



# Information Manual



**Season 2023-24**

# 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



# Contents

|   |    |
|---|----|
| Little Athletics Tasmania 50th Anniversary.....                           | 2  |
| Little Athletics Tasmania Board of Management & Staff.....                | 3  |
| Little Athletics Tasmania 2023-2024 Sponsors.....                         | 4  |
| Little Athletics Tasmania Honour Roll.....                                | 5  |
| 2023-2024 Calendar of State Events.....                                   | 7  |
| State Conducted Meetings.....   | 8  |
| LATas Recognised Track Events and Specifications.....                     | 10 |
| LATas Recognised Field Events and Specifications.....                     | 11 |
| Tiny Tots.....  | 12 |
| U12 - U13 Coaching Camp.....  | 13 |
| 2023 Coles Australian Little Athletics Championships.....                 | 14 |
| Best Performances at Coles Australian Little Athletics Championships..... | 15 |
| 2024 State Team Selection.....  | 17 |
| LATas State Combined Event Championships.....                             | 19 |
| LATas State Relay Championships.....                                      | 20 |
| RSM Insurance Brokers State Individual Championships.....                 | 23 |
| Gold Star & Gold Star Awards.....   | 25 |
| Gold Star Standards.....  | 25 |
| We Are Inclusive.....   | 26 |
| LATas State Best Individual Performances.....                             | 27 |
| Badge Placement Guide.....  | 30 |
| Wet Weather.....  | 30 |
| Insurance.....  | 30 |
| LATas Privacy Policy.....   | 31 |
| LATas Codes of Behaviour.....   | 33 |
| LATas Sunsmart Policy.....  | 38 |
| Centre Information.....   | 39 |





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



**President**  
Paul Mommers

Mobile: 0407 246 330  
p.mommers@taslittleathletics.com.au



**Vice President**  
Oliver Hippel

Mobile: 0423 620 890  
o.hippel@taslittleathletics.com.au



**Director**  
Amanda Robertson

Mobile: 0419 714 924  
a.robertson@taslittleathletics.com.au



**Director**  
Leonardo Cunha

Mobile: 0424 707 997  
l.cunha@taslittleathletics.com.au



**Director**  
Shane Cox

Mobile: 0405 038 437  
s.cox@taslittleathletics.com.au



**Director**  
Natalie Luttrell

Mobile: 0409 700 109  
n.luttrell@taslittleathletics.com.au

## Staff



**Development Officer**  
Zane Patmore

Phone: 1300 888 713  
z.patmore@taslittleathletics.com.au



**Development Officer**  
Benjamin Mommers

Phone: 1300 888 713  
do@taslittleathletics.com.au



**Administration Officer**  
Teresa Hatten

Phone: 1300 888 713  
office@taslittleathletics.com.au



**Administration Officer**  
Jack Hale

Phone: 1300 888 713  
office@taslittleathletics.com.au



ABN 18 754 156 567  
Public Officer: Oliver Hippel



1300 888 713



PO Box 812, Moonah TAS 7009



Domain Athletic Centre  
Upper Domain Road, Queens Domain  
TAS 7000  
Office Hours: Mon - Fri 8.30am - 4.30pm



office@taslittleathletics.com.au  
taslittleathletics.com.au

Thank you to the following Sponsors



National Naming Rights Partner



National Apparel Partner

National Travel Partner



# 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 |
|---------------|---------|---------------------------------------|

## March 2024

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

## April 2024

|                     |  |   |
|---------------------|--|---|
| Fri 26th - Sun 28th |  | Coles Australian Little Athletics Championships, Adelaide |
|---------------------|--|---|

# 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 Athletics 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 Athletics 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)



## ***CRIPPS and LATas have joined forces!***



**PURCHASE CRIPPS  
HONEY N' OATS PIKELETS +  
THE NEW ELIZA'S RANGE**

WE WILL DONATE **5c** PER SALE

TO SUPPORT LITTLE ATHLETICS TASMANIA FOR THE 2023/24 SEASON



# Coles Australian Little Athletics Championships



## Under 13 State Team Members

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

|               |                |
|---------------|----------------|
| Sianna Adkins | Macy Devine    |
| Jude Archer   | Jemima Geappen |
| Riley Bain    | Luke Gomer     |
| Solomon Boyle | Duncan Hobday  |
| Koby Bryan    | Palepa Leauma  |
| Libby Crispin | Paige Bowland  |
| Thomas Davie  | Jude Pamplin   |
| Maddox Day    | Eva Parker     |

Jacob Wass

## Under 14 State Team Members

|                    |                  |
|--------------------|------------------|
| Alex Barlett       | Milah Hatten     |
| Rhys Barwick       | Maxwell Innes    |
| Lily Carr          | Lachlan Job      |
| Chanel Charles     | Marz Kwa         |
| Sebastian Hardinge | Macie Petterwood |
| Sophie Thompson    |                  |

## Under 15 State Team Members

|                      |              |
|----------------------|--------------|
| Georgia Harmey       | Davier Davie |
| Lily Smith           | Max Matthews |
| Bailey Van Den Broek | 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 Malcolmsen      | 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 on 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 points + 4 points/2 athletes = 3.5 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/<br>Age Group | Minimum<br>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<br>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<br>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

### 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 |
|------|----------------|-----|----|-------|

### 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 |

## Boys

### 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 |
|------|-------------|-----|----|-------|

### 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 North East Little Athletics Centre



Competition Venue  
Day & Time

Scottsdale Primary School Oval, 41 Mary Street, Scottsdale  
Sundays 10am or 1pm (please refer to Centre calendar)  
Twilights Thursdays 4pm

Centre Uniform  
Postal Address  
Email Address

Black and white top, plain black shorts  
56 Shanty Road, Jetsonville 7260 TAS  
northeast@taslittleathletics.org.au

## Committee of Management

|                     |                               |
|---------------------|-------------------------------|
| President           | Morgan Rice                   |
| Co Vice President   | Tess Moore                    |
| Co Vice President   | Hollie Viney                  |
| Secretary           | Tess Moore                    |
| Treasurer           | Stuart Main                   |
| Registrar           | Kim Lockhart                  |
| Records & Rankings  | Kim Lockhart                  |
| Arena Manager       | Morgan Rice                   |
| Publicity Officer   | Kelly Austin                  |
| Championship Events | Kim Lockhart                  |
| Public Officer      | Stuart Main                   |
| General Committee   | Kristy Moore<br>Siobhan Saxby |

## Life Members

Ruth Taylor  
Stuart Beattie  
Catherine Irwin  
Shane Wagner  
Amanda Munday  
Melissa Krushka  
Kay Walker



# North East Little Athletics Centre Records

## GIRLS

### 60-100 METRE HURDLES

|      |                  |          |       |
|------|------------------|----------|-------|
| U/6  | Rhianna Lette    | 16-01-16 | 12.10 |
| U/7  | Leeara Jones     | 14-10-10 | 11.20 |
| U/8  | Rhianna Lette    | 24-02-18 | 12.60 |
| U/9  | Ashleigh Smith   | 15-12-01 | 12.00 |
| U/10 | Jessica Coniston | 25-01-97 | 12.40 |
| U/11 | Rhianna Lette    | 12-01-21 | 17.20 |
| U/12 | Rhianna Lette    | 04-12-21 | 17.70 |
| U/13 | Danieka Wagner   | 09-02-14 | 16.20 |
| U/14 | Danieka Wagner   | 28-02-15 | 15.60 |
| U/15 | Lucy Dennis      | 31-12-07 | 17.40 |

### 200 METRE HURDLES

|      |                 |          |       |
|------|-----------------|----------|-------|
| U/13 | Taia Lette      | 07-10-18 | 34.50 |
| U/14 | Yeabsera Midson | 18-01-11 | 35.90 |
| U/15 | Taia Lette      | 27-02-21 | 59.70 |

### 70 METRES

|      |                    |          |       |
|------|--------------------|----------|-------|
| U/6  | Rhianna Lette      | 28-11-15 | 12.70 |
| U/7  | Myrtle Viney       | 17-01-23 | 12.50 |
| U/8  | Lisa Barrett       | 27-10-90 | 12.00 |
| U/9  | Natalie Charletton | 21-02-87 | 11.20 |
| U/10 | Rhiannon Savic     | 15-01-11 | 11.20 |
| U/11 | Jayne Barrett      | 21-11-87 | 10.50 |
| U/12 | Danieka Wagner     | 02-12-12 | 10.30 |
| U/13 | Lisa Barrett       | 26-10-95 | 10.00 |
| U/14 | Yeabsera Midson    | 05-02-11 | 10.60 |
| U/15 | Lucy Dennis        | 23-02-08 | 10.40 |

### 100 METRES

|      |                    |          |       |
|------|--------------------|----------|-------|
| U/6  | Bridee Mather      | 10-12-11 | 18.60 |
| U/7  | Lisa Barrett       | 30-11-89 | 18.20 |
| U/8  | Lisa Barrett       | 09-02-91 | 17.30 |
| U/9  | Natalie Charleston | 14-02-87 | 16.20 |
| U/10 | Ashleigh Smith     | 08-02-03 | 15.40 |
| U/11 | Tiah Simmons       | 11-11-95 | 14.90 |
| U/12 | Tiah Simmons       | 08-02-97 | 14.40 |
| U/13 | Tiah Simmons       | 13-12-97 | 14.10 |
| U/14 | Shannae Heazlewood | 23-02-13 | 14.60 |
| U/15 | Lucy Dennis        | 24-11-07 | 14.40 |

### 150 METRES

|     |               |          |       |
|-----|---------------|----------|-------|
| U/6 | Shanna Samec  | 23-02-13 | 31.50 |
| U/7 | Ailish Barron | 09-01-16 | 26.80 |

### 200 METRES

|      |                  |          |       |
|------|------------------|----------|-------|
| U/6  | Shanna Samec     | 16-02-13 | 44.80 |
| U/7  | Lisa Barrett     | 16-12-89 | 39.20 |
| U/8  | Lisa Barrett     | 09-02-91 | 37.50 |
| U/9  | Lisa Barrett     | 01-02-92 | 35.60 |
| U/10 | Ashleigh Smith   | 01-02-03 | 34.20 |
| U/11 | Tiah Simmons     | 27-02-96 | 32.60 |
| U/12 | Danielle Richman | 20-02-99 | 30.70 |
| U/13 | Danielle Richman | 22-01-00 | 30.20 |
| U/14 | Yeabsera Midson  | 02-10-10 | 31.10 |
| U/15 | Lucy Dennis      | 23-02-08 | 31.90 |

### 400 METRES

|      |                   |          |         |
|------|-------------------|----------|---------|
| U/8  | Stephanie Nichols | 03-02-07 | 1:27.00 |
| U/9  | Rhianna Lette     | 02-12-18 | 1:24.70 |
| U/10 | Danieka Wagner    | 13-02-11 | 1:20.90 |
| U/11 | Tiah Simmons      | 09-03-96 | 1:15.40 |
| U/12 | Hollie Mather     | 07-03-98 | 1:12.30 |
| U/13 | Tiah Simmons      | 07-03-98 | 1:11.30 |
| U/14 | Yeabsera Midson   | 30-10-10 | 1:10.80 |
| U/15 | Lucy Dennis       | 31-12-07 | 1:14.90 |

### 800 METRES

|      |                    |          |         |
|------|--------------------|----------|---------|
| U/9  | Chaeli Barron      | 11-02-17 | 3:10.10 |
| U/10 | Hollie Mather      | 24-02-96 | 2:52.90 |
| U/11 | Hollie Mather      | 22-02-97 | 2:44.50 |
| U/12 | Tiah Simmons       | 20-10-22 | 2:44.50 |
| U/13 | Shannae Heazlewood | 14-01-12 | 2:52.90 |
| U/14 | Yeabsera Midson    | 02-10-10 | 2:49.60 |
| U/15 | Shannae Heazlewood | 14-12-13 | 3:02.20 |

### 1500 METRES

|      |                    |          |         |
|------|--------------------|----------|---------|
| U/10 | Taia Lette         | 27-02-16 | 6:16.20 |
| U/11 | Hollie Mather      | 11-01-96 | 5:51.50 |
| U/12 | Sheree McWatters   | 10-11-84 | 5:43.50 |
| U/13 | Hollie Mather      | 26-02-99 | 5:48.70 |
| U/14 | Shannae Heazlewood | 12-01-13 | 5:47.30 |
| U/15 | Lucy Dennis        | 31-12-07 | 6:21.90 |

## BOYS

### 60-100 METRE HURDLES

|      |                      |          |       |
|------|----------------------|----------|-------|
| U/6  | Tom Hadley           | 01-03-14 | 12.30 |
| U/7  | Sam Butler           | 02-12-07 | 11.30 |
| U/8  | Bradley Whish-Wilson | 15-01-05 | 12.30 |
| U/9  | Thomas Salter        | 19-12-98 | 11.40 |
| U/10 | Blake Hopkins        | 24-02-18 | 11.70 |
| U/11 | Declan Knight        | 07-02-21 | 17.50 |
| U/12 | Declan Knight        | 04-12-21 | 17.40 |
| U/13 | Tim Barrett          | 02-12-93 | 14.20 |
| U/14 | Sam Tuck             | 18-01-07 | 15.70 |
| U/15 | Michael Willis       | 07-12-08 | 17.00 |

### 200 METRE HURDLES

|      |                    |          |       |
|------|--------------------|----------|-------|
| U/13 | Conlan Lamont      | 26-11-16 | 33.60 |
| U/14 | Damon Whish-Wilson | 13-02-11 | 33.20 |
| U/15 | Jai Lette          | 25-11-17 | 54.90 |

### 70 METRES

|      |                |          |       |
|------|----------------|----------|-------|
| U/6  | Lochlan Smith  | 10-11-02 | 14.30 |
| U/7  | Tim Barrett    | 11-01-88 | 12.30 |
| U/8  | Michael Jordan | 02-11-89 | 11.10 |
| U/9  | Michael Jordan | 12-01-91 | 11.10 |
| U/10 | Curt Stevens   | 14-03-92 | 10.60 |
| U/11 | Tim Barrett    | 10-10-91 | 10.40 |
| U/12 | Michael Jordan | 22-01-94 | 9.70  |
| U/13 | Tim Barrett    | 18-12-93 | 9.30  |
| U/14 | Cameron Willis | 15-01-11 | 9.40  |
| U/15 | Michael Willis | 17-01-09 | 9.30  |

### 100 METRES

|      |                |          |       |
|------|----------------|----------|-------|
| U/6  | Tamru Midson   | 09-02-08 | 19.00 |
| U/7  | Tim Barrett    | 21-01-88 | 17.80 |
| U/8  | Tim Barrett    | 14-01-89 | 16.30 |
| U/9  | Michael Jordan | 15-11-90 | 15.60 |
| U/10 | Curt Stevens   | 23-01-92 | 14.90 |
| U/11 | Curt Stevens   | 15-10-92 | 14.60 |
| U/12 | Tim Barrett    | 04-03-93 | 13.60 |
| U/13 | Tim Barrett    | 02-12-93 | 13.20 |
| U/14 | Cameron Willis | 18-01-11 | 13.30 |
| U/15 | Geoff Simmons  | 26-02-05 | 12.90 |

### 150 METRES

|     |               |          |       |
|-----|---------------|----------|-------|
| U/6 | Tom Hadley    | 30-11-13 | 31.30 |
| U/7 | Lochlan Smith | 11-10-03 | 29.30 |

### 200 METRES

|      |                 |          |       |
|------|-----------------|----------|-------|
| U/6  | Tom Hadley      | 23-11-13 | 44.10 |
| U/7  | Tim Barrett     | 13-02-88 | 38.20 |
| U/8  | Tim Barrett     | 15-12-88 | 34.80 |
| U/9  | Joseph Quarrell | 20-02-99 | 33.90 |
| U/10 | Curt Stevens    | 01-02-92 | 31.90 |
| U/11 | Curt Stevens    | 25-02-93 | 31.30 |
| U/12 | Tim Barrett     | 16-01-93 | 29.50 |
| U/13 | Tim Barrett     | 20-11-93 | 27.80 |
| U/14 | Cameron Willis  | 23-10-10 | 28.60 |
| U/15 | Geoff Simmons   | 12-02-04 | 27.60 |

### 400 METRES

|      |                      |          |         |
|------|----------------------|----------|---------|
| U/8  | Hadyn Goss           | 20-11-04 | 1:25.10 |
| U/9  | Bradley Whish-Wilson | 11-12-05 | 1:20.40 |
| U/10 | Mark Mundy           | 17-01-09 | 1:12.40 |
| U/11 | Michael Jordan       | 06-03-93 | 1:12.30 |
| U/12 | Curt Stevens         | 26-02-94 | 1:07.80 |
| U/13 | Tim Barrett          | 26-02-94 | 1:02.30 |
| U/14 | Hadyn Goss           | 26-02-11 | 1:03.00 |
| U/15 | Damon Whish-Wilson   | 14-11-11 | 1:03.00 |

### 800 METRES

|      |                    |          |         |
|------|--------------------|----------|---------|
| U/9  | Cody Johnson       | 10-11-17 | 3:08.30 |
| U/10 | Shane Lethborg     | 20-02-88 | 2:51.00 |
| U/11 | Jason Rush         | 20-11-93 | 2:43.10 |
| U/12 | Michael Jordan     | 11-12-93 | 2:39.70 |
| U/13 | Michael Jordan     | 19-11-94 | 2:43.70 |
| U/14 | Hadyn Goss         | 15-11-10 | 2:32.00 |
| U/15 | Damon Whish-Wilson | 17-12-11 | 2:27.80 |

### 1500 METRES

|      |                    |          |         |
|------|--------------------|----------|---------|
| U/10 | Jackson Beard      | 26-10-17 | 6:00.30 |
| U/11 | Brett Lethborg     | 14-02-87 | 5:36.30 |
| U/12 | Paul Wootton       | 03-03-87 | 5:31.00 |
| U/13 | Hadyn Goss         | 06-12-09 | 5:29.00 |
| U/14 | Hadyn Goss         | 05-03-11 | 5:09.00 |
| U/15 | Damon Whish-Wilson | 21-01-12 | 5:23.90 |

# North East Little Athletics Centre Records

## GIRLS

### RACE WALKS

|      |               |          |          |
|------|---------------|----------|----------|
| U/9  | Jessie Mather | 06-01-99 | 5:10.40  |
| U/10 | Taree Mather  | 25-01-97 | 7:28.20  |
| U/11 | Marni Basto   | 11-03-95 | 6:30.00  |
| U/12 | Tarnee Mather | 21-11-98 | 10:08.90 |
| U/13 | Nicole Simons | 08-03-97 | 10:51.00 |
| U/14 | Melissa Howe  | 23-02-08 | 9:21.40  |
| U/15 | Georgia Foote | 10-10-09 | 9:53.00  |

### LONG JUMP

|      |                  |          |      |
|------|------------------|----------|------|
| U/6  | Leeara Jones     | 30-01-10 | 2.54 |
| U/7  | Katelyn Coniston | 03-12-98 | 2.98 |
| U/8  | Rhianna Lette    | 09-12-17 | 3.27 |
| U/9  | Rhianna Lette    | 08-01-19 | 3.67 |
| U/10 | Jessica Coniston | 08-03-97 | 3.83 |
| U/11 | Mariam Hall      | 19-11-17 | 3.78 |
| U/12 | Abby Samec       | 14-01-21 | 3.75 |
| U/13 | Tiah Simmons     | 21-02-98 | 4.41 |
| U/14 | Hannah Rainbow   | 31-12-06 | 4.53 |
| U/15 | Lucy Dennis      | 08-12-07 | 4.18 |

### TRIPLE JUMP

|      |                   |          |      |
|------|-------------------|----------|------|
| U/6  | Shanae Collis     | 17-02-01 | 5.08 |
| U/7  | Katelyn Coniston  | 30-01-99 | 6.35 |
| U/8  | Lisa Barrett      | 16-03-91 | 6.74 |
| U/9  | Karen Monson      | 22-02-86 | 7.17 |
| U/10 | Karen Monson      | 10-11-87 | 7.74 |
| U/11 | Taia Lette        | 11-01-17 | 7.41 |
| U/12 | Taia Lette        | 31-01-18 | 7.74 |
| U/13 | Tiah Simmons      | 26-02-98 | 9.20 |
| U/14 | Shanae Heazlewood | 23-02-13 | 8.91 |
| U/15 | Taia Lette        | 13-02-21 | 9.23 |

### HIGH JUMP

|      |             |          |      |
|------|-------------|----------|------|
| U/8  | Taia Lette  | 22-01-14 | 0.97 |
| U/9  | Mariam Hall | 08-11-15 | 1.08 |
| U/10 | Mariam Hall | 19-11-16 | 1.16 |
| U/11 | Taia Lette  | 13-11-16 | 1.30 |
| U/12 | Taia Lette  | 17-01-18 | 1.38 |
| U/13 | Taia Lette  | 02-12-18 | 1.47 |
| U/14 | Taia Lette  | 15-02-20 | 1.56 |
| U/15 | Taia Lette  | 20-02-21 | 1.63 |

### DISCUS

|      |                   |          |       |
|------|-------------------|----------|-------|
| U/6  | Keyalah McLeod    | 20-02-21 | 9.95  |
| U/7  | Lisa Barrett      | 16-12-89 | 13.46 |
| U/8  | Steffi Grenda     | 21-02-98 | 14.64 |
| U/9  | Rebecca Mounstney | 21-10-89 | 16.24 |
| U/10 | Gemma James       | 17-02-07 | 20.80 |
| U/11 | Lara Dickenson    | 24-10-19 | 17.01 |
| U/12 | Danieka Wagner    | 19-01-13 | 24.80 |
| U/13 | Danieka Wagner    | 12-10-13 | 30.75 |
| U/14 | Danieka Wagner    | 11-10-14 | 29.75 |
| U/15 | Jessica Casey     | 09-02-08 | 26.99 |

### SHOT PUT

|      |                |          |       |
|------|----------------|----------|-------|
| U/6  | Courtney Casey | 18-01-03 | 4.13  |
| U/7  | Anita Smith    | 23-01-92 | 5.53  |
| U/8  | Rhianna Lette  | 17-01-18 | 5.46  |
| U/9  | Danieka Wagner | 27-02-10 | 5.75  |
| U/10 | Jessica Casey  | 31-10-02 | 7.62  |
| U/11 | Jessica Casey  | 04-10-03 | 7.98  |
| U/12 | Danieka Wagner | 02-12-12 | 9.93  |
| U/13 | Danieka Wagner | 01-03-14 | 9.94  |
| U/14 | Danieka Wagner | 28-02-14 | 10.57 |
| U/15 | Gemma James    | 21-01-12 | 10.99 |

### VORTEX/TURBO JAV/JAVELIN

|      |                   |          |       |
|------|-------------------|----------|-------|
| U/6  | Rhianna Lette     | 11-02-16 | 13.97 |
| U/7  | Rhianna Lette     | 18-01-17 | 17.20 |
| U/8  | Rhianna Lette     | 24-02-18 | 12.50 |
| U/9  | Mikayla Binns     | 31-01-04 | 14.80 |
| U/10 | Amity Krushka     | 27-02-16 | 13.14 |
| U/11 | Taree Mather      | 13-12-97 | 23.56 |
| U/12 | Hollie Mather     | 07-02-98 | 32.28 |
| U/13 | Hollie Mather     | 09-01-99 | 33.36 |
| U/14 | Gemma James       | 05-02-10 | 21.72 |
| U/15 | Shanae Heazlewood | 01-02-14 | 24.92 |

## BOYS

### RACE WALKS

|      |                   |          |          |
|------|-------------------|----------|----------|
| U/9  | Michael Mather    | 22-01-98 | 3:58.80  |
| U/10 | Michael Mather    | 06-03-99 | 7:10.40  |
| U/11 | David Cuthbertson | 14-12-91 | 6:55.70  |
| U/12 | Curt Stevens      | 18-02-93 | 10:11.90 |
| U/13 | Curt Stevens      | 21-03-95 | 9:24.50  |
| U/14 | Samuel Pulford    | 26-02-11 | 8:29.70  |
| U/15 | Jack Triffett     | 26-02-11 | 11:30.70 |

### LONG JUMP

|      |                      |          |      |
|------|----------------------|----------|------|
| U/6  | Tom Hadley           | 01-02-14 | 2.59 |
| U/7  | Bradley Whish-Wilson | 05-02-04 | 2.97 |
| U/8  | Sam Butler           | 20-12-08 | 3.39 |
| U/9  | Sam Butler           | 10-11-09 | 3.76 |
| U/10 | Jason Rush           | 28-11-92 | 3.96 |
| U/11 | Declan Knight        | 20-02-21 | 3.81 |
| U/12 | Declan Knight        | 28-11-21 | 4.04 |
| U/13 | Tim Barrett          | 19-02-94 | 5.11 |
| U/14 | Cameron Willis       | 29-01-11 | 4.71 |
| U/15 | Michael Willis       | 22-01-09 | 5.14 |

### TRIPLE JUMP

|      |                      |          |       |
|------|----------------------|----------|-------|
| U/6  | Keelan Beattie       | 18-01-03 | 4.62  |
| U/7  | Tom Hadley           | 20-12-14 | 6.05  |
| U/8  | Stephen Salter       | 11-01-97 | 6.90  |
| U/9  | Bradley Whish-Wilson | 02-02-06 | 7.77  |
| U/10 | Michael Jordan       | 14-03-92 | 8.20  |
| U/11 | Blake Hopkins        | 25-10-18 | 7.49  |
| U/12 | Liam McKean          | 11-01-17 | 8.68  |
| U/13 | Tim Barrett          | 26-02-94 | 10.54 |
| U/14 | Michael Willis       | 16-02-08 | 10.24 |
| U/15 | Michael Willis       | 17-01-09 | 10.52 |

### HIGH JUMP

|      |                      |          |      |
|------|----------------------|----------|------|
| U/8  | Bradley Whish-Wilson | 06-03-05 | 1.03 |
| U/9  | Sam Butler           | 18-01-10 | 1.13 |
| U/10 | Ryan P Williams      | 25-11-06 | 1.14 |
| U/11 | Sam Butler           | 17-12-11 | 1.31 |
| U/12 | Mathew Millwood      | 10-11-84 | 1.44 |
| U/13 | Tim Barrett          | 11-11-93 | 1.50 |
| U/14 | Damon Whish-Wilson   | 26-02-11 | 1.51 |
| U/15 | Damon Whish-Wilson   | 22-10-11 | 1.60 |

### DISCUS

|      |                  |          |       |
|------|------------------|----------|-------|
| U/6  | Kristen Button   | 23-02-02 | 13.92 |
| U/7  | Jack Edwards     | 04-02-05 | 19.05 |
| U/8  | Michael Mather   | 01-02-97 | 20.90 |
| U/9  | Michael Mather   | 07-02-98 | 24.48 |
| U/10 | Michael Mather   | 09-01-99 | 26.12 |
| U/11 | Cody Johnson     | 29-01-19 | 18.27 |
| U/12 | Paul Wooton      | 03-03-87 | 26.52 |
| U/13 | Jeriah Lockhart  | 05-02-23 | 20.89 |
| U/14 | Jai Lette        | 18-02-17 | 27.80 |
| U/15 | Bailey Davenport | 27-10-16 | 32.50 |

### SHOT PUT

|      |                 |          |       |
|------|-----------------|----------|-------|
| U/6  | Duncan James    | 28-02-09 | 4.59  |
| U/7  | Leigh Flowers   | 07-03-92 | 6.76  |
| U/8  | Michael Mather  | 27-02-97 | 7.54  |
| U/9  | Jai Lette       | 10-12-11 | 7.05  |
| U/10 | Shaun Collis    | 03-02-00 | 8.18  |
| U/11 | Shaun Collis    | 24-02-01 | 9.45  |
| U/12 | Jeriah Lockhart | 13-02-22 | 6.71  |
| U/13 | Shaun Collis    | 22-02-03 | 11.37 |
| U/14 | Chance Shadwick | 25-02-17 | 11.60 |
| U/15 | Ryan Irwin      | 09-01-10 | 10.19 |

### VORTEX/TURBO JAV/JAVELIN

|      |                      |          |       |
|------|----------------------|----------|-------|
| U/6  | Tom Hadley           | 01-02-14 | 18.91 |
| U/7  | Tom Hadley           | 25-02-15 | 24.76 |
| U/8  | Riley Krushka        | 07-02-09 | 16.49 |
| U/9  | Mark Mundy           | 09-02-08 | 24.19 |
| U/10 | Blake Hopkins        | 26-10-17 | 15.51 |
| U/11 | David Cuthbertson    | 07-03-92 | 30.08 |
| U/12 | Kurt Wheeler         | 15-01-87 | 35.04 |
| U/13 | Chance Shadwick      | 19-12-15 | 30.33 |
| U/14 | Bradley Whish-Wilson | 27-11-10 | 30.70 |
| U/15 | Jai Lette            | 02-12-17 | 30.31 |



## North East Little Athletics Centre Programs

### Program 1

| Event                | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 |
|----------------------|----|----|----|----|-----|-----|-----|-----|-----|-----|
| 70m                  | X  | X  | X  | X  | X   | X   | X   | X   | X   | X   |
| 200m                 | X  | X  | X  | X  | X   | X   | X   | X   | X   | X   |
| 800m                 |    |    |    | X  | X   | X   | X   | X   | X   | X   |
| Shot Put             |    |    | X  |    | X   | X   | X   |     |     |     |
| Vortex/Turbo/Javelin | X  | X  |    | X  |     |     |     | X   | X   | X   |
| High Jump            |    |    | X  | X  | X   |     |     |     |     |     |
| Long Jump            | X  | X  |    |    |     | X   | X   |     |     |     |
| Triple Jump          |    |    |    |    |     |     |     | X   | X   | X   |

### Program 2

| Event     | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 |
|-----------|----|----|----|----|-----|-----|-----|-----|-----|-----|
| 100m      | X  | X  | X  | X  | X   | X   | X   | X   | X   | X   |
| 150m      | X  | X  |    |    |     |     |     |     |     |     |
| 400m      |    |    | X  | X  | X   | X   | X   | X   | X   | X   |
| Discus    | X  | X  | X  | X  | X   | X   | X   | X   | X   | X   |
| High Jump |    |    |    |    |     | X   | X   | X   | X   | X   |
| Long Jump | X  | X  | X  | X  | X   |     |     |     |     |     |

### Program 3

| Event                | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13 | U14 | U15 |
|----------------------|----|----|----|----|-----|-----|-----|-----|-----|-----|
| Hurdles 60 – 100m    | X  | X  | X  | X  | X   | X   | X   | X   | X   | X   |
| Hurdles 200m         |    |    |    |    |     |     |     | X   | X   |     |
| Hurdles 300m         |    |    |    |    |     |     |     |     |     | X   |
| 100m                 | X  | X  | X  | X  | X   | X   | X   | X   | X   | X   |
| 1500m                |    |    |    |    |     | X   | X   | X   | X   | X   |
| Shot Put             | X  | X  |    | X  |     |     |     | X   | X   | X   |
| Vortex/Turbo/Javelin |    |    | X  |    | X   | X   | X   |     |     |     |
| Long Jump            | X  | X  | X  | X  | X   |     |     | X   | X   | X   |
| Triple Jump          |    |    |    |    |     | X   | X   |     |     |     |

**Family, Fun & Fitness**



# North East Little Athletics Centre Calendar

## October 2023

|        |      |  |      |
|--------|------|--|------|
| Sunday | 15th | Program 1, Come & Try Day/Welcome Back Day | 10am |
| Sunday | 22nd | Program 2                                  | 1pm  |
| Sunday | 29th | Program 3                                  | 10am |

## November 2023

|          |      |                                   |      |
|----------|------|-----------------------------------|------|
| Thursday | 2nd  | Program 1                         | 4pm  |
| Saturday | 4th  | Coles State Series #1, Penguin    | 10am |
| Thursday | 9th  | Program 2                         | 4pm  |
| Saturday | 18th | Coles State Series #2, Launceston | 10am |
| Sunday   | 19th | Program 3                         | 1pm  |
| Sunday   | 26th | Program 1                         | 10am |

## December 2023

|          |      |                               |      |
|----------|------|-------------------------------|------|
| Saturday | 2nd  | Coles State Series #3, Hobart | 10am |
| Sunday   | 3rd  | 1pm                           | 1pm  |
| Thursday | 7th  | 4pm                           | 4pm  |
| Sunday   | 17th | 1pm                           | 1pm  |

## January 2024

|           |      |   |        |
|-----------|------|---|--------|
| Sunday    | 14th | Program 3   | 1pm    |
| Thursday  | 18th | Programs 1 & 2, Gala Day                                    | 2pm    |
| Saturday  | 20th | LATas State Combined Event Championships, Penguin (U13-U15) | 5pm    |
| Sunday    | 21st | LATas State Combined Event Championships, Penguin (U9-U15)  | 10am   |
| Wednesday | 24th | LATas U6-U10 Coach & Compete Jumps, St Leonards             | 8:30am |
| Wednesday | 24th | Program 2   | 4pm    |
| Monday    | 29th | LATas U6-U10 Coach & Compete Throws, St Leonards            | 8:30am |

## February 2024

|          |      |   |      |
|----------|------|---|------|
| Sunday   | 4th  | Program 3                                   | 10am |
| Saturday | 10th | LATas State Relay Championships, Launceston | 10am |
| Sunday   | 11th | Program 1, Centre Championships             | 1pm  |
| Sunday   | 18th | Program 2, Centre Championships             | 10am |
| Sunday   | 25th | Program 3                                   | 1pm  |

## March 2024

|          |      |  |     |
|----------|------|--|-----|
| Saturday | 9th  | LATas State Individual Championships, Hobart | 9am |
| Sunday   | 10th | LATas State Individual Championships, Hobart | 9am |

**BE YOUR BEST.**

