



# Information Manual



# Presidents Welcome

Welcome to Little Athletics. To all our families, new or returning, I welcome you to the 2024/2025 season. To those who made use of the cross-country competitions in Hobart and Launceston, I hope you enjoyed it.

We farewelled Tracy Canham, Oliver Hippel and Shane Cox as Board members and thank them for their commitment and hard work. We welcome Adrian Hatten and Laura McShane as new Board members so please say "Hi," when you see them. Adrian is a past President from the Kingborough Centre and Laura is a former Little Athlete who is still competing, and doing very well, in the 400m. We also welcome Darren Sheen to our Risk and Governance sub-committee. Darren is a former President at Queenborough.

Some big news! We now have an Executive Officer, Mr Blake Steele, who Athletics Tasmania has generously shared with us for the next 12 months. Blake is well experienced in this role and comes from a Little Athletics background in South Australia. We are excited to have him on board.

New Child Safe legislation has been around for the past 12 months with sporting clubs now required to be compliant with the legislation. Our website is full of information that will help you. I am sure everyone will be on board continuing to keep our children safe. The policies and procedures we already had in place had us in a good position for when the legislation came into effect. Please contact the office if you have any questions, we are here to help.

Growing our sport is important so please avail yourself of our Officials training courses and the Coaching course that we provide. These are quality training courses that I highly recommend.

There may be some changes to the selection criteria for the 2025 Coles Australian Little Athletics Championships creating a possible delay in posting information but we will notify you once things are confirmed.

We have brought in a new membership this season called 'Social Member' allowing people of any age to register and compete socially at Little Athletics. Not all Centres are expected to offer it this season but if you are interested then please contact your Centre. I welcome our sponsors, Coles, The Tasmanian Government, McDonalds, the RSM Group, Cripps Master Baker, Talent Advisory and Tassie Awards and Trophies. Our sponsors are very important to the running of Little Athletics 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

2	Little Athletics Tasmania Board of Management & Staff
3	Little Athletics Tasmania 2023-2024 Sponsors
4	Little Athletics Tasmania Honour Roll
6	2024-2025 Calendar of State Events
7	Coles Summer Series
9	RSM Insurance Brokers State Combined Event Championships
10	Officials Development Opportunities
11	Cripps State Relay Championships
15	ITLAS Course
16	RSM Insurance Brokers State Individual Championships
19	LATas Recognised Track Events and Specifications
20	LATas Recognised Field Events and Specifications
23	Tiny Tots
24	Talent Advisory U12 - U13 Coaching Camp
26	Coles Australian Little Athletics Championships
27	Best Performances at Coles Australian Little Athletics Championships
30	2025 State Team Nominations
31	Gold Star Awards
32	Silver Star Awards
33	Athlete Season Certificate
34	We Are Inclusive
35	LATas State Best Individual Performances
38	Badge Placement Guide
38	Adverse Weather
38	Insurance
39	LATas Privacy Policy
41	LATas Codes of Behaviour
46	LATas Sunsmart Policy
48	Centre Information



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## Honour Roll

## Life Members

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

## Distinguished Service Award Recipients

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

## 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
Madison Jordan	2023/24	Cooper Mayer



# Calendar of State Events 2024-25

## September 2024

Saturday 21st	10.00am	Come & Try Day, Hobart
Sunday 22nd	10.00am	Come & Try Day, Penguin
Sunday 22nd	2.30pm	Come & Try Day, Launceston
Monday 30th	8.30am	U11 Intro to New Events Clinic, Launceston

## October 2024

Tuesday 1st	10.00am	U11 Intro to New Events Clinic, Penguin
Wednesday 2nd	8.30am	U11 Intro to New Events Clinic, Hobart

## November 2024

Saturday 23rd	9.00am	Coles Summer Series #1, Launceston
Sunday 24th	9.00am	Officials Course/U6-U10 Clinic, Launceston

## December 2024

Saturday 7th	10.00am	Coles Summer Series #2, Hobart
Sunday 8th	12.00pm	Officials Course/U6-U10 Clinic, Hobart

## January 2025

Thursday 2nd - Sunday 5th		Talent Advisory U12-U13 Coaching Camp, Camp Banksia
Saturday 18th	5.00pm	RSM Insurance Brokers State Combined Event Championships, Launceston
Sunday 19th	10.00am	RSM Insurance Brokers State Combined Event Championships, Launceston
Sunday 26th	10.00am	Coles Summer Series #3, Penguin
Monday 27th	9.00am	Officials Course/U6-U10 Clinic, Penguin

## February 2025

Saturday 8th	10:00am	Cripps State Relay Championships, Hobart
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## March 2025

Saturday 15th - Sunday 16th	9:00am	RSM Insurance Brokers State Individual Championships, Launceston
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## April 2025

TBC	TBC	Coles Australian Little Athletics Championships, Adelaide
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**State Sponsors**  
Proudly Supporting Little Athletics Tasmania



# Coles Summer Series

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

Event	Program			
<p><b>coles</b> Summer Series #1</p> <p>Saturday 23rd November 2024</p> <p>Northern Athletic Centre, Launceston</p> <p>First event 9am</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 U6, 7, 8, 10, 14, 15</p> <p>Triple Jump U11, 13</p> <p>High Jump U19, 12</p> <p>Shot Put U6, 9, 12</p> <p>Discus U7, 10, 13</p> <p>Javelin/Turbo/Vortex U8, 11, 14, 15</p>		
<p><b>coles</b> Summer Series #2</p> <p>Saturday 7th December 2024</p> <p>Domain Athletics Centre, Hobart</p> <p>First event 10am</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 U6, 7, 8, 9, 11, 13</p> <p>Triple Jump U12</p> <p>High Jump U10, 14, 15</p> <p>Shot Put U7, 10, 13</p> <p>Discus U8, 11, 14, 15</p> <p>Javelin/Turbo/Vortex U6, 9, 12</p>		
<p><b>coles</b> Summer Series #3</p> <p>Sunday 26th January 2025</p> <p>Penguin Athletic Track, Penguin</p> <p>First event 10am</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 U6, 7, 8, 9, 10, 12</p> <p>Triple Jump U14, 15</p> <p>High Jump U11, 13</p> <p>Shot Put U8, 11, 14, 15</p> <p>Discus U6, 9, 12</p> <p>Javelin/Turbo/Vortex U7, 10, 13</p>		

# Centre Challenge Shields

Athletes earn points for their centre when they compete at Coles Summer Series meetings. Points are awarded based on participation (not results), with double points being awarded to athletes who participate at a Coles Summer Series meet outside their region.



**Winners**  
2023-24 Centre Challenge

**Northern**  
Deloraine Centre

**Southern**  
East Derwent Centre







Photo: Back row: Apiran & Abiramy Pirabakaran; Middle row: Elysse De Souza, Lyric Finlay, Ziggy Finlay & Harriett Mortimer; Front row: Coles ambassadors Matthew Denny & Sally Pearson

# Going to great lengths to support little athletes

Coles is proud to have been a partner of Little Athletics since 2017.

As part of our partnership, Coles has donated more than 4 million bananas and provided over \$2.4 million in equipment grants to grassroots Little Athletics clubs and centres.

We'd like to thank all Little Athletics states, clubs, centres, volunteers and athletes across Australia for their ongoing support of our partnership.



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Athletics  
Australia

# RSM Insurance Brokers State Combined Event Championships

**Saturday 18th January 2025, 5pm – 7pm (U13 - U15 only)**

**Sunday 19th January 2025, 10am – 3pm (U9 - U15)**

**Northern Athletic Centre, Launceston**

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 2024. Entry cost is \$26.25 per athlete to compete in the Championships.
- Entries close on Sunday 5th January 2025 at 9am. **No late nominations 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 World Athletics formulas for Combined Events, these are the same formulas as used for men and women in World Athletics.

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

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

# Officials Development Opportunities



## ● ***Have you registered for an Officials Course?***

Officials Courses are held throughout the season in Penguin, Launceston and Hobart. These FREE courses are a great way to learn how to conduct athletic events safely and efficiently, to help provide the best experience for your children.

LATas can provide resources to Centres who wish to run an Officials Course at their Centre.

For further information or to register for an Officials Course, scan the QR code or visit

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



## ● ***Already completed the Officials Course? Take the next step, become State Level Qualified!***

Our aim is to provide the best Officials for our State Championships, but we need more Officials.

To become State Level Qualified, you need to be observed by a mentor, an experienced official, while you chief official an event. This observation/assessment can be done at a State meet but can now also be done at Centres.

If you have completed Officials training either this season or in previous seasons, take the next step and become a State Level Qualified Official!

*Please contact the LATas office so we can help you take the next step.*



1300 888 713



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

# Cripps State Relay Championships

**Saturday 8th February 2025, 10am – 4pm**  
**Domain Athletics Centre, Hobart**

## 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 2024. Entry cost is \$26.25 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 Monday 27th January at 9am.**
- 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'.

# Cripps State Relay Championships

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

## Field Relays

- Field relays will be offered for Under 8 - Under 15 athletes with teams of 4 doing one event each.
- The events for the field relay will be Discus, Shot Put, Javelin/Turbo Jav and Long Jump.
- The result of the field relay will be determined by each athletes' finishing position in each of their relay legs e.g. if an athlete finishes 1st in their event they will receive one point and so on.
- If two or more athletes tie for a placing after countback then the points awarded to each athlete will be the total points for that placing plus the points for any vacant placings as a result of that tie divided by the number of athletes involved in the tie (e.g. if two athletes tie for 3rd place then they will get 3 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.



# Cripps 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.



Photo courtesy of Sara Barritt



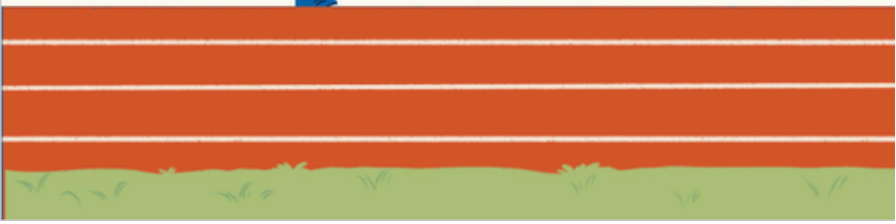
# PURCHASE CRIPPS LUNCH ROLLS

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TO SUPPORT LITTLE ATHLETICS  
TASMANIA FOR THE 2024/25 SEASON



# Interested in becoming a Coach?



*Becoming a coach is simple and very rewarding!*

- The Introduction to Teaching Little Athletics Skills (ITLAS) is designed to help participants become better placed to assist children to perform basic athletic skills.
- Great for parents and persons who want to know a little more about the skills of the sport so that they may help to coach children, assist at Little Athletics Centres or prepare children for their school athletics carnival.

## ITLAS Course Outcomes:

- Better understand an appropriate working model for each Little Athletic event
- Have a great knowledge of appropriate drills, skills, games and activities for particular event groups
- Identify some of the more common technical faults of events
- Have a basic understanding of a simple coaching session
- Better understand how to organise a group safely
- Be able to coach at LATas state conducted meets

2024-25 course dates will be advised  
on the LATas website

For further information, scan the QR code  
or visit

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



# RSM Insurance Brokers State Individual Championships

**Saturday 15th - Sunday 16th March 2025 9.00am - 4.00pm**  
**Northern Athletic Centre, Launceston**

## Conditions of Entry

To ensure a fair and transparent selection process for the State Individual Championships, the following guidelines have been established for athlete qualification and event nominations.

## Eligibility:

- All athletes must be registered with Little Athletics Tasmania.
- Athletes must record a valid performance in their chosen event(s) during the Qualification Period (September 1, 2024, to March 3, 2025).
- Eligible results must be recorded in ResultsHQ within the Qualification Period.

## Nomination Rounds:

Athlete nominations for events will occur in three rounds, based on performance and standards achieved.

### • Round 1: Top Ranked Athletes

#### ◦ Quota (U8-U15): **Track Events**

70m	24
100m	24
200m	24
400m	24
800m	16
1500m	16
Race Walks	16
Hurdles	24

#### **Field Events**

Long Jump	12
Triple Jump	12
High Jump	12
Discus Throw	12
Turbo/Javelin Throw	12
Shot Put	12

- Eligibility: The top athletes in the ranking for each event are eligible to nominate.
- Nomination: Eligible athletes can nominate and pay via ResultsHQ.
- Dates: February 17, 9am - February 21, 9am

### • Round 2: Gold Standard Athletes

- Remaining Quota: If there are remaining places after Round 1, athletes who have achieved a Gold Standard can nominate for the events where they achieved it.
- Nomination: Eligible athletes can nominate and pay via ResultsHQ.
- Selection: If more athletes nominate than the available places, the best performances within the nominated athletes for this round will be selected. Athletes who are not selected will receive a refund.
- Dates: February 22, 9am - February 26, 9am

### • Round 3: Silver Standard Athletes

- Remaining Quota: If there are still places available after Round 2, athletes who have achieved at least a Silver Standard can nominate for the events where they achieved it.
- Nomination: Eligible athletes can nominate and pay via ResultsHQ.
- Selection: If more athletes nominate than the available places, the best performances within the nominated athletes for this round will be selected. Athletes who are not selected will receive a refund.
- Dates: February 27, 9am - March 3, 9:00am

# RSM Insurance Brokers State Individual Championships

## Additional Information:

- Rankings and Gold and Silver Standards will be published on the Little Athletics Tasmania website once the season starts.
- There are no minimum entry standards or rankings for Multi-Class athletes.
- Multi-Class athletes wishing to compete in AWD events must have at least provisional classification provided by either Athletics Australia or the relevant disability organisation.
- There is no quota for Under 14 and Under 15 age groups, but a minimum standard based on the Silver Standard may apply to some events.
- Nominations must be completed, and fees paid by the closing date specified in each round.
- Once an event quota is filled, no further nominations will be accepted for that event.
- The Competition Manager may extend the quota where athletes have achieved equal performances or where other compelling factors merit consideration.
- **No late nominations will be accepted.**



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# 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	<ul style="list-style-type: none"> <li>• Time limit per trial - 60 seconds</li> <li>• Diameter of Circle - 2.135m</li> <li>• Angle of Sector - 35</li> </ul>
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	

## Discus

Age Group	Weight		
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	
Under 6, 7		Vortex	<ul style="list-style-type: none"> <li>• Time limit per trial - 60 seconds</li> <li>• Angle of Sector - 29</li> </ul>
Under 8, 9, 10		Turbo Jav	
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

Boys	U8	U9	U10	U11	U12	U13	U14	U15	
Centre Competition	0.60	0.65	0.75	0.80	0.85	0.90	0.95	1.00	<ul style="list-style-type: none"> <li>• It is recommended side bags should be used for athlete safety</li> </ul>
State Conducted Meetings	0.65	0.75	0.85	0.90	1.00	1.10	1.15	1.20	
State Championships	N/A	0.90	0.95	1.05	1.10	1.20	1.30	1.35	
Girls	U8	U9	U10	U11	U12	U13	U14	U15	
Centre Competition	0.55	0.60	0.65	0.70	0.75	0.80	0.85	0.90	<ul style="list-style-type: none"> <li>• Scissor Jump is compulsory for Under 8, 9, 10 athletes</li> </ul>
State Conducted Meetings	0.60	0.70	0.80	0.85	0.90	0.95	1.00	1.10	
State Championships	N/A	0.85	0.90	1.00	1.05	1.10	1.15	1.20	

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# 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.



Photo courtesy of Laura McShane



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## Tiny Tots

Tiny Tots is a modified program that is designed to develop the children's fundamental movements of running, jumping and throwing through fun and enjoyable activities. The aim of the program is to improve the physical, social, emotional and cognitive development of children through a play-based approach that is engaging and stimulating.

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 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 LATAs Participation or Merit Awards.
- A registration fee will be set by the LATAs each year;
- Tiny Tots must be conducted in accordance with the Guidelines issued by LATAs; and
- Guidelines are reviewed annually at the LATAs Board Conference.



*Family Fun and Fitness*

# Talent Advisory U12 - U13 Coaching Camp

**Thursday 2nd to Sunday 5th January 2025  
Camp Banksia, Port Sorell**

This Under 12 - Under 13 Coaching Camp is designed to provide coaching in all Little Athletics events and to develop closer ties between athletes and other Centres.

Registration is open to all athletes registered in the Under 12 and Under 13 age groups for the 2024-25 season. All Under 12 - Under 13 registered athletes are welcome to attend, regardless of ability.

Maximum number of participants is 72 (36 girls and 36 boys), will allocation to be made on a first in basis.

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 October 2024.

Camp registrations open 25th September 2024  
and close 29th October 2024 (unless sold out).  
Registrations are taken online.

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

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# Coles Australian Little Athletics Championships

## Under 13 State Team Members

Captains - Cacia Charles & Charlie Arnold  
Vice-Captains - Margot Hobday & Kade Barwick

Alexis Harmey	Cooper Mayer
Ashlin Hagan	Flynn McPhail
Ava Lindquist	George Johnston
Evie Essex	Jack Allie
Grace Matthews	Lewis Thorpe
Hunter Fitzallen	Max Kull
Isabella Blaschke	Samuel Aspinall
Jasmin Taylor	Tom Rider
Mia Gilmour	Tyler Daun
Milla Gorringe	Will Stephens
Quinn Aitken	



## Under 14 State Team Members

Charlotte Adams	Jasper Mason
Eva Parker	Jack Penney
Milla Johnston	Jacob Wass
Olive Simms	Duncan Hobday
	Mark Viviers
	Luke Gomer
	Nathan Kunn

## Under 15 State Team Members

Chanel Charles	Alex Bartlett
Milah Hatten	Lachlan Job
Isla Werkman	Liam Smith
Kayla McPherson	
Macie Petterwood	

## State Team Managers

Under 13 - Kay Knee & Brandon Clark  
Under 14 - Zane Patmore  
Under 15 - Teresa Hatten

## State Team Coaches

Anna Davie  
Roger Hosie  
Luke Sulzberger

## Under 15 Combined Event

Annabelle Cook      Sebastian Harding



Photo courtesy of Chris - Flowline Photography

# LATas Best Performances at Coles Australian Little Athletics Championships

## ALAC - Under 13

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	Ava Lindquist	2024	2:22.45
<b>1500 Metres</b>			<b>1500 Metres</b>		
Getasew Ferguson	2012	4:24.3	Karina Fyfe	2002	4.50.9
<b>1500 Metre Walk</b>			<b>1500 Metre Walk</b>		
William Roberston	2017	6:55.18	Elizabeth Malcolmson	2003	7.13.0
<b>4x100m Relay</b>			<b>4x100m Relay</b>		
Jonathan Woodforde	1998	48.8	Milla Gorringe	2024	51.05
Jason Busch			Alexis Harmey		
Mathew Rickards			Mia Gilmour		
Brendan Stewart			Grace Matthews		
<b>1000m Medley Relay</b>			<b>1000m Medley Relay</b>		
Kaiser Myatt	2019	2:23.46	Mia Gilmour	2024	2:23.78
Mac Wilcox			Alexis Harmey		
Alex Zegveld			Milla Gorringe		
Tom Winkel			Grace Matthews		
<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 Leauma	2023	40.23
<b>Javelin</b>			<b>Javelin</b>		
Daniel Boatwright	2004	47.63	Sienna Adkins	2023	42.76

## ALAC - Under 13 Multi-Class

Boys			Girls		
			<b>100 Metres</b>		
			Quinn Aitken T/F41	2024	17.12 103.38%
			<b>200 Metres</b>		
			Quinn Aitken T/F41	2024	37.14 109.04%
			<b>400 Metres</b>		
			Quinn Aitken T/F41	2024	1:34.00 86.09%
			<b>Shot Put</b>		
			Quinn Aitken T/F41	2024	4.23 40.59%
			<b>Discus</b>		
			Quinn Aitken T/F41	2024	9.85 27.72%

\* Equal ATC Record

\*\* New ATC Record



# Best Performances at Australian Little Athletics Championships

## ALAC - Under 14

Boys			Girls		
<b>90 Metre Hurdles</b>			<b>80 Metre Hurdles</b>		
Nathan Kuun	2024	15.51			
<b>200m Metres</b>			<b>200m Metres</b>		
Mark Viviers	2024	29.22	Chanel Charles	2023	29.15
<b>100 Metres</b>			<b>100 Metres</b>		
Jasper Mason	2024	12.44			
<b>200 Metres</b>			<b>200 Metres</b>		
Jacob Wass	2024	26.04	Olive Sims	2024	27.42
<b>400 Metres</b>			<b>400 Metres</b>		
Jacob Wass	2024	58.38	Chanel Charles	2023	57.74
<b>800 Metres</b>			<b>800 Metres</b>		
Duncan Hobday	2024	2:19.32	Chanel Charles	2023	2:23.04
<b>1500 Metres</b>			<b>1500 Metres</b>		
Duncan Hobday	2024	4:38.16			
<b>1500m Walk</b>			<b>1500m Walk</b>		
			Eva Parker	2024	7:30.17
<b>Long Jump</b>			<b>Long Jump</b>		
Sebastian Hardinge	2023	5.28	Milla Johnston	2024	4.60
<b>Triple Jump</b>			<b>Triple Jump</b>		
Sebastian Hardinge	2023	11.76	Olive Sims	2024	10.42
<b>High Jump</b>			<b>High Jump</b>		
Sebastian Hardinge	2023	1.65	Milah Hatten	2023	1.30
<b>Shot Put</b>			<b>Shot Put</b>		
Jack Penney	2024	12.22	Macie Petterwood	2023	10.71
<b>Discus</b>			<b>Discus</b>		
Jasper Mason	2024	38.04	Marz Kwa	2023	30.01
<b>Javelin</b>			<b>Javelin</b>		
Lachlan Job	2023	48.45	Marz Kwa	2023	36.28

\* Equal ATC Record

\*\* New ATC Record



Photo courtesy of Chris - Flowline Photography

# Best Performances at Australian Little Athletics Championships

## ALAC - Under 15

Boys			Girls		
<b>100 Metre Hurdles</b>			<b>90 Metre Hurdles</b>		
Jagga Pybus	2016	13.77	Annabelle Cook	2024	13.20
<b>300m Metres</b>			<b>300m Metres</b>		
<b>100 Metres</b>			<b>100 Metres</b>		
Max Brideson	2019	11.72	Isla Werkman	2024	12.84
<b>200 Metres</b>			<b>200 Metres</b>		
Liam Smith	2024	26.32	Chanel Charles	2024	25.84
<b>400 Metres</b>			<b>400 Metres</b>		
Liam Smith	2024	59.68	Chanel Charles	2024	57.28
<b>800 Metres</b>			<b>800 Metres</b>		
Max Matthews	2022	2:07.41	Abbey Berlese	2022	2:23.42
<b>1500 Metres</b>			<b>1500 Metres</b>		
<b>1500m Walk</b>			<b>1500m Walk</b>		
<b>Long Jump</b>			<b>Long Jump</b>		
Max Brideson	2019	6.59	Bailey Van Den Broek	2023	5.30
<b>Triple Jump</b>			<b>Triple Jump</b>		
			Macie Petterwood	2024	9.78
<b>High Jump</b>			<b>High Jump</b>		
Sebastian Hardinge	2024	1.81	Bailey Van Den Broek	2023	1.63
<b>Shot Put</b>			<b>Shot Put</b>		
Alex Bartlett	2024	5.43	Danika Wagner	2016	11.76
<b>Discus</b>			<b>Discus</b>		
Samuel Alderson	2012	55.42	Milah Hatten	2024	34.26
<b>Javelin</b>			<b>Javelin</b>		
Sebastian Hardinge	2024	53.81	Abbey Berlese	2022	37.50

## ALAC - Under 15 Multi-Class

Boys			Girls		
			<b>100 Metres</b>		
			Sophie Thompson T/F 20	2023	16.11 73.96%
			<b>Shot Put</b>		
			Sophie Thompson T/F 20	2023	5.27 37.38%

## ALAC - U15 Combined Event

Boys			Girls		
Sebastian Hardinge	2024	4721	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





# State Team Nominations **OPENING SOON**

*Further information*



*or visit*

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

## 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 (2) occasions. Under 8 athletes will receive a Distance Star if they achieve the 400m Standard on TWO (2) occasions.

Star Awards will be digital on the athletes season certificate available on the LATas website.

## Gold Star Standards

Boys	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
70m	15.70	14.00	13.00	12.10	11.60	11.50	11.00	10.70	10.60	10.50
100m	22.40	20.00	18.10	17.00	16.20	15.90	15.40	14.70	14.20	13.80
150m	35.90	31.50								
200m	50.50	43.90	39.50	36.50	35.00	33.90	32.00	31.00	30.00	29.00
400m			1:33	1:26	1:21	1:20	1:15	1:13	1:10	1:08
800m				3:17	3:07	3:03	2:52	2:49	2:40	2:30
1500m						6:10	5:50	5:45	5:40	5:35
Race Walks				5:20	8:15	8:05	11:30	11:15	10:50	10:30
60m-100m Hurdles	14.20	12.60	13.30	12.40	13.10	17.20	17.10	17.50	18.00	20.00
Long Hurdles								37.00	37.00	55.00
Long Jump	2.10	2.50	2.80	3.20	3.50	3.60	3.80	4.10	4.60	5.00
Triple Jump						7.30	8.00	8.80	9.80	10.00
High Jump			0.90	1.00	1.10	1.15	1.25	1.30	1.40	1.50
Shot Put	3.30	4.20	4.80	5.10	5.90	6.60	7.90	7.10	8.50	8.50
Discus	7.30	10.00	11.00	13.80	15.90	18.40	18.20	20.20	24.00	29.00
Javelin/Turbo/Vortex	11.40	14.90	10.60	13.30	15.60	16.60	17.60	18.10	23.50	27.00

Girls	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
70m	15.70	14.10	13.30	12.60	12.00	11.60	11.10	10.70	10.60	10.50
100m	23.00	20.20	18.80	17.70	17.00	16.10	15.90	14.90	14.60	14.30
150m	35.90	31.90								
200m	51.00	44.50	41.00	38.00	36.50	34.30	33.10	31.50	31.00	30.00
400m			1:38	1:33	1:28	1:22	1:18	1:16	1:15	1:14
800m				3:32	3:28	3:15	3:02	3:00	2:58	2:56
1500m						6:36	6:28	6:20	6:15	6:10
Race Walks				5:30	8:55	8:10	11:30	11:15	10:50	10:30
60m-100m Hurdles	14.70	12.80	12.80	13.00	13.60	17.70	17.40	17.90	17.80	21.00
Long Hurdles								38.00	38.00	55.00
Long Jump	1.90	2.40	2.70	3.00	3.20	3.30	3.60	4.00	4.10	4.40
Triple Jump						6.80	7.80	8.60	8.70	9.00
High Jump			0.85	0.95	1.05	1.10	1.20	1.30	1.35	1.40
Shot Put	2.60	3.80	4.10	4.20	4.80	5.60	6.80	6.60	7.20	8.00
Discus	5.80	7.60	8.40	11.10	12.30	14.10	16.00	18.00	18.00	22.00
Javelin/Turbo/Vortex	6.90	9.40	7.10	9.30	10.80	10.90	14.90	18.60	18.60	21.00

## 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 60% of athletes.

Star Awards will be digital on the athletes season certificate available on the LATas website.

## Silver Star Standards

Boys	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
70m	17.50	15.30	14.40	13.30	12.60	12.50	12.00	11.70	11.20	11.00
100m	25.00	22.00	20.00	19.00	17.80	17.60	16.80	16.00	15.40	15.00
150m	40.00	35.50								
200m	55.00	48.70	44.70	41.50	38.50	37.50	35.70	34.50	32.00	31.00
400m			1:46	1:40	1:32	1:30	1:27	1:23	1:22	1:20
800m				3:46	3:30	3:27	3:24	3:15	2:59	2:55
1500m						7:00	6:55	6:40	6:20	6:10
Race Walks				7:00	9:35	9:20	12:30	12:20	12:10	12:00
60m-100m Hurdles	16.00	14.20	15.00	14.00	14.50	19.00	18.90	19.50	20.00	23.00
Long Hurdles								45.00	45.00	1:05
Long Jump	1.70	2.20	2.50	2.80	3.00	3.10	3.20	3.50	4.00	4.50
Triple Jump						6.00	6.60	7.60	8.50	9.50
High Jump			0.80	0.90	0.95	1.05	1.10	1.20	1.30	1.35
Shot Put	2.60	3.40	3.70	4.00	4.80	5.30	6.20	5.80	7.10	7.80
Discus	5.50	7.50	7.70	10.10	13.00	14.20	13.40	15.50	17.70	22.00
Javelin/Turbo/Vortex	6.60	10.10	7.30	9.10	11.30	11.00	12.40	12.10	17.50	23.00

Girls	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15
70m	17.50	15.90	15.00	13.80	13.30	12.70	12.20	11.80	11.70	11.60
100m	25.50	23.00	21.00	19.80	18.70	18.00	17.40	16.30	15.70	15.20
150m	41.00	36.60								
200m	58.00	51.80	47.40	43.50	41.00	38.50	36.50	35.00	34.10	33.50
400m			1:53	1:47	1:40	1:33	1:31	1:28	1:26	1:24
800m				4:08	3:57	3:43	3:36	3:27	3:20	3:15
1500m						7:35	7:20	7:15	7:10	7:00
Race Walks				7:00	10:00	10:00	12:30	12:20	12:10	12:00
60m-100m Hurdles	16.30	14.90	16.00	14.90	15.40	20.00	19.90	20.40	20.30	23.00
Long Hurdles								45.00	45.00	1:05
Long Jump	1.60	1.90	2.20	2.50	2.70	2.80	3.00	3.40	3.50	3.80
Triple Jump						5.70	6.20	7.40	7.70	8.00
High Jump			0.75	0.85	0.90	1.00	1.05	1.10	1.15	1.20
Shot Put	2.10	2.80	3.10	3.50	3.90	4.20	5.00	5.00	5.80	6.50
Discus	4.00	5.40	5.60	7.50	9.10	10.30	10.40	12.90	13.50	15.10
Javelin/Turbo/Vortex	4.90	6.60	5.10	6.60	7.60	7.80	9.90	11.60	12.40	14.20

# Athlete Season Certificate

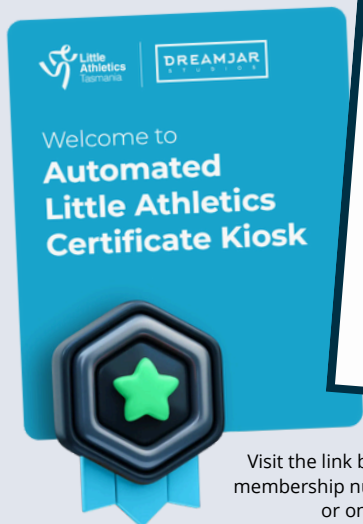


Athletes can keep track of all their awards and PB's throughout the season with the Little Athletics Certificate Kiosk.

Certificate features include:

- Green, Blue & Red Personal Improvement Awards
- Gold & Silver Star Awards
- Participation Awards
- List of PB's
- PB Count
- Event Count

Certificates are available to download (JPEG or PDF), at any time of the season and are a great addition to your athletes end of season memorabilia.



Visit the link below and enter your athlete membership number (available in ResultsHQ or on athlete name bib).

**Download your certificate here**

[taslittleathletics.com.au/athlete-season-certificate](https://taslittleathletics.com.au/athlete-season-certificate)

**Scan to download**



## 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.

We encourage parents to speak to their Centre about modifications which can be made to make events inclusive and accessible for their athlete.

**For further information regarding equipment or classification, please contact us LATas office@taslittleathletics.com.au**



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	Annabelle Cook	'24	SL	13.50

### 200 METRE HURDLES

U/13	Matilda Lange	'22	KBG	29.82
U/14	Chanel Charles	'23	SL	29.69

### 300 METRE HURDLES

U/15	Annabelle Cook	'23	SL	45.56
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### 70 METRES

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

### 100 METRES

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

### 200 METRES

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

### 400 METRES

U/8	Susanna Cox	'04	QBG	1:15.80
U/9	Rebecca Wells	'05	HD	1:11.60
U/10	Susanna Cox	'05	QBG	1:08.10
U/11	Chelsea Scolyer	'17	BNE	1:05.40
U/12	Julia Russell	'82	CLA	1:01.10
U/13	Karinna Fyfe	'02	LTN	58.90
U/14	Chanel Charles	'23	SL	57.94
U/15	Chanel Charles	'24	SL	57.50

### 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	Violet Owen	'23	QBG	2:13.48
U/15	Mia Van Neutegem	'23	BNE	2:20.83

### 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	Violet Owen	'23	QBG	4:43.51
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	Sid Perrett	'24	HD	12.83
U/13	Jarrod Price	'00	SL	12.40
U/14	Aaron Rigby	'17	SL	12.80
U/15	Jagga Pybus	'16	KGB	13.80

### 200 METRE HURDLES

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

### 300 METRE HURDLES

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

U/6	Xavier Davie	'14	SL	12.90
U/7	Glen Rapheal	'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 Gearad	'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	Jemima Geappan	'23	CLA	5.20
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	Lacey Tilyard	'23	HD	11.22

### 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	41.59

### 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	Evie Glover	'24	SL	24.92

### JAVELIN

U/11	Sianna Adkins	'21	BNE	32.40
U/12	Hollie Mather	'98	NE	33.70
U/13	Sianna Adkins	'22	BNE	42.62
U/14	Sianna Adkins	'24	BNE	46.19
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	Samuel Lindsay	'22	SL	6:26.81
U/15	Samuel Lindsay	'13	SL	5:52.53

### LONG JUMP

U/6	Oliver Luciani	'24	HV	2.84
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	Sid Perrett	'23	HD	9.97
U/12	Sid Perrett	'24	HD	10.52
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 Gilbert	'24	SH	34.64
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	Lachlan Job	'24	HV	52.30



## LATas State Best Performances - AWD Individual

### Girls

#### 100 METRES

U/13	Quinn Aitken T/41	'24	BNE	17.48
U/15	Sophie Thompson T20	'23	DPT	16.70

#### LONG JUMP

U/15	Sophie Thompson F/20	'23	DPT	3.46
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#### SHOT PUT

U/13	Quinn Aitken F/41	'24	BNE	4.37
U/15	Sophie Thompson F/20	'23	DPT	4.91

#### DISCUS

U/13	Quinn Aitken F/41	'24	BNE	9.01
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### Boys

#### 800 METRES

U/12	Archie Dixon T/38 F08	'22	CLA	3:00.26
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#### SHOT PUT

U/12	Archie Dixon F/38 F08	'22	CLA	5.51
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## 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	Abbey Berlese	'21	SL	4188
U/15	Abbey 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	Sid Perrett	'24	HD	4064
U/13	Isaac Dixon	'21	CLA	3335
U/14	George McLeod	'17	HD	3764
U/15	Sebastian Hardinge	'24	SL	4353

## LATas State Best Performances - Relays

### Girls

#### 4 x 100 METRES

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	'24	51.91

#### 4 x 200 METRES

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

#### SWEDISH RELAYS

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	'24	2:30.35
U/14	South Launceston	'20	2:20.80
U/15	South Launceston	'24	2:22.64

### Boys

#### 4 x 100 METRES

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

#### 4 x 200 METRES

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

#### SWEDISH RELAYS

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 McDonald's name bib. The Coles age patch must 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.

**Athletes are required to display LATAs issued McDonald's name bib and Coles Age Patch at all Centres and State Conducted meetings.**



## Adverse Weather

In the event of adverse 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 2) or check our Facebook page.

## Insurance

For all information on LAA Insurance Policies, including FAQ and claim forms, visit [www.gowgates.com.au/sport-programs/athletics](http://www.gowgates.com.au/sport-programs/athletics) 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.



### **McDonald's Restaurants Proudly Supporting Little Athletics Tasmania**

**McDonald's 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 LATas 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 LATas, via our registration information, website, 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

To view all LATas policies, please visit  
[taslittleathletics.com.au](http://taslittleathletics.com.au)



### 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

**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>Adult Members/Officials/Coaches</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.

## **Appeals Process**

An individual may appeal any penalties applied by a Centre or the TLAA.

## **TLAA Process**

1. Appeals must be lodged with the TLAA within 48 hours of the penalty being applied.
2. Appeals will be heard by a panel made up of two (2) members of the Tasmanian Little Athletics Board of Management.
3. If the above process does not result in a satisfactory outcome for all parties, an independent mediator may be brought in to hear the appeal.
4. The findings of the appeals mediation are final.

## **Centre Process**

1. Notification of an appeal must be given in writing to a member of the Centre Executive within 48 hours of receiving the suspension notice.
2. The appeal will be heard at a Centre Committee meeting and consist of the following:
3. Presentation to the Centre Committee of the facts and evidence obtained from the investigation by the Executive.
4. Details of the grounds of appeal put by the suspended person, parent/guardian or their nominated representative (note: the suspended person shall have the opportunity of attending the Centre meeting to discuss in person, the suspension, and the details of the appeal).
5. A discussion on information presented at the appeals process by committee members only
6. A secret ballot to determine whether the suspension is upheld or overturned
7. Notification of the result of the ballot to the appellant
8. If the above process does not result in a satisfactory outcome for all parties, the suspended person may lodge an appeal with the Tasmanian Little Athletics Association Inc. The findings of the appeal with the TLAA will be final.

# LATas Sun Smart Policy

The health of participants is of primary concern to Little Athletics Tasmania (LATas). It is acknowledged that skin cancer is a major public health problem in Australia, with two out of every three people being diagnosed with skin cancer in their lifetime. LATas recognises the importance of promoting healthy sun protection practices, therefore, has developed this policy to ensure that staff, volunteers, members and athletes are protected against overexposure to UV radiation. 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.

## Objectives

- Ensure that staff, volunteers, members and athletes are protected from over-exposure to UV.
- Educate staff and volunteers on appropriate sun protection.
- Ensure the outdoor environment provides adequate shade.
- Support appropriate WHS strategies to minimise UV risk and associated harms for staff, volunteers and athletes.

## Strategies

Staff and volunteers are encouraged to check and record the sun protection times on a daily basis at <http://www.cancer.org.au/tas>, <http://www.bom.gov.au/tas/uv/>, [www.myuv.com](http://www.myuv.com) or on the free SunSmart Global UV app.

In Tasmania average peak UV levels reach 3 and above from September to April. Staff, athletes, members and volunteers will use the following sun protection measures when UV levels are 3 and above:

### 1. Shade

- Availability of shade is considered when planning all outdoor activities.
- 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.
- Athletes, staff and volunteers are actively encouraged to use available areas of shade when outdoors.

### 2. Clothing

- Members will be encouraged to wear shirts with sleeves and collars and to use broad-spectrum, water-resistant, SPF50 or SPF 50+ sunscreen appropriately on exposed parts of their bodies.
- Affiliated Centres will be encouraged to design uniforms, which incorporate shirts with sleeves and collars.
- Clothing exposing large amounts of shoulder and upper torso (e.g. singlets, crop tops) are not recommended unless competing. It is strongly suggested that athletes and volunteers otherwise wear recommended clothing as described above.
- Where possible, LATas will recommend Affiliated Centres specify materials with appropriate UPF ratings of 50 or higher when designing uniforms.

### 3. Hats

- Where practical, all staff, volunteers, members and athletes are required to wear sun-safe hats that protect the face, neck and ears when outside. Recommended sun-safe hats include legionnaire, broad-brimmed and bucket hats.
- Baseball caps and sun visors do not offer enough protection and are not recommended.

# LATas Sun Smart Policy

## 4. Sunscreen

- The use of broad-spectrum, water-resistant, SPF50 or SPF50+ sunscreen is required.
- Members and athletes are encouraged to provide their own broad-spectrum, water-resistant SPF 50 or higher sunscreen. This should also be available for use.
- Sunscreen is applied 20 minutes before going outdoors and reapplied every 2 hours when outside for long periods (more frequently if heavily sweating).

## 5. Sunglasses

Close-fitting wrap-around sunglasses that comply with Australian Standards 1067 (Category 2, 3 or 4) are encouraged but optional.

## Staff WHS, Role Modelling and Education

- When the UV is 3 and above, LATas will encourage all coaches, officials and members to act as strong role models by using the combination of sun protection measures outlined above.
- LATas Officers will regularly revise and upgrade sun protection measures as appropriate.
- LATas will endeavour to promote sun safety in a positive way, through newsletters, written literature and over the public address system.
- Affiliated Centres will be advised that parents/guardians registering their child/children are to be:
  - Shown the LATas Sun Protection Policy and encouraged to comply with it. Copies will be available for all Centres to display in prominent areas and
- Encouraged to:
  - Purchase appropriate sun safe clothing where available for their child's/children's usage.
  - Provide SPF50 or SPF50+ broad-spectrum, water-resistant sunscreen for their child/children.
  - Promote sun safe behaviour to their child/children.
  - Provide safety sunglasses, which filter 100% of UV for their child/children.
- LATas will encourage Affiliated Centres to adopt and promote similar Sun Protection Policies.

## Planning

- Ensure the Sun Protection policy is reflected in the planning of all outdoor events. Where possible, LATas will endeavour to schedule activities away from the middle of the day during the period of September to April (when UV levels reach 3 or above). Where this is not practical members are advised of the need for extra sun safety precautions during those hours.

## Monitoring and review

The sun protection policy will be submitted for review to Cancer Council Tasmania once every three years for updating as new evidence becomes available.

This Policy relates to the following Legislation and Standard: [Work Health and Safety Act](#)

Date: July 2024

Review date: July 2027

This information is based on current evidence available at time of review.

Last updated: July 2024.

For more information:

e: [sunsmart@cancertas.org.au](mailto:sunsmart@cancertas.org.au)

w: [www.cancertas.org.au/prevent-cancer/sunsmart/](http://www.cancertas.org.au/prevent-cancer/sunsmart/)





# Family, Fun & Fitness



# Welcome to Claremont Little Athletics Centre



Competition Venue  
Day & Time

Abbotsfield Park, Dewar Place, Claremont  
Fridays 5.00pm Tiny Tots  
Fridays 5:30pm Under 6 and over

Centre Uniform  
Postal Address  
Email Address

Black & White Centre top/singlet, plain black shorts  
24 Hopkins Street, Moonah 7009 TAS  
claremontlac7011@gmail.com

## Committee of Management

President  
Vice President  
Secretary  
Treasurer  
General Committee

Rebecca Goss  
Scott Jones  
Emma Aichison  
Alana Abel  
Nijole Riley  
Dan Riley  
Brendon Briers  
Michelle Dickson-Jones  
Chris Clark  
Megan Mansell-Mayne







Claremont Little Athletics  
wish to thank the following  
sponsor





# Claremont Little Athletics Centre Records

## GIRLS

### 60-100 METRE HURDLES

U/6	C. Walker	18-Jan-13	11.3
U/7	M.Volker	21-Feb-98	10.8
U/8	N.Volker	12-Dec-98	12.3
U/9	M. Volker	04-Mar-00	11.4
U/10	M. Volker	03-Feb-21	11.6
U/11	Taylah Clark	12-Feb-21	16.3
U/12	M. Volker	30-Nov-02	10.8
U/13	B. Mahoney	05-Nov-94	13.8
U/14	A. Brennan	07-Mar-09	14.8
U/15	A. Brennan	30-Jan-10	15.8

### 200 METRE HURDLES

U/13	K. Jankata	09-Dec-10	36.5
U/14	J. Hall	22-Jan-11	32.4
U/15	M. Wilkinson	09-Dec-10	43.0

### 70 METRES

U/6	Ella Halloran	22-Jan-21	13.7
U/7	Ella Halloran	17-Dec-21	11.7
U/8	A. Lynch	01-Mar-81	11.2
U/9	N. Barwick	18-Dec-82	10.3
U/10	S. Strang	13-Feb-82	10.4
U/11	S. Strang	30-Oct-82	9.7
U/12	J. Lawson	10-Feb-01	9.6
U/13	S. Jury	10-Feb-01	9.2
U/14	J. Hall	27-Nov-10	9.6
U/15	N. Daniels	12-Jan-06	9.5

### 100 METRES

U/6	F. Langford	04-Jan-03	19.1
U/7	N. Monaghan	01-Mar-80	17.1
U/8	S. Askey-Doran	20-Feb-82	15.6
U/9	N. Barwick	20-Nov-82	14.5
U/10	S. Strang	12-Dec-81	14.4
U/11	C. Dowd	13-Jan-90	14.3
U/12	N. Kerstan	08-Nov-86	13.3
U/13	B. Mahoney	21-Jan-95	13.2
U/14	J. Hall	10-Feb-11	13.0
U/15	N. Daniels	26-Jan-06	13.4

### 150 METRES

U/6	E. Morrison	23-Feb-02	30.6
U/7	M. Kaye	31-Oct-14	25.6

### 200 METRES

U/6	G. Styles	18-Feb-06	43.3
U/7	A. Lynch	01-Mar-80	36.1
U/8	A. Lunch	01-Mar-81	34.1
U/9	S. Strang	01-Mar-81	30.9
U/10	A. Lynch	12-Feb-83	31.0
U/11	S Strang	12-Feb-83	30.1
U/12	H. Graham	01-Mar-04	28.6
U/13	H. Graham	13-Mar-05	28.0
U/14	J. Hall	22-Jan-11	27.3
U/15	A. Brennbab	12-Dec-09	28.6

### 400 METRES

U/8	G. Parry	08-Jan-05	1:19.9
U/9	E. Barwick	22-Nov-07	1:20.7
U/10	A. Lynch	01-Mar-82	1:12.8
U/11	C. Dowd	25-Nov-89	1:08.2
U/12	S. Strang	25-Feb-84	1:05.6
U/13	S. Jury	01-Mar-01	1:03.7
U/14	G. Griffiths-Lee	19-Feb-05	1:06.9
U/15	G. Griffiths-Lee	05-Nov-05	1:07.1

### 800 METRES

U/9	Brianna Burdon	16-Dec-16	3:25.7
U/10	K. Read	01-Mar-82	2:48.1
U/11	C. Dowd	04-Nov-89	2:46.0
U/12	M. Daniels	05-Mar-00	2:36.8
U/13	J. Morey	13-Mar-05	2:29.3
U/14	G. Griffiths-Lee	12-Feb-05	2:48.5
U/15	G. Griffiths-Lee	20-Oct-04	2:37.0

### 1500 METRES

U/10	M. Jelkic	13-Feb-15	6:30.3
U/11	A. Lynch	22-Feb-84	5:46.8
U/12	J. Morey	01-Mar-04	5:25.2
U/13	R. Sansom	04-Mar-00	5:10.2
U/14	G. Griffiths-Lee	11-Dec-04	5:09.9
U/15	G. Griffiths-Lee	17-Nov-05	5:19.5

## BOYS

### 60-100 METRE HURDLES

U/6	M. Garth	04-Feb-01	11.2
U/7	J. Nichols	01-Feb-02	10.1
U/8	J. Nichols	06-Feb-03	11.6
U/9	C. Store	01-Mar-04	11.1
U/10	H. Hingston	04-Mar-00	10.8
U/11	Zavier Hallam	04-Mar-20	15.6
U/12	L.Lawson	06-Dec-08	10.3
U/13	B. Goninon	10-Feb-07	13.4
U/14	B. Goninon	08-Mar-08	13.7
U/15	B. Goninon	08-Mar-09	14.8

### 200 METRE HURDLES

U/13	S. Store	16-Dec-15	34.2
U/14	P. Sandric	27-Jan-14	36.2
U/15	D. Allie	14-Oct-11	31.1

### 70 METRES

U/6	Viliami Pua	17-Dec-21	12.2
U/7	M. Dowl	18-Feb-89	11.2
U/8	S. Kelleher	10-Mar-90	10.8
U/9	P. Lawson	24-Jan-14	10.0
U/10	R. Lazaro	01-Mar-04	10.0
U/11	N. Morey	10-Feb-01	9.9
U/12	D. Balmer	12-Feb-89	9.1
U/13	S. Kelleher	10-Dec-84	9.2
U/14	B. Goninon	16-Feb-08	8.9
U/15	J. Hale	22-Feb-13	8.2

### 100 METRES

U/6	A. Volta	28-Feb-14	19.4
U/7	J. Nichols	05-Jan-02	16.0
U/8	M. Dowl	18-Nov-89	15.2
U/9	M. Dowl	09-Feb-91	14.1
U/10	M. Jones	15-Nov-01	14.2
U/11	M. Dowl	14-Jan-93	13.8
U/12	P. Godfrey	28-Feb-81	13.5
U/13	S. Kelleher	18-Feb-95	12.5
U/14	B. Goninon	12-Jan-08	12.1
U/15	B. Goninon	15-Nov-08	11.9

### 150 METRES

U/6	L. Kamaric	31-Oct-14	29.3
U/7	J. Schultz	31-Oct-14	25.3

### 200 METRES

U/6	C. Meredith	18-Jan-09	43.9
U/7	M. Dowl	25-Feb-89	35.4
U/8	M. Dowl	09-Dec-89	32.6
U/9	J. Nichols	01-Mar-04	31.2
U/10	D. Balmer	20-Feb-88	30.5
U/11	D. Balmer	26-Nov-98	29.4
U/12	P. Godfrey	28-Feb-81	28.8
U/13	S. Kelleher	11-Feb-95	26.2
U/14	B. Goninon	09-Mar-08	25.9
U/15	B. Goninon	08-Mar-09	24.8

### 400 METRES

U/8	J. Nichols	08-Feb-03	1:16.0
U/9	J. Nichols	01-Mar-04	1:11.5
U/10	R. Grubb	01-Dec-80	1:08.7
U/11	J. Park	20-Nov-82	1:06.2
U/12	S. Kelleher	19-Feb-94	1:03.2
U/13	S. Kelleher	19-Nov-94	1:01.7
U/14	M. Daniels	09-Mar-08	58.8
U/15	Peter Sandric	07-Mar-15	1:01.1

### 800 METRES

U/9	Ryan Thomas	21-Nov-20	3:02.9
U/10	M. Dowl	16-Nov-91	2:41.0
U/11	R. Meyer	10-Mar-02	2:38.4
U/12	T. Waters	01-Mar-82	2:27.8
U/13	N. Morey	17-Nov-02	2:23.5
U/14	B. Phillips	11-Mar-07	2:21.9
U/15	D. Wood	12-Mar-06	2:22.0

### 1500 METRES

U/10	Jesse Cox	06-Nov-16	6:03.7
U/11	R. Meyer	09-Mar-02	5:13.4
U/12	D. Gilley	01-Mar-80	5:05.4
U/13	N. Morey	01-Mar-03	4:57.7
U/14	B. Phillips	10-Mar-07	5:02.3
U/15	Sam Nelson	08-Mar-15	5:04.2

# Claremont Little Athletics Centre Records

## GIRLS

### RACE WALKS

U/9	N. Daniels	05-Mar-00	4:19.7
U/10	N. Daniels	01-Mar-01	7:01.3
U/11	S. Eberhardt	11-Mar-07	6:27.2
U/12	K. Excell	01-Feb-92	8:30.9
U/13	K. Sutherland	24-Jan-98	8:19.6
U/14	S. Phillips-Lee	24-Feb-07	10:08.9
U/15	Z. Lockley	10-Oct-15	13:24.0

### LONG JUMP

U/6	Addison Jelkic	17-Feb-17	2.48
U/7	C. Fisher	01-Mar-81	3.30
U/8	N. Barwick	01-Mar-82	3.51
U/9	S. Strang	01-Mar-81	3.95
U/10	S. Strang	01-Mar-82	4.04
U/11	N Strang	12-Dec-87	4.13
U/12	S. Nus	01-Mar-82	4.80
U/13	B. Mahoney	01-Mar-95	4.49
U/14	A. Brennan	07-Mar-09	4.78
U/15	A. Brennan	07-Feb-10	4.81

### TRIPLE JUMP

U/6	G. Styles	11-Feb-06	5.13
U/7	T. McKinnon	18-Jan-92	6.27
U/8	B. Mahoney	13-Jan-90	7.25
U/9	N. Strang	01-Mar-86	7.67
U/10	S. Strang	01-Mar-82	8.46
U/11	B. Mahoney	16-Jan-93	9.16
U/12	B. Mahoney	01-Mar-94	9.76
U/13	A. Brennan	09-Mar-08	9.88
U/14	A. Brennan	07-Mar-09	10.55
U/15	A. Brennan	06-Mar-10	10.41

### HIGH JUMP

U/8	H. Barwick	20-Feb-10	0.97
U/9	R. Lownds	08-Nov-08	1.06
U/10	H. Sansom	20-Feb-02	1.16
U/11	M. Volker	08-Dec-01	1.40
U/12	M. Volker	30-Nov-02	1.46
U/13	M. Volker	17-Jan-04	1.59
U/14	M. Volker	28-Nov-04	1.60
U/15	O. French	27-Feb-10	1.41

### DISCUS

U/6	G. Styles	28-Jan-06	10.08
U/7	S. Awde	11-Feb-95	14.72
U/8	M. Alexiadis	01-Mar-94	16.04
U/9	M. Alexiadis	01-Mar-96	18.04
U/10	S. Brown	18-Feb-88	23.66
U/11	M. Lynch	10-Mar-02	16.29
U/12	L. Excell	01-Mar-92	28.10
U/13	N. Daniels	29-Nov-03	29.46
U/14	N. Daniels	08-Jan-05	27.15
U/15	N. Daniels	25-Feb-06	29.15

### SHOT PUT

U/6	Stella Murray	12-Feb-21	4.28
U/7	F. Lownds	26-Nov-06	5.29
U/8	N. Daniels	18-Feb-99	5.84
U/9	N. Strang	01-Feb-86	6.42
U/10	S. Awde	01-Mar-98	7.36
U/11	N. Strang	13-Feb-88	9.02
U/12	N. Strang	18-Feb-89	10.28
U/13	R. Crosswell	01-Mar-94	9.54
U/14	N. Daniels	09-Dec-04	10.19
U/15	N. Daniels	17-Nov-05	10.97

### VORTEX/TURBO JAV/JAVELIN

U/6	Ella Halloran	27-Nov-20	15.04
U/7	Ella Halloran	11-Feb-22	18.73
U/8	B. Nelson	11-Nov-06	12.28
U/9	A. Phillips	20-Jan-06	13.17
U/10	B. Horne	01-Mar-87	11.34
U/11	N. Strang	12-Dec-87	25.40
U/12	N. Strang	26-Nov-88	28.46
U/13	L. Griffiths-Lee	12-Jan-02	30.05
U/14	Paige Thomas	17-Jan-20	14.21
U/15	Z. Lockley	01-Feb-16	16.52

## BOYS

### RACE WALKS

U/9	H. Hingston	16-Jan-00	4:32.1
U/10	Emmitt Triffitt	04-Dec-20	6:12.5
U/11	T. Mahoney	15-Dec-94	6:19.4
U/12	C. Sansom	10-Mar-02	8:59.6
U/13	C. Sansom	19-Mar-03	8:26.8
U/14	M. Daniels	20-Jan-08	8:44.0
U/15	S. Nelson	12-Dec-14	13:04.8

### LONG JUMP

U/6	Viliami Pua	19-Nov-21	2.66
U/7	B. Blackaby	09-Feb-08	3.40
U/8	J. Nichols	10-Mar-90	3.81
U/9	C. Store	27-Feb-97	4.01
U/10	M. Dowl	22-Feb-92	4.33
U/11	J. Hale	06-Dec-08	4.58
U/12	J. Hale	06-Mar-10	4.77
U/13	S. Kelleher	07-Jan-95	4.89
U/14	B. Goninon	16-Feb-08	5.56
U/15	J. Hale	30-Nov-12	6.32

### TRIPLE JUMP

U/6	C. Meredith	28-Feb-09	5.33
U/7	J. Nichols	02-Mar-02	6.83
U/8	M. Dowl	17-Mar-90	8.27
U/9	M. Dowl	08-Dec-99	8.39
U/10	G. Delaney	17-Jan-98	9.17
U/11	M. Dowl	16-Jan-93	9.82
U/12	M. Dowl	08-Jan-93	10.48
U/13	S. Darley	25-Feb-06	10.48
U/14	S. Darley	11-Mar-07	11.71
U/15	J. Hale	18-Jan-13	11.70

### HIGH JUMP

U/8	J. Nichols	08-Feb-03	1.06
U/9	C. Store	01-Mar-04	1.21
U/10	J. Nichols	28-Nov-04	1.24
U/11	M. Dowl	23-Jan-93	1.43
U/12	J. Hale	03-Oct-09	1.52
U/13	S. Kelleher	25-Feb-95	1.58
U/14	J. Hale	13-Jan-12	1.63
U/15	J. Hale	15-Feb-13	1.72

### DISCUS

U/6	V. Pua	05-Nov-21	14.47
U/7	B. Blackaby	23-Feb-08	19.20
U/8	J. Harris	11-Oct-80	16.78
U/9	G. Ryland	23-Feb-85	22.80
U/10	G. Ryland	01-Mar-86	27.88
U/11	G. Ryland	27-Nov-86	26.46
U/12	G. Ryland	28-Nov-87	34.52
U/13	S. Store	24-Feb-96	17.63
U/14	J. Hale	27-Jan-12	27.13
U/15	J. Hale	30-Nov-12	33.66

### SHOT PUT

U/6	Hugo Dawes	18-Feb-22	5.56
U/7	D. Vanson	25-Jan-95	6.05
U/8	S. Kelleher	15-Feb-90	7.19
U/9	S. Kelleher	16-Feb-91	7.77
U/10	W. Page	12-Jan-06	9.06
U/11	J. Hale	28-Jan-09	9.27
U/12	Zavier Hallam	25-Jan-22	6.88
U/13	P. Fogagnolo	22-Feb-96	10.95
U/14	J. Hale	02-Mar-12	9.95
U/15	J. Hale	18-Jan-13	11.57

### VORTEX/TURBO JAV/JAVELIN

U/6	C. Meredith	12-Feb-09	22.53
U/7	C. Meredith	13-Feb-10	27.30
U/8	J. Griffiths-Lee	19-Jan-02	18.27
U/9	L. Kamarcic	08-Feb-03	21.33
U/10	Zavier Hallam	17-Jan-20	19.63
U/11	S. Harwood	15-Feb-90	31.64
U/12	S. Harwood	24-Nov-90	39.86
U/13	G. Delaney	02-Dec-00	33.57
U/14	J. Hale	09-Dec-11	35.34
U/15	J. Hale	15-Dec-13	39.44





## Claremont Little Athletics Centre Uniform

Each registered athlete needs either a Centre t-shirt or singlet.



T-Shirt \$25



Singlet \$20



Hoodies \$60  
(Hoodies are optional)











# Claremont Little Athletics Centre Calendar

## September 2024

Saturday	21st	LATas Come & Try Day
Friday	28th	Claremont Little Athletics Centre Come & Try Evening

## October 2024

Friday	4th	Season Opener/Program 1
Friday	11th	Program 2
Friday	18th	Program 3
Friday	25th	Program 1

## November 2024

Friday	1st	Program 2
Friday	8th	Program 3
Friday	15th	Program 1
Friday	22nd	Program 2
Saturday	23rd	Coles Summer Series #1, Launceston
Friday	29th	Program 3

## December 2024

Friday	6th	Program 1
Saturday	7th	Coles Summer Series #2, Hobart
Friday	12th	Program 2
Friday	20th	Christmas Meet, Program 3

## January 2025

Friday	10th	Welcome Back, Program 1
Friday	17th	Program 2
Saturday	18th	LATas State Combined Event Championships, Launceston
Sunday	19th	LATas State Combined Event Championships, Launceston
Friday	24th	Program 3
Saturday	26th	Coles Summer Series #3, Penguin
Friday	31st	Centre Combined Event

## February 2025

Friday	7th	Program 1
Saturday	8th	Cripps State Relay Championships, Hobart
Friday	14th	Centre Championships 1
Friday	21st	Centre Championships 2
Friday	28th	Centre Championships 3

## March 2025

Saturday	15th	LATas State Individual Championships, Launceston
Sunday	16th	LATas State Individual Championships, Launceston
Saturday	15th	Centre Presentation Day





BE YOUR BEST

