



Handbook

Season 2005 / 2006



Werribee Little Athletics would like to acknowledge the generous support of all our Season 2005 / 2006 supporters. We encourage our members to support these businesses and mention our Centre when visiting them.

Westpoint Ford Hoppers Crossing *(back cover)*

Snap Printing Werribee / Laverton *(page 34)*

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

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

Barry Plant Doherty Real Estate Werribee *(page 37)*

Rigoli & Associates Werribee *(page 34)*

Capt'n Snooze Hoppers Crossing

Wyndhamvale Physiotherapy & Sports Injury Clinic *(page 37)*

Hoppers Crossing Club Hoppers Crossing *(page 23)*

Domino's Pizza Hoppers Crossing *(page 26)*

Jetset Sanctuary Lakes *(page 7)*

McKnight's Retravisation Hoppers Crossing *(page 7)*

Indian Roast Restaurant Hoppers Crossing *(page 41)*

Jester's Pies Werribee Plaza *(page 38)*

Potter Chiropractic Centre Hoppers Crossing *(page 26)*

Rebel Sport Werribee Plaza *(page 38)*

Werribee Banner *(page 31)*

Victoria University Hoppers Crossing *(page 41)*

Donut King Werribee Plaza

Costa's Mitre 10 *(page 41)*

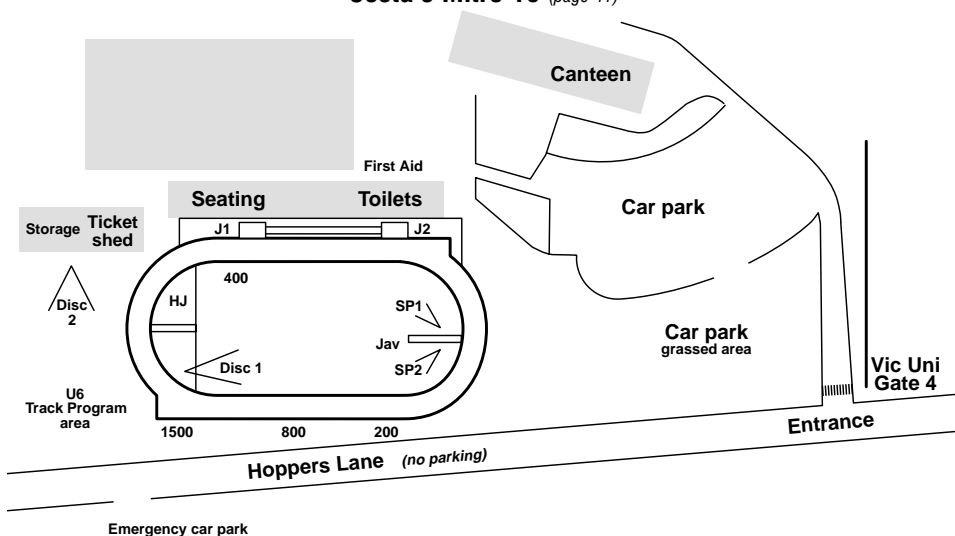


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WERRIBEE LITTLE ATHLETICS CENTRE FIXTURE FOR 2005 / 2006

Date	Program	Comments
Sept 10		Registration Day Sat 10 am - 12 noon
Oct 1		Late Registrations taken 10.00 am - 11.00 am
Oct 2	1	Sunday 1.00 pm start
Oct 8	2	(B)
Oct 15	3	
Oct 22	1	Closing Date for Relay registrations
Oct 28-30		Lady Northcote Camp (U10-12 girls & boys) – <i>see newsletter / web for details</i>
Oct 29	2	(G)
Nov 5	3	Laps for kids
Nov 12	1	
Nov 18	3	Friday twilight commences 5.00 pm <i>adjusted program to accommodate early finish – 4 events maximum</i>
Nov 20		Sunday – Regional Relay Championships at Werribee
Nov 26	2	(B)
Dec 3	1	
Dec 10	2	(G)
Dec 11		Sunday – State Relay Championships at Olympic Park
Dec 17	3	Final day for entries, Track & Field Championships
Jan 14	1	Saturday afternoon, commencing 3.00 pm – Ribbon Day
Jan 21	2	(B) Saturday afternoon, commencing 3.00 pm – Sponsor's Day (Overnight Camp / Sleepover) – Disco Night
Jan 28	3	
Jan 29		Sunday – Corio Open Day
Feb 4-5		Regional Track and Field Championships – <i>Corio</i>
Feb 11	1	
Feb 18-19		State Multi-Event – <i>Moe</i>
Feb 18	2	(G) – Final competition day
Feb 26		Sunday – Werribee Open Day, 9.30 am start
Mar 4-5		State Track & Field Championships – <i>Bendigo</i>
Mar 11	3	'Fun Day' – Commencing 9.00 am – 12.00 noon, BBQ finish
Apr 1		Presentation Day
Apr 22		Werribee Cross Country commences – <i>President's Park</i>

Notes

No athlete can compete for points if registration has not occurred at least 24 hours prior to program commencing.

Programs commence on Saturday morning at 8.15 am with warm-ups, going through to 12.00 noon, unless otherwise stated – Oct 2 is Sunday afternoon, Nov 10 is a Friday Night Twilight Meeting, Jan 14 & Jan 21 are Saturday Afternoon Meetings commencing at 3.00 pm.

(B) & (G) – This symbol indicates 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 8 the U12 boys will complete 100 m, whilst the U12 girls will complete 200 m. On October 29 the U12 girls will complete 100 m, whilst the U12 boys complete 200 m.

Training is offered to all registered athlete on Mondays & Wednesdays from 5.30 pm - 6.30 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 2005 / 2006 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 Centre.

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 our Centre welcomed the Lara club to the competition.

Today, Werribee Little Athletics Centre consists of six clubs: Glen Devon, Hoppers Crossing, Lara, St Andrews, Werribee Central and Wyndhamvale. Whilst we have clubs named by geographic regions, membership to those clubs is not restricted to residents within those regions.

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 COMMITTEE MEMBERS

President	Michelle McIntyre	☎ 9748 0663
Secretary	Steve Ryan	☎ 0414 591 971
Treasurer	Leanne Ryan	☎ 9741 3248
Registrar	Jon Field	☎ 9741 2609
Interclub Track & Field	Noelyn Schumacher	☎ 0412 105 698
Interclub Cross Country	Shane Harberger	☎ 9741 8180
Championship & Special Events – <i>Girls</i>	Lois Mitchell	☎ 0412 383 707
Championship & Special Events – <i>Boys</i>	Derek Smith	☎ 0409 885 626
Publicity & Public Relations	Glenn Todd	☎ 9742 7766
Education	Allan Cook	☎ 9748 0546
Organisation of Officials	Vacant	
Technical Requirements	Kevin Maddigan	☎ 9741 9645
Co-ordination of Records and Rankings	David Lane	☎ 9741 1378
Under 6 Track Co-ordinator	Stuart Macaulay	☎ 9974 6098
General Committee Member	Paula Bunting	☎ 9742 6606
General Committee Member	Colleen Tewhata	☎ 9742 3321

✉ E-mail the Centre directly on: werribee@vlaa.asn.com.au

✉ You can also contact us via our website: www.wlac.coolrunning.com.au

Refer to this website for direct Executive Committee Members' e-mail addresses.

✉ Werribee Little Athletics Centre PO Box 780 Werribee 3030.

CONTACTS AND UNIFORMS OF MEMBER CLUBS

Glen Devon	Mary Wilson	☎ 9748 9324
	Lois Mitchell	☎ 0412 383 707

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

Hoppers Crossing	Carmen Falduto	☎ 9749 5336
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Uniform: *Gold T-shirt, black shorts, white socks*

Lara	Steve Jenkins	☎ 5282 4998
	Linda Fulton	☎ 5282 8888

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	David Lane	☎ 9741 1378
	Mechelle Lane	☎ 9741 1378

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

Wyndhamvale	Tracey Zvezdakoski	☎ 9741 9460
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Uniform: *Green T-shirt, black shorts, white socks*

DUTY ROSTER / PARENT ASSISTANCE FOR SEASON 2005 / 2006

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.

This year all parents will be responsible for setting-up, packing-up and the general running of our weekly program.

We will be trialing a new concept of rostering ALL families on a rotational basis. Information on when you will be rostered will be available on the Noticeboard, with your club and also available through our website.

It is anticipated each family will be rostered only twice throughout the season, however as this is our first year of trialing a new system we seek everyone's patience and assistance in ensuring the roster operates smoothly.

Teams will be required each week to set-up and pack-away, the duties of which are outlined below.

Set-up is to commence 45 minutes prior to the start of any program (*ie: 7.45 am on a regular Saturday morning*). People rostered to set-up will not be required to pack-up on the same day.

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. Athletes will not be eligible for any end of season trophies if parents do not fulfil their obligations to assist.

Duties for Setting Up

Each event will have a box and trolley containing all necessary equipment for the event.

Long Jump: Take metre and half-metre mats, a rake and a broom to each jump pit. Rake and level each pit.

High Jump: Place jump mats, side bags, bar and measuring stick at high jump area.

Throwing Events: Put large red cones and signs out to mark the boundaries of the shot put and discus sectors.

Hurdles: When required, put hurdles on the track. Hurdles specifications for all hurdles events are contained in the 'Event Information' section of this handbook, and colour coded placement marks are on the track.

Duties for Packing Away

At the end of competition, ensure that all equipment is put away neatly, and that the equipment shed is securely locked. If unsure of anything please speak directly with an Executive Committee member.

Site to remain clean and tidy after all events:

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) 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. If you are prepared to be a Chief Official (or at least interested in the possibility) please see Allan Cook at any time to register your interest.

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.

Assistance at events outside of our regular program

In addition to the weekly roster, 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.

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. Whilst this appears to be a tough stance, our Centre has a responsibility to the organisers of these events to provide a prescribed number of volunteers:

- Region Relay Championships on 20th November 2005 at Werribee
- State Relay finals on 11th December 2004 at Olympic Park
- Region Track and Field Championships on 4th & 5th February 2006 at Corio
- State Multi-Event Championship on 18th & 19th February 2006 at Moe
- Open Day Event on 26th February 2006 at Werribee
- State Track and Field finals on 4th & 5th March 2006 at Bendigo

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 can be obtained from the Executive Committee and also found on the VLAA website.

Coaching

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)

State Relay Championship Training:

- Relay training on Monday evening from 5.30 pm to 6.30 pm (U9-U15)

Regional / State Track & Field (T&F) Championship Training:

- Athletes selected for Regional & State T&F will be offered training in their events on Wednesday evenings from 5.30 pm to 6.30 pm, all other athletes will do general training

Parents are encouraged to assist Centre coaches with relay and event training.

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

VLAA 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. We shall endeavour to have this loaded onto the website immediately a decision to cancel a program has been made. Phone calls can also be made to club contacts between 7.00 and 8.00 am, or approx 1 hour prior to the commencement of a program outside of the regular Saturday morning time schedule.

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, 28th Feb 2006, 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, Stuart Macaulay (9974 6098).

RULES OF COMPETITION

General Rules

1. No athlete can compete for points unless their registration has been submitted 24 hours prior to the commencement of the program. This is due to the administrative effort in ensuring registered athletes are correctly loaded into the points scoring system. An athlete may still compete on the day they register.
2. An athlete competing in an event for the first time must report to the Starter's Marshall or to the field event Chief Official.
3. All registered Little Athletes must be dressed in correct club uniform. A patch showing the 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.
4. All children in the Under 6 to Under 9 age groups are to be escorted to their events by an age group team manager.
5. The chief official of any event may disqualify a competitor for misconduct.
6. All athletes must wear suitable footwear at all times when competing. Bare feet are not allowed.
7. 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.
8. Starting blocks are permitted for the Under 12 to Under 15 age groups for laned track events.
9. 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.
10. When an event is being conducted on the in-field, only those athletes competing in the event will be allowed on the arena.
11. 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.
12. Coaching or barracking for competitors from the in-field is not permitted, and may result in an athlete being disqualified in an event.
13. 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.

www.wlac.coolrunning.com.au



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
- 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*, 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 CONDUCT

Werribee Little Athletics Centre operates under a Code of Conduct endorsed by Victorian Little Athletics Association. A copy of our Code of Conduct will have been provided upon registration. Additional copies are available through our Executive Committee. The Code of Conduct can be found on our website – www.wlac.coolrunning.com.au

An action plan is in place for Werribee Little Athletics Executive 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.

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 am. 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. Furthermore, 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 on Cross Country, contact Shane Harberger.

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 will be held at Olympic Park.

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 will be held at Corio, and State finals at Bendigo.

REPRESENTING WERRIBEE LITTLE ATHLETICS CENTRE *cont.*

Multi-Event Championships

This event is held 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, 80 mh, 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, arrangements can be made with our Centre Uniform Co-Ordinator, Colleen Tewhata to purchase at a reasonable price.

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

Werribee Centre uniforms may be purchased at the start of the season by athletes, all enquiries are to be directed to Colleen Tewhata.

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

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 Committee. Remember, this is your Centre, so applications are encouraged.

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 SEASON 2005 / 2006

Registration Fees for the 2005 / 2006 season 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.

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	
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	

ACHIEVEMENT AWARD LEVELS – GIRLS cont.

<i>Event</i>	<i>Age</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Red</i>
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
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
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
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

ACHIEVEMENT AWARD LEVELS – GIRLS cont.

<i>Event</i>	<i>Age</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Red</i>
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
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
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	1.27.0
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

ACHIEVEMENT AWARD LEVELS – BOYS cont.

<i>Event</i>	<i>Age</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Red</i>
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
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>
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

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 Bonaccurso	GD	1986/87
Under 11	29.13	R Barlow	HC	1988/89
Under 12	28.22	D Fernandez	SA	2003/04
Under 13	27.13	D Fernandez	SA	2004/05
Under 14	27.03	C Newman	HC	2002/03
Under 15	26.52	L Morkous	HC	2003/04

300 metres

Under 7	1.00.42	L Purdy	HC	1988/89
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WERRIBEE CENTRE RECORDS – GIRLS**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	14.35	O Todd	WC	2004/05
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)	13.52	B McDowell	SA	2004/05

300 metres Hurdles

Under 13	48.97	D Fernandez	SA	2004/05
Under 14	48.21	B McDowell	SA	2003/04
Under 15	47.71	J McDowell	SA	2003/04

WERRIBEE CENTRE RECORDS – GIRLS cont.**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	2.42.68	M Mitchell	GD	2004/05
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

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	4.93 m	L Baker	GD	2004/05

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 Bonaccurso	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	11.23 m	L Baker	GD	2004/05

WERRIBEE CENTRE RECORDS – GIRLS cont.**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

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)	18.58 m	A Albergo	SA	2004/05
Under 12 (400 g)	26.71 m	N Jennings	HC	1997/98
Under 13 (400 g)	29.75 m	C Newman	HC	2001/02
Under 14 (600 g)	30.82 m	C Newman	HC	2002/03
Under 15 (600 g)	30.59 m	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
	12.59	T Schumacher	SA	2004/05
Under 14	11.98	P Jago	HC	1984/85
Under 15	11.59	D Cooper	HC	1991/92

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	25.82	R Nolan	SA	2004/05
Under 14	24.62	C Smith	HC	1996/97
Under 15	23.79	S Hargreaves	SA	2004/05

300 metres

Under 7	58.31	D Buchanan	HC	1986/87
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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	57.98	T Schumacher	SA	2004/05
Under 14	55.04	S Hargreaves	SA	2003/04
Under 15	53.92	S Hargreaves	SA	2004/05

WERRIBEE CENTRE RECORDS – BOYS**800 metres**

Under 9	2.40.36	L Matthews	SA	2003/04
Under 10	2.36.09	L Matthews	SA	2004/05
Under 11	2.30.74	B Hoare	WV	2000/01
Under 12	2.23.57	B Hoare	WV	2001/02
Under 13	2.19.09	T Schumacher	SA	2004/05
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	4.56.30	T Schumacher	SA	2004/05
Under 14	4.42.64	C Camilleri	SA	2001/02
Under 15	4.35.00	R Mathews	SA	2003/04

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	13.15	L McDowell	SA	2004/05
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

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

WERRIBEE CENTRE RECORDS – BOYS cont.**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

WERRIBEE CENTRE RECORDS – BOYS cont.**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

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 Soonalole	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

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

STATE CHAMPIONSHIP MEDAL WINNERS – MULTI-EVENT (FROM 2000)**Gold Medals**

S Hargreaves	Boys	U13	2003
S Hargreaves	Boys	U14	2004
L Baker	Girls	U15	2005

Silver Medals

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

C Newman	Girls	U14	2003
L Baker	Girls	U14	2004
T Schumacher	Boys	U13	2005

STATE CHAMPIONSHIPS MEDAL WINNERS – RELAYS**Gold Medals***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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Girls U15 / 4 x 100 m / 2004

L Baker	B McDowell	T Leenstra	V Iatrou-Miritis
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Boys U13-15 / Medley / 2004

D Pagnocco	J Fitzpatrick	R Nolan	T Schumacher
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Boys U10 / Medley / 2004

L Matthews	J Kells	B Jago	W Soonlalole	J Daley
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Silver Medals*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 Soonlalole
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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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Boys U11 / 4 x 100 m / 2004

C Ryan	D Agius	S Crea	J Cailles
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Boys U13 / Medley / 2004

R Nolan	M Gale	J Jeggo	T Schumacher
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Boys U10 / 4 x 200 m / 2004

L Matthews	J Kells	B Jago	M Warr	M Till
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Girls U9-12 / Medley / 2004

T Smith	M Mitchell	S McDowell	L Alfieri
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STATE CHAMPIONSHIP MEDAL WINNERS – RELAYS *cont.***Bronze Medals***Girls U10 / 4 x 100 m / 2003*

K Edwards	D Pisano	O Todd	M Noonan
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Boys U 9 / 4 x 100 m / 2003

B Jago	J Kells	M Warr	W Soonalole
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Boys U 10 / Medley / 2003

C Ryan	D Agius	S Crea	A Joyce
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Mixed Sex U 14 / 4 x 100 m / 2003

T Anderson	S Hargreaves	T Leenstra	B McDowell
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Boys U9-12 / Medley / 2004

J Zamperoni	J Kells	C Ryan	L McDowell
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Girls U10 / Medley / 2004

M Mitchell	S Schumacher	R Falduto	K Larkin
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Mixed Sex U9 / Medley / 2004

F Muscara	K Fulton	T Smith	K Freeman
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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	Triple Jump	1996
A Peska	Boys	Discus	2002

Silver Medals

M Barlow	Boys	1500m walk	1975
M Sandford	Boys	Discus	1982
L Taitapanui	Girls	Discus	1984
K Morley	Girls	400m	1986
L Shannon	Boys	High jump	1989
C Smith	Boys	High Jump	1996
N Barnes	Girls	Discus	1996
C Hargreaves	Boys	Discus	2000
A Peska	Boys	Shot Put	2002
S Hargreaves	Boys	Triple Jump	2003
L Baker	Girls	Triple Jump	2003
T Schumacher	Boys	4 x 100 m Relay	2005

Bronze Medals

N Barnes	Girls	Shot Put	1996
S Hamilton	Girls	Discus	1996
B Crossthwaite	Boys	High Jump	1999
S Hargreaves	Boys	Javelin	2003
D Fernandez	Girls	Triple Jump	2005
D Fernandez	Girls	4 x 100 m Relay	2005



STATE CHAMPIONSHIP MEDAL WINNERS – TRACK AND FIELD**Gold Medals**

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
S Schumacher	Boys	U14	1500 m	2004
J McDowell	Girls	U15	Hurdles	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
M Mitchell	Girls	U10	800 m	2005
D Fernandez	Girls	U13	Triple Jump	2005
B McDowell	Girls	U15	90 mH	2005
L Baker	Girls	U15	Long Jump	2005
L Baker	Girls	U15	Triple Jump	2005
L Matthews	Boys	U10	400m	2005
L Matthews	Boys	U10	800 m	2005
T Schumacher	Boys	U13	800 m	2005
S Hargreaves	Boys	U15	300 mH	2005
D Pagnoccolo	Boys	U15	Triple Jump	2005
S Hargreaves	Boys	U15	Javelin	2005

Silver Medals

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
M Mitchell	Girls	U10	400 m	2005
B McDowell	Girls	U15	100 m	2005
H Jacobs	Boys	U10	Shot Put	2005
S Crea	Boys	U11	Triple Jump	2005
T Schumacher	Boys	U13	400 m	2005
S Schumacher	Boys	U15	800 m	2005
S Hargreaves	Boys	U15	Long Jump	2005

STATE CHAMPIONSHIP MEDAL WINNERS – TRACK AND FIELD**Bronze Medals**

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 mW	2004
R Matthews	Boys	U15	1500 m	2004
M Peska	Boys	U15	Discus	2004
M Mitchell	Girls	U10	200 m	2005
O Todd	Girls	U11	60 mH	2005
S Robinson	Girls	U12	400 m	2005
B McDowell	Girls	U15	300 mH	2005
D Bunting	Boys	U9	80 mH	2005
W Soonalole	Boys	U10	Discus	2005
R Nolan	Boys	U13	200 m	2005
L Agius	Boys	U13	Discus	2005

Check out our website www.wlac.coolrunning.com.au for results prior to 2003.

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
L Matthews	Boys	U10	1500 m	2005
M Mitchell	Girls	U10	1500 m	2005

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)

STATE CHAMPIONSHIPS MEDAL WINNERS – CROSS COUNTRY (FROM 1994) cont.



Silver Medals – Individual

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

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		

<i>Boys / U9 / 1500 m / 2005</i>				
D Bunting	J Zamperoni	D Agius		

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		

<i>Girls / U14 / 3000 m / 2005</i>				
L Lane	M Matthews	J Falduto		

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 away 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 only 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.

REGIONAL / STATE TRACK & FIELD TEAM 2006

Attention all U9 to U15 Werribee athletes

You are invited to join our team for the 2006 Track and Field Program at Region and State.

If you want to be selected, you must:

- Be available for the Regional trials (4th & 5th February 2006 at Corio) and the State finals (4h & 5th March 2006 at Bendigo)
- Complete and return the entry form below, signed by one of your parents, by Saturday 17th December, 2005. The form can be handed to Lois Mitchell or Derek Smith at any Saturday competition, or mailed to *Werribee LAC, PO Box 780, Werribee 3030* no later than Wednesday 15th December, 2005
- Pay \$4 per event you want to compete in. Money to accompany this entry form
- Attend training sessions on Wednesdays 25th January and 1st February, between 5.30 & 6.30 pm
- Have a parent who will do 3 hours of official duty on one of the days mentioned above (mandatory)

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 0412 383 707 or Derek Smith on 0409 885 626.

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, I will abide by the conditions outlined in the attached notice and will also be available to assist with official duties.

Signature of parent: _____