

INGLEWOOD

LITTLE ATHLETICS CENTRE



2019 / 2020

YEAR BOOK

and

OFFICIAL PROGRAMME

www.inglewoodlac.com.au

Contents

INGLEWOOD LAC U17 ATHLETES 2018/19	4
PRESIDENT'S MESSAGE.....	5
Welcome to the 2019-20 summer season at Inglewood.....	5
COMMITTEE MEMBERS 2019 / 2020	7
SITE OFFICIALS - 2019 / 2020	7
CENTRE UNIFORM.....	8
STATE EVENTS – 2019 / 2020	9
THE STRUCTURE OF LITTLE ATHLETICS	10
CONSTITUTION AND BY-LAWS	11
SUN SMART POLICY	11
CENTRE OBLIGATIONS	11
INCLEMENT AND HOT WEATHER	11
HEALTHY CENTRE POLICY	12
CENTRE CHAMPIONSHIPS	13
CODES OF BEHAVIOUR / ETHICS FOR ATHLETES	14
SPIKES	15
MARSHALLING.....	15
MOBILE PHONES	15
CODES OF CONDUCT FOR ADMINISTRATORS, OFFICIALS, COACHES & SPECTATORS.....	16
COMPETITION RESULTS.....	17
CORRESPONDENCE	17
LIFE MEMBERS	18
HANDBOOK, WEBSITE AND SOCIAL MEDIA	18
PARENT PARTICIPATION	18
TROPHIES AND AWARDS 2018 / 2019	19
CENTRE CAPTAINS 2018 / 2019	20
SPECIAL AWARDS FOR ADMINISTRATORS 2018 / 2019.....	21
AGE DIVISION WINNERS – 2018 / 2019.....	22
CROSS COUNTRY STATE CHAMPIONSHIPS – 2018 / 2019 Medal Winners	23
ROAD WALKS STATE CHAMPIONSHIPS – 2018 / 2019 Medal Winners	23
STATE RELAY – MEDAL WINNERS 2018 /2019	24
ZONES CHAMPIONSHIP MEDALS – 2018 / 2019 (U7 – U8)	25
WA STATE TRACK AND FIELD CHAMPIONSHIPS MEDALS – 2018 / 2019 (U9 – U17).....	25
WA STATE COMBINED EVENT CHAMPIONSHIPS MEDALS – 2018 / 2019.....	25
PROGRAM DATES – 2019 / 2020	27
SUMMER PROGRAM EVENTS	28
INGLEWOOD SENIOR ATHLETES MEDALLISTS AT ATHLETICS WA JUNIOR STATE CHAMPS 2019.....	29
HONOURS LIST	30
BOYS RECORDS BROKEN – 2018 / 2019.....	31
GIRLS RECORDS BROKEN – 2018 / 2019	31
INGLEWOOD LITTLE ATHLETIC CENTRE RECORDS – GIRLS.....	31
INGLEWOOD LITTLE ATHLETIC CENTRE RECORDS - BOYS	37
RULES OF COMPETITION – LAWA 2019/20 RELEASE	43
LAWA EQUIPMENT SPECIFICATIONS FOR EVENTS – 2019 / 2020	44

MAP OF DIANELLA RESERVE NO 3	45
AGE GROUPS – 2019 / 2020	46
SPONSORS OF LITTLE ATHLETICS WESTERN AUSTRALIA	47
SPONSORS OF INGLEWOOD LITTLE ATHLETICS CENTRE	48



INGLEWOOD LAC U17 ATHLETES 2018/19

PRESIDENT'S MESSAGE

Welcome to the 2019-20 summer season at Inglewood.

To our returning families it is a huge welcome back and to our new members it is a massive thanks for deciding to become part of the Inglewood Family. We are extremely grateful to everyone for their time and efforts which allow us as a Centre to provide an inclusive, healthy and enjoyable environment for our children to participate in the fantastic all-round sport of Athletics.

After the success of hosting last season's Zones Championships and the upgrade to the Clubroom building, there are more significant works planned for the Reserve this season. The first will be a long overdue overhaul of the Reserve's surface, which will hopefully rejuvenate the track for many years ahead. This will be followed by a renovation of the changeroom building. We highly value our relationship with the City of Stirling and thank them for providing the venue so that we can offer the experiences we do. We hope any inconvenience will be minor, so please bear with us through this period.

Whilst it is true that there would be no sport without the athletes, there would be no Little Athletics without the volunteers and we readily acknowledge that parent and volunteer requirements are greater in this sport than many others. There is always room for more helpers, either behind the scenes or on the frontline and we are very keen to assist anyone interested in developing their coaching or officiating skills. It may all seem a bit technical and daunting at first, but it's really not and everyone here is ready to help you get involved. You only have to ask.

We remind families every year that there is a minimum requirement for parent help over the course of the season for your child to be able to receive awards at our end of year Windup and Centre Championships, so please refer to the relevant section in this Handbook or online.

There will be times, towards the end of year especially, when we may call out for parent helpers. Even if you have already completed your required number of weeks, we would ask you to please consider answering the call. There aren't too many opportunities as an adult where you will get to help enhance the experience and enjoyment of so many children over such a period by being involved and we hope you will embrace the opportunity.

Coaching is central to the experience and enjoyment of any sport as well as being pivotal to the longer-term development and growth of the children as athletes and as people. Accessing and developing coaches for youth sport is a major issue facing all sports at all levels and a large portion of our operating budget is allocated to our ongoing work to develop, progress and improve our coaching program.

We are very proud of our program and a significant part is engaging and actively involving our senior athletes in coaching roles. We feel that for those interested, this can add significantly to their own Little Athletics experience as well as becoming role models and examples for our younger groups.

A couple of years ago we established a Club for our older athletes to be able to compete at the senior Strive competition at the WA Athletics Stadium in Inglewood colours. Our numbers have increased every year since this began and we are constantly looking at ways to help deliver a better experience for our older athletes and hope we can help them continue their Athletics involvement beyond their time here at Inglewood if they wish.

Don't forget your membership includes the option to compete in the winter cross country and road walking programs. We've had increasing numbers of our athletes training and competing throughout the winter and I'd like to say a huge thanks to our Winter coaches for helping the athletes get through those cold and wet weeks by providing such a fun and enthusiastic training program to keep them motivated and fit each week.

Each year we try to build on the growth and momentum we managed to achieve the previous season, with the aim of building a club with a culture that is foremost fun, but also one that encourages the athletes to strive to be the best they can be. Our goal is for the weekend competitions and weekday coaching sessions to be some of the best hours of the week for the kids.

Remember it is the athlete's sport and everyone's Centre. So if anyone has any ideas on how to make this a better place and improve the experience, or if you would like to become part of the team here, then please just come up and speak to any of your committee members.

I hope everyone has a fantastic year.

Dave Rowse
President



COMMITTEE MEMBERS 2019 / 2020

President / Awards Coordinator:	Dave Rowse
Vice President:	George Pappas
Secretary:	Amy Eva
Treasurer:	George Lazarou
Registrar:	Alice Pearce
Records & Ranking:	Carlee Prider
Coaching Coordinator:	Tammi Doyle
Officials Coordinator:	Carmen Reynolds
Volunteer Coordinator:	Kirsten Greenwood
Uniform Officer:	Kirsten Greenwood
Sponsorship Officer:	George Pappas
Website Administrator:	Tammi Doyle
Winter Officer (Cross Country):	Yvonne Lackey
Winter Officer (Road Walks):	Carlee Prider
Seniors Representative:	Brendan Pyke
Equipment Officer:	Bart Thompson

SITE OFFICIALS - 2019 / 2020

Competition Director:	David Rowse
Meeting Manager:	Ashton Eva
Assistant Meeting Manager:	Brendan Pyke
Announcers:	George Pappas and George Lazarou
Marshalling:	Jeneta Masson
Starters:	Todd Hawes, Richard Barnett and Guy Herriot
Trainee Starters:	Van Pappas and Katelin Hawes
Referee - Track:	David Rowse and Tammi Doyle
Referee – Horizontal Jumps:	Sascha Gibbs and Penny McNiff
Referee – High Jump:	Tammi Doyle and David Rowse
Referee – Throws:	Jodie Walsh and Jazlyn Davies



CENTRE UNIFORM

ING top (burgundy/white/black) – singlet (pictured) or t-shirt



Black shorts: plain black OR with logo

Uniform Prices:

ING Singlets	\$25.00 each
ING T-shirts	\$30.00 each
ING Shorts	\$25.00 each (optional)
ING Jackets	\$45.00 each (optional)
ING 'Run, Jump & Throw' T-shirts	\$15.00 each (optional)
ING 'I' T-shirts	\$25.00 each (optional)

Replacement Numbers (bib)	\$8.00
Replacement Age Tags	\$2.00
Replacement Sponsor Badge	\$1.00

See diagram (below) for Badge, Age Tag and Number placement on singlet/t-shirt.



Athletes will not be allowed to compete if they are not wearing the correct uniform.

STATE EVENTS – 2019 / 2020

JUNIOR ATHLETICS CARNIVAL (U6 – U8s + 3 / 4 yr Tiny Tots)

Ern Clark Athletics Stadium – Sunday 17th November 2019

STATE RELAY CHAMPIONSHIPS (U8 - U17)

WA Athletics Stadium – Sat 14th December 2019

STATE COMBINED EVENT CHAMPIONSHIPS

WA Athletics Stadium (U11-U17) – Saturday 8th and Sunday 9th February 2020

ZONES CHAMPIONSHIPS (U7 - U15)

@Bayswater LAC Ground Saturday 15th and Sunday 16th February 2020

INGLEWOOD CENTRE CHAMPIONSHIPS (U6 - U17)

Dianella Reserve No.3 – Saturday 22nd February (U8 –U17 only), 29th February and 7th March 2020

STATE TRACK & FIELD CHAMPIONSHIPS (U9 - U17)

WA Athletics Stadium – Friday 13th, Saturday 14th & Sunday 15th March 2020



THE STRUCTURE OF LITTLE ATHLETICS

LITTLE ATHLETICS AUSTRALIA

Nationally, Little Athletics is organised by Little Athletics Australia (LAA). The policy making body of LAA is the Board of Management which comprises an Executive of four together with the Chairman/President of each affiliated State or Territory Association. The Executive positions consist of a President, Administration and Finance Director and Competition and Standards Director.

These positions are elected for a two-year term from nominations received from affiliated Associations and voted on by each of the affiliated Associations.

STATE ASSOCIATION

The control and direction of the Little Athletics movement in the State is vested in the Board of Management.

The members of the Board of Management are elected at the Annual General Meeting of the Association by votes from affiliated Centres.

The Board of Management is made up of eight positions and has a variety of roles, including such things as: the running of all State Championships and Association conducted events, obtaining sponsorship and/or Government assistance, provision of publications/information, education of Coaches and Officials, guidance and support for all Centres and their Executive, conducting meetings and conferences, provision of paperwork etc.

The State Association for WA is known as Little Athletics WA.

ZONE

A Zone is a group of Centres whose responsibility it is to conduct the qualifying heats of the Track and Field Championships. There are four metropolitan Zones and one Country Zone in WA.

CENTRE:

The Centre is the body that organises and conducts the weekly competitions for all athletes. Each Centre has an elected Committee of Management that is responsible for the administration and conduct of the Centre's affairs. Centres design their own program and timetable each week, co-ordinate the activities of voluntary workers, register members with the State Association, ensure all details of equipment, recording, finance, promotions etc are arranged, conduct regular meetings etc.

LITTLE ATHLETICS WESTERN AUSTRALIA:

15 Harrogate Street
Leederville WA 6007
Tel: 9388 2339
Fax: 9388 2340
Email: admin@walittleathletics.com.au



CONSTITUTION AND BY-LAWS

Our Constitution and By-Laws can be found on the ING website: www.inglewoodlac.com.au.

SUN SMART POLICY

SITES

Each site will have tents/umbrellas for all athletes/officials.

OFFICIALS, SITE HELPERS AND AGE MANAGERS

Officials to be encouraged to wear hats during daytime meets and training sessions and to actively encourage the children to comply with sunscreen and hat policies.



ANNOUNCER

Announcer will regularly remind meetings of this policy.

GENERAL

Children and parents are to be encouraged to wear hats and sun protective clothing.

SUN SCREEN

Recommended sunscreen should be the highest rating available (presently SPF 50+).

CENTRE OBLIGATIONS

The Centre is obliged to provide a safe and healthy environment for the athletes and Officials/Assistants for local and State run events. Athletes have an obligation to respect the other athletes, coaches, officials, equipment and the rules of competition.

Parents have the obligation to monitor their children's behaviour and assist with the running of local and State events.

As the Centre is obliged to provide a certain number of officials at State events depending on the number of athletes competing from the Centre, selection of athletes representing the Centre will, in some part, depend on the help the parents are able to give. A team can only be sent if there are officials to run the program.

INCLEMENT AND HOT WEATHER

Inglewood Little Athletics Centre policy in the event we experience inclement and hot weather conditions is as follows:

"The onus will always rest with the parent/guardian to finally decide what they consider is best for their children, when weather extremes are experienced."

The decision to vary our programme is made by a Special Committee who take into consideration how dangerous wet surfaces would be, or how athletes would cope in the sun for 3 hours.

HEALTHY CENTRE POLICY

SMOKING

Inglewood Little Athletic Centre recognizes that smoking and passive smoking are hazardous to health. We will ensure a smoke free environment by:

- Ensuring all the inside area of the Centre, including the change rooms are smoke-free during training and competition sessions and during Centre functions.
- Not selling tobacco products on the premises.

OTHER DRUGS

Inglewood Little Athletic Centre discourages the use of medications in respect of injury/recovery that would enable a participant to compete where they would not otherwise have been able.

- The use of illicit drugs and performance enhancing drugs is not permitted by any Club members or patrons.
- We will adopt and be guided by the Sports Medicine Australia policy on the administration of medications by non-medical personnel.

SUN PROTECTION

Inglewood Little Athletic Centre will take all reasonable steps, where possible, to address sun safe practices. See Sun Smart Policy.

SPORT SAFETY

The Inglewood Little Athletic Centre will encourage all members to adopt practices that seek to prevent injury by:

- Encouraging warm-up, stretching and cool-down as an important component of playing and training.
- Promoting the use of protective equipment including suitable clothing and footwear.
- Providing safe field sites by ensuring adequate supervision and providing safety equipment where necessary.
- Informing parents and athletes regarding “out-of-bounds” areas and reminding parents and officials of their “duty of care” responsibilities.
- Providing safe playing surfaces, first aid equipment and accredited First Aiders/Sports Trainers at all training sessions and competition matches.
- Ensuring adequate public liability and player insurance of all members.
- Encouraging all players with a prior or current injury to seek professional advice from a sports medical professional and be fully rehabilitated before returning to play.

HEALTHY EATING

The Inglewood Athletic Centre recognises the importance of good nutrition for sports performance by:

- Ensuring when food is provided, healthy alternatives, in accordance with the Dietary Guidelines for Australians, are available.
- Promoting good nutrition and healthy eating messages.

Parents, coaches and members are expected to set appropriate examples and act as role models for junior club members.

Breaches of the Healthy Centre Policy will be addressed through the Centre Committee. Anyone wishing to discuss any aspect of this policy is invited to contact any members of the Committee.

CENTRE CHAMPIONSHIPS

In the 2019 / 2020 season, the Centre will hold its ninth Centre Championships at Dianella Reserve No. 3. This year, for the first time, this event will be held following the Zones Championships as we work around the WA Little Athletics State event program. Our Centre Championships are held over three weekends from February 22nd 2020 and provides athletes with the opportunity to compete, and perhaps even medal, in their favourite events.

Eligibility to Medal:

Athletes

Any ING athlete may compete in the Centre Championships however athletes are only eligible to receive gold, silver or bronze medals if the athlete has competed in eight (8) Saturday/ Twilight club meets in total **PRIOR** to the Championships, competing in at least one (1) meet after Christmas.*

Parents/Guardians

Any ING athlete may compete at Centre Championships however athletes are only eligible to receive gold, silver or bronze medals if their parent/guardian has completed at least eight (8) volunteer rosters **BEFORE** Centre Championships and one (1) **DURING** the Centre Championships.*



Further details for the Centre Championships will be available on the Inglewood LAC Facebook page, Team App and website (www.inglewoodlac.com.au) prior to the event.

Please also note:

For an athlete to be eligible to receive a trophy at the End of Season Wind Up/AGM the Eligibility to Medal rules stated above also apply, including completion of at least one Centre Champs competition day volunteer roster.



**Pro-rata participation and volunteering may be considered in extenuating circumstances at the discretion of the Committee.*

CODES OF BEHAVIOUR / ETHICS FOR ATHLETES

- Compete for the 'fun of it'. Be a good sport and a keen yet friendly competitor.
- Play by the rules. The rules of competition ensure a safe and equal footing for all competitors.
- Never argue with the volunteers running events. Be respectful and obedient to all volunteers. Without them we would not have a competition. To hear "thank you" means a lot to our helpers.
- Be a good sport. Cheer other athletes when they perform and try to shake hands with your fellow competitors at the end of an event.
- Never put down another person. Do not ridicule others either in their performance or personal appearance.
- Never threaten or use violence against another person. Verbal abuse/provocation of athletes, volunteers or spectators is not acceptable.
- Rude and / or inappropriate gestures or language will not be tolerated.
- Athletes shall not interfere with another athlete's gear (ie. Sprint shoes, bags, bottles, etc) unless given express permission by the individual. Athletes will not throw or attempt to hit other competitors with any item.
- Athletes will be responsible for clearing each site of their personal items including empty drink containers and general rubbish.
- Listen for your events to be called. Be quick to your marshalling area. This makes it a lot easier for volunteers to get your events underway as quickly as possible. Once called, events will not be held up waiting for the athlete.
- Any athlete who displays antisocial behaviour on any Social Media site, e.g. Facebook, Kik, Snapchat, Instagram, AskFM etc. toward another athlete or member of Little Athletics, will receive a one week ban from competition (see table below).
- Wear your Centre Uniform with pride. When you wear your uniform, you represent the Centre. Be proud of your team.
- Parents please note:
 - The principles of natural justice are to be observed when making a decision on breaches of the Codes of Behaviours and any penalties for such breaches.
 - Any penalties that are imposed are to be appropriate to the seriousness of the breach.
 - Any Site Referee may issue a warning to an athlete who has broken the Code of Behaviour and the Meeting Manager must be informed immediately.
 - Any Executive Committee member may issue a warning to an athlete who has broken the Code of Behaviour. This warning must be communicated immediately to the Centre President, and the athlete's parents advised.
 - Any Referee or Executive Committee member may initiate a second warning but must do so through the Meeting Manager or Centre President immediately.
 - An athlete who has received two previous warnings will then be issued a penalty under the Centre guidelines.
 - Below are recommended guidelines for the Centre for breaches of the codes of behaviour. All penalties imposed by the Centre that involve suspensions that extend beyond the day on which the breach occurred must be notified to the Association Office.

Note: The guideline penalties below are a recommended minimum only.

	1st Offence	2nd Offence
Physical Abuse	Remainder of that competition day and the next competition day.	Remainder of that competition day and a ban on the next 3 weeks of competition.
Abusive/Threatening Language (including Social Media)	1 week ban from competition	2 week ban from competition
Disrespect for rules	1 week ban from competition	2 week ban from competition

SPIKES

- Appropriate footwear is compulsory for all athletes in all events.
- No athlete may wear football boots or cleats in any event.
- Athletes in the U7 - U10 age group may not wear spike shoes.
- Athletes in the U11 - U12 age group may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
- Athletes in the U13 - U17 age groups may wear spike shoes in all track events except walks. Spike shoes may also be worn for long jump, triple jump, high jump and javelin.
- All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.
- **Spike shoes must only be worn during an event and are not to be worn to and from an event.**
- Any number of spikes, up to 11, may be accommodated on each shoe but the number of spike positions shall not exceed 11
- Spike length: a. Synthetic: Track 7 mm maximum Long/Triple/High/Javelin 9 mm maximum b. Grass - Track /Long/Triple/High/Javelin 12mm maximum
- At the WA Athletics Stadium, to maximise performance and prevent damage to the Mondo surface, athletes must not use sharp spikes that will penetrate the surface. The Mondo track is designed such that blunt spikes will depress the surface and the rebound effect will propel them forward, thereby maximizing performance.
- The only spikes permitted for use at the WA Athletics Stadium are the 'Christmas Tree' and 'Pyramid' Shape variety as pictured. The composition of the spike i.e. ceramic or metal is irrelevant. 'Needle' spikes are sharper than 'pyramid' spikes and are NOT permitted.

 <p>Christmas Tree</p> <p>Pyramid</p>	 <p>Pyramid</p> <p>Needle</p>	 <p>Needle</p>
Approved	Approved	NOT Permitted

MARSHALLING

Athletes who fail to go to Marshalling on time, go to a site without marshalling, or otherwise disrupt the program, may be ruled out of the event.

MOBILE PHONES

Use of mobile phones on the Arena is **NOT** permitted at any time.

CODES OF CONDUCT FOR ADMINISTRATORS, OFFICIALS, COACHES & SPECTATORS

Administrators

- Ensure equal opportunities for participation in athletics are made available to all children within the defined age groups, regardless of ability, size, shape, sex, disability or ethnic origin.
- Ensure that equipment and facilities are safe and appropriate to the ability level of athletes.
- Ensure rules, equipment, events and training schedules take into consideration the age, ability and maturity level of athletes.
- Ensure adequate supervision is provided by coaches and officials capable of developing appropriate positive behaviour and skill technique.
- Involve, where appropriate, athletes in the planning, leadership, evaluation and decision-making related to the activity.
- Remember athletes participate for enjoyment and play down the importance of rewards.
- Focus on the needs of the athletes rather than the enjoyment of the spectators. Avoid allowing programmes to become primarily a spectator entertainment.
- Provide clinics aimed at improving the standards of coaching and officiating, with an emphasis on appropriate behaviour and skill technique
- Assist with the development of Administrators.
- Bad language is not to be used at any time. Substance abuse of any kind is unacceptable.

Officials

- Officiate according to the rules and where subjective judgement is necessary decide based on what is fair to all athletes.
- Be consistent, objective and courteous in calling all infractions.
- Commend honest effort not just performance excellence.
- Condemn unsporting behaviour and promote respect for all opponents.
- Use common sense to ensure that the Spirit of the Sport is not lost by over officiating.
- Ensure equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes
- Encourage the principles of participation for fun and enjoyment.
- 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.
- Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words
- Bad language is not to be used at any time. Substance abuse of any kind is unacceptable.



Coaches

- Be reasonable in your demands on athletes' time, energy and enthusiasm.
- Take into consideration the maturity level of the children when scheduling and determining the length of training times and selection of events.
- Teach athletes the rules of the sport are mutual agreements which no one should evade or break.
- Group athletes according to age and physical maturity whenever possible.
- Avoid over-coaching the better performing athletes, all athletes deserve and need equal time.

- Remember children participate for fun and enjoyment and winning is only part of their motivation. Never ridicule or yell at children for making mistakes or losing an event.
- Ensure equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes.
- Develop athletes to have a respect for the ability of other athletes as well as for the judgement of officials and coaches.
- Follow the advice of a physician when determining when an injured athlete is ready to recommence training or competition.
- Demonstrate appropriate social behaviour by not harassing athletes, other coaches or officials, smoking or being intoxicated at Little Athletics.
- Make a personal commitment to keep yourself informed of sound coaching principles and the principles of growth and development of children.
- Remember 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, but also with dress and equipment.

Spectators

- Unless you are an Official or volunteering, you may not be on the arena during competition.
- Keep to designated spectator areas and do not encroach on the arena or other competition sites.
- Remember children participate in Little Athletic activities for fun. They are not participating for the entertainment of spectators. They are not small adults.
- Applaud good performances and efforts from each athlete. Congratulate all participants upon their performances regardless of the event outcome.
- Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure 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 the officials' decisions.
- Demonstrate appropriate social behaviour by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
- Bad language is not to be used at any time. Substance abuse of any kind is unacceptable.

COMPETITION RESULTS

All weekly competition results are updated on the RESULTS HQ website as soon as possible. Sometimes there can be a delay in getting these results online, so please be patient when waiting for them to be posted.

To view the results each week, please go to www.resultshq.com.au.
Any queries regarding results please email:
admin@inglewoodlac.com.au



CORRESPONDENCE

Most correspondence with our members is made via email. If you have not received any emails from us, please email: admin@inglewoodlac.com.au to ensure your email address is added to our contact list.

LIFE MEMBERS

Mr John Brennan
Mr Steve Pratt
Mrs Marion Jarvis
Mrs Sue Martison
Mr Wayne Martin
Mrs Bev Dainton
Mr Phil Shea
Mr Mitch Cleasby
Mr Jim Eastabrook

Mr Tony Catchpole
Mrs Mary D'Agostino
Mr Royce Furlong
Mrs Robyn Pollock
Mr Kim Taylor
Mrs Apple Stegner
Mrs Mersina Potter
Mrs Jacquie Cattermole
Mrs Esther Armenti

Mr Jim Kennedy
Mr David Jarvis
Mrs Robyn Furlong
Mr Barry Murphy
Mr Aneurin Wells
Mr Neil Cole
Mrs Denise Cleasby
Mr Rick Cattermole
Mrs Shannon Davies

HANDBOOK, WEBSITE AND SOCIAL MEDIA

This handbook provides most of the information you will need to know about Little Athletics Western Australia (LAWA), our Inglewood Centre, competition and training, contact information for the committee and special events.

Distribution of information throughout the season is via

- Website at www.inglewoodlac.com.au
- Facebook (@inglewoodlittleathletics)
- Team App (Inglewood LAC)

Check our website and Facebook regularly for updates and timetables for special events etc. The website provides information and communication for everyone.



Scan for ING website

PARENT PARTICIPATION

To achieve our objective, it is essential that parents (or other family members) participate in the Centre's activities. This participation may take a variety of forms including coaching or participation on our Committee.

However, for most parents it will involve participation as a volunteer at the Centre's weekly competition events. Please do not be concerned if you know little about athletics, there will be others in the same position and help is never too far away!

Little Athletics is a multi-faceted sport with up to 14 events in 12 age groups of each gender. To ensure that the children have a safe and rewarding learning experience, we require almost 100 volunteers each week and therefore it is mandatory for at least one adult member in each family to participate on competition days for a minimum requirement (8 occasions) throughout the season. **If you are unwilling to participate, you should not register your child.** If circumstances prevent your participation in the above ways, you should contact our ING Volunteer Co-ordinator, Kirsten Greenwood (admin@inglewoodlac.com.au) to look at other options that MAY be available.

**** ALL VOLUNTEERS IN THE ARENA MUST WEAR ENCLOSED SHOES ****

TROPHIES AND AWARDS 2018 / 2019

EVENT TROPHY RECIPIENTS

Inglewood LAC Champion Athlete [Most Overall Points]

Jnr/Int Girl	1 st Mirah Tunevski	2 nd Summer Naussedat
Jnr/Int Boy	1 st Axel Walsh	2 nd Aleksandar Podias
Snr Girl	1 st Emily Bairstow	2 nd Hannah Doyle
Snr Boy	1 st Lachlan Mashiah	2 nd Tyson Gent

Inglewood LAC Perpetual Sprints Trophy

Jnr Girl	1 st Mia Boudammes	2 nd Summer Naussedat
Jnr Boy	1 st Zach Icanovski	2 nd Kohen Adams
Int Girl	1 st Evelyn Doyle	2 nd Lilly Icanovski
Int Boy	1 st Euan Barker	2 nd Aleksandar Podias

Paul Delaney Cup [Senior Sprints]

Snr Girl	1 st Emily Bairstow	2 nd Amy Bairstow
Snr Boy	1 st Lachlan Mashiah	2 nd Tyson Gent

Hurdles Trophy

Jnr Girl	1 st Mirah Tunevski	2 nd Summer Naussedat
Jnr Boy	1 st Zach Icanovski	2 nd Reuben Quinn-Smith
Int Girl	1 st Rosie Booth	2 nd Sophie Eccleston-Wirth
Int Boy	1 st Ryker Knott	2 nd Tristan Bow

Inglewood LAC Perpetual Hurdles Trophy

Snr Girl	1 st Tui Naussedat	2 nd Cadence Grey
Snr Boy	1 st Kobe Brown	2 nd Lachlan Mashiah

Distance Trophy

Jnr Girl	1 st Jasmine Duff	2 nd Summer Naussedat
Jnr Boy	1 st Rueben Quinn-Smith	2 nd Axel Walsh
Int Girl	1 st Jasmin Kerpchar	2 nd Luka Teasdale
Int Boy	1 st Aleksandar Podias	2 nd Tom Radford

Cameron Jones Perpetual Distance Trophy

Snr Girl	1 st Emily Bairstow	2 nd Hannah Doyle
Snr Boy	1 st Jamie Hawes	2 nd Monty Bolton

Nikki Lopez Perpetual Junior Walks Trophy (inaugural)

Jnr Girl	1 st Mirah Tunevski	2 nd Baylee Wong
Jnr Boy	1 st Axel Walsh	2 nd Jasper Farley

Inglewood LAC Walks Trophy

Int Girl	1 st Lucy Greenwood	2 nd Isobelle Herriot
Int Boy	1 st Nathan Callaghan	2 nd Aleksandar Podias

Rick Cattermole Perpetual Walks Trophy

Snr Girl	1 st Francesca Martino	2 nd Hannah Doyle
Snr Boy	1 st Raphael Martino	

Inglewood LAC Jumps Trophy

Jnr Girl 1st Tayla Hadfield

Jnr Boy 1st Axel Walsh

Int Girl 1st Ilyssa Fuentes

Int Boy 1st Aleksandar Podias

2nd Asha Teasdale

2nd Tyler Wehr

2nd Sophie Eccleston-Wirth

2nd Tom Radford

Inglewood LAC Perpetual Jumps Trophy

Snr Girl 1st Amy Bairstow

Snr Boy 1st Tyson Gent

2nd Hannah Doyle

2nd Kobe Brown

Papalazaros Throws Trophy

Jnr Girl 1st Mirah Tunevski

Jnr Boy 1st Axel Walsh

Int Girl 1st Olivia Wolmarans

Int Boy 1st Will Amos

Snr Girl 1st Cadence Grey

Snr Boy 1st Robert Marchesi-Scott

2nd Emmerson Casey

2nd Reuben Quinn-Smith

2nd Zoe Lazarou

2nd Angus Duff

2nd Jaymie Thompson

2nd Kobe Brown

SPECIAL AWARDS

Highest PB Achievement Award

U6-7 Leo Astone

U8-10 Axel Walsh

U11-13 Euan Barker

U14-17 Hannah Doyle



Tapscott Sportsmanship Award

Lachlan Rohrlach

Isabella Lim

Caitlin McNiff

Scarlett Gibbs

Coaches Award

Grace Astone

Dylan Wolmarans

Jayden Moodley

Jayden Rohrlach

Tayla Hadfield

Fujiko MacKay

Cooper Dadleff

William Rivers

Rhiannan Eva

8 Year LAWA Service Award

Eleanor Bairstow

Joanna Craigue

Jessica Ferrolla

Jemma Gartrell

Tyson Gent

Candance Grey

Jamie Hawes

Skye Lankester

Raphael Martino

Taylor Rohrlach

Alistair Stewart

Dylan Wolmarans

11 Year LAWA Service Award

Amy Bairstow

Emily Bairstow

Bryce Tapscott

Doug Hancy Nominee

Tyson Gent

Centre Captains 2018/18

Francesca Martino

Lachlan Mashiah

SPECIAL AWARDS FOR ADMINISTRATORS

Every year our adult volunteers are recognised for going above and beyond, giving back to their Little Athletic Centre, by being issued with Little Athletics WA awards. Congratulations to the following volunteers who received awards this year:

10 Year Volunteer Service Award

Jacinta Martino and Debbie Tapscott

5 Year Volunteer Service Award

Richard Barnett	Kaye Bendle	Afroditi Bolzonella	Cathy Connolly	Tammi Doyle
Ashton Eva	Tom Ferrolla	Todd Hawes	Georgina Ker	Louise Marriotti
Brendan Pyke	David Rowse	Jodie Walsh		

Centre Official of the Year – Todd Hawes

Centre Administrator of the Year – David Rowse

Centre Coach of the Year – Esther Armenti

Junior Volunteer Award – Van Pappas



AGE DIVISION WINNERS – 2018 / 2019

	BOYS		GIRLS
U6	Joshua Lim Noah Mucjanko Jac Jeffery	1 2 3	Alyssa Clark Hannah Wilkins Imogen Barham & Georgia Nikolaou
U7	Michael Pyle Samuele Harrison Leo Astone	1 2 3	Stella Vlahos Matisse Casey Yumeko MacKay
U8	Zach Icanovski Rueben Quinn-Smith Nash Styles	1 2 3	Mirah Tunevski Baylee Wong Jasmine Booth
U9	Arman Demir Charlie Johnson Jesse Galvin	1 2 3	Mia Boudames Asha Teasdale Jasmine Duff
U10	Axel Walsh Kohen Adams Flynn Lovelle	1 2 3	Summer Naussedat Tayla Hadfield Leandra Van der Ross
U11	Aleksandar Podias Euan Barker Teoman Demir	1 2 3	Zoe Lazarou Rosie Booth Jasmin Kerpchar
U12	Tom Radford Hunter Lay Will Amos	1 2 3	Lucy Greenwood Olivia Wolmarans Sophie Eccelston-Wirth
U13	Tristan Bow Jesse Icanovski Jett Bishop	1 2 3	Luka Teasdale Rhiannan Eva Ilyssa Fuentes
U14	Oscar Weston Alistair Carlson Xavier Walsh	1 2 3	Hannah Doyle Jaymie Thompson Maddy Booth
U15	Kobe Brown Jamie Hawes Raphael Martino	1 2 3	Macy Marshall Emma Greenwood Joanna Craigie
U16/17	Lachlan Mashiah Tyson Gent Anthony Luk	1 2 3	Emily Bairstow Amy Bairstow Lauren Innes

WINTER PROGRAM – CROSS COUNTRY & ROAD WALKS

The Winter Program runs from April/May to August and is open to all registered athletes.

The competition is alternated between Cross Country Runs & Road Walks each Saturday afternoon at various locations.

CROSS COUNTRY RUNS

Distances

U7 / U8	- 1000 metres
U9 / U10	- 1500 metres
U11 / U12	- 2000 metres
U13 - U17	- 3000 metres

ROADWALKS

Distances

U9	- 1000 metres
U10 / U11	- 1500 metres
U12 - U17	- 2000 metres

Competitors must compete in 'more than half' of the Centre-hosted events to be eligible for State Championships of that event (e.g. to compete in State Cross Country Champs, in a season of 6 Cross Country events, at least 4 must be completed for eligibility).



CROSS COUNTRY STATE CHAMPIONSHIPS – 2018 / 2019 Medal Winners

3000m	U14B	GOLD	Caden Barnett
1000m	U8G	BRONZE	Jasmine Booth
1000m	U9G	BRONZE	Jasmine Duff

ROAD WALKS STATE CHAMPIONSHIPS – 2018 / 2019 Medal Winners

3000m	U14G	GOLD	Hannah Doyle
1500m	U11G	BRONZE	Asha Freeman

ATHLETICS AUSTRALIA CROSS COUNTRY STATE SHORT COURSE CHAMPIONSHIPS 2019

3000m	U14B	SILVER	Caden Barnett
-------	------	--------	---------------



STATE RELAY – 2018 / 2019 Medal Winners

Under 8 Boys 4 x 200m – GOLD

Judd Douglas, Nash Styles, Zach Icanovski,
Reuben Quinn-Smith, Maksim Tesic (R)

Under 8 Boys 4 x 100m – GOLD

Judd Douglas, Nash Styles, Zach Icanovski,
Reuben Quinn-Smith, Kade Peake (R)



Under 9 Girls 4 x 200m – SILVER

Jasmine Duff, Asha Teasdale, Anais Baptista,
Mia Boudames, Giuliette Vecchio (R)

Under 9 Girls 4 x 100m – BRONZE

Giuliette Vecchio, Asha Teasdale, Anais Baptista,
Mia Boudames, Jasmine Duff (R)



Under 10 Boys Field Relay – BRONZE

Daniel Pyle, Campbell Wehr, Joseph Ramos,
Cruze Finis



Under 11 Boys 4 x 100m – GOLD

Euan Barker, Aleksander Podias, Teoman Demir,
Ryker Knott, William Taboni (R)

Under 11 Boys 4 x 400m – GOLD

Euan Barker, Aleksander Podias, William Taboni,
Ryker Knott, Teoman Demir (R)



Under 12 Girls 4 x 100m – BRONZE

Evelyn Doyle, Lilly Icanovski, Zoe Hooker,
Georgie Connolly, Sophie Eccleston-Wirth (R)



Under 14 Boys Field Relay - SILVER

Robert Marchesi-Scott and William Hall



Under 14 Girls 4 x 100m – SILVER

Sophie Rowse, Hannah Doyle, Grace Lote, Tui Naussedat, Shayne Burata(R)

ZONES CHAMPIONSHIP MEDALS – 2018 / 2019 (U7 – U8)

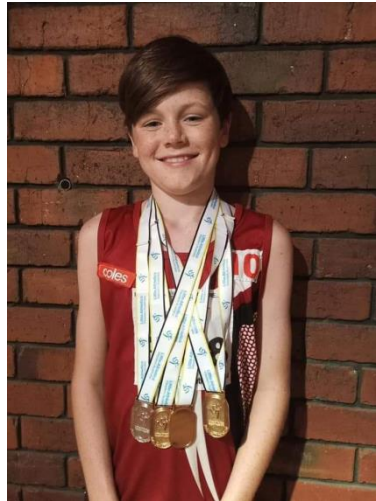
U7B	Samuele Harrison	200m	GOLD	U7G	Stella Vlahos	100m	GOLD
		300m	GOLD			Long Jump	GOLD
		Vortex	GOLD			200m	SILVER
U7B	Leo Astone	Vortex	SILVER	U7G	Matisse Casey	300m	SILVER
U8B	Nash Styles	60m H	GOLD	U7G	Andrea Paic	300m	BRONZE
U8B	Zach Icanovski	70m	GOLD	U7`G	Yumeko MacKay	70m	BRONZE
		100m	GOLD			Discus	GOLD
		200m	GOLD			Vortex	SILVER
U8B	Kieran Cutress	100m	SILVER	U8G	Mirah Tunevski	Shot Put	SILVER
		200m	SILVER	U8G	Jasmine Booth	500m	SILVER
		Long					
U8B	Reuben Quinn-Smith	Jump	SILVER				
		500m	BRONZE				
		60m H	BRONZE				

WA STATE TRACK AND FIELD CHAMPIONSHIPS MEDALS – 2018 / 2019 (U9 – U17)

U10B	Axel Walsh	1100m	GOLD	U9G	Jasmine Duff	800m	BRONZE
		Walk					
		Long Jump	GOLD		Mia Boudames	200m	SILVER
		Shot Put	GOLD	U10G	Summer Naussedat	60m H	SILVER
U11B	Euan Barker	400m	SILVER			800m	BRONZE
		60m H	GOLD	U12G	Lucy Greenwood	1500m Walk	SILVER
		Javelin	GOLD		Evelyn Doyle	400m	SILVER
		100m	SILVER	U13G	Ilyssa Fuentes	Triple Jump	GOLD
	Teoman Demir	Triple Jump	GOLD			Long Jump	BRONZE
U12B	Joshua Hawes	Long Jump	BRONZE	U14G	Hannah Doyle	1500m Walk	BRONZE
		High Jump	BRONZE		Tui Naussedat	100m	BRONZE
		800m	BRONZE	U17G	Francesca Martino	1500m Walk	BRONZE
		1500m	GOLD				
	Robert Marchesi-Scott	Discus	GOLD				
U15B	Kobe Brown	Shot Put	GOLD				
U16B	Hamish Duff	100m H	SILVER				
		Shot Put	BRONZE				
		100m	SILVER				
U17B	Bryce Tapscott	200m	BRONZE				
		High Jump	SILVER				

WA STATE COMBINED EVENT CHAMPIONSHIPS MEDALS – 2018 / 2019

U11B	Euan Barker	SILVER
U11B	Aleksandar Podias	BRONZE
U15B	Kobe Brown	BRONZE



PROGRAM DATES – 2019 / 2020

DATE	WEEK	SPECIAL EVENTS	PROGRAM	
			U6-7	U8-17
Mon Sept 23		Pre-season Training Commences		
Sat Oct 5		Open Day		
Sat Oct 12	1		1	1
Sat Oct 19	2		2	2
Sat Oct 26	3		1	3
Sat Nov 2	4		2	1
Sat Nov 9	5		1	2
Sat Nov 16	6		2	3
Sun Nov 17		<i>Junior Athletics Carnival U6-U8 + Tiny Tots Ern Clark Athletics Stadium</i>		
Sat Nov 23	7		1	1
Sat Nov 30	8		2	2
Sat Dec 7	9		1	3
Fri Dec 13	10	Friday Twilight	2	1
Sat Dec 14		<i>State Relay Championships WA Athletics Stadium</i>		
Sat Dec 21		Christmas/New Year break		
Sat Dec 28				
Sat Jan 4				
Sat Jan 11	11	Saturday Twilight	1	2
Sat Jan 18	12	Saturday Twilight	2	3
Sat Jan 25	13		1	1
Sat Feb 1	14		2	2
Fri Feb 7	15	Friday Twilight	1	3
Sat Feb 8 Sun Feb 9		<i>State Combined Events WA Athletics Stadium</i>		
Sat Feb 15 Sun Feb 16		<i>Zones Championships at Bayswater LAC</i>		
Sat Feb 22	16	Inglewood Centre Championships (U8-17only)	1	1
Sat Feb 29	17	Inglewood Centre Championships (U6-U17)	2	2
Sat Mar 7	18	Inglewood Centre Championships (U6-U17)	1	3
Fri Mar 13 Sat Mar 14 Sun Mar 15		<i>State Championships WA Athletics Stadium</i>		
Sat Mar 21		Inglewood AGM and Awards		

SUMMER PROGRAM EVENTS 2019 / 2020

PROGRAM 1			PROGRAM 1										
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
	Long Jump (1m mat)	Long Jump (1m mat)	70 m	70 m	70 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	
	60 m H (20cm)	60 m H (30cm)	60 m H (45cm)	60 m H (45cm)	60 m H (60cm)	80 m H (60cm)	80 m H (68cm)	80 m H (76cm)	80/90 m H (76cm)	90/100 m H (76cm)	90/100 m H (76cm)	100/110 m H (76cm)	
	Discus (350g)	Discus (350g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (750g)	Discus (750g)	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)	
	100 m	200 m	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	
						High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Triple Jump	Triple Jump	Triple Jump	Triple Jump	
PROGRAM 2			PROGRAM 2										
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
	70 m	70 m	500 m Pack	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m	
	Shot Put (1kg)	Shot Put (1kg)	Shot Put (1.5kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (2kg)	Shot Put (3kg)	Shot Put (3kg)	Shot Put (3kg/4kg)	Shot Put (3kg/4kg)	Shot Put (3kg/5kg)	
	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	
	Vortex	Vortex	Long Jump (1m mat)	High Jump (Scissors)	High Jump (Scissors)	Triple Jump	Triple Jump	Triple Jump	Long Jump	Long Jump	Long Jump	Long Jump	
		300 m Pack						200m H (68cm)	200 m H (76cm)	300 m H (76cm)	300 m H (76cm)	300 m H (76cm)	
			PROGRAM 3										
			U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	
			400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m	400 m
			300 m Walk	700 m Walk	1100 m Walk	1100 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk	1500 m Walk
			100m	Long Jump (0.5m mat)	Long Jump (0.5m mat)	Long Jump	Long Jump	Long Jump	Javelin (400g/600g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)
			Turbo Javelin	Turbo Javelin	Turbo Javelin	Javelin (400G)	Javelin (400g)	Javelin (400g/600g)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)
									Novelty#	Novelty#	Novelty#	Novelty#	
# Novelty: Pop-up surprise event – may be included throughout the season													

INGLEWOOD SENIOR ATHLETES - MEDALLISTS AT ATHLETICS WA JUNIOR STATE CHAMPS 2019

U15B	Caden Barnett	1500m	GOLD	U16B	Kobe Brown	200m H	SILVER
		3000m	GOLD	U17B	Tyson Gent	Triple Jump	GOLD
	Robert Marchesi-Scott	Hammer Throw	GOLD			100m	SILVER
		Discus	GOLD			200m	SILVER
		Shot Put	GOLD			High Jump	BRONZE
		Javelin	SILVER	U17B	Lachlan Mashiah	400m	GOLD
U15G	Tui Naussedat	100m	BRONZE			200m	BRONZE
		400m	BRONZE				
	Cadence Grey	Javelin	BRONZE				
		800m	BRONZE				

AUSTRALIAN JUNIOR ATHLETICS CHAMPIONSHIP 2019

Caden, Robert, Kobe, and Cadence all went on to compete at the national championships in Sydney

U15B	Robert Marchesi-Scott	Shot Put	SILVER
U16B	Kobe Brown	100m Hurdles	BRONZE

INTERNATIONAL LITTLE ATHLETICS CHAMPIONSHIPS MALAYSIA 2019

U14G	Hannah Doyle	1500m	SILVER
		1500m Walk	BRONZE



HONOURS LIST

LAWA State Representatives:

1974	Francine Butler, Susan Marriott, Wade Crafter
1976	Veronica Brennan, Rodney French, Warrick Symonds
1977	Angela Alessandri
1979	Paul Holly
1980	Todd Watts
1981	Deborah Pratt, Andrew Kapuscik
1982	Kylie Williams (Girl Captain)
1983	Kerryn Ross, Nicole Wright, Paul Dressa
1984	Amanda Plowicz, Nicole Sardelich
1985	Gabriella D'Agostino, Ralph Bourn
1986	Kristy French, Sharon Deans, Justine Yeo
1987	Steven Papalazaros, Serra Toto, Christopher Bourn
1991	Yvette Bakker
1994	David Wojick (Boy Captain), Ben Cureton
1995	Phillip Nelson
1998	Natalie Taylor
1999	Genevra Cross
2001	Jari Pylkannen
2007	Samuel Dib
2008	Jacob Dib
2011	Isaac Curtis, Solomon Alexander
2012	Simeon Leatherland
2013	Olivia Ridley
2014	Isiaah Caton, Simeon Leatherland
2017	Skye Lankester, Kobe Brown
2018	Tui Naussedat, Jamie Hawes, Alistair Carlson
2019	Hannah Doyle, Ilyssa Fuentes

U14/U15 Multi Events State Representatives:

1988	Karen Henson, Ralph Bourn, Gabriella D'Agostino
1989	Kristy French, Justine Yeo, Paul Jarvis
2006	Jessica Shea

U14/U15 State Representatives to Singapore or Malaysia:

1986	Jane Ovenden, Amanda Plowicz, Nicole Sardelich
1987	Michelle Bourn, Gabrielle D'Agostino, Leanne Year, Steven Mitchell, Manesh Pillay
1988	Sharon Deans, Kristy French, Elizabeth Furlong, Michelle Pratt, Andrew Choularton
1989	Stephanie Choularton, Gabriella Dinardo, Cherie Pollock, Steven Papalazaros, Ben Voak
1993	Yvette Bakker, Stacey Elverd, Matthew Cureton, Andrew Prendergast
1994	Alan Ballard
1995	Hillary Choularton, Kristie Leahy, Ingrid May, Gemma Taylor, Ben Cureton
1996	Kristie French, Philip Nelson
1997	Philip Nelson
1998	Daniel Ayre
1999	Clay Foster
2000	Patrick Eastabrook, Genevra Cross, Andrew Ayre
2001	Alison Rafferty
2002	Jari Pylkannen, Ben Cleasby, Jessica Dierckx
2004	Sam Cleasby
2006	Dylan Dewsbury
2008	Samuel Dib, Julian Ameduri, Ariella Marais
2009	Jessica Pillera, Cameron Jones, Julian Ameduri, Benjamin Turner
2011	Ashley Granado, Abraham Kennedy
2012	Caitlin Gerken, Isaac Curtis
2013	Isiaah Caton, Isaac Curtis, Dominic Sabri, Jason Nazareth, Solomon Alexander
2014	Ieesha Caton, Jason Nazareth, Lucie Martino
2015	Ieesha Caton, Clarissa Luk, Ella Manso-Vukovich
2016	Francesca Martino, Michael Le
2017	Francesca Martino
2019	Hannah Doyle



BOYS RECORDS BROKEN – 2018 / 2019

Age Group	Event	Athlete	Date	New Record
U11B	Discus 500g	Ethan Vlahos	19 Jan 2019	25.81m (Inaugural)
U11B	High Jump Fosbury	Teoman Demir	17 Nov 2018	1.40m
U12B	Shot Put 2kg	Angus Duff	15 Dec 2018	9.34m (Inaugural)
U13B	Discus 750g	Tristan Bow	17 Nov 2018	27.45m (Inaugural)
U14B	Shot Put 3kg	Robert Marchesi-Scott	13 Oct 2018	13.50m
U14B	Shot Put 3kg	Robert Marchesi-Scott	24 Nov 2018	14.09m
U14B	Shot Put 3kg	Robert Marchesi-Scott	15 Dec 2018	14.48m
U14B	Shot Put 3kg	Robert Marchesi-Scott	26 Jan 2019	15.14m
U14B	Shot Put 3kg	Robert Marchesi-Scott	16 Feb 2019	15.89m
U15B	Javelin 700g	Kobe Brown	30 Nov 2018	25.03m
U15B	300m Hurdles	Kobe Brown	15 Dec 2018	44.30
U15B	300m Hurdles	Kobe Brown	26 Jan 2019	43.50
U15B	100m Hurdles	Kobe Brown	09 Feb 2019	13.91
U16B	Shot Put 4kg	Hamish Duff	26 Jan 2019	12.06m
U16B	Shot Put 4kg	Hamish Duff	16 Feb 2019	13.21m
U16B	300m Hurdles	Lachlan Mashiah	13 Oct 2018	43.90
U16B	300m Hurdles	Hamish Duff	16 Feb 2019	43.10

GIRLS RECORDS BROKEN – 2018 / 2019

Age Group	Event	Athlete	Date	New Record
U7G	Discuss 350g	Yumeko MacKay	16 Feb 2019	14.63m
U10G	Turbo Javelin	Emmerson Casey	20 Oct 2018	13.90m
U11G	Discus 500g	Zoe Lazarou	27 Oct 2018	17.94m (Inaugural)
U14G	Javelin 400g	Cadence Grey	12 Jan 2019	31.95m
U15G	300m Hurdles	Macy Marshall	26 Jan 2019	54.00
U17G	300m Hurdles	Emily Bairstow	3 Nov 2018	52.00
U17G	300m Hurdles	Emily Bairstow	24 Nov 2018	51.60
U17G	Javelin 500g	Lauren Innes	20 Oct 2018	25.24m
U17G	Javelin 500g	Lauren Innes	10 Nov 2018	25.79m



INGLEWOOD LITTLE ATHLETIC CENTRE RECORDS – GIRLS

60m Mini Hurdles (300mm)

U/7	G Awidi	11.20	10/12/2016
-----	---------	-------	------------

60m Hurdles (6 flights)

U/7	<i>E Garnett (M)</i>	<i>12.50</i>	<i>15/02/2014*</i>
U/8	<i>T Preedy (M)</i>	<i>11.66</i>	<i>18/12/1995*</i>
U/9	K Bent (D)	10.66	18/02/1995
U/10	K Bent (D)	10.82	11/11/1995
U/11	<i>N Taylor (Y)</i>	<i>9.99</i>	<i>10/02/1996*</i>
U/12	<i>N Taylor (Y)</i>	<i>10.07</i>	<i>01/02/1997*</i>

80m Hurdles

U/13	K French (M)	13.11	28/02/1987
U/14	M Murphy (M) and J Wells (M)	13.10	02/12/1994 18/02/1995

90m Hurdles

U/15	K French (M)	14.17	18/02/1989
U/16	H McGirr (D)	15.30	01/03/2014
U/17	N Chard (M)	15.76	28/10/2000

100m Hurdles

U/17	H McGirr (ING)	17.17	22/11/2014
------	----------------	-------	------------

200m Hurdles

U/13	S Lankester (ING)	29.80	18/02/2017
U/14	S Lankester (ING)	30.80	03/02/2018
U/15	<i>J Pillera (Y)</i>	<i>29.90</i>	<i>06/12/2008*</i>
U/16	<i>C Luk (ING)</i>	<i>31.40</i>	<i>10/10/2015*</i>
U/17	<i>H McGirr (ING)</i>	<i>28.40</i>	<i>18/10/2014*</i>

300m Hurdles

U/15	M Marshall (ING)	54.00	26/01/2019
U/16	F Martino (ING)	51.20	25/11/2017
U/17	E Bairstow (ING)	51.60	24/11/2018

50 metres

U/7	E Garnett (M)	8.80	16/11/2013
U/8	<i>C Cassidy-Thomas (Y)</i>	<i>8.40</i>	<i>15/10/2005*</i>
U/9	<i>V Eastabrook (Y)</i>	<i>8.83</i>	<i>25/11/2000*</i>

70 metres

U/7	K Bent (D)	11.52	17/10/1992
U/8	G D'Agostino (D)	11.00	07/03/1982
U/9	K Bent (D)	10.36	08/10/1994
U/10	G D'Agostino (D)	10.00	11/12/1982

GIRLS' RECORDS CONT...**100 metres**

U/7	K Bent (D)	16.67	10/10/1992
U/8	K Bent (D)	15.31	18/12/1993
U/9	N Wright (ND)	14.70	01/03/1980
U/10	N Wright (ND)	14.40	08/11/1980
U/11	C Musca (M)	13.60	28/11/1981
U/12	N Wright (ND)	13.00	12/02/1983
U/13	K French (M)	12.60	31/01/1987
U/14	K French (M)	12.69	20/02/1988
U/15	L Yeap (ND)	12.82	13/02/1988
U/16	H McGirr (D)	13.20	09/11/2013
U/17	C Luk (ING)	13.34	26/11/2016

150 metres

U/7	D Kelsall (D)	29.50	13/03/2004*
U/8	K Bent (D)	24.57	28/01/1994*
U/9	E Gizzarelli (Y)	25.30	10/12/2005*
U/10	L Kiamtia (Y)	22.90	04/03/2006*
U/11	J Tait (Y)	22.80	13/03/2004*
U/12	J Tait (Y)	22.10	12/03/2005*

200 metres

U/7	K Bent (D)	35.41	10/10/1992
U/8	K Bent (D)	33.46	04/12/1993
U/9	N Wright (ND)	31.70	01/03/1980
U/10	N Wright (ND)	30.90	22/11/1980
U/11	V Litton-Laborde (ING)	28.80	09/12/2017
U/12	N Wright (ND)	28.10	12/02/1983
U/13	K French (M)	26.00	13/12/1986
U/14	K French (M)	26.31	13/02/1988
U/15	M Pratt (ND)	26.52	20/02/1988
U/16	H McGirr (D)	25.20	13/12/2013
U/17	H McGirr (ING)	28.40	18/10/2014

300 metres

U/7	Jasmine Duff	1:03.30	16/12/2016
-----	--------------	---------	------------

400 metres

U/7	S Notley (D)	1:30.50	30/11/2013*
U/8	E Doyle (ING)	1:22.90	14/02/2014*
U/9	E Doyle (ING)	1:15.8	28/11/2015
U/10	K Ross (D)	1:12.00	07/02/1981
U/11	C Musca (M)	1:07.60	27/02/1982
U/12	E Pyke (ING)	1:06.10	25/02/2017
U/13	K French (M)	1:02.83	14/02/1987
U/14	M Bourn (ND)	1:01.19	28/02/1987
U/15	M Bourn (ND)	1:01.94	20/02/1988
U/16	L Ameduri (D)	1:06.40	22/10/2011
U/17	J Emery (ING)	1:05.50	28/11/2015

GIRLS' RECORDS CONT...**500 metres**

U/8	S Naussedat (ING)	1:50.20	16/12/2016
-----	-------------------	---------	------------

800 metres

U/9	I Hanratty (ING)	2:57.40	18/02/2017
U/10	T Clarke (EM)	2:50.62	12/12/1992
U/11	G D'Agostino (D)	2:40.20	11/02/1984
U/12	S Deans (ND)	2:30.60	15/02/1986
U/13	K Henson (M)	2:27.50	15/02/1986
U/14	M Bourn (ND)	2:22.84	21/02/1987
U/15	S Deans (ND)	2:24.26	11/02/1989
U/16	K Bond (ND)	2:36.70	23/02/2013
U/17	K Bond (ND)	2:34.90	22/02/2014

1500 metres

U/11	S Deans (ND)	5:30.50	26/01/1985
U/12	S Deans (ND)	5:11.90	22/02/1986
U/13	K Henson (M)	5:09.80	25/01/1986
U/14	K Henson (M)	4:58.20	14/02/1987
U/15	S Deans (ND)	5:03.19	18/02/1989
U/16	K Bond (ND)	5:26.20	26/01/2013
U/17	M Martin (M)	5:25.40	26/01/2013

300 metre Walk

U/8	E Freeman (ING)	1:36.20	14/01/2017
-----	-----------------	---------	------------

500 metre Walk

U/7	A Lazarus (Y)	3:07.70	22/11/2008*
U/8	S Kessel (Y)	2:58.20	09/03/2002*

700 metre Walk

U/9	E Nelson (D)	3:54.40	19/11/2005
-----	--------------	---------	------------

1100 metre Walk

U/10	L Biagioni (M)	5:25.40	10/03/2001
U/11	L Biagioni (M)	5:13.20	15/02/2002

1500 metre Walk

U/12	L Biagioni (M)	7:21.70	2002/2003
U/13	L Biagioni (M)	7:12.60	13/03/2004
U/14	L Biagioni (M)	7:29.90	30/10/2004
U/15	G Cross (M)	7:19.60	03/02/2001
U/16	A Rafferty (D)	7:28.60	16/02/2002
U/17	A Grgurovic (ND)	7:30.40	08/03/2008

GIRLS' RECORDS CONT...**High Jump – Scissors**

U/7	<i>J Armenti (M)</i>	1.00	28/01/2006*
U/8	H Naussedat (ING)	1.01	14/11/2015
U/9	M Johnston (ING)	1.11	07/02/2014
U/10	N Wright (ND)	1.24	15/11/1980
U/11	<i>T Ngaia (Y)</i>	1.27	25/11/2000*

High Jump - Fosbury Flop

U/11	M Booth (ING)	1.30	21/01/2017
U/12	K Williams (D)	1.47	27/02/1982
U/13	K Williams (D)	1.53	27/11/1982
U/14	K Williams (D)	1.70	19/11/1983
U/15	K Williams (D)	1.66	03/11/1984
U/16	O Brennan Healy (ING)	1.54	28/01/2017
U/17	O Brannan Healy (ING)	1.52	14/10/2017

Long Jump

U/7	K Bent (D)	3.43	13/02/1993
U/8	K Bent (D)	3.86	22/01/1994
U/9	T Preedy (M)	4.17	02/12/1995
U/10	K Bent (D)	4.37	02/12/1995
U/11	M Lovegrove (D)	4.59	19/02/2000
U/12	M Lovegrove (D)	4.81	28/10/2000
U/13	N Taylor (Y)	5.23	15/11/1997
U/14	C Le (Y)	5.07	04/12/2010
U/15	M Petropaolo (M)	5.16	23/01/1993
U/16	I Caton (ING)	5.30	28/11/2015
U/17	O Brannan Healy (ING)	4.70	10/02/2018

Triple Jump

U/7	<i>J Davies (M)</i>	5.61	12/01/2008*
U/8	<i>K Bent (ND)</i>	7.90	04/12/1993*
U/9	<i>K Bent (ND)</i>	8.43	29/10/1994*
U/10	<i>K Bent (ND)</i>	9.00	09/12/1995*
U/11	N Taylor (Y)	9.51	28/10/1995
U/12	N Taylor (Y)	10.21	16/11/1996
U/13	C Le (Y)	10.45	13/02/2010
U/14	K French (M)	10.66	13/02/1986
U/15	M Petropaolo (M)	10.78	16/01/1993
U/16	J Carson (ND)	10.93	20/12/1997
U/17	I Caton (ING)	10.04	21/01/2017

Discus (350g)

U/7	Y MacKay (ING)	14.63	16/02/2018
-----	----------------	-------	------------

Discus (500g)

U/8	N Bow (Mt L)	16.14	02/03/1974
U/9	N McCallum (M)	21.60	12/02/1994
U/10	A Plowicz (M)	26.34	12/12/1981
U/11	Z Lazarou (ING)	17.94	27/10/2018

GIRLS' RECORDS CONT...**Discus (750g)**

<i>U/11</i>	<i>A Plowicz (M)</i>	<i>26.20</i>	<i>28/02/1983*</i>
U/12	A Plowicz (M)	32.58	25/02/1984
U/13	K Ross (D)	37.10	25/02/1984

Discus (1kg)

U/14	J Yeo (ND)	33.88	23/01/1985
U/15	A Plowicz (M)	36.87	28/02/1987
U/16	J Dierckx (ND)	27.67	07/02/2004
U/17	J Dierckx (ND)	29.53	23/10/2004

Vortex

U/7	K Mencshelyi (ING)	12.49	25/11/2017
-----	--------------------	-------	------------

Turbo Javelin

<i>U/7</i>	<i>E Garnett (M)</i>	<i>9.77</i>	<i>16/11/2013*</i>
U/8	J Ridley (D)	11.66	04/02/2012
U/9	B Hyde (ND)	15.98	13/11/2010
U10	E Casey (ING)	13.90	20/10/2018

Javelin (400g)

<i>U/10</i>	<i>M Hollands (M)</i>	<i>23.99</i>	<i>17/02/1979*</i>
U/11	M Hollands (M)	28.04	01/03/1980
U/12	S Eastabrook (Y)	29.69	10/03/2001
U/13	G Collin (Y)	30.98	27/02/2010
U/14	C Grey (ING)	31.95	12/01/2019

Javelin (500g)

U/15	T Stirling (ING)	28.53	22/11/2014
U/16	A Evans (ING)	25.87	21/02/2014
U/17	L Innes (ING)	25.79	10/11/2018

Javelin (600g)

<i>U/14</i>	<i>A Plowicz (M)</i>	<i>29.95</i>	<i>15/02/1986*</i>
<i>U/15</i>	<i>C Pollock (M)</i>	<i>31.98</i>	<i>09/02/1989*</i>
<i>U/16</i>	<i>S Eastabrook (Y)</i>	<i>25.92</i>	<i>29/01/2005*</i>
<i>U/17</i>	<i>N Chard (M)</i>	<i>24.41</i>	<i>03/02/2001*</i>

Shot Put (1kg)

U/7	D Stack (M)	7.41	12/02/2011
-----	-------------	------	------------

Shot Put (1.5kg)

U/8	N McCallum (M)	6.46	20/02/1993
-----	----------------	------	------------

Shot Put (2kg)

U/9	N McCallum (M)	7.59	12/02/1994
U/10	N McCallum (M)	8.88	25/02/1995
U/11	N McCallum (M)	10.42	13/01/1996
U/12	S Toto (M)	11.83	28/02/1987

GIRLS' RECORDS CONT...**Shot Put (3kg)**

U/13	A Plowicz (M)	11.70	09/02/1985
U/14	J Yeo (ND)	12.11	05/12/1987
U/15	J Yeo (ND)	12.94	09/12/1988
U/16	C McIntosh (M)	8.85	15/02/2014
U/17	E Ralston (ING)	9.91	18/11/2017

Shot Put (4kg)

U/16	J Dierckx (ND)	7.75	01/10/2003*
U/17	N Chard (M)	8.33	28/10/2000*

INGLEWOOD LITTLE ATHLETIC CENTRE RECORDS - BOYS**60m Mini Hurdles (300mm)**

U/7	V Williams (ING)	10.73	26/11/2016
-----	------------------	-------	------------

60m Hurdles

U/7	J Ramsay (Y)	11.90	26/01/2002*
U/8	R Knott (ING)	11.34	10/12/2016
U/9	J Ramsay (Y) and M Davies (M)	10.30	13/03/2004 13/03/2004
U/10	G Ramsay (Y)	10.60	18/12/1999
U/11	G Ramsay (Y)	9.75	14/10/2000*
U/12	G Ramsay (Y)	9.90	24/11/2001*

80m Hurdles

U/13	G Ramsay (Y)	13.20	2002/2003
------	--------------	-------	-----------

90m Hurdles

U/14	K Brown (ING)	13.80	10/02/2018
------	---------------	-------	------------

100m Hurdles

U/15	K Brown (ING)	13.91	09/02/2019
U/16	S Pastorelli (D)	13.60	22/10/2011

110m Hurdles

U/17	J Nazareth (ING)	15.48	28/11/2015
------	------------------	-------	------------

200m Hurdles

U/13	I Curtis (D)	29.00	27/11/2010
U/14	J Nazareth (M)	28.20	01/12/2012
U/15	A Kennedy (M)	26.70	05/11/2011*
U/16	S Pastorelli (D)	26.20	15/10/2011*
U/17	J Nazareth (ING)	26.80	21/11/2015*

300m Hurdles

U/15	K Brown (ING)	43.50	26/01/2019
U/16	H Duff (ING)	43.10	16/02/2019
U/17	V Pappas (ING)	47.40	14/11/2017

BOYS' RECORDS CONT...**50 metres**

U/7	V Williams	8.68	26/11/2016
U/8	R Knott (ING)	8.13	26/11/2016
U/9	B Ryan (D)	8.03	25/11/2000*

70 metres

U/7	M Bent (D)	11.50	15/10/1994
U/8	B Norrish (ND)	10.40	13/12/1986
U/9	B Norrish (ND)	10.27	05/12/1987
U/10	R Westerberger (ND)	9.80	24/11/1984

100 metres

U/7	M Bent (D)	16.16	07/10/1994
U/8	L Haskett (S)	15.00	30/10/1976
U/9	M Burnett (S)	14.00	29/11/1980
U/10	R Westerberger (ND)	13.90	20/10/1984
U/11	A Kapuscik (D) and M Burnett (S)	13.20	10/11/1979 27/11/1982
U/12	A Kapuscik (D)	13.00	29/11/1980
U/13	M Crafter (S) and G Edmiston (ND)	12.30	07/12/1974 21/11/1981
U/14	A Kennedy (M)	12.00	08/01/2011
U/15	P Delaney (ND)	11.64	04/12/1999
U/16	A Kennedy (M)	11.30	20/10/2012
U/17	P Delaney (ND)	11.70	03/11/2001

150 metres

U/7	A Di Placido (M)	27.30	13/02/2005*
U/8	M Leask (ND)	23.70	21/02/1998*
U/9	C Littke (M)	23.80	13/03/2004*
U/10	S Hille (D)	23.40	04/02/2006*
U/11	T Kaplan (Y)	22.50	20/11/2004*
U/12	A Phillimore (D)	21.20	20/11/2004*

200 metres

U/7	M Bent (D)	34.58	21/01/1995
U/8	B Norrish (ND)	31.40	20/12/1986
U/9	D Wojcik (D)	29.90	27/01/1990
U/10	D Wojcik (D)	28.58	23/10/1991
U/11	D Wojcik (D)	27.98	23/02/1991
U/12	R Westerberger (ND)	27.78	20/12/1986
U/13	W Crafter (S)	25.70	14/12/1974
U/14	A Kennedy (M)	24.80	20/11/2010
U/15	P Delaney (ND)	23.47	04/12/1999
U/16	P Delaney (ND)	23.01	10/02/2001
U/17	P Delaney (ND)	23.20	16/02/2002

300 metres

U/7	Z Icanovski (ING)	57.60	10/02/2018
-----	-------------------	-------	------------

BOYS' RECORDS CONT...**400 metres**

U/7	<i>R Pasitoo (D)</i>	<i>1:24.30</i>	<i>07/02/2009*</i>
U/8	A Walsh (ING)	1:18.00	03/12/2016
U/9	C Barnett (ING)	1:14.10	13/12/2014
U/10	D Brown (EM)	1:08.55	05/11/1994
U/11	D Wojcik (D)	1:04.14	16/11/1991
U/12	W Crafter (S) and S Alexander (D)	1:03.90	17/11/1973 27/02/2010
U/13	W Crafter (S)	57.90	07/12/1974
U/14	D Sabri (M)	55.30	08/12/2012
U/15	D Sabri (Y)	53.70	16/11/2013
U/16	M Pillay (ND)	53.37	10/10/1987
U/17	P Delaney (ND)	54.90	13/10/2001

500 metres

U/8	A Walsh (ING)	1:41.30	28/01/2017
-----	---------------	---------	------------

800 metres

U/9	C Barnett (ING)	2:45.40	05/12/2014
U/10	K Duggan (D)	2:24.70	18/11/2000
U/11	R French (WM)	2:19.10	07/12/1984
U/12	C Bourn (ND)	2:26.30	20/12/1986
U/13	D Wojcik (D)	2:16.10	19/02/1994
U/14	N McGeogh (ND)	2:17.60	05/02/1983
U/15	A Prendergast (M)	2:04.50	29/01/1993
U/16	S Mitchell (M)	2:08.64	20/02/1988
U/17	C Jones (Y)	2:05.90	19/02/2011

1500 metres

U/11	C Bourn (ND)	5:03.80	15/02/1986
U/12	C Bourn (ND)	4:49.05	12/02/1987
U/13	C Bourn (ND)	4:51.03	04/11/1987
U/14	N McGeogh (ND)	4:38.40	12/02/1983
U/15	A Prendergast (ND)	4:24.13	13/02/1993
U/16	S Mitchell (M)	4:34.39	14/11/1987
U/17	C Jones (Y)	4:42.20	09/10/2010

300 metre Walk

U/8	B Clark (ING)	1:37.95	12/11/2016
-----	---------------	---------	------------

500 metre Walk

U/7	<i>C Lloyd (ND)</i>	<i>3:00.30</i>	<i>04/12/1999*</i>
U/8	<i>C Littke (ND)</i>	<i>2:31.60</i>	<i>2002/2003*</i>

700 metre Walk

U/9	C Littke (ND)	3:34.00	13/03/2004
-----	---------------	---------	------------

1100 metre Walk

U/10	D Quain (Y)	5:57.00	13/03/2004
U/11	S Dib (M)	5:23.20	20/11/2004

BOYS' RECORDS CONT...**1500 metre Walk**

U/12	S Leatherland (ND)	7:13.40	26/02/2011
U/13	S Dib (ND)	7:13.20	28/10/2006
U/14	S Leatherland (M)	6:49.90	09/02/2013
U/15	S Leatherland (M)	6:33.00	18/01/2014
U/16	B Cleasby (D)	6:36.40	24/01/2004
U/17	B Cleasby (D)	7:14.30	22/01/2005

High Jump – Scissors

<i>U/7</i>	<i>J McDonald (D)</i>	<i>1.03</i>	<i>16/02/2013*</i>
U/8	A Podias (ING)	1.07	27/02/2016
U/9	J O'Rourke (D)	1.21	13/12/2013
U/10	N Gobby (M)	1.38	17/02/1996
<i>U/11</i>	<i>C Ameduri (D)</i>	<i>1.32</i>	<i>21/11/2009*</i>

High Jump – Fosbury Flop

U/11	T Demir (ING)	1.40	17/11/2018
U/12	P Nelson (ND)	1.53	13/11/1993
U/13	P Nelson (ND)	1.62	25/02/1995
U/14	N Das Gupta (ND)	1.80	05/02/1999
U/15	I Caton (M)	1.90	23/02/2013
U/16	I Caton (M)	1.91	22/02/2014
U/17	N Das Gupta (ND)	1.90	2002/2003

Long Jump

U/7	M Leask (ND)	3.40	26/10/1997
U/8	M Leask (ND)	3.87	21/02/1998
U/9	N Gobby (M)	4.30	17/12/1994
U/10	T Oliver (D)	4.36	07/12/1985
U/11	T Wojcik (D)	4.77	22/02/1990
U/12	T Wojcik (D)	4.84	23/11/1990
U/13	W Crafter (S)	5.35	23/11/1974
U/14	I Curtis (D)	5.60	12/11/2011
U/15	G French (M)	6.13	21/02/1987
U/16	P Nelson (ND)	6.34	20/12/0997
U/17	J Nazareth (ING)	6.22	19/12/2015

Triple Jump (Standing Start)

<i>U/7</i>	<i>R Pasitoo (D)</i>	<i>6.55</i>	<i>07/02/2009*</i>
------------	----------------------	-------------	--------------------

Triple Jump

<i>U/8</i>	<i>M Leask (ND)</i>	<i>7.87</i>	<i>07/02/1998*</i>
<i>U/9</i>	<i>B Norrish (ND)</i>	<i>8.85</i>	<i>07/11/1987</i>
<i>U/10</i>	<i>N Gobby (M)</i>	<i>9.04</i>	<i>02/12/1995</i>
U/11	D Wojcik (D)	10.24	23/02/1992
U/12	N Das Gupta (ND)	10.19	14/02/1998
U/13	W Crafter (S)	11.09	14/12/1974
U/14	A Letharn (ND)	11.84	05/02/1983
U/15	P Nelson (ND)	12.45	15/02/1997
U/16	P Nelson (ND)	13.28	14/02/1998
U/17	N Das Gupta (ND)	12.95	2002/2003

BOYS' RECORDS CONT...**Discus (350g)**

U/7	M Bent (D)	18.66	18/02/1995
-----	------------	-------	------------

Discus (500g)

U/8	<i>S Papalazaros (S)</i>	<i>23.94</i>	<i>19/02/1983*</i>
U/9	E Carroll (EM)	29.37	23/02/1974
U/10	S Papalazaros (S)	36.08	26/01/1985
U/11	E Vlahos (ING)	25.81	19/01/2019

Discus (750g)

U/11	<i>S Papalazaros (S)</i>	<i>32.91</i>	<i>22/02/1986*</i>
U/12	S Papalazaros (S)	35.27	24/01/1987
U/13	T Bow (ING)	27.45	17/11/2018

Discus (1kg)

U/13	<i>J Pylkkanen (Y)</i>	<i>36.03</i>	<i>20/01/2001*</i>
U/14	S Papalazaros (S)	48.74	19/11/1988
U/15	S Papalazaros (S)	51.35	21/10/1989
U/16	J Dib (ND)	45.10	06/11/2010

Discus (1.5kg)

U/17	S Dainton (ND)	32.85	18/11/2000
------	----------------	-------	------------

Vortex

U/7	D Pyle	26.03	03/02/2017
-----	--------	-------	------------

Turbo Javelin

U/7	<i>J Ramsay (Y)</i>	<i>14.19</i>	<i>05/12/2001*</i>
U/8	C Farfan (ING)	20.57	30/01/2016
U/9	J Ramsay (Y)	25.08	11/10/2003
U/10	C Farfan (ING)	24.69	03/02/2018

Javelin (400g)

U/10	<i>S Tonkin (M)</i>	<i>32.72</i>	<i>28/02/1981*</i>
U/11	M Keen (D)	36.66	21/02/1976
U/12	M Jeps (S)	40.44	11/12/1982

Javelin (600g)

U/13	S Papalazaros (S)	42.41	23/01/1988
U/14	S Papalazaros (S)	48.20	18/02/1989
U/15	<i>S Papalazaros (S)</i>	<i>50.64</i>	<i>17/02/1990*</i>

Javelin (700g)

U/15	K Brown (ING)	25.03	30/11/2018
U/16	J Dib (ND)	42.23	13/11/2010
U/17	N Das Gupta (ND)	52.80	20/02/2003

Shot Put (1kg)

U/7	C Farfan (ING)	7.21	07/02/2014
-----	----------------	------	------------

BOYS' RECORDS CONT...

Shot Put (1.5kg)

U/8	S Papalazaros (S)	8.20	14/12/1982
-----	-------------------	------	------------

Shot Put (2kg)

U/9	S Papalazaros (S)	8.62	15/10/1983
U/10	S Papalazaros (S)	10.06	16/02/1985
U/11	R Marchesi-Scott (ING)	10.10	06/02/2016
U/12	A Duff (ING)	9.34	15/12/2018

Shot Put (3kg)

U/12	S Papalazaros (S)	10.82	21/02/1987*
U/13	S Papalazaros (S)	14.60	13/02/1988
U/14	R Marchesi-Scott (ING)	15.89	16/02/2019

Shot Put (4kg)

U/14	S Papalazaros (S)	13.75	12/11/1988*
U/15	S Papalazaros (S)	15.84	09/12/1989
U/16	H Duff (ING)	13.21	16/02/2019

Shot Put (5kg)

U/16	J Dib (ND)	11.61	20/11/2010*
U/17	N Das Gupta (ND)	11.66	20/02/2003

* Records have been archived due to specification changes.

* Records are not awarded to the Under 6 age group.



RULES OF COMPETITION – LAWA 2019/20 RELEASE

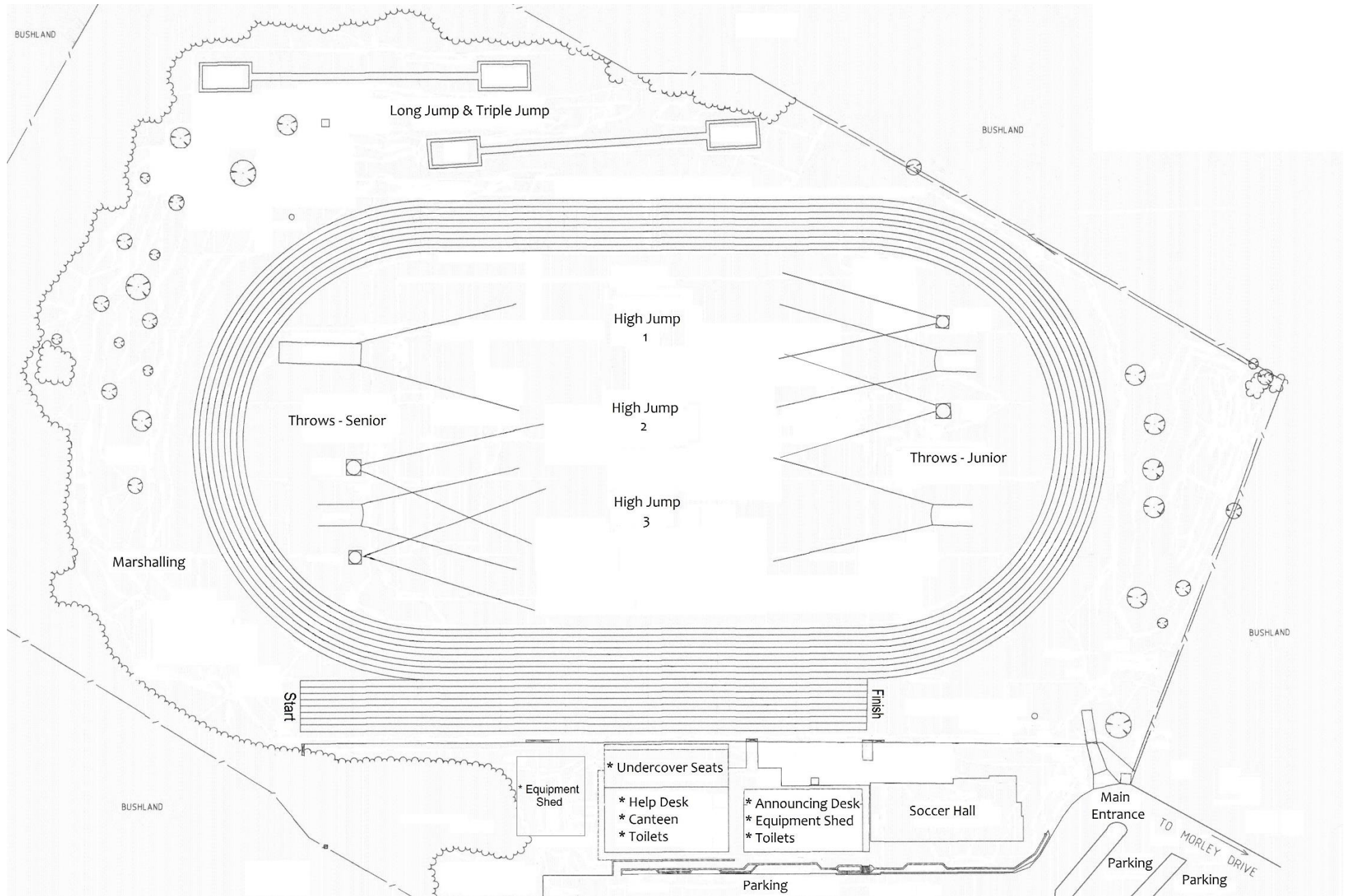
These can be accessed via our website www.inglewoodlac.com.au or Team App (Inglewood LAC)



LAWA EQUIPMENT SPECIFICATIONS FOR EVENTS – 2019 / 2020

	OPTIONAL AGE GROUPS						COMPULSORY AGE GROUPS														OPTIONAL AGE GROUPS			
	U6		U7		U8		U9		U10		U11		U12		U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B	G	B
70m			✓	✓	✓	✓	✓	✓	✓	✓														
100m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
200m			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
400m							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
800m	*4 300	*4 300	*4 300	*4 300	*4 500	*4 500	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
1500m											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Hurdles (m)	*1	*1	*2	*2	60	60	60	60	60	60	80	80	80	80	80	80	80	90	90	100	90	100	100	110
Long Hurdles (m)															200	200	200	200	300	300	300	300	300	300
Walk (m)					700	700	700	700	1100	1100	1100	1100	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500	1500
Long Jump (m)	1	1	1	1	1	1	0.5	0.5	0.5	0.5	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Triple Jump (m)											0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
High Jump Start Height					*3 0.95	*3 1.00	*3 0.95	*3 1.00	*3 1.00	*3 1.05	1.05	1.10	1.15	1.20	1.20	1.25	1.25	1.30	1.30	1.35	1.35	1.40	1.40	1.45
Shot Put (kg)	1	1	1	1	1.5	1.5	2	2	2	2	2	2	2	2	3	3	3	3	3	4	3	4	3	5
Discus (g)	350	350	350	350	500	500	500	500	500	500	500	500	750	750	750	750	1kg	1kg	1kg	1kg	1kg	1kg	1kg	1.5kg
Turbo Jav (g)	Vortex	Vortex	Vortex	Vortex	300	300	300	300	300	300														
Javelin (g)											400	400	400	400	400	600	400	600	500	700	500	700	500	700
Relay 4 x 100m					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*5	*5	*5	*5
Relay 4 x 200m					✓	✓	✓	✓	✓	✓														
Relay 4 x 400m											✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*5	*5	*5	*5

MAP OF DIANELLA RESERVE NO 3



AGE GROUPS – 2019 / 2020

Age	Birth Year
U17	2003
U16	2004
U15	2005
U14	2006
U13	2007
U12	2008
U11	2009
U10	2010
U9	2011
U8	2012
U7	2013
U6	2014

Minimum Age: Our youngest competitors must have been born on or before 31 December 2014, i.e. the child's birthday must be within the grid above.

Athletes must compete only in their age/gender group.



SPONSORS OF LITTLE ATHLETICS WESTERN AUSTRALIA

Commercial Partner



Gold Sponsor



State Partners



Sponsors



Partners



Department of
Sport and Recreation

SPONSORS OF INGLEWOOD LITTLE ATHLETICS CENTRE

WA Hardwood Floors

We specialise in all aspects of timber flooring
Domestic and Commercial

- * Parquetry & Patterns
- * Sanding and Polishing
- * New and existing floors
- * Direct Stick
- * Repairs
- * Staircases
- * Staining
- * Plank on Ply
- * Floating Floors
- * Sprung Floors

Please call for a quote

Jamie D'Souza 0408 180 074
Ashton Eva 0412 030 869



PEARCE'S PLUMBING SERVICE

David Pearce
Guy Herriot

Licensed Plumbers

5 Spinoza Street
MOUNT LAWLEY
WA 6050

Ph: (08) 9271 1342, 0438 772 262,
0438 772 675

pearcesplumbing@bigpond.com
PL 148 GAS Lic 398
ABN 53 123 802 461



CLEARGARD
AUSTRALIA

For all of your safety, security, and
window tinting needs.

Mention Inglewood Little Athletics Centre
and receive a 15% discount

9380 9617

www.cleargardaustralia.com

Industrial Domestic Commercial
24 Hour Service

T.H.E.
ELECTRICIAN

NO CALL OUT FEE

Toby Hutchinson EC 9935

0423 637 735



theelectrician@iinet.net.au

Clubs forever
A CITY OF STIRLING INITIATIVE