



# Information Manual



# Tasmanian Little Athletics Association Inc. Presidents Welcome

Welcome to Little Athletics. To all our families, new or returning, I welcome you to the 2023/2024 season.

There has been a lot happening in the off season and our board and staff have been very busy.

We have farewelled Susan McLeod and Trish Reid as board directors and thank them for their dedication and hard work. We welcome Leo Cunha from South Launceston and Nat Luttrell from Burnie as new directors. We also welcome Jack Hale as a part time administration officer working alongside Teresa.

This season we celebrate the 50th anniversary of Little Athletics in Tasmania having started in Launceston in 1973 and from there having rapidly expanded throughout the State. I thank Julian Direen, the President of Huon Valley Little Athletics Centre, for the design of our 50th anniversary logo.

You will see some significant changes this year, so I strongly suggest you have a thorough read through this manual to appraise yourself of the changes. Some of these are in the name bib. We have gone to a new form of bib that can be printed out at your Centre when you register, this bib is pinned on and must be worn to compete. The award badges: i.e., Gold Star, 25 badge, red, blue, green PIA badges are no longer in use and have been replaced with Gold Standard and Silver Standard awards. These awards are tracked on-line and can be printed out if you so choose. The qualifying system for the State Individual Championships has also changed and will be based on the ranking system introduced last season.

The Coles Australian Little Athletics Championships (ALAC) has expanded to include U13's, U14's and U15 athletes with the method of qualification being made available on-line.

I welcome back our sponsors, Coles, The Tasmanian Government, McDonalds the RSM Group, and Cripps Master Baker. Our sponsors are very important to the running of Little Athletics in the state, and I encourage you to support them as you can.

Please, enjoy the season, make new friendships, and be your best.

Paul Mommers  
President



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The season of 2023-2024 marks the 50th anniversary of Little Athletics in Tasmania. Little Athletics commenced in the 1973/74 season in Launceston and would expand around the state in the years following. For the first 5 seasons Little Athletics operated in northern Tasmania, and it wasn't until the 1978/79 season that expansion to southern Tasmania occurred.

Little Athletics competition in Tasmania commenced in Launceston, with the inaugural meeting held in August 1973. The Launceston Little Athletics Centre was formed under the guidance of Mr. Les Capes, from Western Australia, who had been involved in Little Athletics in that State. In September 1973, an Annual General Meeting was held in Launceston, and the first 'Committee of Management' for Little Athletics in Tasmania was elected.

#### 1973 - 1974 Committee

President - Mr. L. Capes  
Secretary - Mrs. W. Gooding  
Treasurer/Registrar - Mr. E. Holloway  
Track and Field - Mr. L. Capes  
Technical and Equipment - Mr. H. Llewellyn  
Publicity - Mr. F. Nott  
Organiser of Officials - Mr. K. French  
Records and Ranking - Mr. J. James  
Championships & Special Meetings - Mrs. B. Watts  
Coaching - Mr. A. Willis  
Cross Country - Miss J. Hodgson  
Clubs Liaison - Mr. M. Simmons  
Arena Manager - Mr. L. Capes  
Chief Track Referee - Mr. A. Willis  
Chief Field Referee - Mr. F. Nott  
Chief Track Marshall - Mr. E. Holloway



● These children from the Summerdale School are about to board a bus which will take them to the Little Athletics meeting at White City. It's an outing they all look forward to each Friday.

Little Athletics proved over the years to be very popular amongst Tasmanian children and would produce many great athletes who would go onto greater things within the Australian and international athletic and sporting community. There have been many notable athletes who represented Australia at Commonwealth and Olympic Games, as well as those leading successful careers in other sporting codes.

To mark this important occasion in Little Athletics Tasmania's history the Board of Management will be organising a gala celebration event at the end of the season. It will be an opportunity for the Little Athletics community to mix with VIPs, current and past officials, and former athletes.

*If you have any stories or photos from the years gone by, we would love to hear from you. You can email us at: [LATas50@taslittleathletics.com.au](mailto:LATas50@taslittleathletics.com.au)*



# Board of Management 2023-2024



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Thank you to the following Sponsors



National Naming Rights Partner



National Apparel Partner

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# Honour Roll

## Life Members

Helen Moir*	1993	Rhonda O'Sign	2002
Michael Stubbs	1997	Paul Street*	2006
Garry House	1999	Kaylene Knee	2021
Ross Burridge	1999	Roger Hosie	2023

## Distinguished Service Award Recipients

Helen Moir*	1990	Garry House	1996	Roger Hosie	2015
Les Nankervis	1990	Cliff Marsh	1997	Peter Weldon*	2015
Peter Lawson	1990	Rhonda O'Sign	2000	Rosemary Coleman	2020
Nigel McLaren	1993	Paul Street *	2002	Peter McConnon	2020
Michael Stubbs	1994	Brian Bannister	2005	Brett Gillow	2021
Rob Crosswell	1994	Anne House	2010	Brett Johnstone	2021
Marguerite Duke	1995	Kaylene Knee	2010	Paul Mommers	2022
Ross Burridge	1996	Wim Vaessen	2013	Ferdie Kroon	2023

## State Service Award Recipients

Bill Cooper*	1990	Mary Clear	2001	Kendra Hey	2008
Diane Lawson	1990	Anthony Cruse	2002	Scott Calvert	2008
Jeff Nankervis	1990	Rosemary Coleman	2002	Kim Nankervis	2009
Paul Plumbridge	1990	Brian Bannister	2002	Wayne Hall	2010
John Boxhall	1991	Janene Stubbs	2002	Leanne Harvey	2010
Les Charlesworth	1991	Terry Byrne	2002	Mathew Hey	2010
Clif Marsh	1992	Frank Buller	2003	Michael Walker	2012
Ted Beecroft	1992	Wim Vaessen	2003	Brian James	2012
Matt Osbourne	1993	Frank Furfaro	2004	Michael Phillips	2012
Graeme Moore	1995	Karen Pelham	2004	Andrew Shephard	2013
Sallie Garwood	1995	Kristy Periera	2004	Brett Clements	2013
Anne House	1995	Greg Cooper	2004	Brett Johnstone	2013
Merimy Bruens	1996	Andrew Tomes	2005	Paul Mommers	2016
Albert Johnson*	1996	Vicki Sansom	2005	Paula Brown	2016
Carolyn Banks	1996	Peter Weldon*	2005	Amanda Robertson	2019
Gayleen Goodwin	1998	Shirley Kelly	2005	Allan Faint	2019
Viv Beswick	1998	Eric Howells	2006	Jenny Broad	2020
Wim VanDerPols	1998	Kaylene Knee	2006	Michael Brideson	2020
Gavin Radford	1999	Peter McConnon	2006	Michelle Scolyer	2022
Paul Street*	1999	Tim Heron	2006	Marty Doyle	2023
Karen Tuthill	2000	Carolyn Bussey	2007	James Turnbull	2023
Ken Elphinstone	2000	Daryn Weller	2007	Susan McLeod	2023
Roger Howlett	2000	Dirk Nankervis	2007	Shane Cox	2023
Anne Millington	2001	Michael Harvey	2007		
Margaret Osborne	2001	Greg Byard	2008		

# Honour Roll

## Sir Thomas Lipton Award Recipients

Fiona Excell	1985/86	
Timothy Dale	1986/87	
Adman Williams	1987/88	Nikole Allison
Grant Garwood	1988/89	Paul Lodge
Scott Kelly	1989/90	Calli Marsh

## Coles Sportsmanship Award Recipients

Sarah Crosswell	1990/91	Luke Sulzberger
Jaclyn Burridge	1991/92	Grant Kelly
Ingrid Fairbrother	1993/94	Nathan Shepherd
Tameka Walters	1994/95	Andrew Gleeson
Alexandra Clear	1995/96	Richard Maroney
Danielle Hyland	1996/97	Jonathan Tibbets
Robyn Bailey	1997/98	Andrew Oliver
Kimberley Turnock	1998/99	Shawn Keenan
Randall Crack	1999/00	Clinton Treloar
Emma Johnson	2000/21	Christopher Clear
Donna Harvey	2001/02	Daniel Latham
Lauren Vaessen	2002/03	James Kelly
Natalie Daniels	2003/04	Daniel Boatwright
Cody Morrison	2004/05	Tyler Heron
Lucy Foote	2005/06	Cameron Thompson
Rebecca Direen	2006/07	Jayden Hey
Natalea Smith	2007/08	Mathew Cornwall
Philippa Jarvis	2008/09	Jacob Doole/Mathew Harvey
Emma Walker	2009/10	Ben Robinson
Justine McKeown	2010/11	Jason Homber
Katie Broad	2011/12	Lachlan Robertson
Elisa Stalker	2012/13	Jonathan Mommers
Tori Milbourne	2013/14	Hugh Richardson
George Enright	2014/15	Kye Chilcott
Grace Gillow	2015/16	Noah Eastley
Amie Broad	2016/17	Tom McCallum
Alicia Hollingworth	2017/18	Zane Arnold
Lauren Shelton	2018/19	Billy French
Isobel Gray	2019/20	Theo Collins
Maighan Arnold	2020/21	William Pereira
Isla Werkman	2021/22	Austin Jordan
Eva Parker	2022/23	Jasper Mason





# Calendar of State Events 2023-2024

## September 2023

Saturday 16th	10.00am	Come & Try, Hobart
Sunday 17th	10.00am	Come & Try, Penguin
Sunday 17th	2.30pm	Come & Try, Launceston
Sunday 24th	11:00am	Officials Course, Launceston

## October 2023

Sun 1st - Wed 4th		LAA U15 National Camp, Gold Coast
Sunday 8th	2:00pm	Officials Course, Hobart
Monday 9th	8:30am	U11 Intro to New Events Clinic, Hobart
Tuesday 10th	8:30am	U11 Intro to New Events Clinic, Penguin
Wednesday 11th	8:30am	U11 Intro to New Events Clinic, Launceston
Sunday 15th	2:00pm	Officials Course, Hobart
Sunday 15th	10:00am	ITLAS Coaching Course, Hobart (1 day course, 6 hours)
Mon 16th - Tues 17th	5:30pm	ITLAS Coaching Course, Launceston (2 day course, 3 hours per day)
Sunday 29th	10:00am	ITLAS Coaching Course, Penguin (1 day course, 6 hours)

## November 2023

Friday 3rd	6:00pm	Clinic (TBC), Penguin
Saturday 4th	10:00am	Coles State Series #1, Penguin
Sunday 5th	9:00am	Officials Course Penguin
Friday 17th	6:00pm	Clinic (TBC), Launceston
Saturday 18th	10:00am	Coles State Series #2, Launceston
Sunday 19th	9:00am	Officials Course, Launceston
Wed 29th - Thurs 30th	5:30pm	ITLAS Coaching Course, Launceston (2 day course, 3 hours per day)

## December 2023

Saturday 2nd	10:00am	Coles State Series #3, Hobart
Sunday 3rd	12:00pm	Officials Course, Hobart
Sunday 3rd	12:00pm	Clinic (TBC), Hobart
Sunday 3rd	10:00am	ITLAS Coaching Course, Hobart (1 day course, 6 hours)
Sunday 3rd	10:00am	ITLAS Coaching Course, Penguin (1 day course, 6 hours)

## January 2024

Wed 3rd - Sat 6th		LATAs U12-13 Coaching Camp, Camp Clayton
Saturday 20th	5:00pm	State Combined Events Championships U13-U15, Penguin
Sunday 21st	10:00am	State Combined Events Championships U9 - U15, Penguin
Monday 22nd	8:30am	U6 - U10 Coach & Compete (Jumps), Penguin
Tuesday 23rd	8:30am	U6 - U10 Coach & Compete (Jumps), Hobart
Wednesday 24th	8:30am	U6 - U10 Coach & Compete (Jumps), Launceston
Monday 29th	8:30am	U6 - U10 Coach & Compete (Throws), Launceston
Tuesday 30th	8:30am	U6 - U10 Coach & Compete (Throws), Penguin
Wednesday 31st	8:30am	U6 - U10 Coach & Compete (Throws), Hobart

## February 2024

Saturday 10th	10:00am	State Relay Championships, Launceston
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## March 2024

Sat 9th - Sun 10th	9:00am	RSM Insurance Brokers State Individual Championships, Hobart
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## April 2024

Fri 26th - Sun 28th		Coles Australian Little Athletics Championships, Adelaide
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# State Conducted Meetings

These meetings have been organised to encourage closer ties and friendship between Centre's and to give all age groups greater opportunity to have the strongest possible competition.

The Coles State Series is open to all registered athletes in the U6 to U15 age groups. Performances by athletes at the Coles State Series and State Championship events are eligible for consideration as State Best Performances.

Event	Program			
<p><b>coles State Series #1</b></p> <p>Saturday 4th November 2023</p> <p>Penguin Athletic Track, Penguin</p> <p>First event 10:00am</p>	<p>100m U6, 7, 8, 9, 10, 11, 12, 13, 14, 15</p> <p>200m U6, 7</p> <p>400m U8, 9, 10, 11, 12, 13, 14, 15</p> <p>Walks U9, 10, 11, 12, 13, 14, 15</p>	<p>Long Jump</p> <p>Triple Jump</p> <p>High Jump</p> <p>Shot Put</p> <p>Discus</p> <p>Javelin/Turbo/Vortex</p>	<p>U6, 7, 8, 9, 11, 13</p> <p>U12</p> <p>U10, 14, 15</p> <p>U7, 10, 13</p> <p>U8, 11, 14, 15</p> <p>U6, 9, 12</p>	
<p><b>coles State Series #2</b></p> <p>Saturday 18th November 2023</p> <p>Northern Athletic Centre, St Leonards</p> <p>First event 10:00am</p>	<p>200m U6, 7, 8, 9, 10, 11, 12, 13, 14, 15</p> <p>800m U9, 10, 11, 12, 13, 14, 15</p> <p>Sprint Hurdles U6, 7, 8, 9, 10, 11, 12, 13, 14, 15</p>	<p>Long Jump</p> <p>Triple Jump</p> <p>High Jump</p> <p>Shot Put</p> <p>Discus</p> <p>Javelin/Turbo/Vortex</p>	<p>U6, 7, 8, 9, 10, 12</p> <p>U14, 15</p> <p>U11, 13</p> <p>U8, 11, 14, 15</p> <p>U6, 9, 12</p> <p>U7, 10, 13</p>	
<p><b>coles State Series #3</b></p> <p>Saturday 2nd December 2023</p> <p>Domain Athletic Centre, Hobart</p> <p>First event 10:00am</p>	<p>70m U6, 7, 8, 9, 10</p> <p>100m U6, 7, 8, 9, 10, 11, 12, 13, 14, 15</p> <p>200m U11, 12</p> <p>1500m U11, 12, 13, 14, 15</p> <p>Long Hurdles U13, 14, 15</p>	<p>Long Jump</p> <p>Triple Jump</p> <p>High Jump</p> <p>Shot Put</p> <p>Discus</p> <p>Javelin/Turbo/Vortex</p>	<p>U6, 7, 8, 10, 14, 15</p> <p>U11, 13</p> <p>U19, 12</p> <p>U6, 9, 12</p> <p>U7, 10, 13</p> <p>U8, 11, 14, 15</p>	
<p><b>State Combined Event Championships</b></p> <p><b>Day 1</b></p> <p>Saturday 20th January, 2024</p> <p>5:00pm - 8:00pm</p> <p>U13 to U15 athletes only</p> <p><b>Day 2</b></p> <p>Sunday 21st January, 2024</p> <p>First event 10:00am</p> <p>U9 to U15 athletes</p> <p>Penguin Athletic Track, Penguin</p>	<p>The LATas Combined Event Championship is for registered athletes in Under 9 to Under 15.</p> <p>Both an individual and a team Combined Event will be offered.</p> <p>Athletes compete in five (Under 9 - Under 12), or seven (Under 13 - Under 15) events.</p> <ul style="list-style-type: none"> <li>Boys: 100m, Sprint Hurdles, 800m, Long Jump, Discus, High Jump*, Javelin*</li> <li>Girls: 200m, Sprint Hurdles, 800m, Long Jump, Shot Put, High Jump*, Javelin*</li> </ul> <p><i>*Only athletes in the Under 13 to Under 15 age groups compete in High Jump and Javelin as part of the Combined Event Championship.</i></p> <p>Athletes in the individual Combined Event Championship must compete in ALL events to receive a final score.</p>			
<p><b>State Relay Championships</b></p> <p>Saturday 10th February, 2024</p> <p>Northern Athletic Centre, St Leonards</p> <p>First event 10:00am</p>	<p>4 x 100m Relay U8 - U15</p> <p>4 x 200m Relay U9 - U15</p> <p>Swedish Relay U9 - U15</p> <p>Field Event Relay U8 - U15</p>	<p>Under 6 and Under 7 athletes will be offered a Long Jump event while the 4 x 200m Relays are being conducted.</p> <p>Under 6 and Under 7 athletes will be offered an invitational 4 x 100m Relay.</p>		

# State Conducted Meetings

## Event



**RSM Insurance Brokers  
State Individual  
Championships**

### Day 1

Saturday 9th March, 2024  
First event 9:00am

### Day 2

Sunday 10th March, 2024  
First event 9.00am

Domain Athletic Centre, Hobart

Information relating to the specific AWD events at State Championships will be released in a separate document.

## Program

### Day 1

	60-100m Hurdles	100m	400m	1500m	High Jump	Triple Jump	Long Jump	Shot Put	Discus	Javelin
Under 8	X	X	X				X			X
Under 9	X	X	X		X			X	X	
Under 10	X	X	X				X	X	X	
Under 11	X	X	X	X	X		X			X
Under 12	X	X	X	X	X		X			X
Under 13	X	X	X	X	X		X			X
Under 14	X	X	X	X		X		X	X	
Under 15	X	X	X	X		X		X	X	

### Day 2

	70m	200m	200/300m Hurdles	800m	Race Walks	High Jump	Triple Jump	Long Jump	Shot Put	Discus	Javelin
Under 8	X	X				X			X	X	
Under 9	X	X		X	X			X			X
Under 10	X	X		X	X	X					X
Under 11	X			X	X		X		X	X	
Under 12	X			X	X		X		X	X	
Under 13	X	X		X	X		X		X	X	
Under 14	X	X		X	X	X		X			X
Under 15	X	X		X	X	X		X			X

*Please note: The AM/PM programs are not generated until after the close of entries with the LATas Office. Centres will be notified when this program is available.*

RSM  
TASMANIA

RSM Tasmania has been servicing the General insurance needs of Tasmanians since 2006. Specialising in small business insurances for retailers, trades, manufacturing, sub-contractors, builders, professionals, transport operators and logistics operations the business places nearly \$10 million in general insurance premiums, and has achieved most of this growth through word of mouth, due to great service and local knowledge.

Little Athletics Tasmania are delighted that RSM Tasmania are the naming rights partner for the Little Athletics Tasmania 2024 RSM Insurance Brokers State Individual Championships.

# LATas Recognised Track Specifications

## Track Events

70m	Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
100m	Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
150m	Under 6, 7
200m	Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
400m	Under 8, 9, 10, 11, 12, 13, 14, 15
800m	Under 9, 10, 11, 12, 13, 14, 15 - Laned start (2 competitors per lane)
1500m	Under 11, 12, 13, 14, 15 - Limited to a field of 16
Sprint Hurdles	Under 6, 7, 8, 9, 10, 11, 12, 13, 14, 15
200m Hurdles	Under 13, 14
300m Hurdles	Under 15
700m Race Walk	Under 9
1100m Race Walk	Under 10, 11
1500m Race Walk	Under 12, 13, 14, 15

## Sprint Hurdles

Age Group	Distance	Heights	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 6	60m	Max 20cm	12m	7m	13m	6
Under 7	60m	Max 20cm	12m	7m	13m	6
Under 8	60m	45cm	12m	7m	13m	6
Under 9	60m	45cm	12m	7m	13m	6
Under 10	60m	60cm	12m	7m	13m	6
Under 11	80m	60cm	12m	7m	12m	9
Under 12	80m	68cm	12m	7m	12m	9
Under 13	80m	76cm	12m	7m	12m	9
Under 14 Girls	80m	76cm	12m	7m	12m	9
Under 14 Boys	90m	76cm	13m	8m	13m	9
Under 15 Girls	90m	76cm	13m	8m	13m	9
Under 15 Boys	100m	76cm	13m	8.5m	10.5	10

## 200/300m Hurdles

Age Group	Distance	Heights	Lead In	Distance Between	Lead Out	Number of Hurdles
Under 13	200m	68cm	20m	35m	40m	5
Under 14	200m	76cm	20m	35m	40m	5
Under 15	300m	76cm	50m	35m	40m	7

## Spikes

Spike Length:

- Synthetic Track 7mm maximum
- Long Jump/Triple Jump/ High Jump/Javelin 9mm maximum
- Grass 12mm maximum



# LATas Recognised Field Specifications

## Shot Put

Age Group	Weight	Colour	Allowable Measurements
Under 6, 7	1.0kg	Blue	Diameter Tolerance: 60 - 85mm
Under 8	1.5kg	Yellow	Diameter Tolerance: 70 - 90mm
Under 9, 10, 11, 12	2.0kg	Orange	Diameter Tolerance: 76 - 90mm
Under 13, 14, 15G	3.0kg	White	Diameter Tolerance: 85 - 110mm
Under 15B	4.0kg	Red	Diameter Tolerance: 95 - 110mm

- Time limit per trial - 60 seconds
- Diameter of Circle - 2.135m
- Angle of Sector - 35

## Discus

Age Group	Weight	Allowable Measurements
Under 6, 7	330 - 350 grams	Time limit per trial - 60 seconds
Under 8, 9, 10, 11	500 grams	Diameter of Circle - 2.5m
Under 12, 13	750 grams	Angle of Sector - 40
Under 14, 15	1.0kg	

## Javelin/Turbo Jav/Vortex

Age Group	Weight	Implement	Allowable Measurements
Under 6, 7		Vortex	Time limit per trial - 60 seconds
Under 8, 9, 10		Turbo Jav	Angle of Sector - 29
Under 11, 12, 13G, 14G	400 grams	Javelin	
Under 15G	500 grams	Javelin	
Under 13B, 14B	600 grams	Javelin	
Under 15B	700 grams	Javelin	

## High Jump

	U8	U9	U10	U11	U12	U13	U14	U15	
<b>Boys</b>									• It is recommended side bags should be used for athlete safety
Centre Competition	0.60	0.65	0.75	0.80	0.85	0.90	0.95	1.00	
State Conducted Meetings	0.65	0.75	0.85	0.90	1.00	1.10	1.15	1.20	
State Championships	N/A	0.95	1.00	1.10	1.20	1.25	1.30	1.40	• Scissor Jump is compulsory for Under 8, 9, 10 athletes
<b>Girls</b>									
Centre Competition	0.55	0.60	0.65	0.70	0.75	0.80	0.85	0.90	
State Conducted Meetings	0.60	0.70	0.80	0.85	0.90	0.95	1.00	1.10	
State Championships	N/A	0.90	1.00	1.05	1.15	1.25	1.25	1.25	

### State Sponsors

Proudly Supporting Little Athletics Tasmania



# LATas Recognised Field Specifications

## Long Jump & Triple Jump

### Age Group

Under 6, 7, 8, 9, 10

Under 11, 12, 13, 14, 15

A 0.50m x 1m mat covered with damp sand to the depth of 1 - 2cm

A 0.20m x 1.22m area consisting of either a board, sunk level with the runway, or white line painted on to the runway, or a 0.5m x 1m mat with a 20cm white line painted on the front edge

- The Competition Director and/or Area Manager will predetermine the most appropriate type of take-off area to be utilised by all athletes in that particular event.

### Mat Placement - Long Jump

Under 6, 7, 8, 9, 10

Under 11, 12, 13, 14, 15

0.50m from pit

2m from pit

- All positions for take-off mat measured from pit to front edge, i.e. edge nearest to pit.
- It is at the discretion of the Competition Director and/or Arena Manager if a mat is required to be moved.

### Mat Placement - Triple Jump

Under 11, 12, 13, 14, 15

- At State Conducted meetings, the take-off mat options will be in 2m increments starting from 5m (5m, 7, 9 etc.)
- Any other take-off points are at the discretion of the Competition Director and/or Arena Manager.

## Tiny Tots

Centre's may offer the Tiny Tots Program to children once they have turned 3 years of age and who will be less than 5 years of age at 31 December in the calendar year in which the Little Athletics summer season commences. This program is optional, and no Centre will be compelled to offer the program.

Tiny Tots is a program designed to improve the basic movement skills of younger children, along with social skills and self-confidence. Tiny Tots should not be confused with the competition performed by the children between the ages of 5 and 15 years at Little Athletics.

- Tiny Tots is an option that may be offered by any Centre and incorporated during the normal weekly meeting;
- Children must be registered prior to participating at their third meeting at any Centre;
- Children are not required to wear Centre or Club Uniform;
- Children must wear suitable footwear;
- Children are not eligible for any TLAA Participation or Merit Awards.
- A registration fee will be set by the TLAA each year;
- Tiny Tots must be conducted in accordance with the Guidelines issues by the TLAA; and
- Guidelines are reviewed annually at the TLAA Board Conference.



# 2024 LATas U12 - U13 Coaching Camp

**Wednesday 3rd to Saturday 6th January 2024  
Camp Clayton, Ulverstone**

The LATas U12-U13 Coaching Camp is open to all athletes registered in the U12- U13 age groups for the 2023-24 season.

The cost of the camp is \$425.00. A deposit of \$200 is required to secure your place with the balance payable by the 30th November 2023.

Registrations for Camp open 27th September 2023 and close 30th October 2023 (unless sold out).  
Registrations are taken online and further information is available on the LATas website

[taslittleathletics.com.au](http://taslittleathletics.com.au)



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# Coles Australian Little Athletics Championships



## Under 13 State Team Members

Captains - Tene Terblanche & Lincoln Kelly  
Vice-Captains - Cammi Thomas & Jasper Mason

Sianna Adkins  
Jude Archer  
Riley Bain  
Solomon Boyle  
Koby Bryan  
Libby Crispin  
Thomas Davie  
Maddox Day

Jacob Wass

Macy Devine  
Jemima Geappen  
Luke Gomer  
Duncan Hobday  
Palepa Leauma  
Paige Bowland  
Jude Pamplin  
Eva Parker

## Under 14 State Team Members

Alex Barlett  
Rhys Barwick  
Lily Carr  
Chanel Charles  
Sebastian Hardinge  
Sophie Thompson

Milah Hatten  
Maxwell Innes  
Lachlan Job  
Marz Kwa  
Macie Petterwood

## Under 15 State Team Members

Georgia Harmey  
Lily Smith  
Bailey Van Den Broek

Davier Davie  
Max Matthews  
Flynn Smith

## State Team Management

Team Managers

Kay Knee & Susan McLeod

Team Coaches

Anna Davie, Zane Patmore & Roger Hosie





# Best Performances at Australian Little Athletics Championships

## ALAC - Under 13 Age Group

Boys			Girls		
<b>80 Metre Hurdles</b>			<b>80 Metre Hurdles</b>		
Curtis Murfett	2011	12.28	Sianna Adkins	2023	12.94
<b>200 Metre Hurdles</b>			<b>200 Metre Hurdles</b>		
Angus Vrantisis	2017	27.49	Nina Galligan	2017	29.35
<b>100 Metres</b>			<b>100 Metres</b>		
Vandy Kanneh	2010	11.8	Madelin Poke	2002	12.2
<b>200 Metres</b>			<b>200 Metres</b>		
Vandy Kanneh	2010	24.3	Madelin Poke	2002	25.4
<b>400 Metres</b>			<b>400 Metres</b>		
Shaun Inglis	1999	55.0	Karina Fyfe	2002	57.9
<b>800 Metres</b>			<b>800 Metres</b>		
Tom Winkel	2019	2:09.23	Zahli Wescombe	2022	2:22.88
<b>1500 Metres</b>			<b>1500 Metres</b>		
Getasew Ferguson	2012	4:24.3	Karina Fyfe	2002	4:50.9
<b>1500 Metre Walk</b>			<b>1500 Metre Walk</b>		
William Roberston	2017	6:55.18	Elizabeth Malcolmson	2003	7:13.0
<b>4x100m Relay</b>			<b>4x100m Relay</b>		
Jonathan Woodforde	1998	48.8	Jessica Fielding	1999	51.2
Jason Busch			Laura Causon		
Mathew Rickards			Melanie Street		
Brendan Stewart			Kimberly Turnock		
<b>1000m Medley Relay</b>			<b>1000m Medley Relay</b>		
Kaiser Myatt	2019	2:23.46	Tene Terblanche	2023	2:30.58
Mac Wilcox			Jemima Geappen		
Alex Zegveld			Palepa Leamua		
Tom Winkel			Sianna Adkins		
<b>Long Jump</b>			<b>Long Jump</b>		
Kyle Turmine	2008	5.89	Chelsea Scolyer	2019	5.42
<b>Triple Jump</b>			<b>Triple Jump</b>		
Jordan Lovell	2005	12.31	Jemima Geappen	2023	11.26
<b>High Jump</b>			<b>High Jump</b>		
Nathaniel Sulzberger	2019	1.71	Melanie Street	1999	1.65
<b>Shot Put</b>			<b>Shot Put</b>		
Chris Hingston	1993	14.69	Rebecca Direen	2007	11.77
<b>Discus</b>			<b>Discus</b>		
Chris Hingston	1993	44.40	Palepa Leamua	2023	40.23
<b>Javelin</b>			<b>Javelin</b>		
Daniel Boatwright	2004	47.63	Sianna Adkins	2023	42.76

## ALAC - U15 Combined Event

Boys			Girls		
Max Brideson	2019	4609	Bailey Van Den Broek	2023	4792
<b>Mixed 4 x 100m Relay</b>					
Bailey Van Den Broek	2023	48.07			
Flynn Smith					
Lily Smith					
Max Matthews					

\* Equal ATC Record

\*\* New ATC Record

# Best Performances at Australian Little Athletics Championships

## ALAC - Under 14 Age Group

### 90 Metre Hurdles

#### 200m Metres

Rhys Barwick 2023 30.33

#### 100 Metres

Rhys Barwick 2023 13.34

#### 200 Metres

Rhys Barwick 2023 27.33

#### 400 Metres

Rhys Barwick 2023 1:01.61

#### 800 Metres

#### 1500 Metres

#### 1500m Walk

#### Long Jump

Sebastian Hardinge 2023 5.28

#### Triple Jump

Sebastian Hardinge 2023 11.76

#### High Jump

Sebastian Hardinge 2023 1.65

#### Shot Put

Maxwell Innes 2023 9.45

#### Discus

Sebastian Hardinge 2023 34.42

#### Javelin

Lachlan Job 2023 48.45

### 80 Metre Hurdles

#### 200m Metres

Chanel Charles 2023 29.15

#### 100 Metres

#### 200 Metres

#### 400 Metres

Chanel Charles 2023 57.74

#### 800 Metres

Chanel Charles 2023 2:23.04

#### 1500 Metres

#### 1500m Walk

Lily Carr 2023 8:24.96

#### Long Jump

Macie Petterwood 2023 4.28

#### Triple Jump

#### High Jump

Milah Hatten 2023 1.30

#### Shot Put

Macie Petterwood 2023 10.71

#### Discus

Marz Kwa 2023 30.01

#### Javelin

Marz Kwa 2023 36.28

## ALAC - Under 15 Multi-Class Age Group

### Boys

#### 100 Metres

#### 200 Metres

#### 400 Metres

#### 800 Metres

#### Long Jump

#### Shot Put

#### Discus

#### Javelin

### Girls

#### 100 Metres

Sophie Thompson T/F 20 2023 16.11 73.96%

#### 200 Metres

#### 400 Metres

#### 800 Metres

#### Long Jump

#### Shot Put

Sophie Thompson T/F 20 2023 5.27 37.38%

#### Discus

#### Javelin

\* Equal ATC Record

\*\* New ATC Record

# 2024 State Team Selection

**2024 Coles Australian Little Athletics Championships (ALAC's)**  
**Friday 26th - Sunday 28th April 2024**  
**SA Athletics Stadium, Adelaide**

## ALAC Under 13 Age Group

Teams Track & Field Event, where the U13 athletes and U13 Multi-Class athletes are representing their State and competing for Team points. The U13 team will consist of up to 32 athletes, 16 boys and 16 girls. U13 athletes can compete in a maximum of 6 events, including both relays. The athletes are awarded points in the Track & Field events based on their performance (place). The U13 team compete for the Trevor Billingham Trophy (highest points score) and the Alan Triscott Trophy (updated points adjusted score).

### Selection for U13 State Team will be based on the following criteria:

- To be eligible, athletes are recommended to achieve a minimum 25 events to demonstrate a commitment to their Little Athletics Club and/or Centre.
- Performance at Centre level and LATas State Conducted Meetings will be taken into consideration.
- Gold medal winners are not automatic selections.
- It is recommended that all athletes compete at two State Conducted Meetings throughout the season and all athletes should attend State Individual Championships.
- It is recommended that U13 athletes attend the LATas U12-U13 Coaching Camp.
- Performances officially recorded only at Little Athletics Sanctioned Meeting will be considered by Selectors for State Team selection.

## ALAC Under 14 Individual Age Group

Individual Track & Field Championships, where the U14 athletes and U14 Multi-Class athletes are representing their State. The U14 team will consist of up to 56 athletes, 28 boys and 28 girls. The U14 Multi-Class team will consist of up to 16 athletes. U14 athletes can compete in a maximum of 6 events. Although an individual event, U14 athletes will receive points and compete for the Dick Healey Trophy (points adjusted score). U14 athletes will travel independently and are responsible for their own travel and accommodation requirements.

### Selection for U14 Individual State Team will be based on the following criteria:

- Maximum of 2 athletes per event, per State.
- Athletes are selected based on individual performance at State Individual Championships in the following order:
  1. 2024 Gold
  2. 2023 Gold
  3. 2024 Silver
  4. 2023 Silver
  5. 2024 Bronze
  6. 2023 Bronze



# 2024 State Team Selection

**2024 Coles Australian Little Athletics Championships (ALAC's)**  
**Friday 26th - Sunday 28th April 2024**  
**SA Athletics Stadium, Adelaide**

## ALAC Under 15 Individual Age Group

Individual Track & Field Championships, where the U15 athletes and U15 Multi-Class athletes are representing their State. The U15 team will consist of up to 56 athletes, 28 boys and 28 girls. U15 athletes can compete in a maximum of 6 events. The U15 Multi-Class team will consist of up to 16 athletes. Although an individual event, U15 athletes will receive points and compete for a new trophy (points adjusted score), created for the U15 Individual Championships. U15 athletes will travel independently and are responsible for their own travel and accommodation requirements.

## Selection for U15 Individual State Team will be based on the following criteria:

- Maximum of 2 athletes per event, per State.
- Athletes are selected based on individual performance at State Individual Championships in the following order:
  1. 2024 Gold
  2. 2023 Gold
  3. 2024 Silver
  4. 2023 Silver
  5. 2024 Bronze
  6. 2023 Bronze

## ALAC Under 15 Combined Event

Individual Combined Events Championships, where the U15 athletes are representing their State. The U15 Combined Event team will consist of 2 athletes, 1 boy and 1 girl. The U15 Combined Event athletes compete for the Life Members Trophy (highest point score). U15 Combined Event athletes will travel independently and are responsible for their own travel and accommodation requirements.

## Selection for U15 Combined Event Team will be based on the following criteria:

- It is recommended that U15 athletes nominating for the ALAC Under 15 Combined Event Championship attend the LATas State Combined Event Championships.
- Performances officially recorded only at Little Athletics Sanctioned Meeting will be considered by Selectors for State Team selection.

**Nominations for the State Team will open Monday 23rd October 2023. Nominations are to be submitted online by no later than Sunday 3rd March 2024.**





# LATas State Combined Event Championships

**Saturday 20th January 2024, 5pm – 8pm (U13 - U15 only)**

**Sunday 21st January 2024, 10am – 4pm (U9 - U15)**

**Penguin Athletic Track, Penguin**

The Combined Event will consist of the following events:

- **Girls:** 200m, Sprint Hurdles, 800m, Long Jump, Shot Put, Javelin\*, High Jump\*
- **Boys:** 100m, Sprint Hurdles, 800m, Long Jump, Discus, Javelin\*, High Jump\*

*\*U13 - U15 athletes only.*

## Conditions of Entry

- All athletes must be registered with Little Athletics Tasmania to be eligible to compete.
- The Combined Event Championships are for registered Under 9 - Under 15 athletes. Both individual and team Combined Event Championships will be offered for these age groups.
- Details of online entries will be sent to all eligible athletes in December 2023. Entry cost is \$25.00 per athlete to compete in the Championships.
- Entries close on **Sunday 14th January 2024 at midnight. No late entries will be accepted.** Entries must be completed via the online registration portal.
- LATas name bib and Coles age patch must be displayed on the front of the competition top.
- Failure to have correct uniform may lead to disqualification of athlete.
- Centre/Club uniform **MUST** be worn.
- Medals will be awarded to the first three place getters in each age group/gender in both the individual and team events.

## Combined Event Scoring System

All combined events are currently calculated through ResultsHQ and are based on the athletes best trial for each event using a formula (not a points table).

### Under 9 - Under 12 Athletes

- Since 2022-23 with the introduction of ResultsHQ for State events, Under 9 - Under 12 age groups have used the Little Athletics NSW formulas.
- These formulas are scaled by age and gender for State championships and may not be suitable for Centre combined events due to minimum standards which results in "0" points.
- There are no minimum points for an event.
- The NSW formulas are similar, but not exactly the same as points scored for events prior to season 2022-23 which used a points table system.

### Under 13 - Under 15 Athletes

- These age groups use the standard IAAF formulas for Combined Events, these are the same formulas as used for men and women in World Athletics.
- LATas has used this calculation method for several years for these age groups for State championships.

Further information regarding the Combined Event Championships scoring system are available on the LATas website.

[taslittleathletics.com.au](http://taslittleathletics.com.au)

# State Relay Championships

**Saturday 10th February 2024, 10am – 4pm**  
**Northern Athletics Centre, Launceston**

## Conditions of Entry

- Relay Championships will be conducted as a State competition meeting and will include both heats and finals on the same day.
- Athletes must be registered with Little Athletics Tasmania to be eligible to compete.
- The Relay Championships are for registered Under 8 - Under 15 athletes. Under 6 - Under 7 athletes will be offered a Long Jump event and an invitational 4 x 100m relay.
- Athletes can only be named and compete in (1) team for each relay event
- Relay Championship entries and payments must be received by the LATas Office in accordance with the timeframes set by LATas. Entries must be completed via the online registration portal.
- LATas name bib and Coles age patch must be displayed on the front of the competition top.
- Failure to have correct uniform may lead to disqualification of athlete.
- Centre/Club uniform **MUST** be worn.
- Medals will be awarded to the first three place getters in each age group/gender.

## Entry Process

- Details of online entries will be sent to all eligible athletes in December 2023. Entry cost is \$25.00 per athlete to compete in the Championships.
- The entry process for Centres will involve the nomination and names of 'Complete Teams', and also the nomination of 'additional athletes' wishing to be entered in each gender/age group.
- A 'Complete Team' consists of a team of 4 (or 5 athletes if a reserve is named) from the same gender/age group.
- Centres can nominate multiple 'Complete Teams' per gender/age group.
- **Relay Championship entries for Centres close Sunday 4th February at midnight.**
- A 'Composite Team' (formed in accordance with this provision) consists of a team of 4 (or 5 athletes if a reserve is named) from the same gender but, if a Centre does not have enough available registered athletes in a specific age group to create a 'Complete Team', the Centre may use athletes from the next youngest age group to nominate a team.
- The 'Composite Team' will compete in the age group of the older age group athlete(s) in that team.
- Where a 'Complete Team' is also nominated in the original age group of such an athlete, the Centre must be able to demonstrate that the athlete competing in the older age group has reasonably been omitted from the team in his/her own age group.
- LATas reserves the right to refuse movement of athletes between age groups where it believes this is not the case.
- Each Centre is permitted to enter only one 'Composite Team', per gender/age group.
- An Under 8 athlete is not permitted to run in an Under 9 'Composite Team' for the 4x200m relay or Medley/Swedish relay.
- If an Under 10 athlete competes in an Under 11 'Composite Team', no athlete in that team will be permitted to wear spikes.
- If an Under 12 athlete competes in an Under 13 'Composite Team' Medley/Swedish or 4x200m relay, no athlete in that team will be permitted to wear spikes.
- Spikes can only be worn in a Medley/Swedish relay or the 4x200m relay by the Under 13 and up age groups.
- An 'additional athlete' is an athlete not named in a Centre 'Complete Team' or a Centre 'Composite Team' who wishes to run in a relay team and is happy to run with athletes from other Centres and committed to attending on the day.
- A 'Combined Team' is a team made up of additional athletes nominated by multiple Centres.
- The LATas Director responsible for Competition will be responsible for the creation of 'Combined Teams'.

# State Relay Championships

- As much as possible athletes will be kept in Centre groupings.
- Whenever a choice is to be made, this will be by the random drawing of lots.
- All such teams shall be called 'Combined' and each athlete will compete in their own Centre uniforms.
- Once a 'Combined Team' is named, athletes named in the 'Combined Team' will not be released to substitute in, nor form another team in that event (e.g. 4x100m) in any age group unless such 'Combined Team' is unable to compete due to illness, unavailability or injury, or the combined team has sufficient athletes to still be able to compete in that event.
- At any time from the closing date for entries, up until 30 minutes before the schedules start time for heat or straight final, Centre Team Managers may substitute team members in the event of illness, injury or unavailability.
- Relative lack of form is not considered a reason for substitution.
- If the Centre does not have an available substitute, LATAs will attempt to fill the vacancy with an additional athlete up until 30 minutes before the scheduled start of the heat.
- Where teams nominate 5 athletes for an event, they may use any of these nominated athletes in the heats or finals.
- LATAs reserves the right to refuse the entry of or disqualify any team deemed to be in contravention of the Competition Rules.
- Any athlete not afforded the opportunity to run in a 4x100m relay on the day because they were either named as a reserve in a Centre Team or due to the unavailability of other team members, or a team has withdrawn due to lack of numbers, may be invited to run in an 'invitational relay' to be conducted at the conclusion of the Championship Events. Teams can be made with any combination of age/gender. No athlete is permitted to wear spikes for this event. No medals will be awarded for this event.

## Field Relays

- Field relays will be offered for Under 8 - Under 15 athletes with teams of 4 doing one event each.
- The events for the field relay will be Discus, Shot Put, Javelin/Turbo Jav and Long Jump.
- The result of the field relay will be determined by each athletes' finishing position in each of their relay legs e.g. if an athlete finishes 1st in their event they will receive one point and so on.
- If two or more athletes tie for a placing after countback then the points awarded to each athlete will be the total points for that placing plus the points for any vacant placings as a result of that tie divided by the number of athletes involved in the tie (e.g. if two athletes tie for 3rd place then they will get  $3 \text{ points} + 4 \text{ points} / 2 \text{ athletes} = 3.5 \text{ points each}$ ).
- If an athlete fails to record an attempt then that athlete will score the maximum points available for the event (e.g. if 8 in the event they will get 8 points).
- Teams will be ranked from lowest score to highest with the lowest overall score being the successful team.
- In the event of a tie a countback will occur. The 4 athletes' distances will be added together to come up with a total. The team with the higher total will be awarded the higher position. If still a tie, equal positions will be awarded.

## Conduct of Events

- LATAs shall publish a preliminary schedule and lane allocations.
- There may be variations to this sequence to ensure adequate rest between heats and finals for those age groups requiring heats.
- Marshalling shall commence 20 minutes before the first event.
- Marshalling shall involve;
- Athletes will be called to the designated marshalling area.
- Each runner will be supplied with an identifying item, which will indicate the event and lane that they will run in.

# State Relay Championships

- Runners will be grouped according to the leg that they will be running, and escorted to the relevant changeover point.
- Changeover officials will not require lists of lanes of athletes as the escorts/athletes arriving at the changeover point will have the information necessary for that event.
- In all relay heats and finals, three breaks will apply before disqualification.
- Change Marshals will carry white and orange/yellow flags.
- The Track Referee will be responsible for all disqualifications and will be the only official to carry a red flag.
- Heats will only be conducted when there are more than 8 teams for the 4x100m relays, and the 4x200m relays at the time of marshalling.
- Where heats are not required all lanes for the final shall be allocated by the drawing of lots.
- Where there are more than 8 teams in the Medley/Swedish Relays, heats will be run with placings determined on fastest times for those heats.
- The following teams shall progress to the final in the 4x100m and 4x200m relays;
  - 2 heats: 1st, 2nd and 3rd in each heat plus the next two fastest times
  - 3 heats: 1st and 2nd in each heat plus the next two fastest times
  - 4 or more heats: 1st in each heat with the remaining lanes filled by the next fastest times
- Where there is a tie in determining progression to the final based on times, the following steps will apply in order;
- If possible both teams shall progress through to the final.
- If there are insufficient lanes for both teams to progress, the higher placed team in their heat shall progress.
- If the tie still remains, a random process with equal probability (e.g. a coin toss) shall be used to determine progression.
- When official results are determined from the finals, all team members in attendance will receive medals if the team finishes 1st, 2nd or 3rd. The same will apply for ribbons for all other teams.
- State records can be broken by teams in either the heats or final.
- There will be no records for Field Relays but State Best Performances can be achieved in individual events.
- 'Composite Teams' are not eligible for Australian Best Performances.

## Spikes

- In the 4x100m relays, only Under 11 - Under 15 athletes are permitted to wear spikes.
- If an Under 10 athlete competes in an Under 11 'Composite Team', no athlete in that team will be permitted to wear spikes.
- In 4x200m relays and Medley/Swedish relays, only athletes in the Under 13 - Under 15 teams may wear spikes.
- In an Under 12 athlete competes in an Under 13 'Composite Team' Medley/Swedish or 4x200m relay, no athlete in that team will be permitted to wear spikes.



# RSM Insurance Brokers State Individual Championships

**Saturday 9th - Sunday 10th March 2024 9.00am - 4.00pm**  
**Domain Athletics Centre, Hobart**

## Conditions of Entry

- All athletes must be registered with Little Athletics Tasmania to compete.
- To enter an event at the State Individual Championships, athletes must have recorded a valid performance in the nominated event within the Qualification Period.
- The Qualification Period is from September 1 of the season until 12 days before the event.
- Eligible results must be recorded in ResultsHQ and be available within the Qualification Period.

## Qualification

- Qualification for State Individual Championships will be via ranking and event quotas apply (see page 24).
- First round invitations will be sent to eligible athletes via ResultsHQ and athletes must accept this invitation to enter and pay the associated fee per event by the closing date.
- At close of entries, a second round invitation will be sent out to fill remaining places, provided the minimum standards are met.
- Rankings will be available on the Little Athletics Tasmania website once the season starts.
- With State Individual Championship qualification now based on ranking, LATAs will no longer publish "Qualifiers", however a "Gold Standard" for events will be published which will act as a proxy to performances required for State Individual Championships and Centres are encouraged to mark these at sites as they have always done with qualifiers.
- Achieving a Gold Standard will not guarantee a place at State Individual Championships, however it is expected that all athletes achieving a Gold Standard will have the opportunity to enter.
- Where multiple second round distances/times are equal (for example common in high jump), the Competition Director MAY extend the quota beyond the recommended number, otherwise all equal athletes will be ineligible.
- There are no minimum entry standards or rankings for Multi Class athletes.
- Multi Class athletes wishing to compete in AWD events at State Individual Championships must have at least provisional classification provided by either Athletics Australia or the relevant organisation relating to their disability.
- There is no quota for Under 14 and Under 15 events, however a minimum standard is applied to some events.



# RSM Insurance Brokers State Individual Championships

## Minimum Standards

Minimum standards apply in High Jump, 1500m, 800m, Racewalks, Triple Jump, Long Jump and Hurdles to ensure the safety of athletes and the timely completion of events.

Minimum standards apply to second round invitations.

Event	Distance/ Age Group	Minimum Standard
Hurdles	60m	20 seconds
	80m	25 seconds
	90m	25 seconds
	100m	25 seconds
	200m	45 seconds
	300m	60 seconds
800m	Under 9+	4 minutes
1500m	Under 11+	8 minutes
Race Walks	Under 9	7 minutes
	Under 10+	15 minutes
Long Jump	Under 9-10	1.00m
	Under 11+	2.50m
Triple Jump	Under 11+	5.50m



**High Jump:** These are the starting heights for State Individual Championships, which will also serve as the minimum standard for high jump.

Starting Height	U9	U10	U11	U12	U13	U14	U15
<b>Boys</b>	0.95	1.00	1.10	1.20	1.25	1.30	1.40
<b>Girls</b>	0.90	1.00	1.05	1.15	1.25	1.25	1.25

## Quotas

Recommended maximum quotas for Under 8 - Under 13 events

Track Event	Maximum number of athletes
70m	24
100m	24
200m	24
400m	24
Hurdles 60m-100m	24
Hurdles 200m-300m	24
800m	16
1500m	16
Race Walks	16

Field Event	Maximum number of athletes
Long Jump	12
Triple Jump	12
High Jump	12
Shot Put	12
Discus	12
Turbo Jav/Javelin	12



# Gold Star Awards

There are 4 categories of Star Awards: Sprints, Distance, Throws and Jumps.

To receive an award the athlete must achieve a 'Gold Standard' performance in TWO (2) events from an event category. Under 6 and Under 7 athletes will receive the Jumps Star if they achieve the Long Jump Standard on TWO occasions. Under 8 athletes will receive a Distance Star if they achieve the 400m Standard on TWO occasions.

Star Awards will be digital on the athletes achievement certificate available on the LATas website at the end of the season.

# Silver Star Awards

To complement the Gold Star Awards and Gold Standards, Little Athletics Tasmania have also introduced a Silver Star Award and Silver Standards to provide another target for athletes to aim for. Distances and times for Silver Star represent approximately the top 50% of athletes.

Athletes achieving a Silver Standards performance will have this shown on the athletes achievement certificate available on the LATas website at the end of the season. To avoid confusion with Gold Standards, the Silver Standards Performances are published separately on the LATas website.

# Gold Star Standards

Boys	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
70 Metres	15.6	13.9	12.6	12.2	11.9	11.5	11.2	11.0	10.9	10.8
100 Metres	22.4	19.8	17.8	17.2	16.6	16.0	15.6	15.3	15.0	14.4
150 Metres	35.6	31.5								
200 Metres	49.3	43.9	38.9	36.3	35.0	33.8	32.7	31.7	31.3	30.8
400 Metres			1:30.0	1:25.0	1:24.0	1:22.0	1:17.0	1:17.0	1:16.0	1:15.0
800 Metres				3:08.0	3:05.0	2:55.0	2:50.0	2:50.0	2:40.0	2:30.0
1500 Metres						6:10.0	6:00.0	6:00.0	6:00.0	6:00.0
Race Walking				5:20.0	8:15.0	7:55.0	10:50.0	10:00.0	9:20.0	9:00.0
60m-100m Hurdles	14.2	12.7	13.1	12.4	13.3	17.3	17.2	18.5	20.5	22.5
200m Hurdles								38.0	40.0	
300m Hurdles										55.0
Long Jump	2.00	2.40	3.10	3.40	3.60	3.75	3.95	4.20	4.50	5.00
Triple Jump						8.00	8.20	8.85	9.50	10.00
High Jump			1.00	1.05	1.10	1.20	1.30	1.35	1.40	1.50
Shot Put	3.30	4.50	5.00	5.50	6.20	7.50	8.00	7.00	7.80	8.50
Discus	7.00	9.30	12.50	15.50	17.00	20.00	19.50	21.00	22.00	25.00
Javelin/Turbo Jav/Vortex	10.50	14.50	13.00	14.50	15.70	18.00	21.00	20.00	23.50	25.00

Girls	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
70 Metres	15.7	14.3	13.1	12.5	11.9	11.5	11.1	11.0	11.0	11.0
100 Metres	22.6	20.5	18.5	17.7	16.9	16.1	15.4	15.1	15.0	15.0
150 Metres	35.5	31.9								
200 Metres	50.4	45.2	40.3	38.0	35.9	34.0	32.5	32.0	32.0	32.0
400 Metres			1:38.0	1:33.0	1:28.0	1:25.0	1:18.0	1:16.0	1:16.0	1:16.0
800 Metres				3:26.0	3:15.0	3:10.0	3:00.0	3:00.0	3:00.0	3:00.0
1500 Metres						6:40.0	6:30.0	6:30.0	6:30.0	6:30.0
Race Walking				5:30.0	8:30.0	8:10.0	11:10.0	10:40.0	10:20.0	9:40.0
60m-100m Hurdles	14.7	13.1	13.6	13.3	13.7	17.7	17.4	18.5	18.5	21.0
200m Hurdles								38.0	40.0	
300m Hurdles										55.0
Long Jump	2.00	2.20	2.80	3.10	3.40	3.70	3.95	4.20	4.25	4.25
Triple Jump						7.70	8.50	8.55	8.85	8.85
High Jump			0.90	1.00	1.10	1.15	1.25	1.35	1.35	1.35
Shot Put	2.80	3.55	4.40	4.75	5.40	6.25	7.40	7.00	7.80	7.80
Discus	6.05	7.60	10.00	12.00	14.50	17.00	16.50	19.00	20.00	20.00
Javelin/Turbo Jav/Vortex	6.85	8.85	9.00	10.50	12.00	14.00	17.00	19.00	21.00	21.00

# We Are Inclusive

We aim to provide fun, high quality and accessible opportunities through athletics to ensure all children can meaningfully participate in athletics, improve health, confidence and skills.

In 2022, Little Athletics Tasmania received funding to purchase much needed equipment to support athletes with disabilities in our community.

Thanks to the generous contribution of Active Tasmania and Hydro Tasmania, Little Athletes can now access Frame Runners, Racing Wheelchairs & Seated Throws Frames.

For further information regarding equipment or classification, please contact us - [office@taslittleathletics.com.au](mailto:office@taslittleathletics.com.au)

Little Athletics Tasmania wish to acknowledge the contribution of Active Tasmania and Hydro Tasmania.

*Thank you for supporting our Tassie athletes.*



**Active Tasmania**



In 2023, Coles Little Athletics Australia launched the Inclusion Hub.

The Inclusion Hub supports athletes, families, volunteers and Centres by providing educational materials to build knowledge and raise awareness about disabilities, cultural diversity and how to support different abilities.



For further information visit  
[littleathletics.com.au/inclusion](http://littleathletics.com.au/inclusion)

# LATas State Best Performances - Individual

## Girls

## Boys

### 60 - 100 METRE HURDLES

U/6	Margot Crombie	'22	HD	12.10
U/7	Amelia McEvoy	'07	KGB	11.00
U/8	Jessica Cramp	'00	LFD	11.60
U/9	Madelin Poke	'98	BNE	10.60
U/10	Matasha Glumac	'94	DPT	10.90
U/11	Mia Gilmour	'22	HD	13.53
U/12	Ruby Jones	'21	SL	13.21
U/13	Rachel Delphin	'96	DPT	13.00
U/14	Evie Bingham	'22	HD	13.05
U/15	Jane Hickey	'15	CLA	13.70

### 200 METRE HURDLES

U/13	Matilda Lange	'22	KBG	29.82
U/14	Abbey Berlese	'21	SL	29.89

### 300 METRE HURDLES

U/15	Hailee Baldwin	'17	HV	46.30
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### 70 METRES

U/6	Addison McKercher	'15	SL	12.90
U/7	M.Colless	'80	CLA	10.90
U/8	Chelsea Scolyer	'14	DPT	10.90
U/9	Rebecca Wells	'05	HD	10.40
U/10	Alexandra Clear	'93	LFD	10.00

### 100 METRES

U/6	Addison McKercher	'15	SL	18.60
U/7	A. Lynch	'80	CMT	16.20
U/8	Kristy Rootes	'88	DPT	15.60
U/9	Kristy Rootes	'89	DPT	14.60
U/10	S. Strang	'82	CMT	14.00
U/11	S. Cook	'83	StH	13.00
U/12	Fiona O'Brien	'83	CLA	12.90
U/13	Madelin Poke	'02	BNE	12.30
U/14	Laura Nicholson	'05	LTN	12.70
U/15	Chelsea Scolyer	'21	BNE	12.24

### 200 METRES

U/6	Addison McKercher	'15	SL	41.20
U/7	A. Lynch	'80	CMT	35.40
U/8	N. Barwick	'82	CMT	32.90
U/9	Ceri Smith	'82	CLA	30.20
U/10	S. Strang	'78	C.S.	29.20
U/11	Chelsea Scolyer	'17	BNE	28.10
U/12	Chelsea Scolyer	'18	BNE	27.10
U/13	Chelsea Scolyer	'19	BNE	25.60
U/14	Chelsea Scolyer	'20	BNE	25.40
U/15	Chelsea Scolyer	'21	BNE	25.34

### 400 METRES

U/8	Susanna Cox	'04	QBG	1:15.80
U/9	Rebecca Wells	'05	HD	1:11.60
U/10	Susanna Cox	'05	QBG	1:08.10
U/11	Chelsea Scolyer	'17	BNE	1:05.40
U/12	Julia Russell	'82	CLA	1:01.10
U/13	Karinna Fyfe	'02	LTN	58.90
U/14	Lacey Tilyard	'22	HD	59.84
U/15	Mia Findlay	'18	SL	59.30

### 800 METRES

U/9	Isabella Davie	'15	SL	2:49.70
U/10	Wendy Schulthorpe	'82	CLA	2:37.60
U/11	Violet Owen	'20	QBG	2:30.90
U/12	Violet Owen	'21	QBG	2:23.80
U/13	Violet Owen	'22	QBG	2:17.40
U/14	Natalea Smith	'09	SL	2:19.20
U/15	Abbie Butler	'19	SK	2:20.90

### 1500 METRES

U/11	Zahli Wescombe	'20	BNE	5:10.00
U/12	Violet Owen	'21	QBG	5:00.40
U/13	Violet Owen	'21	QBG	4:45.38
U/14	Ella Atkins	'19	QBG	4:47.90
U/15	Abbie Butler	'19	SL	4:51.90

### 60 - 100 METRE HURDLES

U/6	Xavier Davie	'14	SL	11.60
U/7	J. Pennicott	'01	KGB	10.40
U/8	Lochie Weller	'04	BNE	11.00
U/9	Jordan Lovell	'01	HV	10.10
U/10	Luke Musulin	'95	SL	10.30
U/11	Sid Perrett	'23	HD	13.37
U/12	Daniel Wojcik	'21	SL	13.49
U/13	Jarrod Price	'00	SL	12.40
U/14	Aaron Rigby	'17	SL	12.80
U/15	Jagga Pybus	'16	KGB	13.80

### 200 METRE HURDLES

U/13	Nicholas Chivers	'21	CLA	28.42
U/14	Aaron Rigby	'17	SL	27.40

### 300 METRE HURDLES

U/15	Aaron Rigby	'18	SL	40.50
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### 70 METRES

U/6	Xavier Davie	'14	SL	12.90
U/7	Glen Raphael	'81	CLA	11.50
U/8	Allan O'Sign	'93	WC	10.50
U/9	Allan O'Sign	'94	WC	10.20
U/10	Allan O'Sign	'95	WC	9.70

### 100 METRES

U/6	C. Anderson	'06	WC	18.30
U/7	Aaron Bird	'80	WC	16.00
U/8	Allan O'Sign	'93	WC	14.90
U/9	Terry Plumbridge	'83	C.S.	14.30
U/10	Allan O'Sign	'95	WC	13.60
U/11	Jessie Wells	'98	BNE	13.20
U/12	R. Gormly	'82	LTN	12.50
U/13	Vandy Kanneh	'10	HD	11.60
U/14	Jackson Sukic	'21	HD	11.57
U/15	Aaron Rigby	'18	SL	11.30

### 200 METRES

U/6	Ryan Gale	'09	KGB	19.60
U/7	D. Parker	'79	C.S.	34.70
U/8	Jamie Campbell	'81	WC	30.10
U/9	Darren Edmunds	'79	C.S.	30.40
U/10	Darren Edmunds	'80	C.S.	28.70
U/11	Joe Edgley	'97	LTN	28.00
U/12	Vandy Kanneh	'09	HD	25.90
U/13	Jackson Vukic	'20	HD	24.70
U/14	Jordan Lovell	'05	HV	23.80
U/15	Aaron Rigby	'18	SL	23.00

### 400 METRES

U/8	Nathaniel Sulzberger	'14	HD	1:13.20
U/9	Mac Wilcox	'15	SL	1:09.90
U/10	Darren Edmunds	'86	C.S.	1:05.80
U/11	Luke McHugh	'18	DEL	1:03.40
U/12	S. Mansfield	'00	QBG	58.20
U/13	Jordan Lovell	'05	HV	55.40
U/14	Ben Korotki	'21	HD	52.66
U/15	Patrick Chilvers	'14	SL	52.50

### 800 METRES

U/9	Lucas Atkinson	'17	HD	2:41.10
U/10	Jimmy Lyall	'09	DPT	2:31.00
U/11	Andrew Eastoe	'81	CLA	2:24.20
U/12	Tom Winkel	'18	DPT	2:16.30
U/13	Masimba Chindewere	'21	BNE	2:14.13
U/14	Tom Winkel	'19	DPT	2:08.50
U/15	Torin Jones	'16	QBG	2:06.70

### 1500 METRES

U/11	Tom Winkel	'17	DPT	4:52.90
U/12	Tom Winkel	'18	DPT	4:35.70
U/13	Luke Palmer	'20	SL	4:35.30
U/14	Tom Winkel	'19	DPT	4:25.40
U/15	Will Roberston	'19	CLA	4:24.40

# LATas State Best Performances - Individual

## Girls

### RACE WALKS

U/9	Bonnie Talbot	'15	SL	3:54.90
U/10	Bonnie Talbot	'15	SL	5:58.00
U/11	Bonnie Talbot	'16	SL	5:41.90
U/12	Tahlia Hunt	'10	HD	7:49.20
U/13	Amanda Geard	'96	LFD	7:25.30
U/14	Emma Walker	'11	SL	7:29.20
U/15	Anna Blackwell	'17	ED	7:12.90

### LONG JUMP

U/6	Jade Muller	'17	SL	2.80
U/7	M. Bird	'79	WC	3.16
U/8	Alexandra Clear	'91	LFD	3.56
U/9	Alexandra Clear	'92	LFD	4.05
U/10	Chelsea Scolyer	'16	BNE	4.56
U/11	Chelsea Scolyer	'17	BNE	4.59
U/12	Olivia Jones	'19	KGB	4.88
U/13	Chelsea Scolyer	'19	BNE	5.17
U/14	Evie Bingham	'22	HD	5.51
U/15	Grace Jacobson	'16	ED	5.33

### TRIPLE JUMP

U/11	Chelsea Scolyer	'17	BNE	9.73
U/12	Kate Healer	'18	SL	10.45
U/13	Madelin Poke	'02	BNE	11.16
U/14	Lauren Free	'07	ED	11.38
U/15	Netty Garlo	'17	CLA	11.13

### HIGH JUMP

U/8	Susanna Cox	'04	QBG	1.10
U/9	Tamasin Fyfe	'11	HD	1.22
U/10	Susanna Cox	'05	QBG	1.31
U/11	Katie Dean	'94	SL	1.45
U/12	Andrea Hughes	'86	CLA	1.55
U/13	M. Volker	'04	CMT	1.59
U/14	Tamasin Fyfe	'16	BNE	1.63
U/15	Tori Milbourne	'16	SL	1.65

### DISCUS

U/6	Natalia Leszczynski	'11	ED	10.69
U/7	Ebony Hateley	'96	SL	10.60
U/8	Hollie Grima	'92	LFD	18.66
U/9	Ebony Hateley	'98	SL	22.92
U/10	Katie Dean	'93	SL	30.78
U/11	Arielle Cannell	'19	HD	31.82
U/12	Arielle Cannell	'20	HD	34.08
U/13	Arielle Cannell	'21	HD	39.28
U/14	Arielle Cannell	'21	HD	36.34
U/15	Arielle Cannell	'23	HD	39.84

### SHOT PUT

U/6	Brianna Stokell	'05	LFD	3.73
U/7	Mikayla Genge	'03	HD	6.15
U/8	Natalia Leszczynski	'13	ED	6.76
U/9	G. Manson	'92	DPT	7.34
U/10	Kaela Beechey	'11	HD	8.86
U/11	Makala Bingley	'14	SL	10.26
U/12	Arielle Cannell	'20	HD	12.77
U/13	Rebecca Direen	'07	HD	11.58
U/14	Isabella Hippel	'18	KGB	12.84
U/15	Isabella Hippel	'19	KGB	13.61

### VORTEX

U/6	Amy Broad	'09	WC	11.38
U/7	Ella Halloran	'21	CMT	18.35

### TURBO JAV

U/8	Sianna Adkins	'18	DPT	17.00
U/9	Sianna Adkins	'19	DPT	28.88
U/10	Sianna Adkins	'20	DPT	24.66

### JAVELIN

U/11	Sianna Adkins	'21	BNE	32.40
U/12	Hollie Mather	'98	NE	33.70
U/13	Sianna Adkins	'22	BNE	36.44
U/14	Marz Kwa	'22	CLA	37.98
U/15	Lucy Reimer	'16	DPT	37.56

## Boys

### RACE WALKS

U/9	Archie Murrell	'16	CLA	3:51.50
U/10	Will Botte	'15	LTN	6:03.60
U/11	Roland Howlett	'92	CLA	5:42.90
U/12	Paul Sluyters	'92	CLA	7:14.40
U/13	Getasew Ferguson	'12	SL	6:59.30
U/14	Samual Lindsay	'22	SL	6:26.81
U/15	William Robertson	'19	CLA	6:08.70

### LONG JUMP

U/6	Will Forrest	'13	SED	2.73
U/7	Xavier Davie	'16	SL	3.30
U/8	Scott Kelleher	'90	CMT	3.98
U/9	Robbie Knott	'93	CLA	4.22
U/10	Tom Murrell	'15	CLA	4.49
U/11	Isaac Dixon	'19	CLA	4.76
U/12	Harrison McLeod	'18	HD	5.02
U/13	Patrick Chilvers	'12	SL	5.88
U/14	Patrick Chilvers	'13	SL	6.15
U/15	Jagga Pybus	'16	KGB	6.44

### TRIPLE JUMP

U/11	Isaac Dixon	'19	CLA	9.73
U/12	Harrison McLeod	'18	HD	10.33
U/13	Patrick Coleman	'97	ED	11.75
U/14	Patrick Chilvers	'13	SL	13.10
U/15	Blake Doyle	'22	HV	13.20

### HIGH JUMP

U/8	Nathaniel Sulzberger	'14	HD	1.18
U/9	Theo Collins	'16	BNE	1.24
U/10	Theo Collins	'17	BNE	1.33
U/11	Tim Coad	'08	CLA	1.55
U/12	Luke Whitney	'95	CLA	1.61
U/13	Kyle Turmine	'08	LTN	1.67
U/14	Tim Coad	'11	CLA	1.80
U/15	Fletcher Pinner	'14	SL	1.85

### DISCUS

U/6	Nate Dicker	'22	BNE	13.27
U/7	Scott Wescombe	'91	BNE	23.14
U/8	Adrian Finch	'91	LTN	21.88
U/9	Wade Hateley	'97	SL	26.64
U/10	Hamish Peacock	'01	CLA	33.58
U/11	Archie Devine	'19	CLA	31.00
U/12	Chris Hingston	'92	SL	44.28
U/13	Isaac Dixon	'21	CLA	28.48
U/14	Hamish Peacock	'05	CLA	46.46
U/15	Matt Hosie	'13	CLA	50.67

### SHOT PUT

U/6	Nate Dicker	'22	BNE	4.63
U/7	Scott Wescombe	'92	BNE	7.62
U/8	Adrian Finch	'91	LTN	9.67
U/9	Andrew Pender	'60	KGB	9.40
U/10	Hamish Peacock	'01	CLA	11.46
U/11	Hamish Peacock	'02	CL	12.04
U/12	Archie Devone	'20	CLA	11.42
U/13	Hue Peacock	'05	CLA	14.61
U/14	Jack Barrett	'13	CLA	15.08
U/15	Jack Barrett	'14	SL	13.91

### VORTEX

U/6	Jack Stanwix	'06	HD	21.18
U/7	Harrison Nichols	'14	KGB	26.88

### TURBO JAV

U/8	Nathaniel Sulzberger	'14	HD	22.39
U/9	Tom Murrell	'14	CLA	28.07
U/10	Alex Zegveld	'15	SL	28.99

### JAVELIN

U/11	Chris Hingston	'91	SL	37.60
U/12	Andrew Pender	'93	KGB	45.48
U/13	Andrew Pender	'94	KGB	46.66
U/14	Wade Lamont	'19	SL	45.62
U/15	Lincoln Arnold	'18	HD	49.49

## LATas State Best Performances - AWD Individual

### Girls

<b>100 METRES T/F 20</b>				
U/15	Sophie Thompson	'23	DPT	16.70
<b>LONG JUMP T/F 20</b>				
U/15	Sophie Thompson	'23	DPT	3.46
<b>SHOT PUT T/F 20</b>				
U/15	Sophie Thompson	'23	DPT	4.91

### Boys

<b>800 METRES T/F 38 F08</b>				
U/12	Archie Dixon	'22	CLA	3:00.26
<b>SHOT PUT T/F 38 F08</b>				
U/12	Archie Dixon	'22	CLA	5.51

## LATas State Best Performances - Combined Event

### Girls

U/9	Chelsea Scolyer	'15	BNE	2111
U/10	Mia Gilmour	'21	HD	2571
U/11	Sianna Adkins	'21	BNE	2876
U/12	Mia Gilmour	'23	HD	4150
U/13	Sianna Adkins	'23	BNE	4306
U/14	Abby Berlese	'21	SL	4188
U/15	Abby Berlese	'22	SL	4459

### Boys

U/9	Xavier Davie	'18	SL	2327
U/10	Ryan Gale	'13	KGB	2484
U/11	Sid Perrett	'23	HD	4036
U/12	Isaac Dixon	'20	CLA	3047
U/13	Isaac Dixon	'21	CLA	3335
U/14	George McLeod	'17	HD	3764
U/15	Xavier Davie	'23	SL	4000

## LATas State Best Performances - Relays

### Girls

<b>4 x 100 METRES</b>				
U/8	Burnie	'01		1:07.30
U/9	Burnie	'02		1:03.80
U/10	South Launceston	'99		1:00.10
U/11	Clarence	'02		57.40
U/12	South Launceston	'01		55.10
U/13	South Launceston	'02		52.60
U/14	Clarence	'16		52.80
U/15	South Launceston	'16		52.20
<b>4 x 200 METRES</b>				
U/9	South Launceston	'18		2:17.70
U/10	Clarence	'15		2:12.50
U/11	South Launceston	'22		2:06.38
U/12	South Launceston	'23		1:57.13
U/13	South Launceston	'20		1:46.70
U/14	Kingborough	'23		1:49.74
U/15	Hobart Districts	'23		1:48.59
<b>SWEDISH RELAYS</b>				
U/9	Burnie	'15		3:07.00
U/10	South Launceston	'17		2:58.50
U/11	South Launceston	'17		2:48.20
U/12	South Launceston	'23		2:40.44
U/13	South Launceston	'22		2:32.93
U/14	South Launceston	'20		2:20.80
U/15	Hobart Districts	'23		2:25.97

### Boys

<b>4 x 100 METRES</b>				
U/8	Hobart Districts	'03		1:06.99
U/9	Launceston	'97		1:02.10
U/10	Huon Valley	'02		58.30
U/11	Burnie	'03		56.30
U/12	Burnie	'04		52.50
U/13	Clarence	'98		51.20
U/14	Hobart Districts	'17		48.00
U/15	Hobart Districts	'18		46.30
<b>4 x 200 METRES</b>				
U/9	South Launceston	'15		2:14.30
U/10	Clarence	'18		2:07.40
U/11	South Launceston	'17		2:01.50
U/12	South Launceston	'18		1:47.00
U/13	Clarence	'21		1:51.08
U/14	Hobart Districts	'17		1:41.40
U/15	Hobart Districts	'18		1:36.70
<b>SWEDISH RELAYS</b>				
U/9	South Launceston	'15		2:57.80
U/10	Clarence	'18		2:52.20
U/11	South Launceston	'17		2:43.80
U/12	Clarence	'20		2:35.30
U/13	Clarence	'21		2:27.30
U/14	Hobart Districts	'17		2:16.00
U/15	South Launceston	'23		2:09.34

# BE YOUR BEST®

## Badge Placement Guide

The front of the athlete's competition top **MUST** display the athlete's name bib. The Coles age patch is to be displayed on the front, upper right side of the competition top. When provided, State sponsorship badges are to be displayed on the front, upper left side of the competition top.



## Wet Weather

In the event of severe weather conditions, the LATas Board of Management will take into consideration the options available, which may involve consultation with Centre Presidents, in determining the continuation or otherwise of the competition meeting.

Every effort will be made to broadcast cancellation advice on Facebook; however this may not always be possible. For cancellation advice please contact a LATas Board Member (refer to page 3) or check our Facebook page.

## Insurance

For all information on LAA Insurance Policies, including FAQ and claim forms, go to the Little Athletics Australia website and click on the Honan Group logo or contact the LATas office on 1300 888 713 or email [office@taslittleathletics.com.au](mailto:office@taslittleathletics.com.au)

When your claim form is fully completed (as per instructions), have it signed by the Centre Secretary and forward to the LATas Office.



### **McDonalds Restaurants** **Proudly Supporting Little Athletics Tasmania**

**McDonalds contribute to sporting organisations that develop kids' sports skills and provide opportunities for them to play.**

*"We like to focus on activities that improve the health and wellbeing of Australian children. We contribute to sporting organisations that develop kids' sports skills and provide opportunities for them to play. Hundreds of sporting clubs across Australia benefit from the support of their local McDonald's restaurant and in some states restaurants work together to support state-wide programs."*



# LATas Privacy Policy

Little Athletics Tasmania (LATas) is committed to the privacy of its members and is conscious of the privacy concerns of its members and the people with whom it deals. Protecting the privacy and confidentiality of members' information is fundamental to the way LATas operates.

## **About this Privacy Policy**

This Privacy Policy outlines how Little Athletics Tasmania manages members' personal information. It also describes generally the sorts of personal information held and for what purposes, and how that information is collected, held, used and disclosed. Our Privacy Policy covers all dealings with Little Athletics Tasmania, via our registration information, web site, Centre Committees and Board of Management.

## **Collection of your personal information**

LATas collects personal information from you in order to provide you with services and information associated with membership of Little Athletics, including particular products and services, such as championship entry, coaching clinics etc.

The information we collect is supplied by you upon registration of your child/children for each new season of Little Athletics, or for any specific LATas activity or event. No information will be requested by LATas unless it is relevant. Members will be advised of the reason for collecting information, if requested.

## **Use of your personal information**

Your personal information may be used in order to provide the services you require or request. Providing this information allows LATas to administer and manage those services and to inform you of additional services/opportunities that may be available to you as a result of your child's membership. LATas may, on occasions, utilise your personal information for the purpose of researching and developing our services. We may also use your personal information to promote the products/services offered by related organisations and our sponsors.

## **Photographs**

Photographs taken by LATas or their agents, of your child or yourself in attendance at a Little Athletics Event/Function, may be utilised for illustration, promotion, advertising, trade, etc. Such photographs may be published in any medium and may be labelled with the name of the person/s in the photograph and the event at which the photograph was taken.

## **Disclosure of your personal information**

LATas treats all information that we hold about our members as confidential. We do however, on occasions disclose statistical aspects of your personal information for purposes related or ancillary to the main reason for which it is collected, such as:

- internal accounting and administration
- regulatory reporting and compliance
- helping us to identify and inform you about other services that may be of benefit to you and your family.
- gaining sponsorship support or government funding.

The organisations to which we may disclose information on a confidential basis include:

- your representatives (legal advisers etc).
- our professional advisers, including our auditors, legal advisers, insurance brokers etc.
- government and regulatory authorities and other organisations as required or authorised by law.
- our related organisations, such as Little Athletics Australia.

# LATas Privacy Policy

## Accuracy of your personal information

LATas takes all reasonable precautions to ensure that the personal information we collect, use and disclose is accurate, complete and up-to-date. However, the accuracy of that information, depends to a large extent in the information you provide. We therefore recommend that you advise LATas

- if there are any errors in your personal information
- of any changes to personal information

## Storage of your personal information

LATas protects any information that we hold about you from misuse and loss. We protect your privacy by restricting access to your personal information to those members of the LATas Board who need it, either to process information or to provide you with the services that you have requested.

Your personal information may be stored in hard copy documents, as electronic data, or in software systems. LATas maintains physical security over our paperwork and electronic data stores.

## Access to your personal information

You have the right to access your personal information. If you would like to do so, please place your request in writing and forward it to the address below.

## Questions or concerns

If you believe your privacy or personal information has been compromised, you are entitled to complain. Please contact:

Little Athletics Tasmania

Email: [office@taslittleathletics.com.au](mailto:office@taslittleathletics.com.au)

Phone: 1300 888 713



## State Sponsors

*Proudly Supporting Little Athletics Tasmania*



# LATas Codes of Behaviour

## **Little Athletics Code of Behaviour**

- Compete according to the rules of the Association.
- Never argue with an official. If you disagree, ask your Team Manager to deal with the matter.
- Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking another athlete is not acceptable or permitted.
- Work equally hard for yourself and/or your Centre/Club as you will both benefit.
- Be a good sport. Acknowledge all good results whether they be by your Centre/Club, opponent or the other Centre/Club. Treat all athletes as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete. Do not discriminate against another athlete or official.
- Co-operate with your coach, clubmates and other athletes. Without them there would be no competition.
- Participate in Little Athletics for the “fun of it” and not just to please parents and coaches.
- Any form of cheating is unacceptable.
- Inappropriate and /or bad language is not to be used at any time.

## **Athlete Behaviour on Site**

- Any unsociable behaviour witnessed by any adult on site, is to be reported to the Chief Site Official immediately.
- The Chief Site Official is responsible for the safety and behaviour of athletes at the site.
- The Chief Site Official has the support of the TLAA Board / Centre Executive to remove an athlete from the event if the behaviour of an athlete/s is deemed to be unsociable and or unacceptable.
- It is at the discretion of the Chief Site Official to determine if immediate removal is necessary or issue the athlete/s one (1) warning informing the athletes that any further unacceptable behaviour will result in being excluded from the event.
- Only the appropriate Chief Site Official, Track Referee, Arena Manager, TLAA Board / Centre Executive member has the capacity to exclude athletes from an event.
- In the event that an athlete refuses to leave site or follow directions, the Chief site Official should call the parent/guardian to the site to advise of the situation, and ask the parent / guardian to take his/her child from the site. If an athlete's parent/guardian is not present, then the Arena Manager should be informed immediately and he or she must take control of the situation.
- The Chief Site Official is to report the incident to the Arena Manager and the athlete's club Team Manager / President at the completion of the event for follow up with athlete's parent/guardian.
- Behaviour that constitutes a breach of the TLAA Codes of Behaviour of a serious nature, must be escalated to the TLAA Board / Centre Executive at the earliest opportunity for investigation.

## **Athlete Behaviour at Little Athletics Activities**

- Any unsociable behaviour witnessed by an adult at Little Athletics activities, other than during an event which is under the control of a Chief Site Official, shall in the first instance be reported to the Team Manager / President of the athlete's club if at a Centre activity, or to a TLAA Board Member if at a TLAA run activity.
- Any breach of the TLAA Code of Conduct that could result in penalties extending past the day of the incident must be escalated to the TLAA Board /Centre Executive.

## **Administrator's Code of Behaviour**

- Involve, where appropriate, children in the planning, leadership, evaluation and decision making related to the activity.
- Ensure that equal opportunities for participation in little athletics is made available to all age eligible children, regardless of ability size, shape, sex, disability or ethnic origin.
- Ensure that equipment and facilities are safe and appropriate to the ability level of participating athletes.

# LATas Codes of Behaviour

- Ensure that rules, equipment, events and training schedules take in consideration the age, ability and maturity level of participating athletes.
- Ensure that adequate supervision is provided by coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Remember athletes participate for enjoyment and play down the importance of rewards.
- Focus on the needs of the participants rather than the enjoyment of the spectators. Avoid allowing programmes to become primarily spectator entertainment.
- Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique.
- Ensure that parents, coaches, sponsors, administrators, officials, physicians and participants understand their responsibilities.
- Inappropriate and/or bad language is not to be used at any time.
- Consumption of liquor or tobacco within the competition area is forbidden.

## **Parent's Code of Behaviour**

- Encourage children to participate if they are interested. However, if a child is not willing do not force him or her.
- Remember children are involved in Little Athletics for their enjoyment, not yours.
- Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
- Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
- Encourage children to always participate according to the rules.
- Never ridicule or yell at a child for making a mistake or losing an event.
- Turn defeat into victory by encouraging your child to work towards skill improvement, good sportsmanship and attaining personal best performances.
- If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgement and honesty in public. Remember, most officials give their time and effort for your child's involvement.
- Support all efforts to remove verbal and physical abuse at Little Athletics activities.
- Do not discriminate against any athlete, parent or official.
- Recognise the value and importance of being a volunteer official and/or coach. They give of their time and resources to provide recreational activities for the children and deserve your support.
- Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Inappropriate and/or bad language is not to be used at any time.

## **Coaches Code of Behaviour**

- Be reasonable in your demands on young athlete's time, energy and enthusiasm.
- Teach athletes that the rules of the sport are mutual agreements which no one should evade or break.
- Do not discriminate against any athlete, parent or official.
- Whenever possible, group athletes according to age and physical maturity. Avoid over-coaching the better performing athletes, the just average athletes need and deserve equal time.
- Remember that children participate for fun and enjoyment and that winning is only part of their motivation. Never ridicule or yell at the children for making mistakes or losing an event.
- Remember also that athletes need a coach they can respect. Be generous with your praise when it is deserved for effort and skill. Set a good example, not only with your behaviour and demeanor, but also with dress and equipment.

# LATas Codes of Behaviour

- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- Take into consideration the maturity level of the children when scheduling and determining the length of training times and competition.
- Develop athletes to have respect for the ability of other athletes as well as for the judgement of officials and coaches.
- Make a personal commitment to keep yourself informed of sound coaching principles and the principals of growth and development of children.
- Follow advice of a physician when determining when an injured athlete is ready to recommence training or competition.
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Demonstrate appropriate social behaviour by not harassing athletes, other coaches or officials, smoking on the arena or in the grandstand area, or being intoxicated.
- Avoid the use of inappropriate and/or bad language whilst coaching or in the presence of athletes and/or parents.
- Refrain from smoking and/or vaping in the presence of athletes.

## **Spectator Code of Behaviour**

- Remember that children participate in Little Athletic activities for fun. They are not participating for the entertainment of spectators. They are not small adults.
- Applaud good performance and efforts from each athlete. Congratulate all participants upon their performance, regardless of the event outcome.
- Do not discriminate against any athlete, parent or official.
- Respect the official's decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the athletes to do likewise.
- Never ridicule or scold an athlete for making a mistake during a competition. Positive comments are motivational.
- Condemn the use of violence and verbal abuse in any form, be it by spectators, coaches, officials or athletes.
- Show respect for each athlete. Without them there would be no events.
- Encourage athletes to follow the rules and abide by the official's decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Inappropriate and/or bad language is not to be used at any time.
- Substance abuse at Little Athletics venues and/or functions is not acceptable.

## **Official's Code of Behaviour**

- Officiate according to the rules and where subjective judgment is necessary, decide on the basis of what is fair to all athletes.
- Commend honest effort not just performance excellence. Be consistent, objective and courteous in calling all infractions.
- Encourage the principles of participation for fun and enjoyment.
- Condemn unsporting behaviour and promote respect for all competitors.
- Do not discriminate against any athlete, parent or official.
- Ensure that the 'spirit of the sport' for children is not lost by using common sense and not over officiating.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.

# LATas Codes of Behaviour

- Publicly encourage rule changes at the appropriate place and in the appropriate manner which will reinforce the principles of participation for fun and enjoyment.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words.
- Co-operate with other officials to discourage improper conduct by spectators.
- Make a personal commitment to keep yourself informed of sound officiating principles and rule changes.
- Inappropriate and/or bad language is not to be used at any time.
- Any form of substance abuse is inappropriate whilst involved in Little Athletic activities.

## **Codes of Health Behaviour**

- Little Athletics understand the harmful effects of smoking and vaping on health, fitness and performance in sport, and as a result has adopted the following Code of Behaviour.
- Coaches and Officials are reminded of their responsibilities as 'role models' particularly with juniors, and are asked to refrain from smoking or vaping whilst associated with our sport.
- Premises and playing areas should be declared "Smoke Free Zones". Smoking permitted only where a special smoking area is designated.
- Visiting Participants, Coaches and Officials are also asked to respect our Codes of Behaviour.
- Smoking or vaping is prohibited from the arena and grandstand areas of all competitions conducted under the rules of the TLAA.

## **Disciplinary Procedures**

- All incidents must be investigated by the Centre Executive, or their nominee, and may include hearing from all persons involved including application of the principles of natural justice
- A record of all incidents, investigation findings, relevant statements and copies of correspondence must be kept in accordance with the TLAA record keeping procedures, and in adherence to the State Archives Act.
- The Centre Executive must determine the appropriate penalties for any breaches of the TLAA Code of Behaviour in accordance with those outlined within this document, and communicate these in writing to all affected parties.
- Any penalties must be communicated verbally and in writing to the individual and/or an athletes' parent or guardian at the earliest opportunity and must contain the reasons for the penalty together with details of appeals procedure.
- Any penalties for breaches of TLAA Codes of Behaviour at a Centre level that extend beyond the day of the incident, must be communicated in writing to the TLAA.

## **Guideline Penalties For Breaching of Codes of Behaviour**

The principles of natural justice are to be observed when making decisions on breaches of the Codes of Behaviour and any penalties for such breaches.

Any penalties that are imposed are to be appropriate to the seriousness of the breach.

Penalties for breaches of the Codes of Behaviour that occur at events conducted by the TLAA that are confined to the day of competition (for example, suspension from one or more events) should be determined by the Arena Manager.

Penalties that go beyond the day of competition should be determined by members of Board of Management present at the track plus the Arena Manager and the Track and Field Referees.

Below are penalties which shall be applied by Centres and the TLAA for breaches in the codes of behaviour.

# LATas Codes of Behaviour

All penalties imposed by Centres/Clubs that involve suspensions that extend beyond the day on which the breach occurred must be notified to the TLAA Office.

***Note: The guideline penalties below are recommended minimum only***

<b>Athletes</b>	<b>1st Offence</b>	<b>2nd Offence</b>
Abusive/Threatening Language	1 week ban from competition	2 week ban from competition
Disrespect for Rules	1 week ban from competition	2 week ban from competition
Physical Abuse	2 week ban from competition	4 week ban from competition
Discrimination	2 week ban from competition	4 week ban from competition
Breach of Social Media Policy	2 week ban from competition	4 week ban from competition
<b>Parents/Officials</b>	<b>1st Offence</b>	<b>2nd Offence</b>
Abusive/Threatening Language	1 week ban from competition	2 week ban from competition
Disrespect for Rules	1 week ban from competition	2 week ban from competition
Physical Abuse	2 week ban from competition	4 week ban from competition
Discrimination	2 week ban from competition	4 week ban from competition
Breach of Social Media Policy	2 week ban from competition	4 week ban from competition

Any breach of conduct not covered by any of the above will be reviewed by the TLAA Board/Centre Committee independently, and an appropriate penalty will be determined.

The appeals process can be found in the full Codes Policy which is available on our website.



[taslittleathletics.com.au](http://taslittleathletics.com.au)

**National Sponsors**  
Proudly Supporting Little Athletics Tasmania







# LATas Sunsmart Policy

The health of participants is of primary concern to Little Athletics Tasmania. It is acknowledged that skin cancer is a major public health problem in Australia, with two out of every three people requiring treatment for some form of skin cancer in their lifetime. It is recognised that skin cancer is preventable and like any other medical condition, it is best dealt with by the application of preventative measures. While LATas will endeavour to assist in sun protection when at meetings, training and competition, it is accepted that ultimately, the responsibility is that of each individual and/or in the case of children - their parents or guardians.



- Where practical LATas will endeavour to schedule activities outside the hours of peak UV readings. Where this is not practical members are advised of the need for extra sun safety precautions during those hours (approximately 10.00am and 2.00pm).
- LATas will recommend Affiliated Centre's conform to "Tasmanian Cancer Fund Guidelines for Sun Safe Clothing" when choosing uniforms.
- Members will be encouraged to wear a hat/cap, which protects the face, ears, neck, shoulders and crown of the head while participating in Little Athletics activities.
- Members will be encouraged to wear shirts with sleeves and collars and to use broad spectrum 30+ sunscreen appropriately on exposed parts of their bodies.
- Affiliated Centre's will be encouraged to design uniforms, which incorporate shirts with sleeves and collars.
- LATas will recommend Affiliated Centre's specify materials with appropriate UV protection ratings when designing uniforms. (Sunburn will occur in about 5 hours through material rated at UPF 20; and about 8 hours for UPF 40.)
- LATas supports the use by its members of 100% UV protective sunglasses during LATas activities. It is also recommended these glasses have safety lenses.
- Maximum use will be made of existing natural shade.
- Where natural shade is not adequate LATas will endeavour to maximise the use of alternative shade facilities.
- When attending events at various localities controlled by other bodies, LATas will endeavour to provide suitable portable shade structures for its members.
- LATas will encourage Affiliated Centre's to adopt and promote similar Sun Safe Policies.
- LATas will endeavour to promote sun safety in a positive way, through newsletters, written literature and over the public address system.
- LATas will encourage all coaches, officials and members in prominent positions to act as strong role models in respect of sun safety practices.
- LATas Officers will regularly revise and upgrade sun protection measures as appropriate.
- LATas will endeavour to act in a sun safe manner when competing regionally, interstate or nationally.
- Affiliated Centre's will be advised that parents/guardians registering their child/children are to be:
  1. Shown the LATas Sun Safe Policy and encouraged to comply with it. A laminated copy is provided for all Centre's. This must be displayed at the registration area and;
  2. Encouraged to:
    - Purchase appropriate sun safe clothing including protective uniform clothing where available for their child's/children's usage.
    - Provide 30+ broad-spectrum sunscreen or zinc cream for their child/children.
    - Promote sun safe behaviour to their child/children.
    - Provide safety sunglasses, which filter 100% of UV for their child/children.



# Family, Fun & Fitness



# Welcome to St Helens Little Athletics Centre



Competition Venue  
Day & Time  
Centre Uniform  
Email

St Helens Recreation Ground, Young Street, St Helens  
Saturdays 9:00am  
Royal blue top with gold top, royal blue shorts  
sthelens@taslittleathletics.com.au

## **Committee of Management**

President  
Vice President  
Secretary  
Treasurer  
Registrar  
Records & Rankings  
Arena Manager  
Coaching & Education  
Championship Events

Jeanette Gilbert  
Karlee Pensini  
Mariah Terry  
Alicia Martin  
Karlee Pensini  
Jeanette Gilbert  
Mariah Terry  
Jeanette Gilbert  
Kaelene Crossingham



# St Helens Little Athletics Centre Records

## GIRLS

### 60-100 METRE HURDLES

U/6	A. Goodyer	22/23	12.27
U/7	J. Parker	93/94	11.0
U/8	A. Burgess	85/86	11.8
U/9	E. Crossingham	16/17	12.1
U/10	T. Dancer	83/84	10.6
U/11	C. Caville	20/21	18.8
U/12	A. Howorka	19/20	18.8
U/13	K. Walker	04/05	14.7
U/14	K. Walker	05/06	13.5
U/15	K. Walker	06/07	14.9

### 70 METRES

U/6	C. Martin	15/16	12.9
U/7	C. Martin	16/17	12.2
U/8	C. Martin	17/18	11.5
U/9	T. Martin	87/88	11.0
U/10	A. Gamble	88/89	10.7
U/11	S. Cook	82/83	10.0
U/12	K. Walker	03/04	9.8
U/13	J. Booth	16/17	9.5
U/14	K. Walker	05/06	9.2
U/15	K. Walker	06/07	9.1

### 100 METRES

U/6	C. Martin	15/16	19.0
U/7	C. Martin	16/17	17.1
U/8	C. Martin	17/18	16.1
U/9	T. Martin	87/88	15.1
U/10	C. Martin	18/19	15.0
U/11	S. Cook	82/83	13.0
U/12	K. Walker	03/04	13.6
U/13	K. Walker	04/05	13.2
U/14	K. Walker	05/06	13.0
U/15	K. Walker	06/07	12.8

### 150 METRES

U/6	A. Goodyer	22/23	29.0
U/7	C. Martin	16/17	28.6

### 200 METRES

U/6	C. Martin	15/16	42.2
U/7	C. Martin	16/17	37.9
U/8	R. Greenwood	84/85	33.8
U/9	T. Martin	87/88	33.1
U/10	K. Walker	01/02	32.4
U/11	S. Cook	82/83	28.3
U/12	S. Cook	83/84	28.3
U/13	J. Booth	16/17	27.6
U/14	K. Walker	05/06	27.6
U/15	K. Walker	06/07	26.8

### 400 METRES

U/8	C. Martin	16/17	1:23.5
U/9	B. Crossingham	16/17	1:22.4
U/10	C. Martin	18/19	1:19.6
U/11	S. Cook	82/83	1:07.1
U/12	K. Walker	03/04	1:04.7
U/13	K. Walker	04/05	1:03.3
U/14	K. Walker	05/06	1:01.2
U/15	K. Walker	06/07	1:02.3

### 800 METRES

U/9	B. Crossingham	16/17	3:14.1
U/10	L. Marshall	89/90	2:51.1
U/11	K. Walker	02/03	2:45.8
U/12	K. Walker	03/04	2:40.8
U/13	K. Walker	04/05	2:21.7
U/14	K. Walker	05/06	2:21.3
U/15	K. Walker	06/07	2:20.9

### 1500 METRES

U/10	B. Crossingham	17/18	6:21.4
U/11	K. Walker	02/03	5:54.4
U/12	K. Walker	03/04	5:34.2
U/13	K. Walker	04/05	5:25.8
U/14	K. Walker	05/06	5:21.7
U/15	K. Walker	06/07	5:19.4

## BOYS

### 60-100 METRE HURDLES

U/6	J. Halliday	91/92	11.9
U/7	M. Pensini	21/22	11.7
U/8	C. Thurley	89/90	11.2
U/9	A. Gilbert	21/22	12.7
U/10	R. Smylie	87/88	10.5
U/11	B. Woods	19/20	22.1
U/12	L. Woods	19/20	23.1
U/13	T. Smylie	89/99	13.5
U/14	L. Fredrickson	05/06	14.6
U/15	L. Fredrickson	06/07	15.8

### 70 METRES

U/6	S. Kelly	93/94	13.1
U/7	Z. Afeaki	82/83	11.6
U/8	C. Thurley	89/90	11.1
U/9	M. Michajlow	82/83	10.8
U/10	R. Mason	99/00	10.5
U/11	R. Mason	00/01	9.9
U/12	T. Smylie	97/98	9.5
U/13	N. Yam	16/17	9.4
U/14	L. Fredrickson	05/06	9.1
U/15	E. Crossingham	16/17	9.0

### 100 METRES

U/6	J. Halliday	91/92	19.1
U/7	J. Halliday	92/93	17.0
U/8	C. Thurley	89/90	15.5
U/9	A. Hortle	94/95	14.8
U/10	R. Mason	99/00	14.6
U/11	R. Mason	00/01	13.7
U/12	T. Smylie	97/98	13.6
U/13	T. Smylie	98/99	12.6
U/14	L. Fredrickson	05/06	13.0
U/15	S. Fredrickson	04/05	11.4

### 150 METRES

U/6	J. Halliday	91/92	28.6
U/7	M. Pensini	21/22	27.5

### 200 METRES

U/6	J. Halliday	91/92	40.7
U/7	A. Hortle	92/93	37.0
U/8	A. Hortle	93/94	33.3
U/9	A. Hortle	94/95	30.8
U/10	A. Hortle	95/96	30.0
U/11	M. Williams	83/84	29.7
U/12	A. Hortle	97/98	29.0
U/13	T. Smylie	98/99	26.1
U/14	L. Fredrickson	05/06	27.1
U/15	S. Fredrickson	04/05	25.7

### 400 METRES

U/8	S. Wright	02/03	1:28.7
U/9	S. Wright	03/04	1:22.0
U/10			1:19.0
U/11	M. Williams	83/84	1:08.8
U/12	J. Tunks	85/86	1:06.6
U/13	T. Smylie	98/99	59.1
U/14	E. Crossingham	15/16	1:06.8
U/15	E. Crossingham	16/17	56.8

### 800 METRES

U/9	N. Martin	19/20	3:21.0
U/10	C. Hayes	83/84	2:36.4
U/11	C. Hayes	83/84	2:33.6
U/12	L. Andrews	82/83	2:26.8
U/13	A. Hortle	98/99	2:24.4
U/14	E. Crossingham	15/16	2:33.3
U/15	E. Crossingham	16/17	2:15.9

### 1500 METRES

U/10	J. Allen	16/17	6:16.5
U/11	C. Hayes	83/84	5:08.8
U/12	L. Andrews	82/83	5:03.0
U/13	L. Carr	01/02	5:09.2
U/14	L. Fredrickson	05/06	5:25.4
U/15	A. Fowler	16/17	5:06.8



# St Helens Little Athletics Centre Records

## GIRLS

### RACE WALKS

U/9	M. Keenan	97/98	4:08.0
U/10	UM. Keenan	98/99	7:01.2
U/11	UM. Keenan	99/00	6:34.2
U/12	T. N. Roney	97/98	8:48.6
U/13	T. N. Roney	93/94	8:05.8

### LONG JUMP

U/6	T. Paulsen	92/93	2.84
U/7	M. Goss	97/98	2.93
U/8	M. Goss	98/99	3.45
U/9	K. Walker	00/01	3.65
U/10	K. Walker	01/02	3.88
U/11	K. Walker	02/03	4.45
U/12	K. Walker	03/04	4.74
U/13	K. Walker	04/05	5.13
U/14	K. Walker	05/06	5.28
U/15	K. Walker	06/07	5.29

### TRIPLE JUMP

U/11	K. Walker	02/03	9.52
U/12	K. Walker	03/04	10.81
U/13	K. Walker	04/05	11.06
U/14	K. Walker	05/06	10.74
U/15	K. Walker	06/07	11.38

### HIGH JUMP

U/8	K. Walker	99/00	1.05
U/9	K. Walker	00/01	1.07
U/10	E. Crossingham	17/18	1.12
U/11	T. Martin	89/90	1.38
U/12	T. Martin	91/92	1.43
U/13	K. Walker	04/05	1.45
U/14	K. Walker	05/06	1.50
U/15	K. Walker	06/07	1.54

### DISCUS

U/6	M. Keenan	94/95	10.76
U/7	L. Goodyer	21/22	12.87
U/8	C. Grainger	99/00	14.12
U/9	M. Sampson	89/90	20.46
U/10	B. Rattray	94/95	24.76
U/11	A. Howorka	18/19	14.27
U/12	K. Walker	03/04	25.08
U/13	K. Walker	04/05	27.58
U/14	K. Walker	05/06	25.29
U/15	K. Walker	06/07	26.30

### SHOT PUT

U/6	M. Keenan	94/95	4.06
U/7	J. Parker	93/94	5.35
U/8	A. Hindrum	01/02	5.98
U/9	M. Sampson	89/90	6.36
U/10	M. Sampson	90/91	7.40
U/11	M. Sampson	91/92	8.26
U/12	B. G. Pike	88/89	9.30
U/13	G. Halliday	96/97	7.68
U/14	K. Walker	05/06	7.76
U/15	K. Walker	06/07	8.84

### VORTEX

U/6	K. Walker	97/98	11.28
U/7	K. Walker	98/99	18.14

### TURBO JAV

U/8	L. Goodyer	22/23	13.52
U/9	K. Walker	00/01	15.71
U/10	B. Crossingham	17/18	12.34

### JAVELIN

U/11	K. Walker	02/03	25.20
U/12	K. Walker	03/04	31.86
U/13	K. Walker	04/05	38.11
U/14	C. Martin	22/23	19.80
U/15	K. Walker	06/07	37.09

## BOYS

### RACE WALKS

U/9	S. Walker	97/98	3:51.3
U/10	C. Halliday	96/97	6:06.4
U/11	C. Halliday	97/98	5:55.5
U/12	C. Halliday	98/99	7:58.8
U/13	C. Halliday	99/00	7:46.6

### LONG JUMP

U/6	M. Pensini	20/21	2.58
U/7	J. Halliday	92/93	3.21
U/8	C. Thurley	89/90	3.72
U/9	C. Thurley	89/90	3.92
U/10	A. Hortle	95/96	4.11
U/11	J. Halliday	96/97	4.37
U/12	T. Smylie	97/98	4.84
U/13	T. Smylie	98/99	5.43
U/14	L. Fredrickson	05/06	5.42
U/15	S. Fredrickson	04/05	5.92

### TRIPLE JUMP

U/11	J. Halliday	06/97	9.83
U/12	L. Fredrickson	03/04	10.24
U/13	J. Halliday	98/99	11.09
U/14	L. Fredrickson	05/06	10.96
U/15	S. Fredrickson	04/05	11.72

### HIGH JUMP

U/8	J. Bellchambers	22/23	1.01
U/9	L. Woods	20/21	1.08
U/10	A. Gilbert	22/23	1.26
U/11	D. Dwyer	91/92	1.34
U/12	T. Smylie	97/98	1.47
U/13	T. Smylie	98/99	1.62
U/14	L. Fredrickson	05/06	1.50
U/15	L. Fredrickson	06/07	1.72

### DISCUS

U/6	A. Gilbert	18/19	13.47
U/7	S. Barnes	18/19	15.25
U/8	C. Thurley	98/90	17.20
U/9	C. Treloar	95/96	22.62
U/10	C. Treloar	96/97	26.84
U/11	R. Johnson	21/22	21.26
U/12	T. Smylie	97/98	29.94
U/13	T. Blair-Tait	21/22	13.47
U/14	L. Fredrickson	05/06	24.85
U/15	S. Fredrickson	04/05	32.38

### SHOT PUT

U/6	T. Smylie	91/92	4.63
U/7	D. Baker	94/95	6.10
U/8	C. Thurley	89/90	6.28
U/9	A. Blunt	83/84	7.31
U/10	D. Dwyer	90/91	7.80
U/11	T. Smylie	96/97	9.71
U/12	N. Martin	22/23	7.44
U/13	T. Smylie	98/99	11.57
U/14	E. Crossingham	15/16	9.89
U/15	L. Fredrickson	06/07	10.29

### VORTEX

U/6	D. Carr	99/00	21.00
U/7	D. Carr	00/01	25.65

### TURBO JAV

U/8	D. Carr	01/02	16.60
U/9	Z. Lieutier	03/04	21.64
U/10	B. Taylor	15/16	19.14

### JAVELIN

U/11	A. Blunt	85/86	33.38
U/12	A. Blunt	86/87	41.10
U/13	T. Smylie	98/99	34.41
U/14	L. Fredrickson	05/06	28.97
U/15	L. Fredrickson	06/07	34.99



ST HELENS LITTLE ATHLETICS



# GOLD MEDAL DAY

ANNUAL 100M  
HANDICAP  
RACE

JUMPING AND  
THROWING  
EVENTS FOR ALL  
AGE GROUPS.

CANTEEN AND BBQ

U6-U8 70M  
U10-U15  
800M

PARENT RELAY

RAFFLE

**SUNDAY 28TH JANUARY 2024**

8:45am start at the St Helens Recreation Ground

Check in from 7.45am

Cost \$10 per athlete

Registration before 24th January is preferred.

Competitors need their 25 badge to compete.

Entry details to come keep an eye on our Facebook page.

[sthelens@taslittleathletics.com.au](mailto:sthelens@taslittleathletics.com.au)

Any queries, please contact

Kaelene Crossingham 0419 555 615





# St Helens Little Athletics Centre Programs

## Program 1

	6	7	8	9	10	11	12	13	14	15
Hurdles										
70 Metres										
100 Metres										
150 Metres										
200 Metres										
400 Metres										
800 Metres										
1500 Metres										
Race Walks										
Shot Put										
Discus										
Vortex/Turbo/Jav										
High Jump										
Long Jump										
Triple Jump										

## Program 2

	6	7	8	9	10	11	12	13	14	15
Hurdles										
70 Metres										
100 Metres										
150 Metres										
200 Metres										
400 Metres										
800 Metres										
1500 Metres										
Race Walks										
Shot Put										
Discus										
Vortex/Turbo/Jav										
High Jump										
Long Jump										
Triple Jump										

## Program 3

	6	7	8	9	10	11	12	13	14	15
Hurdles										
70 Metres										
100 Metres										
150 Metres										
200 Metres										
400 Metres										
800 Metres										
1500 Metres										
Race Walks										
Shot Put										
Discus										
Vortex/Turbo/Jav										
High Jump										
Long Jump										
Triple Jump										





# St Helens Little Athletics Centre Calendar

## September 2023

Saturday 23rd	Come and Try (registered athletes will be measured and recorded)	9.00am
Saturday 30th	Come and Try (registered athletes will be measured and recorded)	9.00am

## October 2023

Wednesday 11th	U11 Intro to New Events Clinics Launceston	8:30am
Saturday 14th	Program 1 (Festival of Wellbeing)	9.00am
Saturday 21st	Program 2	9.00am
Saturday 28th	Program 3	9.00am

## November 2023

Saturday 4th	Coles State Series #1, Penguin	10.00am
Saturday 11th	Program 1	9.00am
Friday 17th	Clinic (TBC) Launceston	6.00pm
Saturday 18th	Coles State Series #2, Launceston	10.00am
Saturday 25th	Program 2	9.00am

## December 2023

Saturday 2nd	Coles State Series #3, Hobart	10.00am
Saturday 2nd	Program 3	9.00am
Saturday 9th	Program 1	9.00am
Saturday 16th	Program 2 Christmas Break Up	9.00am

## January 2024

Wednesday 3rd-6th	LATas U12/13 Coaching Camp, Camp Clayton	TBA
Saturday 20th	Program 3	9.00am
Saturday 20th	LATas State Combined Event Championships, Penguin (U13-U15)	5.00pm
Sunday 21st	LATas State Combined Event Championships, Penguin (U9-U15)	10.00am
Wednesday 24th	U6-U10 Coach and Compete (Jumps) Launceston	8.30am
Sunday 28th	Program - GOLD MEDAL DAY EVENTS	9.00am
Monday 29th	U6-U10 Coach and Compete (Throws) Launceston	8.30am

## February 2024

Saturday 3rd	Program 1	9.00am
Saturday 10th	LATas State Relay Championships, Launceston	10.00am
Saturday 17th	Program 3	9.00am
Saturday 24th	Program 1	9.00am

## March 2024

Saturday 2nd	Program 2	9.00am
Saturday 9th	LATas State Individual Championships, Hobart	9.00am
Sunday 10th	LATas State Individual Championships, Hobart	9.00am
Saturday 16th	Program 2	9.00am
Saturday 23rd	END OF SEASON BREAK UP	TBA

***\*Dates may be changed due to weather and unforeseen circumstances.***

