

# INGLEWOOD

**LITTLE ATHLETICS CENTRE**



**2020 / 2021**

**YEAR BOOK**

**and**

**OFFICIAL PROGRAMME**

[www.inglewoodlac.com.au](http://www.inglewoodlac.com.au)



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**INGLEWOOD LAC U17 ATHLETES 2019/20**

## **PRESIDENT'S MESSAGE**

Welcome to the 2020-21 season at Inglewood. It has certainly been a turbulent past few months, and perhaps now more than ever we should be thankful for the ability to be able to come together and enjoy being active outdoors as a family and part of a bigger community. The values that Little Athletics was founded on of fun, family and fitness remain just as relevant now as they did when we started as a centre 49 years ago. Yep, Inglewood Little Athletics Centre turns 50 next season.

What makes a Centre such as ours strong and survive as long as it has is the people who want to be a part of something special and help it grow and improve. We are always humbled to see our returning Inglewood family members each year and we would like to extend a special welcome to those new to the Centre this season, who have decided to come on board and give us a try. We are extremely grateful to everyone for their time and efforts which allow us to provide the environment and experiences that we do.

So, while we don't know what the world will throw at us in the months ahead, we can't wait to get our summer season underway. This the first under the new Athletics West banner, which is one that has finally brought together all the separate bodies in this state under the one roof. We don't expect there to be much noticeable change at a Centre level initially, but it's hoped that the integration will provide better experiences over the whole sport and an easier transition through all levels, from Under 6 to senior competition and beyond.

We would like to thank the City of Stirling for their continued support and you will notice that the Change Room building has had a long overdue upgrade over winter. We highly value our relationship with the various council departments and acknowledge that without their assistance and the wonderful venue and facilities they provide, we wouldn't be able to continue doing what it is we like to do.

There would be no sport without the athletes, but no Little Athletics without the volunteers. We acknowledge that volunteer requirements are greater in this sport than many others, but 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. Whether the motivation is a real interest in coaching, or just to get more comfortable with your competition day volunteering duties, it doesn't matter. It can 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 year for your child to be able to receive medals in our Centre Championships and end-of-season awards. So please refer to the information in these pages or to any of our online resources such as Team App or our webpage to check for the answers to any questions you may have and for your requirements for volunteering as well as further options for helping out on competition days, coaching or as an official.

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 please like you to 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 and we hope you will embrace the opportunity.

Coaching is central to the experience and enjoyment of any youth sport as well as being pivotal to the longer-term development and growth of the children as athletes and as people. A large portion of our operating budget is allocated to our coaching program and we are proud of the program that Tammi Doyle and her team, continue to provide and look to improve year on year. A significant focus of ours 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.

The club we established a few years ago to provide our older athletes the opportunity to step up and compete at the senior competition meetings in Inglewood colours has continued to grow. A big thanks to Brendan Pyke for his help in developing and sustaining the Inglewood Athletics Club. We are committed to continuing to provide an easily accessible and welcoming option for our older athletes to add to their Little Athletics involvement and then transition and continue beyond their time here 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 great numbers of our athletes training and competing throughout the recent lockdown winter and I'd like to say a huge thanks to our Winter coaches and officials for helping the athletes get through those cold and wet weeks by providing a fun and enthusiastic training program to keep them motivated and fit.

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 competition and for our 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 athletes and families.

So, while it is the athlete's sport, it is everyone's Centre. 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. We would love to talk to you about what more you're able to do to keep us growing and going strong into our 50th birthday next year and beyond.

I hope everyone has a fantastic and safe year ahead.

Dave Rowse.



## COMMITTEE MEMBERS 2020 / 2021

<b>President / Awards Coordinator:</b>	Dave Rowse
<b>Vice President:</b>	George Pappas
<b>Secretary:</b>	Amy Eva
<b>Treasurer:</b>	George Lazarou
<b>Registrar:</b>	Veronica Smith
<b>Records &amp; Ranking:</b>	Loretta Van der Ross
<b>Coaching Coordinator:</b>	Tammi Doyle
<b>Officials Coordinator:</b>	TBC
<b>Volunteer Coordinator:</b>	Kirsten Greenwood
<b>Uniform Officer:</b>	TBC
<b>Sponsorship Officer:</b>	George Pappas
<b>Website Administrator:</b>	Tammi Doyle
<b>Winter Officer (Cross Country):</b>	Tammi Doyle
<b>Winter Officer (Road Walks):</b>	Tammi Doyle
<b>Seniors Representative:</b>	Brendan Pyke
<b>Equipment Officer:</b>	Bart Thompson

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## SITE OFFICIALS - 2020 / 2021

<b>Competition Director:</b>	David Rowse
<b>Meeting Manager:</b>	Ashton Eva
<b>Assistant Meeting Manager:</b>	Brendan Pyke
<b>Announcers:</b>	George Pappas and George Lazarou
<b>Marshalling:</b>	Jeneta Masson
<b>Referee - Track:</b>	Jacinta Martino
<b>Referee – Horizontal Jumps:</b>	Sascha Gibbs, Penny McNiff and Chelsea Whiteside
<b>Referee – High Jump:</b>	Tammi Doyle
<b>Referee – Throws:</b>	Jodie Walsh and Georgina Ker



## 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.**



## **LITTLE ATHLETICS STATE EVENTS – 2020 / 2021**

### ***WA LITTLE ATHLETICS COMBINED EVENT CHAMPIONSHIPS (U11 – U17)***

WA Athletics Stadium – Saturday 21<sup>st</sup> and Sunday 22<sup>nd</sup> November 2020

### ***ATHLETICS WEST STATE RELAY CHAMPIONSHIPS (U9 - U17)***

WA Athletics Stadium – Sat 12<sup>th</sup> December 2019

### ***WA LITTLE ATHLETICS STATE CHAMPIONSHIP QUALIFIERS (U9 - U15) (Formerly Zones Championships)***

Location to be advised - Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> February 2021

### ***INGLEWOOD CENTRE CHAMPIONSHIPS (U6 - U17)***

Dianella Reserve No.3 – Saturday 6<sup>th</sup> February (U8 –U17 only), 13<sup>th</sup> February and 20<sup>th</sup> February 2021

### ***WA LITTLE ATHLETICS STATE CHAMPIONSHIPS (U9 - U17)***

WA Athletics Stadium – Friday 19<sup>th</sup>, Saturday 20<sup>th</sup> & Sunday 21<sup>st</sup> 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 – ATHLETICS WEST**

Athletics West is the governing body for athletics in Western Australia, delivering programs and services to conduct, encourage and promote the sport within our State.

In July 2020, Little Athletics WA and Athletics WA became Athletics West, forming one organisation with the common vision of enabling West Australians to engage with athletics in meaningful and positive ways, and offering opportunities for more people to become involved, and stay involved with our sport.

Athletics West deliver a diverse range of opportunities, from inclusive programs for both recreational and elite athletes, to education and development for coaches and officials and community engagement initiatives throughout Western Australia.

Athletics West is the member association for Athletics Australia and Little Athletics Australia, and works closely with state member associations around Australia, Masters Athletics WA and other key sporting bodies.

### **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 now two metropolitan Zones and one Country Zone in WA. Inglewood Little Athletics is part of Zone 2.

### **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.

### **ATHLETICS WEST:**

Aisle 8, Level 1, Shirley Strickland Grandstand  
Herb Elliot Drive via Stephenson Avenue  
Mt Claremont Western Australia 6010  
T: (08) 6272 0480 | E: [admin@athleticswest.com.au](mailto:admin@athleticswest.com.au)  
Postal Address: PO Box 157, Floreat WA 6014



**ATHLETICS WEST**

## CONSTITUTION AND BY-LAWS

Our Constitution and By-Laws can be found on the ING website: [www.inglewoodlac.com.au](http://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 2020 / 2021 season, the Centre will again hold its Centre Championships at Dianella Reserve No. 3 – this will be the 10<sup>th</sup> year. This year, the event will return to the last three weekends of competition, from February 6<sup>th</sup>, prior to the WA Little Athletics State Championships Qualifiers, 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 a minimum of six (6) 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 six (6) 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](http://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>Needle</p>
Approved	Approved	<b>NOT Permitted</b>

## 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 are not to 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.

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## **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](http://www.resultshq.com.au).  
Any queries regarding results please email:  
[admin@inglewoodlac.com.au](mailto:admin@inglewoodlac.com.au)




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## **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](mailto:admin@inglewoodlac.com.au) to ensure your email address is added to our contact list.

## LIFE MEMBERS

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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

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## HANDBOOK, WEBSITE AND SOCIAL MEDIA

This handbook provides most of the information you will need to know about Athletics West (formally Little Athletics WA), 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](http://www.inglewoodlac.com.au)
- Facebook (@inglewoodlittleathletics)
- Team App (Inglewood LAC)

Check Team App and Facebook regularly for updates and timetables for special events etc.



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 (6 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](mailto: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 2019 / 2020

### EVENT TROPHY RECIPIENTS

#### **Inglewood LAC Little Athlete of the Year (U8-13) [Most Overall Points]**

Girls	1 <sup>st</sup> Mia Boudames	2 <sup>nd</sup> Stella Vlahos
Boy	1 <sup>st</sup> Kieran Cutress	2 <sup>nd</sup> Zach Icanovski

#### **Inglewood LAC Senior Athlete of the Year (U14-17) [Most Overall Points]**

Girl	1 <sup>st</sup> Luka Teasdale	2 <sup>nd</sup> Hannah Doyle
Snr Boy	1 <sup>st</sup> Jack Whiteside	2 <sup>nd</sup> Glory Iloh

#### **Inglewood LAC Perpetual Sprints Trophy**

Jnr Girl	1 <sup>st</sup> Mia Boudames	2 <sup>nd</sup> Asha Teasdale
Jnr Boy	1 <sup>st</sup> Zach Icanovski	2 <sup>nd</sup> Kieran Cutress
Int Girl	1 <sup>st</sup> Rejoyce Iloh	2 <sup>nd</sup> Summer Naussedat
Int Boy	1 <sup>st</sup> Ryker Knott	2 <sup>nd</sup> Miel Fuentes

#### **Paul Delaney Cup [Senior Sprints]**

Snr Girl	1 <sup>st</sup> Tui Naussedat	2 <sup>nd</sup> Ilyssa Fuentes
Snr Boy	1 <sup>st</sup> Glory Iloh	2 <sup>nd</sup> Jack Whiteside

#### **Hurdles Trophy**

Jnr Girl	1 <sup>st</sup> Stella Vlahos	2 <sup>nd</sup> Andrea Paic
Jnr Boy	1 <sup>st</sup> Zach Icanovski	2 <sup>nd</sup> Kieran Cutress
Int Girl	1 <sup>st</sup> Rejoyce Iloh	2 <sup>nd</sup> Tayla Hadfield
Int Boy	1 <sup>st</sup> Ryker Knott	2 <sup>nd</sup> Miel Fuentes

#### **Inglewood LAC Perpetual Hurdles Trophy**

Snr Girl	1 <sup>st</sup> Luka Teasdale	2 <sup>nd</sup> Rhiannan Eva
Snr Boy	1 <sup>st</sup> Glory Iloh	2 <sup>nd</sup> Jack Whiteside

#### **Distance Trophy**

Jnr Girl	1 <sup>st</sup> Jasmine Duff	2 <sup>nd</sup> Mia Boudames
Jnr Boy	1 <sup>st</sup> Haro Tanabe-Armstrong	2 <sup>nd</sup> Kieran Cutress
Int Girl	1 <sup>st</sup> Summer Naussedat	2 <sup>nd</sup> Evelyn Doyle
Int Boy	1 <sup>st</sup> Joshua Hawes	2 <sup>nd</sup> Axel Walsh

#### **Cameron Jones Perpetual Distance Trophy**

Snr Girl	1 <sup>st</sup> Luka Teasdale	2 <sup>nd</sup> Ella Pyke
Snr Boy	1 <sup>st</sup> Jack Whiteside	2 <sup>nd</sup> Jett Bishop

#### **Nikki Lopez Perpetual Junior Walks Trophy (inaugural)**

Jnr Girl	1 <sup>st</sup> Stella Vlahos	2 <sup>nd</sup> Baylee Wong
Jnr Boy	1 <sup>st</sup> Archer Talbert	2 <sup>nd</sup> Kieran Cutress

#### **Inglewood LAC Walks Trophy**

Int Girl	1 <sup>st</sup> Lucy Greenwood	2 <sup>nd</sup> Isobelle Herriot
Int Boy	1 <sup>st</sup> Axel Walsh	2 <sup>nd</sup> Brody Clark

#### **Rick Cattermole Perpetual Walks Trophy**

Snr Girl	1 <sup>st</sup> Hannah Doyle	2 <sup>nd</sup> Lily Masson
Snr Boy	1 <sup>st</sup> Raphael Martino	

### **Inglewood LAC Jumps Trophy**

Jnr Girl 1<sup>st</sup> Alila Judd  
Jnr Boy 1<sup>st</sup> Zach Icanovski  
Int Girl 1<sup>st</sup> Tayla Hadfield  
Int Boy 1<sup>st</sup> Teoman Demir

2<sup>nd</sup> Asha Teasdale  
2<sup>nd</sup> Haro Tanabe-Armstrong  
2<sup>nd</sup> Rejoyce Iloh  
2<sup>nd</sup> Axel Walsh

### **Inglewood LAC Perpetual Jumps Trophy**

Snr Girl 1<sup>st</sup> Ilyssa Fuentes  
Snr Boy 1<sup>st</sup> Glory Iloh

2<sup>nd</sup> Rhiannan Eva  
2<sup>nd</sup> Jack Whiteside

### **Papalazaros Throws Trophy**

Jnr Girl 1<sup>st</sup> Mia Boudames  
Jnr Boy 1<sup>st</sup> Haro Tanabe-Armstrong  
Int Girl 1<sup>st</sup> Emmerson Casey  
Int Boy 1<sup>st</sup> Teoman Demir  
Snr Girl 1<sup>st</sup> Cadence Grey  
Snr Boy 1<sup>st</sup> Jack Whiteside

2<sup>nd</sup> Jasmine Short  
2<sup>nd</sup> Reuben Quinn-Smith  
2<sup>nd</sup> Makady Smith  
2<sup>nd</sup> Axel Walsh  
2<sup>nd</sup> Rhiannan Eva  
2<sup>nd</sup> Robert Marchesi-Scott

### **SPECIAL AWARDS**

#### **Highest PB Achievement Award**

**U6-7** Declan Thorpe-Edwards  
**U8-10** Jose Arul Adaikkalam  
**U11-13** Luke Boudames  
**U14-17** Sophie Munday



#### **Inglewood Athletics Club Champion – Dave Rowse Athlete of the Year**

Jack Whiteside

#### **Tapscott Sportsmanship Award**

Aleksandar Podias      Joseph Hewlett      Jaymie Thompson      Jasmine Kerpchar

#### **Coaches Award**

Chelsea Berson-Lani	Ronan Cooper	Favour Iloh	Alila Judd	Quinn Short
Jett Bishop	Jorja De Rosario	Mattie Scott	Skylah O'Driscoll	
Frederick Brockett	Rhiannan Eva	Linnea Lynch	Hannah Wilkins	

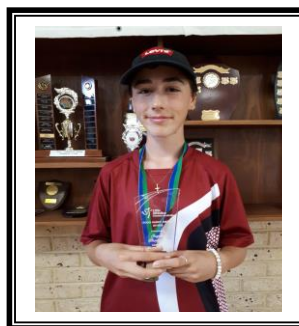
#### **8 Year LAWA Service Award**

Macy Marshall	Neve Marshall	Tui Naussedat
Mia Pappas	Ella Pyke	Sophie Rowse

**11 Year LAWA Service Award**      Eleanor Bairstow



**Doug Hancy Nominee and Winner**      Jaymie Thompson

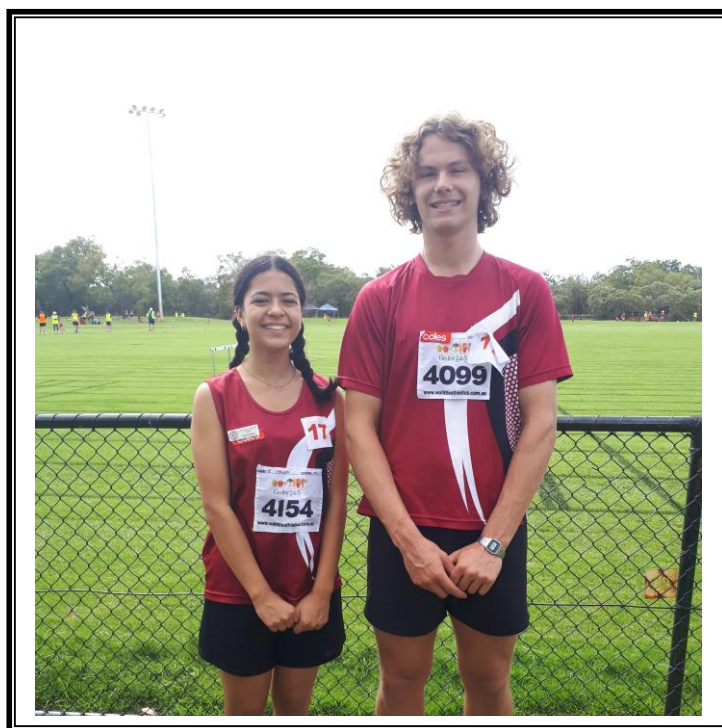


**Coles Athlete of the Year Winner**      Tyson Gent

**Little Athletics WA Athlete of the Year Nominee**      Jack Whiteside



**Centre Captains 2019/20**      Erin Carlson      Hamish Duff



### **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:

**Centre Official of the Year** – Brendan Pyke

**Centre Administrator of the Year** – Carlee Prider

**Centre Coach of the Year** – Damien Astone



## OUR VOLUNTEERS



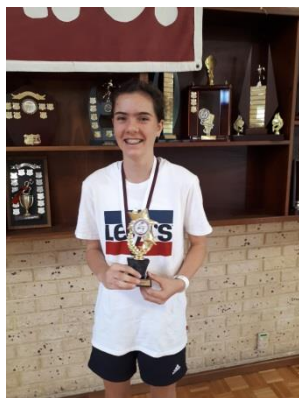
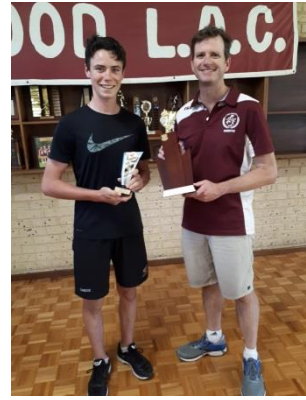


## WINDUP 2020

Our season windup and trophy presentation was a little different for 2020, as with so many things this year, but we loved seeing so many smiling faces come along to collect their well-earned awards for the 2019/20 season.







## AGE DIVISION WINNERS – 2019 / 2020

	<b>BOYS</b>		<b>GIRLS</b>
<b>U6</b>	Hunter Sardelich Declan Fatouros Aleksandar Petrovic	<b>1</b> <b>2</b> <b>3</b>	Elena Hewlett Isla Thomson Leah Omerhodzic
<b>U7</b>	Declan Thorpe-Edwards Joshua Lim Gideon Quinn-Smith	<b>1</b> <b>2</b> <b>3</b>	Alyssa Clark Hannah Batchelor Heidi Henville
<b>U8</b>	Samuele Harrison Archer Talbert Leo Astone	<b>1</b> <b>2</b> <b>3</b>	Stella Vlahos Andrea Paic Matisse Casey
<b>U9</b>	Kieran Cutress Zach Icanovski Haro Tanabe-Armstrong	<b>1</b> <b>2</b> <b>3</b>	Baylee Wong Jasmine Booth Adia Plaisted
<b>U10</b>	Tyler Wehr Charlie Johnson Jordan Gabriel	<b>1</b> <b>2</b> <b>3</b>	Mia Boudames Asha Teasdale Jasmine Duff
<b>U11</b>	Axel Walsh Campbell Wehr Bowie McCabe	<b>1</b> <b>2</b> <b>3</b>	Summer Naussedat Tayla Hadfield Leandra Van der Ross
<b>U12</b>	Luke Boudames Teoman Demir William Taboni	<b>1</b> <b>2</b> <b>3</b>	Rejoyce Iloh Zoe Lazarou Rosie Booth
<b>U13</b>	Angus Duff Hunter Lay Cameron Doyle	<b>1</b> <b>2</b> <b>3</b>	Lucy Greenwood Olivia Wolmarans Sophie Eccelston-Wirth
<b>U14</b>	Glory Iloh Tristan Bow Kade Hampson	<b>1</b> <b>2</b> <b>3</b>	Luka Teasdale Rhiannan Eva Neve McAlister
<b>U15</b>	Jack Whiteside Oscar Weston Robert Marchesi-Scott	<b>1</b> <b>2</b> <b>3</b>	Hannah Doyle Ella Pyke Maddy Booth
<b>U16/17</b>	Hamish Duff Raphael Martino Kobe Brown	<b>1</b> <b>2</b> <b>3</b>	Emma Greenwood Macy Marshall Favour Iloh



## WINTER PROGRAM – CROSS COUNTRY & ROAD WALKS

The Winter Program generally 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. 2020 saw a slightly shorter season given the challenges faced but was certainly great to see so many athletes getting involved.

### 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

In a traditional Winter Season, competitors must compete in 'more than half' of the Centre-hosted events to be eligible for State Championships of that event



### CROSS COUNTRY STATE CHAMPIONSHIPS – 2020 Medal Winners

1000m	U7G	BRONZE	Alyssa Clark
1500m	U9G	BRONZE	Jasmine Booth



### ROAD WALKS STATE CHAMPIONSHIPS – 2020 Medal Winners

1000m	U9B	SILVER	Dylan Sardelich
2000m	U14G	SILVER	Rhiannan Eva
1500m	U11G	BRONZE	Leandra Van der Ross
2000m	U15G	BRONZE	Hannah Doyle





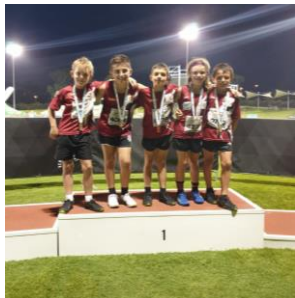
## STATE TRACK AND FIELD RELAYS CHAMPIONSHIPS 2019 - Medal Winners

### Under 9 Boys 4 x 100m – GOLD

Kieran Cutress, Nash Styles, Zach Icanovski,  
Reece Coutts, Haro Tanabe Armstrong (R)

### Under 9 Boys 4 x 200m – Silver

Kieran Cutress, Nash Styles, Zach Icanovski,  
Haro Tanabe Armstrong, Reece Coutts (R)



### Under 10 Girls Field Relay – SILVER

Jasmine Short, Sophie De Masi,  
Lucy Thomson, Mattie Scott



### Under 12 Girls 4 x 100m – SILVER

Rejoice Iloh, Caitlyn McNiff, Rosie Booth,  
Zoe Lazarou, Scarlett Gibbs (R)



### Under 12 Boys 4 x 400m – GOLD

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



### Under 13 Girls 4 x 100m - BRONZE

Ella Hickey, Emily Rivers, Lily Icanovski,  
Zoe Hooker, Mia De Masi (R)



### Under 15 Boys Field Relay – Gold

Robert Marchesci-Scott, Jack Whiteside



### Under 15 Girls 4 x 100m – BRONZE

Sophie Rowse, Ella Pyke, Grace Lote,  
Tui Naussedat, Hannah Doyle(R)



### Under 14 Girls 4 x 100m –SILVER

Aaliyah Pavey, Ilyssa Fuentes, Rhiannan Eva,  
Luka Teasdale, Neve Marshall (R)

### Under 14 Girls 4 x 400m – SILVER

Neve Marshall, Ilyssa Fuentes, Neve McAlister,  
Luka Teasdale, Rhiannan Eva (R)



## ZONES CHAMPIONSHIP MEDALS – 2020 (U7 – U8)

U7B	Lenny Brown	Vortex	SILVER	U7G	Hannah Wilkins	Discus	SILVER
		Discus	BRONZE			Vortex	SILVER
U7B	Declan Thorpe-Edwards	300m	SILVER	U7G	Alyssa Clark	70m	BRONZE
		200m	BRONZE	U8G	Stella Vlahos	100m	GOLD
U7B	Joshua Lim	100m	BRONZE			Long Jump	GOLD
		Shot Put	BRONZE			60m H	SILVER
U8B	Archer Talbert	500m	GOLD			70m	BRONZE
		200m	SILVER	U8G	Matisse Casey	Turbo Javelin	GOLD
		300m	SILVER	U8G	Violetta Dimer	500m	SILVER
		60m H	SILVER	U8G	Yumeko MacKay	Turbo Javelin	SILVER
U8B	Samuele Harrison	Turbo Javelin	GOLD	U8G	Andrea Paic	100m	BRONZE
		70m	GOLD			500m	BRONZE
		500m	SILVER				
U8B	Michael Pyle	70m	SILVER				

## WA STATE COMBINED EVENT CHAMPIONSHIPS MEDALS – 2020

U15B	Jack Whiteside	GOLD – STATE POINTS RECORD
U17B	Tyson Gent	GOLD
U12B	Euan Barker	BRONZE



## WA STATE TRACK AND FIELD QUALIFIED ATHLETES – 2020 (U9 – U17)

2020 has seen many changes in how we go about our daily life and the cancellation of many events. Unfortunately, one of the first events to be cancelled was the WA State Track and Field Championships. We wish to recognise the U9 to U15 athletes for their amazing efforts in qualifying for this event and we know the Burgundy Army will be back in force in season 2020/21.

<b>U9B</b>	Dylan Sardelich Haro Tanabe Armstrong Nash Styles Maksim Tesic Reuben Quinn-Smith	Ben Hickey Zach Icanovski Kieran Cutress Reece Coutts	<b>U9G</b>	Mirah Tunevska Baylee Wong	Jasmine Booth
<b>U10B</b>	Charlie Johnson Griffin Dadleff	Tyler Wehr	<b>U10G</b>	Jasmine Duff Amelie Harrison Mattie Scott Sophie DeMasi Alila Judd	Mia Boudames Asha teasdale Isabella Nugent Guiliette Vecchio Jasmine Short
<b>U11B</b>	Axel Walsh Kohen Adams Callan Coutts Brody Clark	Isaac Scott Campbell Wehr Miel Fuentes	<b>U11G</b>	Summer Naussedat Makady Smith Emmerson Casey Brooke Whiteside	Leandra Vander Ross Fujiko MacKay Tayla Hadfield
<b>U12B</b>	Teoman Demir Luke Boudames Ryker Knott William Taboni Aleksandar Podias	Euan Barker Ethan Vlahos Jacob Bow Fergus Reeson James Mendelawitz	<b>U12G</b>	Ellis freeman Zoe Lazarou Brooke Thompson Caitlin McNiff Rejoice Iloh Ruby Teasdale	Asha freeman Regan Smith Scarlet Gibbs Rosie Booth Grace astone Ava Henville
<b>U13B</b>	Cameron Doyle Joshua Hawes Cruz Remi	Tom Radford Angus Duff	<b>U13G</b>	Lucy Greenwood Jasmine Williams Zoe Hooker Hope Naussedat Sophie Eccleston-Wirth	Isobelle Herriot Evelyn Doyle Olivia Wolmarans Lilly Icanovski Ella Hickey
<b>14B</b>	Glory Iloh Riley Longson Jett Bishop	Kade Hampson Jesse Icanovski	<b>U14G</b>	Rhiannan Eva Luka Teasdale Neve McAlister	Ilyssa Fuentes Lily Mason Neve Marshall
<b>U15B</b>	Jack Whiteside	Robert Marchesi-Scott	<b>U15G</b>	Hannah Doyle Jaymie Thompson Grace Lote Tui Naussedat Cadence Grey	Sophie Rowse Ella Pyke Maddy Booth Shayne Andrea Burata







## PROGRAM DATES – 2020 / 2021

DATE	WEEK	SPECIAL EVENTS	PROGRAM	
			U6-7	U8-17
Mon 28 Sept		Pre-season Training Commences		
Sun Oct 11		Registration Pack Collection		
Sat Oct 17	1		1	1
Sat Oct 24	2		2	2
Sat Oct 31	3		3	3
Fri Oct 30, 31, Nov 1		<i>WA All Schools Championships</i>		
Sat Nov 7	5		4	4
Sat Nov 14	6		5	5
		AGM 2019/20		
Sat Nov 21		Saturday Twilight	6	6
Sat Nov 21 -Sun 22		<i>WA State Combine Events Championships (U11 to U17 athletes)</i>		
Sat Nov 28	7		1	1
Sat Dec 5	8		2	2
Sat Dec 12		No Competition		
Sat Dec 12		<i>State Relay Championships WA Athletics Stadium</i>		
Sat Dec 19		Christmas/New Year break		
Sat Dec 26				
Sat Jan 2				
Sat Jan 9	9	Saturday Twilight	3	3
Sat Jan 16	10	Saturday Twilight	4	4
Sat Jan 23	11	Saturday Twilight	5	5
Sat Jan 30	12		6	6
Sat Feb 6	13	Inglewood Centre Championships (U8-17 only)	1	1
Sat Feb 13	14	Inglewood Centre Championships (U6-U17)	2	2
Sat Feb 20	15	Inglewood Centre Championships (U6-U17)	3	3
Sat Feb 26- Sun 27		<i>WA Little Athletics State Championship Qualifiers (U9 to U15 athletes)</i>		
Sat Mar 6		AGM 2020/21 and Windup		
Sat Mar 13				
Fri Mar 19 Sat Mar 20 Sun Mar 21		<i>State Championships WA Athletics Stadium</i>		

## SUMMER PROGRAM EVENTS 2020 / 2021

PROGRAM 1	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	Long Jump (1m mat)	Long Jump (1m mat)	100 m	High Jump (Scissors)	High Jump (Scissors)	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)	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	200 m	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m
						Long Jump	Long Jump	Long Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
PROGRAM 2	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	70 m	70 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
	Shot Put (1kg)	Shot Put (1kg)	Turbo Javelin	Turbo Javelin	Turbo Javelin	Javelin (400g)	Javelin (400g)	Javelin (400g/600g)	Javelin (400g/600g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)
	100 m	100 m	400 m	400 m	400 m	400 m	400m	400m	400m	400m	400m	400m
	Vortex	Vortex	Long Jump (1m mat)	Long Jump (0.5m mat)	Long Jump (0.5m mat)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Long Jump	Long Jump	Long Jump	Long Jump
		300 m Pack							Novelty			
PROGRAM 3	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	100m	200m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m
	60m H (20cm)	60m H (30cm)	500 m Pack	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m	800 m
	Discus (350g)	Discus (350g)	70m	70m	70m	Triple Jump	Triple Jump	Triple Jump	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)
	Long Jump (1m mat)	Long Jump (1m mat)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (500g)	Discus (750g)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)
								200m H (68cm)	200m H (76cm)	300m H (76cm)	300m H (76cm)	300m H (76cm)



## SUMMER PROGRAM EVENTS 2020 / 2021

PROGRAM 4	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	Long Jump (1m mat)	100m	100 m	High Jump (Scissors)	High Jump (Scissors)	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m	1500 m
	Vortex	Vortex	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)
	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)
	70 m	70 m	200m	200m	200 m	200 m	200 m	200 m	200 m	200 m	200 m	200 m
		300m Pack				Long Jump	Long Jump	Long Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
PROGRAM 5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	60m H (20cm)	60m H (30cm)	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
	100m	200m	Turbo Javelin	Turbo Javelin	Turbo Javelin	Javelin (400g)	Javelin (400g)	Javelin (400g/600g)	Javelin (400g/600g)	Javelin (500g/700g)	Javelin (500g/700g)	Javelin (500g/700g)
	Discus (350g)	Discus (350g)	400 m	400 m	400 m	400 m	400m	400m	400m	400m	400m	400m
	Long Jump (1m mat)	Long Jump (1m mat)	70m	70m	70m	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	Long Jump	Long Jump	Long Jump	Long Jump
									Novelty			
PROGRAM 6	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
	70m	70m	100m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m	100 m
	100m	100m	500m 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)	Discus (500g)	Discus (500g)	Discus (500g)	Triple Jump	Triple Jump	Triple Jump	Discus (1kg)	Discus (1kg)	Discus (1kg)	Discus (1kg/1.5kg)
	Vortex	Vortex	Long Jump (1m mat)	Long Jump (0.5m mat)	Long Jump (0.5m mat)	Discus (500g)	Discus (500g)	Discus (750g)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)	High Jump (Flop)
		300m Pack						200m H (68cm)	200m H (76cm)	300m H (76cm)	300m H (76cm)	300m H (76cm)

## INGLEWOOD SENIOR ATHLETES - MEDALISTS AT ATHLETICS WA STATE CHAMPS 2020

U14B	Tom Radford	400m	SILVER	U14G	Rejoice Iloh	200m	BRONZE
U15B	Glory Iloh	Long Jump	SILVER	U16G	Tui Naussedat	100m	SILVER
		200m	SILVER			200m	SILVER
	Kade Hampson	Shot Put	SILVER			90m H	BRONZE
U16B	Robert Marchesi-Scott	Shot Put	GOLD		Cadence Grey	Shot Put	BRONZE
	Jack Whiteside	Javelin	GOLD	U17G	Emily Purcell	Triple Jump	GOLD
		High Jump	GOLD	U18G	Kaitlin Billing	Triple Jump	GOLD
		Discus	SILVER	U20G	Tanika Lockley	Triple Jump	BRONZE
U18B	Tyson Gent	Triple Jump	GOLD				
		200m	SILVER				
Open	David Newburn	Long Jump	BRONZE				
		Triple Jump	BRONZE				

## WESTERN AUSTRALIAN ALL SCHOOL CHAMPIONSHIPS 2019 INGLEWOOD ATHLETE MEDALISTS

U14B	Glory Iloh	Triple Jump	GOLD	U14G	Ilyssa Fuentes	Triple Jump	SILVER
		90m H	GOLD			Long Jump	BRONZE
	Kade Hampson	Shot Put	BRONZE	U16G	Hannah Doyle	3000m Walk	BRONZE
U16B	Robert Marchesi-Scott	Shot Put	GOLD				
		Hammer Throw	GOLD				
		Discus	BRONZE				
	Jack Whiteside	Javelin	SILVER				
		High Jump	SILVER				
		Discus	SILVER				
U16B	Kobe Brown	100m H	GOLD				
U18B	Tyson Gent	High Jump	BRONZE				

## NATIONAL ALL SCHOOLS CHAMPIONSHIPS PERTH 2019

Ilyssa, Hannah, Ella, Glory, Kade, Jack, Robert, Kobe, Hamish, Tyson went on to compete at the national championships held in Perth in December 2019

U14B	Glory Iloh	90m H	SILVER
		Triple Jump	BRONZE
U16B	Kobe Brown	100m H	SILVER



## 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

### U15 Multi Events State Representatives:

1988	Karen Henson, Ralph Bourn, Gabriella D'Agostino
1989	Kristy French, Justine Yeo, Paul Jarvis
2006	Jessica Shea
2020	Jack Whiteside

### 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	Ileesha Caton, Jason Nazareth, Lucie Martino
2015	Ileesha Caton, Clarissa Luk, Ella Manso-Vukovich
2016	Francesca Martino, Michael Le
2017	Francesca Martino
2019	Hannah Doyle
2020	No championships held



## BOYS RECORDS BROKEN – 2019 / 2020

Age Group	Event	Athlete	Date	New Record
U9B	70m	Zach Icanovski	22 Feb 2020	10.15
U11B	80m Hurdles	Axel Walsh	23 Nov 2019	14.42 (Inaugural)
U12B	80m Hurdles	Euan Barker	22 Feb 2020	13.46 (Inaugural)
U12B	Shot Put 2kg	Teoman Demir	11 Jan 2020	9.64m
U12B	Shot Put 2kg	Teoman Demir	1 Feb 2020	11.32m
U14B	90m Hurdles	Glory Iloh	25 Jan 2020	12.95
U14B	Triple Jump	Glory Iloh	25 Jan 2020	11.93m
U15B	Javelin 700g	Jack Whiteside	26 Oct 2019	44.90m
U15B	Javelin 700g	Jack Whiteside	16 Nov 2019	45.27m
U15B	Javelin 700g	Jack Whiteside	18 Jan 2020	52.87m
U15B	300m Hurdles	Jack Whiteside	11 Jan 2020	43.40
U15B	Shot Put 4kg	Robert Marchesi-Scott	9 Nov 2019	16.21m
U15B	Discus 1kg	Robert Marchesi-Scott	13 Dec 2019	56.16m
U16B	300m Hurdles	Kobe Brown	9 Nov 2019	42.70
U16B	300m Hurdles	Kobe Brown	29 Feb 2020	42.20
U17B	Shot Put 5kg	Hamish Duff	29 Feb 2020	12.36m
U17B	300m Hurdles	Hamish Duff	30 Nov 2019	46.60
U17B	300m Hurdles	Hamish Duff	1 Feb 2020	46.20
U17B	300m Hurdles	Hamish Duff	29 Feb 2020	45.40
U17B	Triple Jump	Tyson Gent	12 Oct 2019	13.26m
U17B	100m	Tyson Gent	9 Nov 2019	11.44
U17B	Long Jump	Tyson Gent	9 Nov 2019	6.51m
U17B	200m	Tyson Gent	22 Feb 2020	23.20 (Equal)

## GIRLS RECORDS BROKEN – 2019 / 2020

Age Group	Event	Athlete	Date	New Record
U10G	Turbo Javelin	Lucy Thomson	7 Dec 2019	14.08m
U10G	Turbo Javelin	Jasmine Short	18 Jan 2020	15.66m
U10G	800m	Jasmine Duff	29 Feb 2020	2:49.60
U11G	Discus 500g	Emmerson Casey	12 Oct 2019	18.95m
U11G	Discus 500g	Fujiko MacKay	2 Nov 2019	20.12m
U11G	Discus 500g	Emmerson Casey	23 Nov 2019	20.46m
U11G	Discus 500g	Emmerson Casey	13 Dec 2019	22.02m
U11G	High Jump Fosbury	Summer Naussedat	22 Feb 2020	1.33m
U11G	80m Hurdles	Summer Naussedat	22 Feb 2020	15.15 (Inaugural)
U12G	80m Hurdles	Rejoice Iloh	25 Jan 2020	14.29 (Inaugural)
U14G	Triple Jump	Ilyssa Fuentes	22 Feb 2020	10.89m
U15G	300m Hurdles	Hannah Doyle	9 Nov 2019	53.70
U15G	300m Hurdles	Tui Naussedat	30 Nov 2019	50.50
U16G	400m	Macy Marshall	26 Oct 2019	1:04.60
U16G	400m	Macy Marshall	16 Nov 2019	1:03.30
U16G	400m	Macy Marshall	7 Dec 2019	1:02.30
U16G	400m	Macy Marshall	7 Mar 2020	1:01.90
U16G	800m	Macy Marshall	19 Oct 2019	2:35.60
U16G	800m	Macy Marshall	29 Feb 2020	2:30.70
U16G	Shot Put 3kg	Favour Iloh	29 Feb 2020	9.17m

## INGLEWOOD LITTLE ATHLETIC CENTRE RECORDS – GIRLS

### 60m Mini Hurdles (300mm)

U/7	G Awidi	11.20	10/12/2016
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### 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/11	S Naussedat (ING)	15.15	22/02/2020
U/12	R Iloh (ING)	14.42	23/11/2019
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
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### 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	T Naussedat (ING)	50.50	30/11/2019
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

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

**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
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**400 metres**

U/7	<i>S Notley (D)</i>	<i>1:30.50</i>	<i>30/11/2013*</i>
U/8	<i>E Doyle (ING)</i>	<i>1:22.90</i>	<i>14/02/2014*</i>
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	M Marshall (ING)	1:01.90	07/03/2020
U/17	J Emery (ING)	1:05.50	28/11/2015



<b>500 metres</b>				
U/8	S Naussedat (ING)	1:50.20	16/12/2016	
<b>800 metres</b>				
U/9	I Hanratty (ING)	2:57.40	18/02/2017	
U/10	J Duff (ING)	2:49.60	29/02/2020	
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	M Marshall (ING)	2:30.70	29/02/2020	
U/17	K Bond (ND)	2:34.90	22/02/2014	
<b>1500 metres</b>				
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	
<b>300 metre Walk</b>				
U/8	E Freeman (ING)	1:36.20	14/01/2017	
<b>500 metre Walk</b>				
U/7	A Lazarus (Y)	3:07.70	22/11/2008*	
U/8	S Kessel (Y)	2:58.20	09/03/2002*	
<b>700 metre Walk</b>				
U/9	E Nelson (D)	3:54.40	19/11/2005	
<b>1100 metre Walk</b>				
U/10	L Biagioni (M)	5:25.40	10/03/2001	
U/11	L Biagioni (M)	5:13.20	15/02/2002	
<b>1500 metre Walk</b>				
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	
<b>High Jump – Scissors</b>				
U/7	J Armenti (M)	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	T Ngaia (Y)	1.27	25/11/2000*	

**High Jump - Fosbury Flop**

U/11	S Naussedat (ING)	1.33	22/02/2020
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>	<i>5.61</i>	<i>12/01/2008*</i>
U/8	<i>K Bent (ND)</i>	<i>7.90</i>	<i>04/12/1993*</i>
U/9	<i>K Bent (ND)</i>	<i>8.43</i>	<i>29/10/1994*</i>
U/10	<i>K Bent (ND)</i>	<i>9.00</i>	<i>09/12/1995*</i>
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	I Fuentes (ING)	10.89	22/02/2020
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
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**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	E Casey (ING)	22.02	13/12/2019

**Discus (750g)**

U/11	<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

<b>Discus (1kg)</b>				
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	
<b>Vortex</b>				
U/7	K Mencshelyi (ING)	12.49	25/11/2017	
<b>Turbo Javelin</b>				
U/7	<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	J Short (ING)	15.66	18/01/2020	
<b>Javelin (400g)</b>				
U/10	<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	
<b>Javelin (500g)</b>				
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	
<b>Javelin (600g)</b>				
U/14	<i>A Plowicz (M)</i>	<i>29.95</i>	<i>15/02/1986*</i>	
U/15	<i>C Pollock (M)</i>	<i>31.98</i>	<i>09/02/1989*</i>	
U/16	<i>S Eastabrook (Y)</i>	<i>25.92</i>	<i>29/01/2005*</i>	
U/17	<i>N Chard (M)</i>	<i>24.41</i>	<i>03/02/2001*</i>	
<b>Shot Put (1kg)</b>				
U/7	D Stack (M)	7.41	12/02/2011	
<b>Shot Put (1.5kg)</b>				
U/8	N McCallum (M)	6.46	20/02/1993	
<b>Shot Put (2kg)</b>				
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	
<b>Shot Put (3kg)</b>				
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	F Iloh (ING)	9.17	29/02/2020	
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
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**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/11	A Walsh (ING)	14.42	23/11/2019
U/12	E Barker (ING)	13.46	22/02/2020
U/13	G Ramsay (Y)	13.20	2002/2003

**90m Hurdles**

U/14	G Iloh (ING)	12.95	25/01/2020
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**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
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**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	J Whiteside (ING)	43.40	11/01/2020
U/16	K Brown (ING)	42.20	29/02/2020
U/17	H Duff (ING)	45.40	29/02/2020

**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	Z Icanovski (ING)	10.15	22/02/2020
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	T Gent (ING)	11.44	09/11/2019

**150 metres**

U/7	<i>A Di Placido (M)</i>	27.30	13/02/2005*
U/8	<i>M Leask (ND)</i>	23.70	21/02/1998*
U/9	<i>C Littke (M)</i>	23.80	13/03/2004*
U/10	<i>S Hille (D)</i>	23.40	04/02/2006*
U/11	<i>T Kaplan (Y)</i>	22.50	20/11/2004*
U/12	<i>A Phillimore (D)</i>	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
	T Gent (ING)	23.20	22/02/2020

**300 metres**

U/7	Z Icanovski (ING)	57.60	10/02/2018
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**400 metres**

<i>U/7</i>	<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
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**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
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**500 metre Walk**

<i>U/7</i>	<i>C Lloyd (ND)</i>	<i>3:00.30</i>	<i>04/12/1999*</i>
<i>U/8</i>	<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
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**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



**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	T Gent (ING)	6.51	09/11/2019

**Triple Jump (Standing Start)**

<i>U/7</i>	<i>R Pasitoo (D)</i>	<i>6.55</i>	<i>07/02/2009*</i>
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**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	G Iloh (ING)	11.93	25/02/2020
U/15	P Nelson (ND)	12.45	15/02/1997
U/16	P Nelson (ND)	13.28	14/02/1998
U/17	T Gent (ING)	13.26	12/10/2019

<b>Discus (350g)</b>				
U/7	M Bent (D)	18.66	18/02/1995	
<b>Discus (500g)</b>				
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	
<b>Discus (750g)</b>				
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	
<b>Discus (1kg)</b>				
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	R Marchesi-Scott (ING)	56.16	13/12/2019	
U/16	J Dib (ND)	45.10	06/11/2010	
<b>Discus (1.5kg)</b>				
U/17	S Dainton (ND)	32.85	18/11/2000	
<b>Vortex</b>				
U/7	D Pyle	26.03	03/02/2017	
<b>Turbo Javelin</b>				
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	
<b>Javelin (400g)</b>				
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	
<b>Javelin (600g)</b>				
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>	
<b>Javelin (700g)</b>				
U/15	J Whiteside (ING)	52.87	18/01/2020	
U/16	J Dib (ND)	42.23	13/11/2010	
U/17	N Das Gupta (ND)	52.80	20/02/2003	
<b>Shot Put (1kg)</b>				
U/7	C Farfan (ING)	7.21	07/02/2014	

**Shot Put (1.5kg)**

U/8	S Papalazaros (S)	8.20	14/12/1982
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**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	T Demir (ING)	11.32	01/02/2020

**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	R Marchesi-Scott (ING)	16.21	09/11/2019
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	H Duff (ING)	12.36	29/02/2020

*\* Records have been archived due to specification changes.*

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



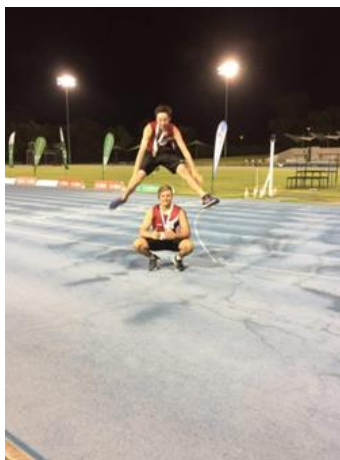
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## RULES OF COMPETITION – ATHLETICS WEST 2020/2021 RELEASE

These can be accessed via our website [www.inglewoodlac.com.au](http://www.inglewoodlac.com.au) or Team App (Inglewood LAC)



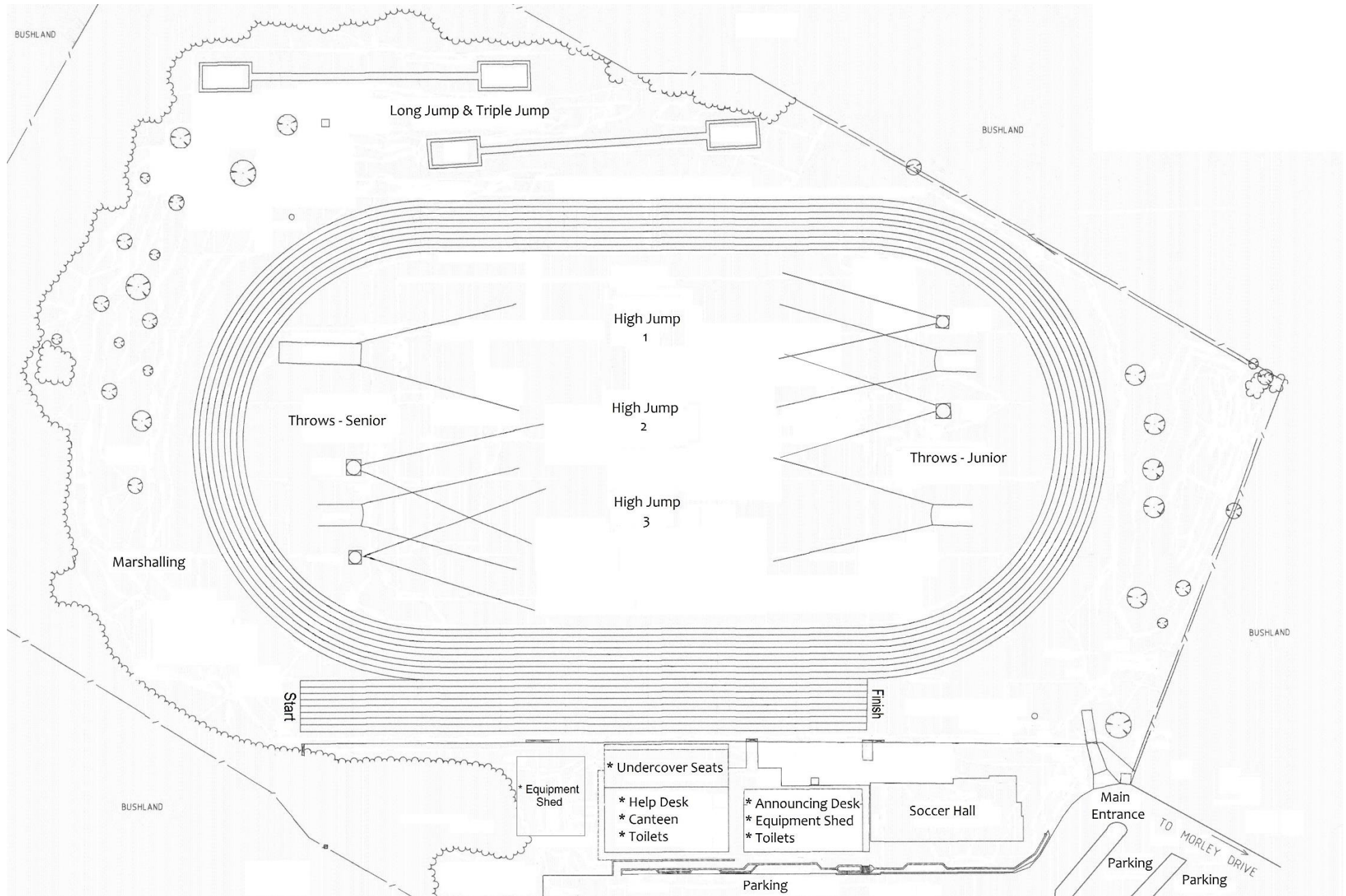


# ATHLETICS WEST LITTLE ATHLETICS EQUIPMENT SPECIFICATIONS FOR EVENTS – 2020 / 2021

Little Athletics Program Events and Equipment Specification Summary 2020 - 2021 By Age

	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	*3	*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 – 2020 / 2021

Age	Birth Year
U17	2004
U16	2005
U15	2006
U14	2007
U13	2008
U12	2009
U11	2010
U10	2011
U9	2012
U8	2013
U7	2014
U6	2015

Minimum Age: Our youngest competitors must have been born on or before 31 December 2015, i.e. the child's birthday must be within the grid above.

Athletes must compete only in their age/gender group.



## NOTES AND AUTOGRAPHS

## NOTES AND AUTOGRAPHS



PARTNERS OF ATHLETICS WEST



**ATHLETICS WEST**



Department of  
**Sport and Recreation**



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