitted.
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 team 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.
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. 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 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.
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:
 - a. an athlete fails to assume their full and final 'set' position after a reasonable time when 'set' has been called;
 - b. an athlete disturbs another in a race through sound or otherwise; or
 - c. an athlete leaves his mark before the actual report of the starting pistol.

An athlete making a false start will be warned. If an athlete is responsible for two false starts, the athlete may be disqualified.

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.

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:

<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 (300metres)

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

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.

- 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 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.

- 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

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.

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.

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.

Javelin

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.

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.

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.

Throwing Event Specifications:*Weights*

<i>Age Group</i>	<i>Gender</i>	<i>Discus</i>	<i>Shot Put</i>	<i>Javelin</i>
Under 7-8	Boys & Girls	330 grams	1.5 kg	
Under 9-10	Boys & Girls	500 grams	2.0 kg	
Under 11-12	Girls	750 grams	2.0 kg	400gm
Under 13	Girls	750 grams	3.0 kg	400gm
Under 14-15	Girls	1.0 kg	3.0 kg	600gm
Under 11	Boys	750 grams	2.0 kg	400gm
Under 12	Boys	750 grams	3.0 kg	400gm
Under 13	Boys	1.0 kg	3.0 kg	600gm
Under 14-15	Boys	1.0 kg	4.0 kg	600gm

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 RUNNING

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:

<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.

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 Shane Harberger 0409 407 301.

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. 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.

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.

WERRIBEE CENTRE RECORDS - BROKEN IN 2006/2007 SEASON

The following records were broken in the 2006/07 season (including Open Day *):

	<i>Event</i>	<i>Name</i>	<i>Club</i>	<i>New Record</i>	<i>Old Record</i>	<i>Year</i>
Girls:						
Under 11	60mH	D Roman	SA	10.32 s	10.41 s	1985/86
	Javelin	B McIntyre	WV	20.63 m	18.58 m	2004/05
Under 12	100 metres	M Mitchell	GD	13.52 s *	13.56 s	1989/90
	200 metres	M Mitchell	GD	27.84 s *	28.22 s	2003/04
	800 metres	M Mitchell	GD	2:36.35 *	2:36.84	1985/86
Under 13	800 metres	A Cashin	WV	2:33.45 *	2:36.10	1986/87
	1500 metres	A Cashin	WV	5:15.10 *	5:24.87	1986/87
Under 14	100 metres	S Robinson	WV	12.8 s	13.08 s	1987/88
	200 metres	S Robinson	WV	26.31 s	27.03 s	2002/03
	400 metres	S Robinson	WV	58.42 s *	1:00.10	1987/88
	Long Jump	S Robinson	WV	5.13 m *	5.07 m	2003/04
	Triple Jump	S Robinson	WV	11.16 m	11.06 m	2003/04
Boys:						
Under 6	Spot Put	J Watkins	LA	4.87 m *	4.79 m	2000/01
Under 11	200 metres	F Muscara	HC	28.28 s *	28.74 s	1999/00
Under 15	Long Jump	J Hayes	LA	6.43 m *	5.97 m	1985/86

For full records see Noticeboard and website.

STATE CHAMPIONSHIP MEDAL WINNERS – 2006/2007 SEASON**Relays****Bronze Medals**

Boys U11 / 4 X 100m / 2006

T Galley	F Muscara	J Zamperoni	D Bunting
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Mixed U11 / 4 X 100m / 2006

D Roman	F Muscara	T Smith	D Bunting
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Track and Field**Gold Medals**

M Mitchell	Girls	U12	200m	2007
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M Mitchell	Girls	U12	400m	2007
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S Robinson	Girls	U14	400m VBP	2007
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Silver Medals

I Corvo	Boys	U10	Shot Put	2007
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S Robinson	Girls	U14	Triple Jump	2007
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Bronze Medals

T Newman	Girls	U9	60mH	2007
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T Newman	Girls	U9	80mH	2007
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I Corvo	Boys	U10	Triple Jump	2007
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D Bunting	Boys	U11	200m	2007
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M Mitchell	Girls	U12	100m	2007
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H Jacobs	Boys	U12	Shot Put	2007
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C van der Merwe	Girls	U14	Shot Put	2007
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Z Segger	Boys	U14	800m	2007
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Victorian Best Performance (VBP)

Congratulations to Shana Robinson on setting a new VBP in the 400m of 56.62 breaking previous record of 57.1.

State Championship Medal Winners – 2005/2006 Season (omissions)**Track and Field****Bronze Medals**

A van der Merwe	Boys	U9	400m	2006
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Cross Country**Gold Medals – Individual**

L Mathews	Boys	U11	2000m	2006
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M Mitchell	Girls	U11	2000m	2006
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Silver Medals – Team

Boys / U11 / 2000m / 2006

L Mathews	A Xerri	C Gatt
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See our website for results prior to 2005.

WLAC 2007/ 2008 Track and Field Program

	07-Oct-07	13-Oct-07	20-Oct-07	27-Oct-07	10-Nov-07	17-Nov-07	24-Nov-07	01-Dec-07	08-Dec-07	15-Dec-07	12-Jan-08	26-Jan-08	02-Feb-08	09-Feb-08	23-Feb-08	01-Mar-08	
	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	
Open Age	100m 400m 80-100mH High Jump Shot Put	100m 200m 1500m Triple Jump Javelin	200m 400m 300mH Long Jump Shot Put	100m 200m 1500m Long Jump Discus	100m 800m 80-100mH High Jump Discus	200m 400m 300mH Triple Jump Javelin	200m 1500m 300mH Triple Jump Shot Put	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 800m 300mH Long Jump Shot Put	100m 800m 80-100mH Long Jump Discus
Under 12	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 Triple Jump Javelin	200m 1500m 80mH High Jump Shot Put	70m 100m 800m Long Jump Discus	200m 400m 60mH High Jump Javelin	70m 1500m 80mH Triple Jump Javelin	200m 400m 80mH 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	70m 100m 800m Long Jump Discus	
Under 11	200m 400m 60mH High Jump Discus	70m 100m 1500m Triple Jump Javelin	200m 400m 80mH Shot Put High Jump	70m 100m 1500m Long Jump Shot Put	200m 800m 60mH High Jump Javelin	100m 400m 60mH Triple Jump Javelin	200m 1500m 80mH Long Jump Shot Put	70m 100m 800m Long Jump Discus	200m 400m 60mH High Jump Shot Put	70m 1500m 80mH Triple Jump Javelin	200m 400m 80mH Triple Jump Shot Put	70m 100m 1500m Long Jump Discus	200m 800m 60mH High Jump Discus	70m 100m 400m Triple Jump Javelin	200m 800m 80mH High Jump Shot Put	70m 100m 800m Long Jump Discus	
Under 10	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 Discus	200m 800m 80mH Triple Jump	100m 800m High Jump Shot Put	70m 200m 60mH Long 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	100m 800m High Jump Shot Put	
Under 9	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 Discus	200m 800m 80mH Triple Jump	100m 800m High Jump Shot Put	70m 200m 60mH Long 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	100m 800m High Jump Shot Put	
Under 8	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	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 200m 400m Triple Jump	100m 200m 80mH Shot Put	70m 80mH Long Jump Discus	
Under 7	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	70m 200m 60mH Long Jump	70m 100m 200m Shot Put	100m 200m 60mH Discus	70m 100m Long Jump Discus	70m 300m 60mH Long Jump	70m 100m 200m Shot Put	100m 300m 60mH Discus	70m 100m Long Jump Shot Put	
Under 6*	70m 200m	70m 100m	200m 60mH	70m 100m	70m 60mH	100m 200m Shot Put	200m 60mH Discus	70m 100m Shot Put	70m 60mH Long Jump	70m 200m Shot Put	100m 200m 60mH Discus	70m 100m Long Jump	70m 200m 60mH Long Jump	70m 100m 200m Shot Put	100m 200m 60mH Discus	70m 100m Shot Put	

*** The Under 6 children will participate in skills sessions as well as the documented events.**