Track and Field Handbook 2018

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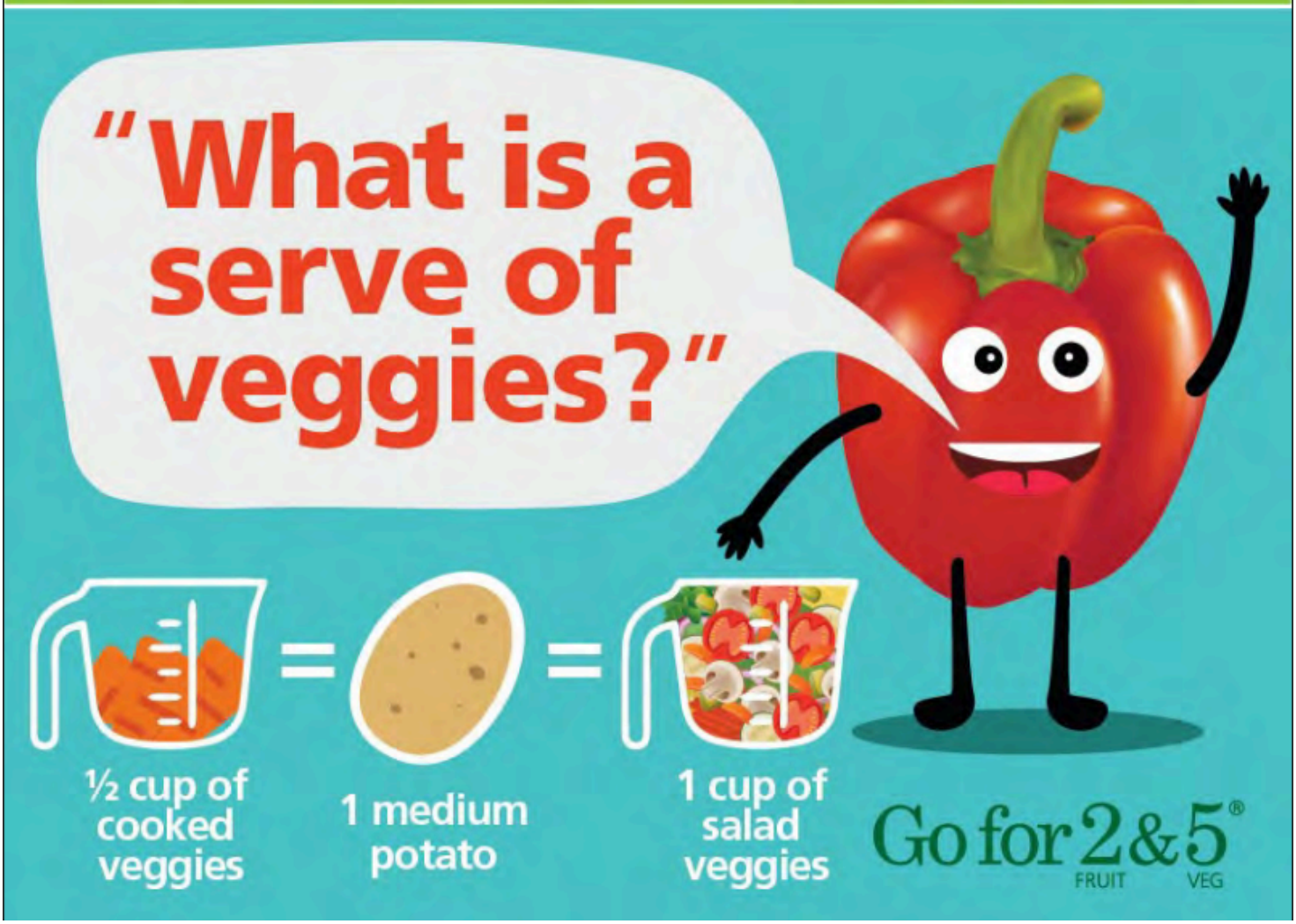
"What is a serve of fruit?"
1 Medium piece
2 small pieces
1 cup of chopped canned fruit
Go for 2&5®
FRUIT
VEG


"What is a serve of veggies?"
½ cup of cooked veggies
1 medium potato
1 cup of salad veggies
Go for 2&5®
FRUIT
VEG

PRESIDENT'S WELCOME

Welcome to the 2018 season for the Ashburton Little Athletics Centre. It seems like just yesterday that we where busy preparing for last years season. I'd like to make a personal thank you to all those athletes who joined us last year for our first season, Ashburton Little Athletics Centre was the first new centre to join the Little Athletics WA community in five years!

Last year was a fantastic group effort from all our small committee to our parent helpers who all helped make the season run as smooth as possible. And once our season had ended there was the country championships in Bunbury in January where we had three athletes compete also the state championships in Perth in which one athlete competed. The country championships are open to all athletes and it will be held in January again this year so if your down south (location not yet confirmed) during the school holidays I'd encourage your athletes to attend as its a fantastic 3 day event with around 300 athletes competing. The state championships require athletes to qualify and entry numbers are limited so just being able to qualify for this event is a massive achievement in itself!

So onto this year, Im extremely please to have two new major sponsors onboard - Emerald Beaute and Tasman Power - thanks for your support, we are so very grateful. New things this year, we are introducing Tiny Tots (3 and 4 year olds) as a regular program to our sport this year, the first centre in WA to offer this. Tiny Tots will not be as structured as the U6+ age groups but will be focused on game play to develop some of the basic skill required for athletics. A North West Championship in August is also on the cards to be held in Karratha - exact dates are not yet confirmed however I expect I'll be able to provide details soon. This will be an open event for the centres in Karratha, Hedland, Newman and Broome. This is a first for the North-West centres and I'd love to see as many of our athletes attend as possible!

The sport of little athletics does require the help of parents to run smoothly, so please help us out where you can as our committee cannot do all the jobs each week as there simply isn't enough of us. Have a fantastic season!! Please see our website for more updated information on any of the contents of this handbook.

https://ashburtonlac.tidyhq.com

Shane Scott - President Ashburton LAC

EB
Emerald Beaute
Perfection is priceless
0427 909 402
georginaflemming@gmail.com

THE STRUCTURE OF LITTLE ATHLETICS

CLUB

Committee is drawn from parents of member children or other interested adults. ALAC does not operated with clubs however many other metropolitan Centres are comprised of smaller regional clubs.

CENTRE

Group of clubs in an area, competing together. Centre Executive elected by the clubs, and responsible to the clubs and Association. Centre's conduct meetings of Club Delegates. ALAC has an elected management committee.

ZONE

Group of Centre's in an area. Conducts heats and quarter-finals of State Track &Field Championships.

STATE

State body controlled by an elected Board of Management. Quarterly meetings attended by 2 Delegates from each centre. The executive officer carries out management of the Association.

LAA

National body controlled by a board consisting of an LAA Executive and the Chairman/President of each association state. The CEO carries out the management of the Nation body.

Association, either directly or through sponsors provides:

1. Accident insurance, injury insurance and public liability(for athletes, officials and helpers)
2. Registration numbers, age group and session tags.
3. A wide range of educational, social and athletic events.

LAWA West Australian Little Athletics Inc Contacts Office: 15 Harrogate St, Leederville 6007

Phone: 9388 2339 Fax: 9388 2340

Web: **www.littleathletics.com.au**

then choose WA region

REGISTRATION

ALAC requires all athletes to be registered for the current season of competition.

Full details of dates for registration days, online registration and costs per athlete can be found on the Centre website www.ashburtonlac.tidyhq.com

Tiny Tots are 3 - 5yrs

At ALAC we have U6 – U17 age groups. The age group is determined by the age your child is on January 1st i.e. if they are 9 years of age on January 1st then they are in the U10's. Children must have turned 5 by December 30th in order to register for U6's. Children must compete in their own age-group.

INSURANCE

The registration fees include an insurance levy for accidents, injury and public liability. The insurance is taken out on behalf of all Centres by the National Body and provides cover for registered athletes, coaches and others helping in an official capacity, either at official Centre training or at competition or at any Centre sanctioned event.

In order to be covered, certain conditions must be met. For further details, you should contact the Centre Secretary. In the case of an accident, claim or potential claim, the appropriate form must be completed and submitted to the Centre Secretary without delay. Forms are available from the Centre Secretary.

NO UNREGISTERED ATHLETES CAN TRAIN OR COMPETE AT MINNA OVAL

It is stressed that all officials, parents and athletes must be aware of the insurance cover requirements before taking part in Little Athletics activities.

ABOUT ALAC

The Centre

Our aim at ALAC is to provide a fun, safe environment in which all our little athletes are encouraged to strive to achieve their best in a full range of athletic events. At ALAC the emphasis is on Family, Fun and Fitness and to be Your Best.

Training & Competition

ALAC is based at Minna Oval in Tom Price. Training is held Wednesdays with the Centre competition on Sunday afternoons. There are also several special events during the season mostly held at the State Athletics Stadium, at which ALAC athletes compete against other centres.

We run on a 3 week competition and parent roster system i.e. Week 1 and Week 2 rotation. All our event calendars, competition calendars and parent rosters are available on the website.

Parent Support

Little Athletics is a Family sport and cannot operate without Parent involvement. A parent or guardian must remain at the centre whilst their child is participating in the activities. During the meets, our Centre requires chaperones for each group to supervise athletes, officials to conduct the events and helpers to carry out tasks, such as, measuring and raking jumping pits. Kids love to see their parents helping out. All our parents are required to do a parent roster, which is approximately 2 hours once a fortnight. There are no exceptions to this rule. Each competition day we require:

6x group helpers (3 for each group)

4x Setup/Walk Judges/Hurdles helpers

The centre will create a roster for parent help. It is your duty to arrange a suitable replacement if you cannot attend. Please contact us if you have a selection of dates that you cannot do.

Keeping Informed

Our members can stay informed by checking on our website and also checking out our Facebook page

Our handbook which will have all our information you need to know about our centre, competition, training, and contact information. It will be available on our website. We will also have a newsletter which will be emailed to parents during the season.

Coaches

Our coaches for 2018 are Kylie Scott and Shane Scott.

Results

Log directly into Results HQ to see your results.

ALAC Centre Policies

All of our centre policies are listed on our website.

Uniforms

Tiny Tots Uniforms: Supplied shirt, comfortable shorts and running shoes.

The ALAC uniform consists of orange/gold/blue singlet and black shorts. Athletes are required to wear full uniform to each competition day. Uniforms do not need to be worn to training. The ALAC Competition singlet must have registration number and age tag affixed to it. Every athlete shall be provided with a registration bib, age group number and sponsor patch which, during the competition, shall be worn as follows:

a. Registration number must be affixed to the front of the uniform top.
b. Name and Centre must be printed and clearly visible for identification purposes.
c. Age group tag shall be worn on the upper left of the uniform top.
d. Sponsor patch (Coles badge) shall be worn on the upper right side of the uniform top.

1.Printed registration bibs will include the age group number.
2.All bibs, tags and patches shall be secured to the uniform top by an appropriate means

eg: sewn, pinned, Velcro etc.

3.No athlete shall be permitted to take part in any competition without displaying the appropriate tags and patches.

4.Lost or forgotten tags or patches may be purchased for a nominal fee.

5.If an athlete does not follow this rule and:

1.Refuses the direction of the relevant Referee to comply; or

2.Participates in the competition, they may be disqualified.

6.Specific registration bibs may be supplied for a competition where specific sponsorship arrangements exist.

ALAC COMMITTEE 2018

The Committee is responsible for the running of the Centre. Committee members are elected each year at the AGM.

POSITION	NAME	EMAIL
President	Shane Scott	president.ashburtonlac@mail.tidyhq.com
Secretary	Dee Chapman	secretary.ashburtonlac@mail.tidyhq.com
Treasurer	Sharon Janssen	treasurer.ashburtonlac@mail.tidyhq.com
Registrar		registrar.ashburtonlac@mail.tidyhq.com
Computer Data/Records	Kylie Scott	recorder.ashburtonlac@mail.tidyhq.com
Arena Manager		arenamanger.ashburtonlac@mail.tidyhq.com
Setup & Equipment Manager	Vacant	
Coaching Co-Ordinator		coach.ashburtonlac@mail.tidyhq.com
Publicity & Sponsorship Manager	Sonia Powell	sponsorship.ashburtonlac@mail.tidyhq.com
Uniform Manager	Rebecca Dempsey	uniforms.ashburtonlac@mail.tidyhq.com

Centre Contact : Our postal address is : PO Box 1Tom Price 6751

E-mail: committee.ashburtonlac@mail.tidyhq.com

Mobile: 0488 546 109

ALAC CODE OF ETHICS

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.

• Wear your centre colours with pride. When you wear your uniform you represent the Centre. Be proud of who you are.

Parents & Spectators

• Remember children participate in sport for their enjoyment not yours.

• Encourage children to participate, do not force them.

• Focus on the child's efforts and performance rather than winning or losing.

• Influence children to always play by the rules and to settle disagreements without resorting to hostility, violence or abuse.

• Never ridicule or yell abuse at a child for making a mistake or losing at competition.

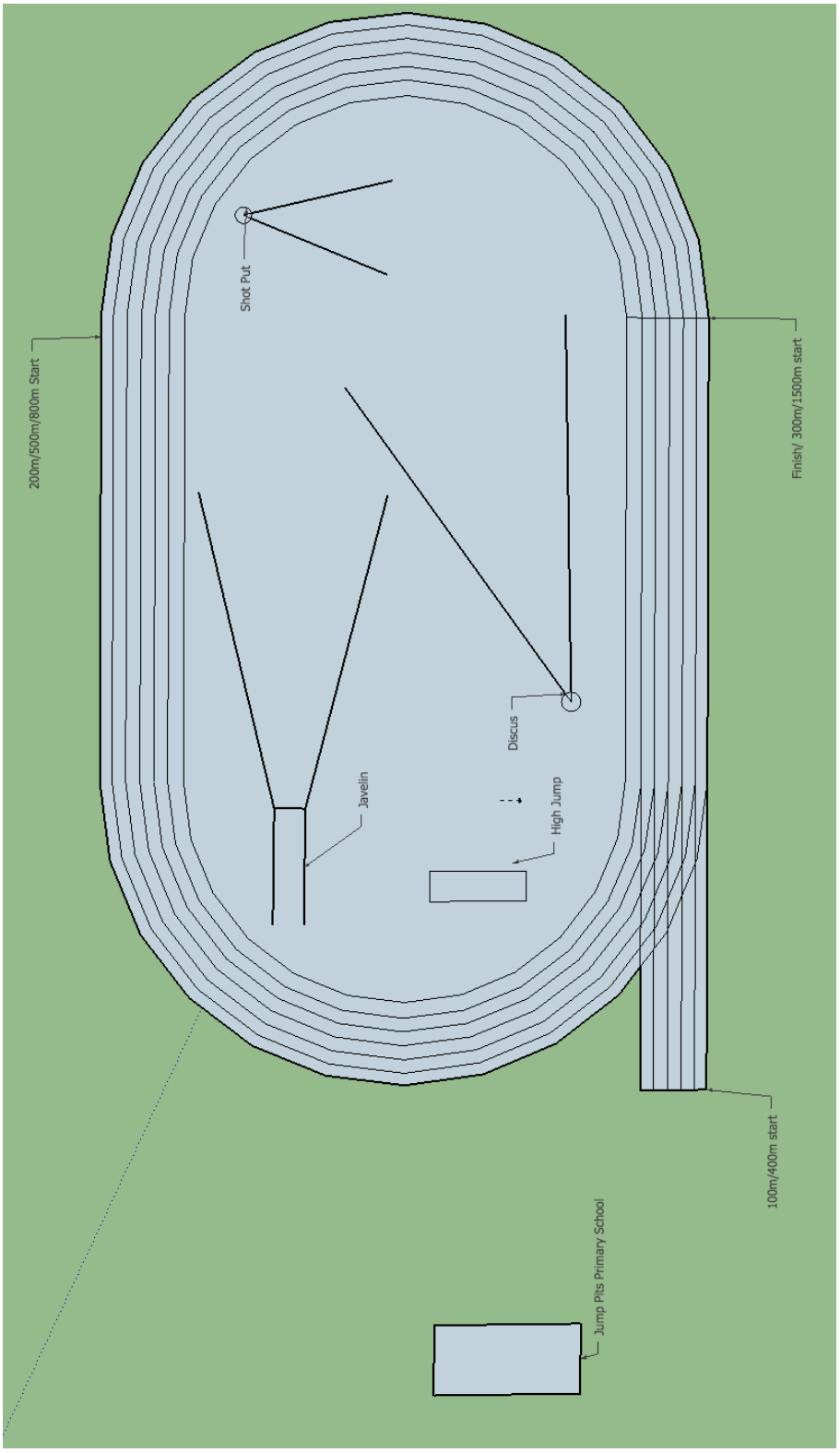
• Never threaten or use violence against another person. Verbal abuse/provocation of athletes, volunteers or spectators is not acceptable.

• Respect officials' decisions and teach children to do likewise.

• Show appreciation to and join in as a volunteer. Without them your child would not be able to compete.

• Respect the rights dignity and worth off everyone regardless of their gender, ability and cultural or religious background

MINNA OVAL ATHLETICS TRACK



2018 TRAINING NIGHTS

Training is on Wednesday afternoons 3 - 4:30pm.

ALAC EVENTS FOR EACH AGE GROUP 2018

U/6	U/7	U/8	U/9	U/10	U/11
70m	70m	70m	70m	70m	100m
100m	100m	100m	100m	100m	200m
60m mini hurdles	200m	200m	200m	200m	400m
Long Jump	300m	500m	400m	400m	800m
Shot Put	60m mini hurdles	700m Walk	800m	800m	1500m
Discus	Long Jump	Long Jump	700m Walk	1100m Walk	1100m Walk
Vortex	Shot Put	High Jump	Long Jump	Long Jump	Long Jump
200m	Discus	Shot Put	High Jump	High Jump	High Jump
300m	Vortex	Discus	Shot Put	Shot Put	Shot Put
		Turbo Javelin	Discus	Discus	Discus
		60m Hurdles	Turbo Javelin	Turbo Javelin	Javelin
			60m Hurdles	60m Hurdles	60m Hurdles
U/12	**U/13**	**U/14**	**U/15**	**U/16**	**U/17**
100m	100m	100m	100m	100m	100m
200m	200m	200m	200m	200m	200m
400m	400m	400m	400m	400m	400m
800m	800m	800m	800m	800m	800m
1500m	1500m	1500m	1500m	1500m	1500m
1500m Walk	1500m Walk	1500m Walk	1500m Walk	1500m Walk	1500m Walk
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump	Triple Jump
High Jump	High Jump	High Jump	High Jump	High Jump	High Jump
Shot Put	Shot Put	Shot Put	Shot Put	Shot Put	Shot Put
Discus	Discus	Discus	Discus	Discus	Discus
Javelin	Javelin	Javelin	Javelin	Javelin	Javelin
60m Hurdles	80m Hurdles	90m Hurdles	100m Hurdles	100m Hurdles	100m Hurdles
	200m hurdles	200m hurdles	300m Hurdles	300m Hurdles	300m Hurdles

ALAC 2018 COMPETITION CALENDER

Date	Day	Type	Where	Program
6th May	Sunday	ALAC	Minna Oval	1
13th May	Sunday	ALAC	Minna Oval	2
20th May	Sunday	ALAC	Minna Oval	3
27th May	Sunday	ALAC	Minna Oval	1
10th June	Sunday	ALAC	Minna Oval	2
17th June	Sunday	ALAC	Minna Oval	3
24th June	Sunday	ALAC	Minna Oval	1
22nd July	Sunday	ALAC	Minna Oval	2
29th July	Sunday	ALAC	Minna Oval	3
5th August	Sunday	ALAC	Minna Oval	1
12th August	Sunday	ALAC	Minna Oval	2
19th August	Sunday	ALAC	Minna Oval	3
26th August	Sunday	ALAC PB Championship	Minna Oval	1
2nd September	Sunday	ALAC PB Championship	Minna Oval	2
9th September	Sunday	ALAC PB Championship	Minna Oval	3
16th September	Sunday	ALAC Presentation & AGM	Minna Oval	
November	Sunday	Bravehearts Challenge	WA Athletics Stadium	State
January (TBC)	Saturday & Sunday	Country Champioships	(TBC)	State
December	Sunday	State Relay Champs	WA Athletics Stadium	State
March	Saturday & Sunday	State Zones Championships	(TBC)	State
March	Saturday & Sunday	State Track & Field Championships	WA Athletics Stadium	State

Possible North West Championship to be held this season in Karratha in August.

TINY TOTS

This program is for three (3) and four (4) year old.
The Tiny Tots program has a dedicated coach - who runs a play based training program. The session runs for an hour each Sunday from 2:30 - 3:30pm. Play activities will include a throw activity, jump activity and lots of running (maximum distance is 60m). Imaginative play is used to generate enthusiasm and develop skills. Tiny Tots' activities do not include times, places or measurements.
A parents are required to stay and encourage their child.
Little athletes in the Tiny Tot program all receive a medal at the presentation day. They do not participate in activities outside our centre.

CENTRE COMPETITION

Our Centre competition runs on a Roster 1,Roster 2 and Roster 3 program. Our athletes are encouraged to participate in all events on each competition program. The competition program is also available on our website.

Arena Manager

The Arena Manager Is responsible for the overall running of our competition afternoon meets. The Arena Manager will determine any schedule changes, verify records and be called on to settle any disputes or issues during a competition.

TASMAN
POWER
EC 008378

RULES OF CENTRE COMPETITION

COMPETITION – GENERAL

Athletes will compete in their correct age group. Their age on 1st October determines in which group they will compete.

- All competitors must be registered
- All athletes must wear correct Centre uniform for all meets and competitions.
- White tee shirts are permitted to be worn under the Centre singlet for skin protection.
- Shoes must be worn for all events. (See additional information below).
- Consent of the Arena Manager is required for any departure from the rules.
- On completion of a track event, competitors are requested to remain in the order requested by the finish marshal.
- Misbehaviour may result in an athlete's disqualification from an event or a period of suspension.
- Hurdles erected on meet days are for competition use only.
- Competitors are to remain off all high jump mats when not competing.
- The Arena Manager has overall control of the competition, with the power to cancel an event or change a starting time.
- Athletes may not cross the centre of the arena unless accompanied by a coach.

TRACK EVENTS

- Lanes will be used for all events up to and including 400m.
- Lanes are to be used for the first 100m of an 800m race.
- All other distance events will start off a curved line.

- At the start or at any time during a race, an athlete must not cut in so that they interfere with, or in any other way cause another competitor to change their speed or direction.

- In lane events, competitors must not run outside their allotted lane, or on the inside line of their lane.

STARTING PROCEDURE

The starting command for all races up to and including 400m is"ON YOUR MARKS, SET, GO" (on ring the gun).

For distances over 400m and for all walks, the command is "ON YOUR MARKS, GO" (on ring the gun).

A FALSE START is indicated by ring a second shot from the starting pistol.

WEARING OF SPIKES – LAWA CODE OF SAFETY

See Page for the LAWA Footwear Rules.

Spikes should be carried with soles facing each other to prevent risk of accidental injury.

Spikes should be donned prior to an event after the athlete has been marshalled for that event, and must be immediately removed upon completion of the event, before leaving the track or eld site. Failure to observe this rule may result in disqualification.

An athlete who does not exercise care when wearing spikes may be disqualified from wearing spikes. Also, the relevant performance(s) of the athlete may be ruled invalid.

RELAYS

An athlete who drops the baton must pick it up, without impeding other runners.

The Baton must be passed within the lines of the 20m take-over zone, the exception being U8 to U10 age groups who will not be disqualified for this breach.

- In races up to 4 x 200m, the outgoing runner may commence running up to 10m out- side the take-over zone in preparation to receive the Baton.

HIGH JUMP

At LAWA sponsored events, each competitor will be allowed three attempts at the qualifying height and each successive height until they register three failures in succession.

- The competitor must take off from one foot only.
- Knocking the bar off its supports, or touching the ground beyond the vertical plane of the up-rights with any part of the body, without first clearing the bar, is a “no jump.”
- U10 and U11 athletes must use scissor kick only.

Suggested starting height of the bar:

	Boys	Girls
Under 8	0.70m	0.65m
Under 9	0.80m	0.75m
Under 10	0.90m	0.85m
Under 11	0.95m	0.90m
Under 12	1.15m	1.10m
Under 13	1.20m	1.15m
Under 14	1.25m	1.20m
Under 15/16/17	1.30m	1.25m

At LAWA sponsored events, rises will be in five centimetre increments until there are only five competitors remaining then by two centimetres or as agreed by the remaining competitors.

LONG AND TRIPLE JUMPS

Competitors may measure their run up with permission of the judge but the site tape must not be used.

Ages U7 to U8 Long Jump shall take off from the metre square mat. Ages U9 to U10 shall take off from the 0.5 metre x 1 metre mat.

For U7-U12 the jump is measured from the toe end of the foot imprint on the mat to the nearest break in the sand made by any part of the jumper’s body.

If an athlete takes off before reaching the mat, the jump is valid and is measured from the edge of the mat furthest from the pit.

Ages U11 to U17 shall use the 0.2 take off board.

For U11-U17 all jumps are measured from the front edge of the take off board (i.e. edge closest to the pit), to the nearest break in the sand made by any part of the jumper’s

body. Measure is perpendicular to the front edge of the take off board or an imaginary line extending along the front edge.

It is a “no jump” if the athlete puts any part of the take off foot over the front edge of the mat or the take off board, as the case may be.

If the athlete, in approaching the take off area, swerves around it and passes closer to the pit, it is a “no jump.”

If, after landing, the athlete falls to one side, contacting the ground outside the pit, it is a “no jump.”

At LAWA sponsored events, three trials (jumps) are given.
Trials are measured in all jumps to the nearest centimetre below.

Additional Rules for Triple Jump

- Hop – athlete must first land on the same foot which was placed on the take off area.
- Step – must land on the opposite foot to that used for the hop.
- Jump – completed by landing in the pit. After take off, if the athlete touches the ground with the “sleeping” leg before landing in the pit, it is a “no jump.”

THROWING EVENTS

The implement must land completely within the marked sector lines.

- If the athlete, during or after the throw, crosses the front arc of the throwing sector (javelin), or touches the top or outside of the circle (discus) or stop board (shot), it is a “no throw.”
- The athlete must exit from the rear half of the circle (shot, discus), and in a standing position. Overbalancing and falling out, even backwards, constitutes a “no throw.”
- The athlete must not exit until the implement has touched the ground.
- Measurement is made from the inside edge of the throwing sector arc (javelin), or circle (discus, shot) to the closest point of contact made by the implement on landing.

- At LAWA sponsored events, three throws ("trials") are given.

Additional Rules for Shot put

- The shot must be "put" from the shoulder, using one hand only.
- When commencing the throw, the shot must be close to, or touching the chin, and the hand holding the shot must not be dropped below this position during the put, nor must the shot be taken behind the shoulder line (i.e. must not be thrown).

Additional Rules for Javelin

- The tip of the javelin must touch the ground first.
- The javelin must be held at the grip.
- The javelin must be thrown over the shoulder or upper part of the throwing arm. It must not be slung.
- The thrower may not cross either of the parallel lines down the side of the runway.

HURDLES

See the Hurdles Specification By Age on Page 21.

Hurdle Heights

Under 6: 20cm

Under 7: 30cm

Under 8-9: 45cm

Under 10-11: 60cm

Under 12: 68cm

Under 13-17: 76cm

QUERIES CONCERNING RESULTS & GENERAL PROTESTS

- Any Protests must be made in writing to the Arena Manager.
- The Arena Manager will have absolute discretion in determining and protest.
- All queries regarding records and results to be submitted to the Arena Manager.

	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	60	60	60	60	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	3	3	3	3	3	3	4	3	4	3	5
Discus (g)	350	350	350	350	500	500	500	500	500	500	750	750	750	750	750	1kg	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

*1	60m mini hurdles, max height 200mm
*2	60m mini hurdles, max height 300mm
*3	Scissor style onto scissor mats only (150mm-300mm High)
*4	Pack start for U6 & U7 300m, and U8 500m
*5	Events conducted as a combined age group
	Events may not be conducted at any level of competition
	Centres may offer these events but they will not be conducted at State Events
U6 sprints	Up to and including 100m
U7-U8 sprints	Up to and including 200m
U7-U8	Athletes may progress to Zones (State Heats and Quarter Finals)
U9-U15	Athletes may progress to Zones (State Heats and Quarter Finals) and subsequently qualify for State Championships
U16-U17	Athletes may nominate directly to State Championships

Spike Summary

1	U6-U10 Athletes may not wear spike shoes for any event
2	U11-U12 Athletes may wear spike shoes for:
	- events run entirely in lanes
	- long jump, triple jump, high jump and javelin
3	U13-U17 Athletes may wear spike shoes for:
	- all track events except walks
	- long jump, triple jump, high jump and javelin

HURDLE SPECIFICATIONS

Short Hurdles	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
Distance (m)	60	60	60	60	60	60	60	60	60	60	60	60	60	60	80	80	80	90	90	100	90	100	100	110
Height (cm)	20	20	30	30	45	45	45	45	60	60	60	60	68	68	76	76	76	76	76	76	76	76	76	76
Lead In (m)	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	12	13	13	13	13	13	13	13.72
Spacing (m)	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	8	8	8.5	8	8.5	8.5	9.14
Lead Out (m)	13	13	13	13	13	13	13	13	13	13	13	13	13	13	12	12	12	13	13	10.5	13	10.5	10.5	14.02
No. of Flights	6	6	6	6	6	6	6	6	6	6	6	6	6	6	9	9	9	9	9	10	9	10	10	10

Hurdles Colour Code		
60m	Brown	
80m	Black	
90m	White	
100m	Yellow	
110m	Red	
200m	Green	
300m	Green	

Long Hurdles	U13		U14		U15		U16		U17	
	G	B	G	B	G	B	G	B	G	B
Distance (m)	200	200	200	200	300	300	300	300	300	300
Height (cm)	68	68	76	76	76	76	76	76	76	76
Lead In (m)	20	20	20	20	50	50	50	50	50	50
Spacing (m)	35	35	35	35	35	35	35	35	35	35
Lead Out (m)	40	40	40	40	40	40	40	40	40	40
No. of Flights	5	5	5	5	7	7	7	7	7	7

LAWA FOOTWEAR RULES

13. Appropriate footwear is compulsory for all athletes in all events.

14. No athlete may wear football boots or cleats in any event.

15. Athletes in the U7 - U10 age group may not wear spike shoes.

16. 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.

17.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.

18. All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks/slugs installed.

19. Spike shoes must only be worn during an event and are not to be worn to and from an event.

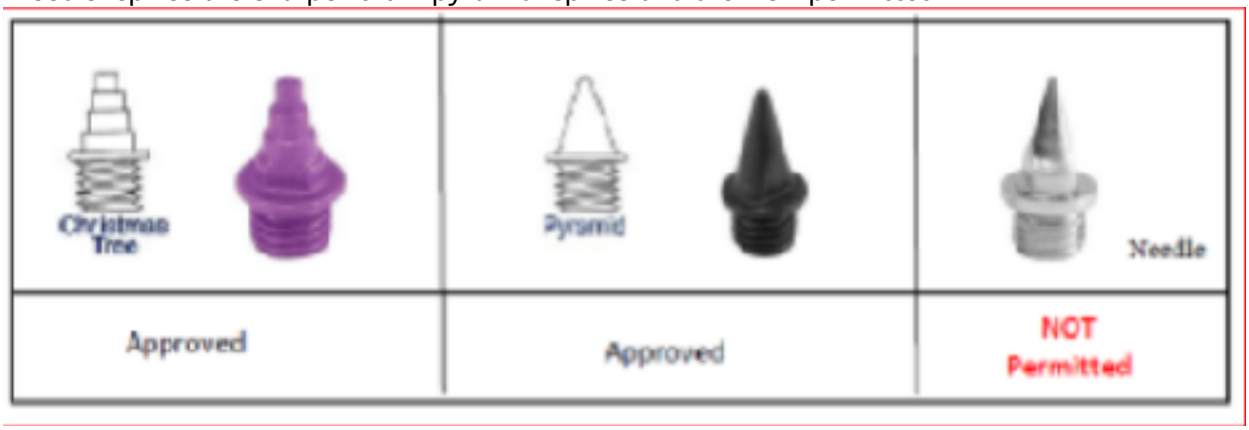
20. Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11

21. Spike length (subject to any further constraint from ground policies): a. Synthetic: Track 7 mm maximum

Long/Triple/High/Javelin 9 mm maximum
b. Grass - Track /Long/Triple/High/Javelin 12mm maximum

22. 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 maximising performance.

23. 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 ie ceramic or metal is irrelevant. 'Needle' spikes are sharper than 'pyramid' spikes and are NOT permitted.



CENTRE AWARDS

Tiny Tots all receive a participation medal at the presentation day.

CENTRE AWARDS AND POINTS

Centre awards are based upon the points system using a central database. Points will be awarded for each event the athlete participates in, during the Centre competition (excluding the last 2 weeks).

Track and Field points are accumulated throughout the season and combined following the last competition program (excluding the last 2 weeks). These points will determine Awards.

Points are not distributed to competitors as they are used as the basis for Centre Awards.

The following awards are presented for:
Sprints (Highest points both Male & Female)

Distances (Highest points both Male & Female)

Throws (Highest points both Male & Female)

Jumps (Highest points both Male & Female)

Hurdles (Highest points both Male & Female)

Walks (Highest points both Male & Female)

Most Personal Bests (Overall)

Centre Champions (Highest Points Male & Female overall events)

All above awards will be percentage based on number of events, to give younger athletes who do less events an equal chance to win.

Any Athlete who does not receive one of the above centre champion awards and achieves 500 or more points will be awarded the 500 club medallion.

PERSONAL BEST AWARDS

ALAC encourages athletes to be their best and improve their results throughout the season. Below is a table to describe how PB awards are earned:

All bronze, silver and gold PB awards will be medals. Platinum PB awards will be a trophy.At the end of season presentation all athletes will receive a certificate with all their personal best results from the seasons events.

	Bronze	Silver	Gold	Platinum
U6 & U7	5	9	12	14
U8	5	10	13	15
U9	6	12	16	18
U10 - U12	7	13	17	20
U13 - 17	7	14	19	21

ATHLETE SERVICE AWARDS

The Centre has a service award for athletes that have completed five (5) year's, nine (9) year's and eleven year's (11) service at the Centre.

This is awarded during the year of achievement and presented during the end of year presentations.

The Association has an eight (8) year service award for athletes that have completed eight years' service to Little Athletics. In 2013 the Association introduced an 11 year award to ac- knowledge athletes who have progressed from U7 – U17's. This award is presented at State Championships.

VOLUNTEER AWARDS

In recognition of parent support over the years, the Association provides a number of awards for officials, administrator and coaches and service awards.

2017 ALAC TROPHY WINNERS

SPRINTS CHAMPIONS	Rylan Scott	Zarah Scott
DISTANCE CHAMPIONS	Rylan Scott	Aviarna Lim
THROWS CHAMPIONS	Tane Taua-Gillespie	Zarah Scott
JUMPS CHAMPIONS	Rylan Scott	Aviarna Lim
HURDLES CHAMPIONS	Tane Taua-Gillespie	Shelby O'Dea
WALKS CHAMPIONS	Rylan Scott	Ziennah Lim
MOST PERSONAL BESTS	Ziennah Lim	
CENTRE CHAMPIONS	Tane Taua-Gillespie	Zarah Scott

SPECIAL EVENTS

LAWA conducts a number of special events during the season which involve competition be- tween Centres. These comprise both team competition – the State Relay Championships in December; and individual competition – the Multi Event Championship in February, Zone Qualifying Heats and the State Track and Field Championships in March. Refer to the Calendar of Events for specific dates.

At the WA Athletics Stadium (WAAS), where many of the special events are held. The emphasis of these events is always on fun and social interaction as well as competition.

BRAVEHEARTS CHALLENGE

This event is open to athletes in the under 6 to under 10 age groups. the aim of the day is to introduce younger athletes to competition at the WA Athletics Stadium through a fun event.

COUNTRY CHAMPIONSHIPS

Country Championships is open to all country centres.

MULTI-EVENTS CHAMPIONSHIPS

This event is held at WAAS. Athletes aged U11 to U15 compete in five events – Hurdles, Long Jump or Triple Jump, Discus, Javelin or Shot put, 800m and 100m. Points are awarded for each performance and athletes accumulate points for their 5 events (like the heptathlon/decathlon). Five athletes per age/gender group can be nominated from each Centre. U16-17 can also enter Multis. In 2015/16 this was a 2 day event. More information will be sent out regarding this. **Parents are required to participate in one time slot of roster duty at WAAS on the day. This is a condition of your child's participation.**

ZONE CHAMPIONSHIPS

The Zones are actually the heats and quarter finals that enable athletes to qualify for the State Track and Field Championships. All Little Athletic Centres are divided into four Zones for this purpose. The venue for this 2 day competition is to be announced.

- **U7-U9:** Athletes do not proceed to States but compete for Gold, Silver and Bronze medals at Zones competition. Medals are presented at Zones

- **U10-U15:** The top 5 or 6 athletes from each Zone event proceed to States. The exact number is determined by the total registrations of Centres competing in the respective Zones, and will be advised by LAWA prior to the Zones competition.

- **U16 and U17:** Athletes do not compete at Zones but nominate straight to States **The entry form for the Zones will be available on the website prior to the event.**
  ABSOLUTELY NO LATE ENTRIES WILL BE ACCEPTED.

Parents are required to participate in one half day or two x 2 hour time slots of roster duty at the Zone venue over the weekend. This is a condition of your child's participation.

STATE TRACK & FIELD CHAMPIONSHIPS

The States are held at WAAS. U10-U15 athletes qualify for the States through their success at Zone Championships. These athletes will automatically be entered into the State semi- final events. U16 & U17 athletes are entered directly into States via the Zones nomination process.

METRO WINTER CROSS COUNTRY & RACE WALK SEASON

Following the Metro summer season a Winter Cross Country Season commences in late April concluding with State Championships in late August. This is a good way to maintain fitness through the winter break. Races are held every second Saturday afternoon at different venues around Perth metro area. In order to be eligible to compete in the State Championships athletes must compete in a minimum of 4 Cross county runs or 4 Race Walks.

MORE INFORMATION

More information regarding each event including nomination forms, programs and rosters will be sent via email and through the website closer to each event.

SPECIAL EVENTS RESULTS 2017

Country Championships

U8G	Zarah Scott	Discus(Gold), Shot Put(Gold),Turbo Javelin(Silver) Long Jump(5th), 200m(6th), 500m(7th)
U11G	Shayla Shiosaki	200m(5th), 400m(4th), 60m Hurdles(4th), Javelin(9th), 100m(5th), 800m(7th)
U11B	Rylan Scott	1100m Walk (Silver), Discus(Gold), Triple Jump(Gold), 100m(Gold), 800m(Silver), High Jump(Silver), Shot Put(Gold)

State Track & Field Championships

U11B	Rylan Scott	1100m Walk(8th), Triple Jump(12th), Shot Put(8th), Discus(9th), Javelin(12th)

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ALAC SPONSORS

PLEASE SUPPORT THOSE WHO SUPPORT US!

Special thanks to Cross Verwijeren for their generous donation

CENTRE RECORDS

Age Group	Record Holder	Record	Date
70m Girls			
U/6	S. Thomas	20.29	18/06/17
U/7	Z. Murray	15.57	20/08/17
U/8	S. O'Dea	12.70	05/11/17
U/9	W. Powell	12.48	03/09/17
U/10	M. Rea	12.68	05/11/17
100m Girls			
U/6	S. Thomas	27.93	25/06/17
U/7	A. Ravatudei	19.67	10/09/17
U/8	Z. Scott	18.57	11/06/17
U/9	M. Walsh	17.08	29/10/17
U/10	M. Rea	16.96	15/10/17
U/11	S. Shiosaki	17.62	03/09/17
U/12	L. Weldon	16.60	20/08/17
U/13	R. Bach	18.59	03/09/17
U/16	J. Vincent	17.04	23/07/17
200m Girls			
U/7	Z. Murray	51.62	20/08/17
U/8	S. O'Dea	43.60	23/07/17
U/9	M. Walsh	38.89	06/08/17
U/10	M. Rea	38.48	05/11/17
U/11	S. Shiosaki	38.86	15/10/17
U/12	L. Weldon	37.31	30/07/17
U/13	B. Dutch	32.11	27/08/17
U/16	B. Smallman	30.20	25/06/17
300m Girls			
U/7	A. Ravatudei	1:19.26	30/07/17
400m Girls			
U/9	M. Walsh	1:28.25	20/08/17
U/10	M. Rea	1:34.15	20/08/17

U/11	S. Shiosaki	1:29.34	20/08/17
U/12	L. Weldon	1:29.34	20/08/17
U/13	R. Bach	1:35.86	03/09/17
U/16	J. Vincent	1:28.04	06/08/17
500m Girls			
U/8	Z. Scott	2:10.09	29/10/17
800m Girls			
U/9	M. Walsh	3:31.15	27/08/17
U/10	M. Rea	3:41.95	29/10/17
U/11	J. Bach	3:43.43	10/09/17
U/12	L. Weldon	3:35.42	13/08/17
U/13	B. Dutch	3:32.21	13/08/17
U/16	B. Smallman	3:33.82	25/06/17
1500m Girls			
U/11	J. Bach	7:50.42	18/06/17
U/12	L. Weldon	7:26.54	18/06/17
U/13	R. Bach	9.25.82	18/06/17
60m Mini Hurdles Girls			
U/6	S. Thomas	16.18	18/06/17
U/7	F. Kenzler	14.35	23/07/17
60m Hurdles Girls			
U/8	S. O'Dea	12.80	05/11/17
U/9	M. Walsh	12.92	06/08/17
U/10	M. Rea	13.69	05/11/17
U/11	S. Shiosaki	13.64	03/09/17
U/12	L. Weldon	15.79	20/08/17
80m Hurdles Girls			
U/13	R. Bach	24.18	03/09/17
90m Hurdles Girls			
U/16	J. Vincent	22.43	06/08/17
Vortex Girls			
U/6	S. Thomas	5.95	18/06/17
U/7	I. Wann	8.92	06/08/17

Turbo Javelin Girls			
U/8	S. O'Dea	8.32	06/08/17
U/9	A. Lim	11.60	23/07/17
U/10	M. Rea	16.30	05/11/17
Javelin Girls			
U/11 - 400g	H. Dutch	13.51	13/08/17
U/12	Z. Lim	13.70	15/10/17
U/13	B. Dutch	20.87	17/08/17
U/16 - 500g	J. Vincent	18.25	11/06/17
Discus Girls			
U/6 - 350g	Z. Lynch	5.53	20/08/17
U/7	I. Wann	8.31	06/08/17
U/8 - 500g	Z. Scott	11.81	05/11/17
U/9	W. Powell	13.32	22/10/17
U/10	M. Rea	14.73	22/10/17
U/11 - 750g	H. Dutch	16.10	13/08/17
U/12	Z. Lim	13.58	15/10/17
U/13	B. Dutch	22.37	13/08/17
U/16 - 1kg	J. Vincent	16.35	27/08/17
Shot Put Girls			
U/6 - 1kg	S. Thomas	2.40	30/07/17
U/7	A. Ravatudei	5.01	10/09/17
U/8 - 1.5kg	Z. Scott	4.48	10/09/17
U/9 - 2kg	M. Walsh	4.66	27/08/17
U/10	M. Rea	5.38	29/10/17
U/11	H. Dutch	5.87	06/08/17
U/12	H. Aird	6.13	18/06/17
U/13 - 3kg	B. Dutch	7.10	06/08/17
U/16	J. Vincent	6.78	06/08/17
High Jump Scissor Girls			
U/8	S. O'Dea	0.85	10/09/17
U/9	M. Walsh	1.05	27/08/17

U/10	M. Rea	1.00	27/08/17
High Jump Fosbury Girls			
U/11	S. Shiosaki	1.00	17/09/17
U/12	Z. Lim	1.05	17/09/17
U/13	B. Dutch	1.25	06/08/17
U/16	J. Vincent	1.00	23/07/17
Long Jump Girls			
U/6	S. Thomas	1.51	30/07/17
U/7	A. Ravatudei	2.26	30/07/17
U/8	Z. Scott	2.58	29/10/17
U/9	M. Walsh	3.17	29/10/17
U/10	M. Rea	3.17	29/10/17
U/11	S. Shiosaki	2.79	17/09/17
U/12	Z. Lim	2.68	17/09/17
U/13	R. Bach	3.02	03/09/17
U/16	J. Vincent	2.74	06/08/17
Triple Jump Girls			
U/10	M. Rea	6.27	22/10/17
U/11	J. Bach	5.85	15/10/17
U/12	H. Aird	5.65	11/06/17
U/13	B. Dutch	8.10	10/08/17
U/16	J. Vincent	7.10	13/08/17

Age Group	Record Holder	Record	Date
70m Boys			
U/6	N. Dempsey	18.75	18.75
U/7	T. Taua-Gillespie	13.90	03/09/17
U/8	R. Vincent	12.12	05/11/17
U/9	A. Bach	12.11	03/09/17
100m Boys			
U/6	N. Dempsey	30.14	27/08/17

U/7	T. Taua-Gillespie	18.46	10/09/17
U/8	L. Murray	17.17	15/10/17
U/9	A. Bach	18.23	30/07/17
U/11	R. Scott	15.42	29/10/17
U/12	C. Rea	15.54	03/09/17
U/13	R. Ditchburn	18.20	18/06/17
U/14	J. Murphy	15.57	29/10/17
U/15	M. Mahnkoph	15.39	18/06/17
200m Boys			
U/7	T. Taua-Gillespie	42.79	03/09/17
U/8	L. Murray	40.65	06/08/17
U/9	A. Bach	37.90	03/09/17
U/11	R. Scott	32.68	05/11/17
U/12	C. Rea	34.17	05/11/17
U/13	D.Hatton	32.36	30/07/17
U/14	J. Murphy	32.34	13/08/17
U/15	M. Mahnkoph	31.14	25/06/17
300m Boys			
U/7	T. Taua-Gillespie	1:05.81	10/09/17
400m Boys			
U/9	A. Bach	1:26.81	20/08/17
U/11	R. Scott	1:14.39	20/08/17
U/12	C. Rea	1:22.54	03/09/17
U/14	J. Murphy	1:16.23	18/06/17
U/15	M. Mahnkoph	1:17.96	18/06/17
500m			
U/8	L. Murray	2:08.84	30/07/17
800m Boys			
U/9	A. Bach	3:26.59	30/07/17
U/11	R. Scott	3:01.26	25/06/17
U/12	C. Rea	3:15.04	29/10/17
U/13	R. Ditchburn	5:57.51	11/06/17
U/14	J. Murphy	2:49.76	29/10/17

U/15	M. Mahnkoph	3:30.54	11/06/17
1500m Boys			
U/11	R. Scott	6:20.78	18/06/17
U/12	C. Rea	6:59.98	18/06/17
U/13	R. Ditchburn	10:47.96	18/06/17
U/14	J. Murphy	6:05.40	22/10/17
U/15	M. Mahnkoph	7:49.32	18/06/17
60m Mini Hurdles Boys			
U/6	N. Dempsey	19.51	23/07/17
U/7	T. Taua-Gillespie	13.21	03/09/17
60m Hurdles			
U/8	R. Vincent	13.53	05/11/17
U/9	A. Bach	13.21	20/08/17
U/11	R. Scott	12.09	20/08/17
U/12	C. Rea	13.12	05/11/17
90m Hurdles Boys			
U/14	J. Murphy	19.45	22/10/17
300m Hurdles Boys			
U/15	M. Mahnkoph	1:07.62	25/06/17
Vortex Boys			
U/6	N. Dempsey	9.76	06/08/17
U/7	T. Taua-Gillespie	14.45	23/07/17
Turbo Javelin Boys			
U/8	R. Vincent	13.63	05/11/17
U/9	A. Bach	15.34	03/09/17
Javelin Boys			
U/11 - 400g	R. Scott	26.38	05/11/17
U/12	C. Rea	23.11	05/11/17
U/13 - 600g	R. Ditchburn	5.67	11/06/17
U/14	J. Murphy	25.66	27/08/17
U/15 - 700g	M. Mahnkoph	15.46	25/06/17
Discus Boys			
U/6 - 350g	N. Dempsey	5.03	18/06/17

U/7	T. Taua-Gillespie	11.60	03/09/17
U/8 - 500g	R. Vincent	11.23	05/11/17
U/9	A. Bach	13.53	05/11/17
U/11 - 750g	R. Scott	21.25	05/11/17
U/12	C. Rea	18.84	15/10/17
U/13 - 1kg	D.Hatton	12.82	30/07/17
U/14	J. Murphy	20.59	10/09/17
U/15	M. Mahnkoph	24.20	18/06/17
Shot Put Boys			
U/6 - 1kg	N. Dempsey	2.60	13/08/17
U/7	T. Taua-Gillespie	5.94	29/10/17
U/8 - 1.5kg	T. Ravatudei	4.96	10/09/17
U/9 - 2kg	A. Bach	4.93	29/10/17
U/11	R. Scott	8.68	29/10/17
U/12 - 3kg	C. Rea	6.32	20/08/17
U/13	R. Ditchburn	5.31	18/06/17
U/14	J. Murphy	6.59	18/06/17
U/15 - 4kg	M. Mahnkoph	8.95	18/06/17
High Jump Scissor Boys			
U/8	L. Murray	0.90	15/10/17
U/9	A. Bach	0.90	11/06/17
High Jump Fosbury			
U/11	D. Woods	1.25	22/10/17
U/12	D. Lewis	1.22	20/08/17
U/13	R. Ditchburn	1.00	18/06/17
U/14	J. Murphy	1.15	22/10/17
U/15	M. Mahnkoph	1.10	18/06/17
Long Jump Boys			
U/6	N. Dempsey	1.37	25/06/17
U/7	T. Taua-Gillespie	2.61	15/10/17
U/8	L. Murray	2.86	15/10/17
U/9	A. Bach	2.80	29/10/17
U/11	R. Scott	3.85	29/10/17

U/12	C. Rea	3.63	29/10/17
U/13	R. Ditchburn	2.83	18/06/17
U/14	J. Murphy	3.81	20/08/17
U/15	M. Mahnkoph	3.57	18/06/17
Triple Jump Boys			
U/11	R. Scott	8.16	15/10/17
U/12	C. Rea	7.49	15/10/17
U/13	R. Ditchburn	5.81	11/06/17
U/14	J. Murphy	8.21	27/08/17
U/15	M. Mahnkoph	7.63	25/06/17