



MELVILLE ROAR

Home of the Melville Athletic Club & the Melville Little Athletics Centre

On behalf of the Executive Committee I would like to warmly welcome both our returning athletes and new athletes to the 2013/14 Little Athletics Season - our 44th year of little athletics at Melville Centre. In 2007, we "rebranded" Melville Centre to Melville Roar and introduced greater opportunities for older athletes to have additional and specialised coaching. Congratulations to our athletes, parents and coaches who all contribute to the continuing success of our Centre. Last season, Melville Little Athletics was awarded both the Boys and Girls Track Relay. Four Melville U13 athletes were selected to represent WA in the Little Athletics Championships that were held in Canberra in April. A further nine U14 and U15 Melville athletes qualified to represent WA in the International team competing in Kuala Lumpur in July.

The opportunities for our athletes can only be achieved with the help of our dedicated and enthusiastic team of parents and coaches. We are always looking for keen volunteers to help in all aspects of administration and training and would encourage you to approach your club / committee on how you can contribute to the success of the athletes and our centre further.

Athletes train at their clubs to learn and develop basic athletics skills. Clubs require the help of willing volunteers to ensure the continued success of each club. Our senior athletes, in the U12 and older age groups, are invited to train at Melville Roar as part of a more development group, provided they have some event experience. To ensure Melville continues to offer this development program we are continually seeking willing volunteers to undertake coaching roles.

Last year we inducted Tracey Robinson as a life member to Melville Little Athletics following many years of significant contribution to the Centre through both coaching and administration. Congratulations and thank you for all you have done for our centre. We also inducted our inaugural Athlete Life Member, Alyx Robinson following her regular participation at Melville Little Athletics from U7 to U17. Alyx completed her final Little Athletics State Championships with an extraordinary 10th consecutive State Title for Javelin. We wish Alyx all the best for her future pursuits.

The schedule of events this year is slightly different to previous years. Due to State relays being conducted a week later than previous years we have amended the program to accommodate two Twilight competitions after Christmas this year. Please take note of the amended program, which ensures that both Programme 1 and 2, will both be conducted as a Twilight Competition.

I wish to thank you all for electing me to Chair Melville again this year. I am proud to announce that I am being supported by an enthusiastic team of volunteers. The Executive Committee has been working hard during the off season to prepare our Centre for another challenging season. We hope you all enjoy a fantastic year of fun, family and fitness, filled with many 'PBs' for the athletes. We encourage you to utilise our website www.melvilleroar.com to view updated results, information and policies regarding the Centre.

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Melville Little Athletics Competition Program

Day	Date	Time	Event	BBQ	Venue
	2013				
Sun	06 Oct	TBC	Coach the Parents Session – watch website for more details		Len Shearer
Sat	12 Oct	7:45am	Programme 1	MLAC	Len Shearer
Sat	19 Oct	7:45am	Programme 2	BW	Len Shearer
Sat	26 Oct	7:45am	Programme 1 – Grandparents Day	PB	Len Shearer
Sat	02 Nov	7:45am	Programme 2 – PMH Fundraising Day (Note 1)	MLAC	Len Shearer
Sat	09 Nov	7:45am	Programme 1	LM	Len Shearer
Sat	16 Nov	7:45am	Programme 2	BB	Len Shearer
Sun	17 Nov	8:00am	U7-U10 Team Event		WA Athletic Stadium
Tue	19 Nov	5:00pm	Allsopp Twilight Relays - selected athletes only		Southern Districts
Sat	23 Nov	7:45am	Programme 1	OL	Len Shearer
Sat	30 Nov	7:45am	Programme 2	MW	Len Shearer
Sat	07 Dec	7:45pm	Programme 1	BW	Len Shearer
Sat	14 Dec	7:45am	State Relay Championships (Note 2)		WA Athletic Stadium
			CHRISTMAS BREAK		
	2014				
Sat	11 Jan	7:45am	Programme 2	MW	Len Shearer
Sat	18 Jan	7:45am	Programme 1 (Pro Race)	PB	Len Shearer
Wed	22 Jan	4:45pm	Twilight Programme 2	BB	Len Shearer
Sat	01 Feb	7:45am	Programme 2	LM	Len Shearer
Fri	07 Feb	4:45pm	Twilight Programme 1	OL	Len Shearer
Sun	09 Feb	7:45am	WALA State Multi Event Championships (Note 3)		WA Athletic Stadium
Sat	15 Feb	7:45am	Programme 2 – Centre Championships	MLAC	Len Shearer
Sat	22 Feb	7:45am	Programme 1 – Centre Championships	MLAC	Len Shearer
Sat/Sun	08-09 Mar	7:45am	Zone Championships (Note 4)		TBC
Fri	15 Mar	5:00pm	MLAC Windup and Presentation of Awards	MLAC	Len Shearer
Sat/Sun	22-23 Mar	7:45am	State Championships (qualify from Zones)		WA Athletic Stadium

Note 1: PMH fundraising day is to raise funds for Princess Margaret Hospital. Gold coin donation for this year's theme 'Free Dress Day'. Please ensure you attach your registration age and number to the front of your 'free dress' clothing.

Note 2: MLAC closing date for Relay nominations – Mon 18th Nov

Note 3: MLAC closing date for Multi Event Nominations - Sat 18 Jan. All U11's and above are encouraged to nominate.

Note 4: MLAC closing date for Zones Nominations: Fri 7th Feb. All athletes are encouraged to nominate.

Melville Athletics Centre Executive – 2013/2014

CHAIRPERSON

Teresa Blackman (BW)
0419 497660

VICE CHAIRPERSON / DELEGATE

Catherine Zhoya (LM)

SECRETARY

Julie Rees (BW)
secretary@melvilleroar.com

REGISTRAR

Kate Peers (BB)
0421 124515

TRACK RECORDER

Julie Pearman-Johns (PB)
trackrecorder@melvilleroar.com

FIELD RECORDER

David Rowbottom (LM)
fieldrecorder@melvilleroar.com

TREASURER

Michelle Kenworthy-Groen (BB)

CHAMPIONSHIPS AND SPECIAL EVENTS

Reg Bourne (BW)

OFFICIALS CO-ORDINATOR

Steven Ford (PB)

COACHING CO-ORDINATOR

Ilsa Yates (BW)

ARENA MANAGER

Vacant

FIELD ARENA MANAGER

Brett Johns (PB)

WINTER COMPETITION MANAGER

Mark Shaw (BW)

EQUIPMENT MANAGER

Mark Blackman (BW) / Eric Christian (PB)

CANTEEN MANAGER

Kylie Broughton (LM)

Any queries to committee members should be addressed to:

committee@melvilleroar.com

ADDITIONAL

Publicity and Sponsorship

Vacant

First Aid Officer

Sharon Madlener (MW)

Development Officer

Chris Craggs (BB)

Website Manager

David Rowbottom (LM)

Council Liaison

Simon Kenworthy-Groen (BB)

Seniors Representative

Roger Parenzee (PB)

Melville Little Athletics Centre sincerely thanks

[Heliwest](#)

2-4 Harvard Rd Jandakot, Ph: 08 9499 7700

for the generous donation of the helicopter lolly drop our Centre Wind-up last season.

Melville Little Athletics Centre Life Members

We wish to recognise and extend our appreciation for exceptional service to our life members.

Chris Chequer
Eric Christian
Lorraine Feddema
Kaye Hair (dec)
2012 Greg Clark

Doug Hancy (dec)
Jenny Hazell
Milan Klauz
Diane Lowe
2012 Chris Craggs

Leo Schaper
Merrill Straughan
Trevor Straughan
Jim Turnbull
2013 Tracey Robinson

Athlete Life Membership

Established in 2012-13 we wish to recognise the dedication and contribution of athletes who have been registered and competed with Melville from U7-U17.

Alyx Robinson (2013)

Structure of Little Athletics

Clubs – Each Club is managed by a Committee of volunteers and is associated with a particular Centre. Melville has six Clubs each identified by different coloured uniforms. Each member belongs to one of the clubs and competes as a member of that Club at the Centre weekly competitions.

Centre – the Centre is the body that organises and conducts the weekly competitions for all athletes. At State Competitions, athletes wear their Centre, Melville Roar uniform.

Melville holds their monthly Executive Committee Meetings on the first Tuesday of each month. The AGM shall be held in May following the State Championships.

Zone – A Zone is a group of Centres in an area responsible for conducting the local heats / quarter finals of the WALA State Track and Field Championship. For U7-U9's this is the final competition of the season and medals are awarded for the first three in each event.

West Australian Little Athletics Inc (WALA) – WALA is the State body for Little Athletics. WALA has quarterly meetings and an AGM, which is attended by two delegates from each affiliated Centre.

For more information see: www.walittleathletics.com.au

Australian Little Athletics (ALA) – ALA is the national organisation for Australian Little Athletics.

For more information see: www.littleathletics.com.au

Club Contact Information

BATEMAN/BULLCREEK		
Contact:	Registrar – Alison Hodgkinson bateman-bullcreek@melvilleroar.com	0408 956316
Uniform:	Orange/black top with black shorts	
Training Nights:	Monday and Wednesday 5-6pm	
Training Ground:	Bill Ellison Reserve, Mandala Crescent, Bateman	
BRENTWOOD		
Contact:	Registrar – Audrey Hebiton brentwood@melvilleroar.com	0411 063 950
Uniform:	Yellow/lime singlet with black shorts Yellow and black singlet may be worn for season 13/14 and 14/15.	
Training Night:	Wednesday 4.15-6pm	
Training Ground:	Brentwood Primary School Oval	
LEEMING		
Contact:	Registrar – Lynette Field leeming@melvilleroar.com	0499 742126
Uniform:	Red top with black shorts	
Training Night:	Wednesday 4.30-6pm	
Training Ground:	Beasley Oval, Cnr Karel Ave and Beasley Road	
MELWAY/WINTHROP		
Contact:	Registrar – Holly Pashby melway-winthrop@melvilleroar.com	0434 932 885
Uniform:	Green top with black shorts	
Training Night:	Tuesday 4.30-6pm	
Training Ground:	Winthrop Primary School, Jackson Ave, Winthrop	
OLYMPIA		
Contact:	Registrar – Kim Vladich olympia@melvilleroar.com	0402 141 810
Uniform:	Purple top with black shorts	
Training Nights:	Wednesday 4:45-6pm	
Training Ground:	Marmion Reserve, Melville	
PALMYRA/BICTON		
Contact:	Registrar – Melissa Reeves palmyra-bicton@melvilleroar.com	0423 761 915
Uniform:	White top with red trim & black shorts	
Training Night:	Wednesday 4.30 – 6.00pm	
Training Ground:	Palmyra Primary School Oval	

Program 1

	Twilight	7b	7g	8b	8g	9b	9g	10b	10g	11b	11g	12b	12g	13b	13g	14b	14g	15/16/17b	15/16/17g	
7:45	4:45	----- SETUP OF ALL TRACK AND FIELD SITES -----																		
7:45	4:45					700MW		1100MW		1100MW		1500MW		1500MW		Walk/Jav		Walk/Jav		
8:00	5:00	60MH	SP				LJ		TJ		1500M			JAV	HJ		D		D	
8:10	5:10			60MH		60MH							1500M							
8:20	5:20	D			SP			60MH		60MH										
8:30	5:30											60MH					1500M		1500M	
8:40	5:40					TJAV			SP		HJ			TJ	80MH	1500M				
8:50	5:50			300M			D	LJ								90MH		100/110MH		
9:00	6:00		70M									800M								
9:10	6:10	TJAV			70M					SP				800M						
9:20	6:20					70M			HJ		TJ			D		800M	200MH	800M	200MH	
9:30	6:30			TJAV				800M				LJ			200MH					
9:40	6:40		200M			800M														
9:50	6:50				200M					800M	D					SP		SP		
10:00	7:00	50M					100M	JAV						LJ			HJ		HJ	
10:10	7:10											SP	400M		TJ					
10:20	7:20			D		HJ			400M											
10:30	7:30	100M			LJ					JAV	400M									
10:40	7:40		LJ @tj					200M						SP			400M		400M	
10:50	7:50								D				HJ		400M					
11:00	8:00						400M						JAV			LJ		LJ		
11:10	8:10			100M										200M						
11:20	8:20					200M	SP			LJ	100M				D		TJ		TJ	
11:30	8:30								100M											
11:40	8:40												100M			200M		200M		
11:50	8:50										200M				100M					
12:00	9:00									200M							100M		100M	
12:10	9:10	----- FINISH -----																		

Program will commence on time at 7:45am / 4:45pm. First marshal call is at 7:35am / 4:35pm. These are indicative time only as program will at times be ahead or behind schedule. It is the responsibility of all athletes to listen for the marshalling calls.

U14-17 commence Walks and Javelin at 0745. U14-17 walkers proceed to Javelin immediately on completion of the walk and will be entitled to throw. Athletes late to Javelin that did not conduct the walk will not be entitled to throw.

Program 2

	Twilight	7b	7g	8b	8g	9b	9g	10b	10g	11b	11g	12b	12g	13b	13g	14b	14g	15/16/17b	15/16/17g
7:45	4:45	----- SETUP OF ALL TRACK AND FIELD SITES -----																	
7:45	4:45						700MW		1100MW		1100MW		1500MW		1500MW		Walk/Jav		Walk/Jav
8:00	5:00	SP	60MH			LJ		TJ		1500M				HJ	JAV	D		D	
8:10	5:10				60MH		60MH					1500M							
8:20	5:20		D	SP					60MH		60MH								
8:30	5:30												60MH			1500M		1500M	
8:40	5:40							TJAV	SP		HJ		TJ		1500M	80MH			
8:50	5:50				300M	D			LJ								80MH		90/100MH
9:00	6:00	70M											800M						
9:10	6:10		TJAV	70M							SP				800M				
9:20	6:20					70M		HJ		TJ		D				200MH	800M	200MH	800M
9:30	6:30				TJAV				800M				LJ	200MH					
9:40	6:40	200M					800M												
9:50	6:50			200M						D	800M						SP		SP
10:00	7:00		50M			100M			JAV						LJ	HJ		HJ	
10:10	7:10											400M	SP	TJ					
10:20	7:20				D		HJ	400M											
10:30	7:30		100M	LJ						400M	JAV								
10:40	7:40	LJ @tj													SP	400M		400M	
10:50	7:50							D	200M			HJ		400M					
11:00	8:00					400M							JAV				LJ		LJ
11:10	8:10				100M										200M				
11:20	8:20					SP	200M	100M			LJ			D		TJ		TJ	
11:30	8:30									100M									
11:40	8:40											100M					200M		200M
11:50	8:50												200M	100M					
12:00	9:00									200M						100M		100M	
12:10	9:10	----- F I N I S H -----																	

Program will commence on time at 7:45am / 4:45pm. First marshal call is at 7:35am / 4:35pm. These are indicative time only as program will at times be ahead or behind schedule. It is the responsibility of all athletes to listen for the marshalling calls.

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Club Rosters

Equipment and Club Rosters

Club parents on roster are responsible for setting up and putting away the equipment for each site on competition days. All parents should receive a roster of duties from their respective club. The equipment is to be set up by 7.45am for morning meets and 4.45pm for twilight meets. Please arrive by 7.35am/4.35pm, sign on for your roster at the sign-in desk in front of the shed door and proceed to your site and prepare it for competition. Race walks begin at 7:45 (4:45 for Twilights) so those assisting with walks need to arrive by 7:30am to set up for timekeeping, recording and judging these events.

There are files for each event which need to be collected by the key official from the sign-in desk and taken to each site for recording. These files are to be returned to the sign-in desk on the completion of competition.

Sites must set up and ready in all respects for competition at the allocated time. We have an Arena Manager, a Field Arena Manager and other Committee members available if assistance is required. Delays in the program can nearly always be attributed to what happens at the commencement of competition, so please help us start the competition on time.

All equipment is to be returned correctly to the Equipment Shed on completion of competition and any deficiencies reported to the Equipment Officer.

Each club is allocated a field site as their primary roster duty and is responsible for ensuring the efficient running of this site for the duration of the season. In 2012 clubs drew their rostered site duties. Clubs will maintain responsibility for their allocated site for two years when the sites will then be rotated. Club members will be responsible for setting up and putting away equipment and shade tents. Further information can be found in the By-Laws. Other major duties are open to clubs for nomination and if no nomination is received the duties will be allocated. Other duties will be distributed between clubs as deemed appropriate by the Co-ordinator of Officials and will be aligned to registration numbers.

The Equipment Officer can help with all requests and information in relation to the Melville Little Athletics equipment and is generally located in the equipment shed area at the commencement and completion of competition.

The athletics roster system is dependent on many volunteers doing their part. Each club will allocate their rosters to the parents of the club. If a family fails to participate by not completing their rostered duty they will be given a warning by the Club Manager. Failure to complete a rostered duty on a second occasion may result in the family's athlete/s not being allowed to compete at the Centre for the remainder of the season. Consideration will also be given to not permitting the family to register with the Centre the following season.

We only ask parents to help us and our children in the same way that we help you and your children.

General Information

Competition Facilities

Little Athletics meets are held at Len Shearer Reserve, Booragoon on Saturday mornings and Wednesday/Friday evenings as detailed in the competition program. All competitors and volunteers are expected to take care of the track, equipment and surrounding areas.

Due to safety, no athlete or parent is permitted to use the field equipment during competition unless authorised by the Key Official in attendance.

Age Grouping and Registration

Little Athletics cater for boys and girls aged between 6 and 17 for enrolment in the U7-U17 age groups. The registration period is from 1st October to 30th September the following year. A child's age group is determined from the child's age on 1st October. A birth certificate must be sighted by the registrar to demonstrate proof of age for all new registrations.

An athlete will remain in the same age group for the summer season (October to March), and the following winter season (April – August).

Unless the program and Arena Manager allow for a multi age group event, no athlete is permitted to run outside their registered age group. The exception is the U15, U16 and U17 age groups who will compete in the same program due to limited numbers in these age groups. The results however, will be recorded as per each age group. U16 and U17 age groups will have their own records and results but for Centre Championships will compete as one age group.

Winter Season and Registration

Athletes registered for the summer athletics season are automatically registered for the winter season and may participate in the Winter Competition.

The winter season program is set and run by the Officer for Winter Competition of the WA Little Athletics Association. The winter competition is alternated between cross country runs and roadwalks each Saturday afternoon from 1pm, at various locations. The winter program is available towards the end of the summer season and can be downloaded from the WALA website.

Program Management at Melville LAC

Events are directed by the announcer over the PA system from the start to completion of the program. The announcer will endeavour to keep all events running on time. Competitors and parents need to listen out for the announcer throughout the day, as there may be slight changes to marshalling times. Events are programmed for a minimum delay whilst providing adequate breaks for each age group and being cognisant of the number of athletes in age groups to be

rotated. The Arena Manager and Field Arena Manager, working closely with the announcer, may modify the program if/when problems arise to ensure that an early as possible finish is achieved. There may be times when an athlete may need to choose which event they wish to compete in where there is a clash of events. Any program issues need to be raised with your Club Manager in the first instance.

Complaints

Any complaints must be raised through your Club Manager. It is the Club(s) responsibility to take complaints or any discrepancies to the Melville Centre Chairperson or Arena Manager (either in person or in writing) in a timely manner, so that matters can be dealt with fairly and appropriately.

Accidents and First Aid

All accidents are to be reported immediately to the First Aid Officer. A small first aid area is set up inside the roller door of the equipment shed during each competition. An Injury Report Form must be completed and lodged with the First Aid Officer. The club hosting the BBQ will be the club responsible for First Aid on that competition day.

Clubs are also requested to have their own first aid kits on site each Saturday for minor injuries such as band aids for blisters, etc.

Insurance: Competitors and Parents

Competitors and voluntary helpers are insured whilst engaged in any official Association, Centre or Club activity including, but not limited to, training sessions, working bees, and officiating. The public is insured if, due to the negligence of the Centre, bodily injury or property damage occurs. Athletes are automatically insured as part of their registration. Parents/guardians must sign on when officiating to ensure coverage. Only medical expenses not recoverable from any Medical or Hospital Benefit Scheme may be claimed.

Note: Each club is to provide an attendance book at training for coaches and parent helpers to sign in for each training session.

Working with Children Regulations

Any Volunteer who is not a parent of a child participating must get a Working With Children clearance available at your local Post Office or on the website www.checkwwc.wa.gov.au. These forms are to be given to the Centre secretary for filing.

BBQ: Club Level Fundraising Protocols

Dates will be bid for and allocated at a Centre committee meeting prior to the commencement of the summer season. The club that hosts the BBQ is also responsible for supplying a qualified First Aid Officer for the Centre on that competition day.

A fee for gas bottle/BBQ use on the day of the BBQ, is payable to the Canteen Manager. Gas bottle refills will be co-ordinated by the Canteen Manager.

Each Club is to:

1. Erect shade tent over BBQ
2. Erect trestles for serving of food
3. Organise money and change to form a float for the day.
4. Follow Melville Council hygiene procedures.
5. Ensure all equipment is cleaned prior to packing up and storage.

Parental / Spectator Behaviour

All officials at Melville are volunteers and deserve respect from athletes and parents/spectators. Due to the nature of sport there will be times when errors will occur. If there is an issue with the operation of a site, this must be raised as soon as practical through your Club Manager and not with the volunteers on site.

If there is disruption by a parent or spectator on site this will be considered a breach of the Code of Behaviour and result in a warning or penalty (see Code of Behaviour for further information).

Centre Captains

The Executive Committee shall appoint one male and one female Centre Captain each year. The appointment of Centre Captains shall be made as soon as possible after the first running day of the season, from the ranks of the Under 16/17 age group. The Centre Captains will be the Centre representatives as required and will be responsible for co-ordinating the annual march past at State Championships.

Rules for Melville Competition

Events

All events are conducted in accordance with the rules as set by the Little Athletics Association or as determined by the Melville Centre Executive. WALA rules are available on the website www.walittleathletics.com.au. MLAC specific rules are listed in this book.

Shoes and Spikes

Shoes that are not capable of taking spikes are to be worn for U7 to U10 age groups for all events.

Shoes with spikes are not permitted in the following:

- U11 age group in the Long, Triple and High Jump
- U12 age group in the Long and Triple Jump

- In all Track Relay events
- In all events which are not run entirely in lanes

When spikes are allowed they must comply with the rules of the venue. If not specified the following applies:

- Blanks put into shoes in place of spikes MUST not protrude below the surface of the shoe.
- The maximum number of spikes per track shoe is seven (7).
- Synthetic track:
 - o Running shoe spikes – up to 7mm
 - o Jumping shoe spikes – up to 9mm
- Melville Centre permits:
 - o Running and jumping shoe spikes – up to 7mm

Code of Safety for the Wearing of Spiked Shoes

Track - Shoes capable of taking spikes may be put on at the starting end of the track just prior to competition and must be removed at the end of the race prior to leaving the lane.

Field - Shoes capable of taking spikes may be put on at the start of the event, and must be removed at the completion of the event before leaving the field site.

Shoes capable of taking spikes may not be worn outside these rules at any time.

Spiked shoes should be carried with spikes facing each other to prevent accidental injury. Any athlete who does not exercise care when using or carrying spikes may be disqualified from the wearing of spiked shoes for the remainder of the competition, or if it occurs on more than one occasion then for the rest of the season. Flagrant disregard for this rule may result in the barring of an athlete from all Melville competition.

Club Uniform

Each competitor must be attired in the correct club uniform from the commencement of the season. The athlete's registration number must be securely fastened (either sewn, hand tacked or pinned) to the centre, front of the uniform top with the athlete's name printed in the space provided. Age tags must be securely fastened (either sewn, hand tacked or pinned) on the left-hand shoulder of the uniform top. Other badges must be sewn on appropriately, as required or directed by Melville Centre.

The only permitted type of shorts are plain black with a logo no greater than 5cm x 3cm. White lines on shorts are not permitted. Stitching must be black in colour.

An athlete's performance will not be recorded if they are out of uniform.

Centre Uniforms

Centre uniforms are to be worn at all meets conducted by WALA except for Zones Championships for U7, 8 and 9s where club uniform may be worn.

The Melville Centre uniform consists of:

- Orange & black top with Tiger Motif. Plain black shorts, briefs, or cycle shorts. No advertising logos greater than 5cm x 3cm are allowed. (Black tape can be placed over logos if needed).
- The age group and registration number must be transferred onto this top.
- Bike shorts may be worn, must finish above the knees and be solid black with no other colour showing (including stitching).
- Shirts must be tucked in when competing, with registration number clearly displayed.
- Short sports socks.
- Centre singlets may be purchased from the Canteen.

High Jump

U9, 10 and 11s are to use 'scissors' style ONLY. The fair SCISSORS jump is one where:

- The head of the competitor does not go over the bar before the leading foot (the foot closest to the bar at take-off).
- The head of the competitor is not below the buttocks when the buttocks clear the bar, and
- The competitor's feet must touch the mat before any other part of the body.

Javelin

For a valid throw to be recorded, the javelin must land with the head of the javelin touching first. A flat landing or tail first landing will be recorded as a foul throw. The Key Official is to make judgement on the validity of the throw.

Starting Blocks

Starting blocks may be used by age groups U13 and upward in laned events. Competitor's personal starting blocks will have to be approved by the marshal prior to the event. Spikes for blocks must not exceed 15mm, with a maximum of 10 spikes per set. Melville Centre has sets of starting blocks available for competitor use.

Marshalling

All competitors will be called approximately five minutes and then three minutes prior to commencement of events. Athletes in age groups U7 and U8 are to report to the marshalling area where they will be escorted to their events. Age groups U9 and upward are to report directly to the site/start. Club Managers and parents are asked to listen carefully to all announcements to aid athletes in not missing events

as the program times are indicative only. Athletes may join events late but may not make up missed trials except at the discretion of the Key Official.

Grading for Track Events

In each track event, competitors are graded after their initial participation in the event, according to best achieved times. This will enable heats in following weeks to be as even as possible. In field events, competitors are listed according to their performance after the first weeks of competition. Age groups with large numbers will be split over 2-3 sites at field events.

Athletes are only permitted to compete within their age group, unless the event is run specifically as a multi age group event.

Recording for Track Events

On completion of a track event, athletes must report to the recording table to have their results recorded. Failure to have a result recorded will result in no points being awarded. Recorders for walk events may record competitors finishing position and allow competitors to proceed to their next event prior to recording the finishing time.

Recording for Field Events

Recording for all field events is conducted on site. On completion of competition result sheets are to be returned to the recording table.

If an athlete turns up late and the first round has been thrown, the athlete shall forfeit the right to have that throw, unless the athlete's name has not been called out. In general, events are not to be held up for athletes that are late. In the case where an athlete is late due to circumstances beyond their control, the Key Official may exercise flexibility in allowing missed throws but must be cognisant of program timing constraints.

Arena Access

The centre of the arena must be left clear for field events. All adults and children, other than officials and competing athletes, must avoid this area. Athletes are to walk around the active section of the straight track and not cut across to enter the centre of the arena.

The Centre encourages support of the athletes but this must be done in a safe area clear of the arena, the track finish line and recording areas. Breach of this policy will be considered a breach of the spectator Code of Behaviour and may result in a ban from competition.

Athletes with disabilities that require specific parental supervision will be required to notify the Arena Manager through their Club Manager, to obtain an exemption to this policy.

Coaching on Sites

Coaching and encouragement of athletes during competition at all MLAC controlled events is allowed, as long as it does not interfere with the efficient running of the event and they remain outside the arena. Competitors should not leave the competition area to receive coaching. Negative feedback or comments towards any competitor will not be tolerated and will be considered a breach of the Code of Behaviour.

At WALA controlled events, coaches and parents are not allowed into the competition arena. All communication between athlete and coach/parent must be through natural means. Athletes may communicate via signals or talking to parents or coaches but may not leave the immediate area nor disrupt the competition to seek advice.

Electronic Devices

At WALA controlled events no electronic devices are to be taken on to site. Athletes found in possession of an electronic device on site may be disqualified.

Other Centres Visiting MLAC

Registered athletes from other Centres are welcome at Melville. Visitors should provide their personal best performances to the Track and Field Recorders at least three days prior to the competition day. Failure to do so may mean that the visitor is not appropriately graded and may be placed in the last heat of each event to avoid minimum disruption to Centre competition.

Visitors are expected to provide officials to help on sites as required. Visiting athletes will not have their results published by Melville, however may request results be emailed on completion of the competition.

Centre Policies and Guidelines

Centre policies and guidelines are detailed within the Melville By-Laws available on the Melville Roar website. The following is a summary of the policies and guidelines.

Code of Behaviour / Ethics for Athletes

Behaviour and / or actions considered to be in conflict to the spirit of Little Athletics will be considered a breach of the Code of Behaviour and will result in penalty. Penalties that are imposed are to be appropriate to the seriousness of the breach.

Any key official on site may issue a warning to an athlete who has broken the Code of Behaviour and the Arena 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 noted immediately to the Centre Chairperson and the athlete's parents notified.

Any key official on site or executive committee member may initiate a second warning but must do so through the Arena Manager/Field Arena Manager or Centre Chairperson immediately.

An athlete who has received two previous warnings will be issued a penalty under the Centre guidelines contained within Melville By-Laws.

Code of Behaviour / Ethics for Parents and Spectators

Behaviour and / or actions considered to be in conflict with the spirit of Little Athletics will be considered a breach of the Code of Behaviour and will result in penalty. Penalties that are imposed are to be appropriate to the seriousness of the breach.

Any key official on site may initiate a warning to a parent/spectator who has broken the Code of Behaviour through the Arena Manager.

Any executive committee member may issue a warning to a parent/spectator who has broken the code of behaviour. This warning must be noted immediately to the Arena Manager / Field Arena Manager and Centre Chairperson.

Any key official or executive committee member may initiate a second warning but must do so through the Arena Manager/Field Arena Manager or Centre Chairperson immediately.

A parent/spectator who has received two previous warnings will be issued a penalty under the Centre guidelines contained within Melville By-Laws.

Parent Participation

Athletics can only operate effectively when parents support each other. Parents will be required to participate through rostered duties as allocated by your Club/Centre. If a parent fails to participate by not completing their rostered duty they will be given a warning by the Club Manager. Failure to complete a rostered duty on a second occasion may result in the family's athlete/s not being allowed to compete at the Centre for the remainder of the season. Consideration will also be given to not permitting the family to register with the Centre the following season.

Sunsmart Policy

The Centre will promote, encourage and support sun protection at meetings, training and competitions. Natural shade from the trees and buildings should be utilised and where possible, portable shade areas shall be erected at marshalling areas.

Athletes are strongly encouraged to wear hats except when in the action of competing ie hats should be worn in lines awaiting throws/jumps etc but removed when it is the athletes turn to compete.

Everyone is strongly encouraged to wear and regularly apply sunscreen. The Centre shall provide additional sunscreen at the Canteen during competition.

Heat and Hydration Guideline

If extreme temperatures are likely parents and officials should take extra care to ensure athletes are sufficiently hydrated and that shade is provided.

Consideration will be given to postponing or cancelling events if the ambient temperature is expected to be above 40°C for an extended period of time during the competition period. If a Centre meet is postponed or events cancelled, these events will not be made up in subsequent Centre meets.

Wet Weather Policy

A decision to cancel, modify or postpone a scheduled Centre meet due to prevailing weather shall be made no sooner than 30 minutes after the official starting time at a meeting attended by the Arena Manager, Centre Chairperson and a minimum of four members of the Centre Executive and four Club Managers.

If significant rain has fallen overnight or in the lead up to competition, the track and field will be inspected prior to competition commencement with safety of the athletes being paramount.

In the case of a thunderstorm the '30-30 rule' as detailed in the By-Laws shall be observed.

If a Centre meet is postponed or events cancelled, these events will not be made up in subsequent Centre meets.

Smoke Free Policy

Smoking is prohibited in ALL areas of competition and in the clubrooms and its surrounds. This also includes ALL functions organised by the Centre or Association.

Privacy

The Centre collects personal information in order to provide you with the services and information associated with membership of Little Athletics. The information collected is supplied by the parent upon registration of an athlete for each new season of Little Athletics and may only be used for the purposes related to Little Athletics including research, development of services and promotion or products or services offered by related organisations and our sponsors.

Responsible Alcohol Management Policy

The Centre is aware that alcohol, when misused can cause harm to the drinker and others. A responsible drinking policy has been adopted so as to reduce risks and avoid problems.

Consumption of alcohol during the conduct of Twilight meets is not encouraged. It is an offence under Western Australian alcohol laws for persons of any age to drink in public, such as on the street, park or beach. (Maximum Fine: AUD\$2,000 or on the spot fine of AUD\$200 - Section 119(4a) Liquor Control Act 1988).

Accidents and First Aid

All accidents are to be reported immediately to the First Aid Officer. A small first aid area is located inside the roller door of the equipment shed during competition. An Injury Report Form must be completed and lodged with the First Aid Officer.

Photography

Athlete photos are only to be used for the Melville Website or promotional material where parents have given prior permission. As far as practical, persons taking private photographs are to restrict photography to their child only. Any inappropriate photographic material is considered to be an ethical issue. Consequently this will be considered a breach of behaviour / code of ethics for parent or spectators, and will result in disciplinary action.

Emails

Emails sent to the wider membership of the Centre should be sent using the 'blind carbon copy' (BCC) email addressing option to restrict on forwarding of email details.

Intercentre and State Competitions

A number of Intercentre Competitions are held throughout the season and advertising of events will be on the website and through Club distribution.

The Championships and Special Events Officer is responsible for co-ordinating nominations to Association Events including State Relays, State Multi's, Zones and States. Event details, including nomination information will be advertised on the Centre noticeboard and on the Centre Website.

A condition of nomination to events is that a parent must be available for a roster. Failure to conduct a nominated roster may impact the athlete's eligibility to nominate for future events and/or register the following season.

The Centre will promulgate Centre Closing dates for nominations. These dates will

be slightly earlier than the Association closing dates to ensure our volunteers have sufficient time to complete administration required and to verify the accuracy of these entries prior to timely submission.

Late nominations will NOT be accepted. It is your responsibility to ensure your nomination is received prior to the promulgated Centre closing date.

U7 - U10 Team Event – Sunday 17th Nov 2013

Venue: WA Athletic Stadium
Official Start time: 8am
Uniform: Club uniform with age tag and registration number.
Nomination Closing: TBC

This team event was introduced in 2012 and was a popular and fun event catering for the younger age groups. A team of four (one from each age group) will compete in four events and a shuttle relay throughout the day. Each team member will compete against athletes from the same age group and will receive points for each performance, contributing to an overall team score.

State Relay Championships – Saturday 14th Dec 2013

Venue: WA Athletic Stadium
Official Start time: 8am
Uniform: Melville Centre uniform with age tag and registration number.
Nomination Closing: Melville closing date for teams is Mon 18th Nov 2013

Entry to the State Relays is through Centre selection and will be based on your performance and ability as assessed by the coaches. The Centre Coaching Co-ordinator may delegate team selections to individual coaches but will maintain overarching authority where a dispute may be raised.

Track events at the State Relay Championships are as follows:

- 4 x 100m (U8 to U17)
- 4 x 200m (U8 to U10)
- 4 x 400m (U11 to U17)

Field Relay Events are for U10 to U17 age groups only. Athletes compete in four events as determined by WALA from the following: triple jump, long jump, javelin, shot put and discus.

Each Centre is eligible to nominate one team (minimum of four, maximum of five) for the track events. For field events, one team of either two, three or four competitors is allowed. Athletes competing in track events are not allowed to compete in the field events.

The fee for team entry will be borne by the Centre.

Melville Centre has established comprehensive selection criteria for relays which are detailed within the By-Laws. The selection criteria have been established to ensure active competitors have every opportunity to be selected for a track squad, in sufficient time for coaches to assess, prior to determining final track team selection. Inclusion to track squads will be determined by personal best times run at Centre level before the date of selection. A summary of the track selection criteria is as follows:

- On completion of Week 4 an initial squad of the six fastest competitors in each age group / event will be determined by the Track Recorder.
- Selection to the track relay squad will continue until the end of Week 6 (third rotation of events) to incorporate athletes that achieve times in the top five of their age group.
- Track Relay team selections should be completed as soon as practical following Week 6 competition.
- The team coach will have the discretion to decide who runs in what event, their running position and whether the athlete runs in the heat or final. Each athlete selected in the final track team must run in either the heat, final or both.

A summary of the field relay team selection is as follows:

- On completion of Week 4, a team of up to 4 athletes will be selected by the field relay co-ordinator. The number of athletes and the events they compete in will not necessarily be based on results: consistency and technique will be important.
- If an athlete has indicated their volunteer status to compete for track selection they will be ineligible for selection to the field relay team.
- Once the field relay team has been selected and volunteer status of athletes confirmed, the athlete's position in the field relay team is assured, irrespective of future results and / or an athlete missing out on selection to the track team.

Team coaches are volunteers in the sport and every support from the athletes and parents should be given to your team coach. Any concerns should be brought to the immediate attention of the team coach. If the issue has not been resolved it should be brought to the attention of the Centre Coaching Co-ordinator.

Multi Event Championships – Sunday 9th Feb 2014

Venue:	WA Athletic Stadium
Official Start time:	8am
Uniform:	Melville Centre uniform with age tag and registration number.
Nomination Closing:	Melville closing date is Sat 18 th Jan 2014
Nomination Fee:	\$10.00 to be submitted with entry nomination.

This event is open to all athletes in the U11 – U17 age groups. Athletes are to submit their nomination on the sheet posted on the notice board or advise the Championship Officer they wish to compete by Sat 18th Jan. Nominations will not be accepted if parents are not willing to conduct a rostered duty.

Multi's is a competition where the athlete competes in all five events involving both track and field. Points are allocated to each athlete for each event based on the performance and the athlete's points are totalled. Medals are presented to the first three placegetters in each age group.

The five events will include hurdles, 100m, 800m, a throw and a jump. Competitors in the U15 age group have the opportunity to be selected to represent WA in the Interstate Teams Championship held in April.

The official Multi Event Championships Program will be available closer to the date and will be available on the WALA website.

State Heats/Quarter Finals Competition (ZONES) – 8th/9th March 2014

Venue:	Venue TBA – Melville is in Zone 2
Official Start time:	8am
Uniform:	U7 – U9 Club (or Centre) uniform with age tag and registration number U10 – U15 Melville Centre uniform with age tag and registration number
Nomination Closing:	Melville closing date is Fri 7 th Feb 2014

The State Track and Field Championships is the culmination of the summer season for Little Athletes. It is a WALA-controlled competition held over two consecutive days. Melville competes in **Zone 2** competition, which includes Belmont, Gosnells and Southern Districts Centres.

Nomination for Zones is available to all athletes that complete the nomination form prior to the cut off, and their parent/s have nominated for a rostered duty. There are restrictions on the number of events that an athlete can compete in and this is detailed on the nomination form.

For U7-U9 athletes Zones will be their final competition for the summer and the first 3 placegetters in each event will be awarded medals.

For U10 – U15 athletes Zones comprise the heats and quarter finals for the State Championships. The number of competitors qualifying in each event will be determined by the WALA Board of Management prior to the competition, having regard to the total registrations for the Zone.

U16-U17 athletes nominate directly to States.

Where there are not enough competitors to have more than one heat, then this event will become a final and will be run at heats times. Centres will be advised prior.

Unless the track event is revised to be a straight final where a lane draw will take place at the marshal area, competitors must run in their heats and lanes as allocated.

The heats at Zone events will be randomly generated following submission of all zone nominations to the zone co-ordinator.

Official State Championships Program will be available closer to the date and will be available through the WALA website.

State Track and Field Championships – 22nd/23rd March 2014 (Semi Finals and Finals)

Venue:	WA Athletic Stadium, AK Reserve
Official Start time:	8am
Uniform:	Melville Centre uniform with age tag and registration number.
Nomination Closing:	Qualification through Zones

Little Athletes compete in events over two consecutive days. Semi Finals and Finals are run for all track events. Gold, silver and bronze medals are presented to the first three placegetters in all events. The State Championships are regarded as the Grand Finale for the summer athletics season.

Official State Championships Program will be available closer to the date on the WALA website.

Interstate Teams Championships – The U13 “Nationals”

This event is held 4th May 2014. Athletes are selected from the U13 age group and are generally chosen on their performances at the Zones and State Championships.

The National Championships for 2014 will be held in Geelong, Victoria.

Multi-Event U15 Interstate Team

In conjunction with the Interstate Teams Championships, a Multi-Event Competition is held, based on pentathlon points. This competition is for U15 athletes, made up of two boys and two girls from each state, selected from performances at the State Multi-Event Championships in that year.

International State Team – Friendly Games Singapore/Kuala Lumpur

All medal winners in the U14 and U15 State Track and Field Championships, are automatically selected for inclusion in the State team to compete in Singapore or Kuala Lumpur in July.

Winter Competition

Background

All athletes may compete at these Inter-Centre meets in the same age group as the preceding summer. No further registration fee is required. Age tags and registration numbers must be transferred to the Melville Roar singlet. New registrations are welcome. Training timetable will be promulgated prior to season commencement. Details for Winter training and competition will be confirmed in April.

Parental support is required for training and running of our rostered competition day.

Cross Country Runs

Competition is held every second Saturday afternoon. A scratch race is held at the commencement of the season and another one mid-season, whilst the remainder of the competition races are handicapped. Athletes are required to compete in a minimum of 5 events to be eligible to compete in State Championships. U7 to U9 athletes race over 1500m, U10 to U12 over 2000m and U13 to U17 over 3000m. Cross Country courses are located at venues spread around the metropolitan area and are organised by the hosting Centre in conjunction with WALA.

When arriving at the venue, you must register in your age-gender group. Times and placing's can be obtained from the WALA website.

Road Walks

Competition is held on alternate Saturday afternoons to cross country runs. Races are held over 1000m for U7-U9, 1500m for U10-U12 and 2000m for U13 to U17. Races are held in car parks of Universities, shopping centres etc., around the metropolitan area.

When arriving at the venue, you must register in your age-gender group. Times, handicaps and placings can be obtained from the WALA website.

State Championships

Cross country runs and road walks are held over their respective distances and conclude the winter competition. Gold, silver and bronze medals are awarded to placegetters in each age group. The championships are regarded as the Grand Finale for the winter athletics season.

Awards

Club Awards

Each club, independently of the Centre, has its own trophies, merit and incentive awards, selection criteria and medal presentation ceremonies. Members should consult their Club Manager for details.

Centre Awards and Points

Centre awards are based on a points system using a central database. Points are awarded for each event the athlete participates in during the Centre competition, excluding Championship weeks. Points are not distributed to competitors as they are used as the basis for Centre awards.

Ribbon Achievements

The Centre strongly encourages striving for personal achievement through the ribbon achievement system. Each athlete has the opportunity to earn either a green, red or blue ribbon according to their achievement in each event. The ribbon achievement levels are updated every 3-4 years and based on mean accumulated performance over previous years. A ribbon of the corresponding colour can be achieved through the accumulation of a specific number of events as highlighted in the Centre 'Orange Book'. For example, U7 Boys need 4 events in the green level to obtain a green ribbon, 5 events in the red level to obtain a red ribbon, and 6 events in the blue level to obtain a blue ribbon.

The ribbons are presented to athletes, through their clubs up to twice a year, nominally prior to the Christmas break and new achievements at the end of the season.

Gold Achievement Award

An athlete who achieves the blue level in a specific number of events, as detailed in the Centre 'Orange Book', will be presented a Gold Achievement Award at the end of year presentations.

Participation Medals

U7, U8 and U9 athletes who have participated for more than half the season will be presented with a participation medal at the end of year presentations.

Centre Championships

The final two weeks of normal competition are reserved for the Melville Centre Championships. In each age group for each event, the first three place getters will be awarded a medal (except where there are five or less athletes registered, in which case only Gold medals will be handed out). In addition, all athletes who achieve a Personal Best during the championships will receive a PB ribbon. Last year, just over 1,200 PB ribbons were awarded over these 2 programs alone and an amazing 11 records over the two weeks - a great result! Any Melville registered

athlete may compete in any event. This is a separate competition therefore points from the Centre Championships do not count towards overall champions of each age group, nor are the results accepted for season best achievements.

To be eligible to compete at the Centre Championships, the athlete must have competed at the event a minimum of three times.

Age Group Champions

Age Group Champions and Runner Up are awarded each season based on accumulated points. There will be a combined age group champion for U16/U17 if there are five or less athletes in each of these age groups.

Personal Best Award

The MG Bassett trophy will be presented to the athlete who achieves the greatest improvement in performances over the season through Personal Best improvements.

Perpetual Centre Awards

Nominations for Centre Awards are voted on by the Executive Committee. Nominations are to be presented to the Executive Committee by mid season for consideration early in the New Year.

Tom Wilson Award: This award was introduced at the conclusion of the 2007/08 season by the Wilson family to honour the memory of their son Tom Wilson who was tragically taken from the MLAC community. This award reflects Tom's fun-loving enthusiasm for running and being a happy participant no matter the result. The award goes to the athlete who is not necessarily the best athlete but is always happy to try their hardest and do it with a smile.

Independent Little Athletes of the Year: This award is presented to an U15 athlete that 'has the potential to go on and possibly become a State or National Champion Athlete.' The recipient will become the Centre's nominee to WALA. The Centre may nominate a maximum of one boy and one girl for this award.

Centre Sportsmanship Award: The Sportsmanship award is presented to an U15 athlete who, in the opinion of the Executive Committee, best complies with the criteria for the WALA Doug Hancy Award. The recipient is considered to be a mentor for younger athletes and will become the Centre's nominee for this prestigious award. The nominee must meet the following criteria:

- Competes regularly in all events
- Assists at club and Centre level
- Is respected by other athletes, officials and parents
- Endeavours to uphold the Little Athletics Code of Conduct at all times
- Shows sportsmanship, courage and maintains an effort to do better
- Honest and friendly

The Centre may nominate a maximum of one boy and one girl for this award.

Open Champion Club: The Open Champion Club shield is presented to the club with the highest aggregate total of points scored by all its athletes.

Champion Club: The Champion Club shield is presented to the club with the highest points, based on the total points scored by all its athletes, divided by the number of registered athletes in the club.

Athlete Service Awards

Melville presents service awards to athletes that have completed 5 year, 9 year and 11 years of service at the Centre. This award is presented in the season it is achieved.

An 8 year athlete service award is presented by WALA and awarded at the State Championships for the completion of 8 years of service. This award is presented in the season following achievement, and subsequently aligns with the Melville 9 year award.

Club registrars and recorders are to ensure this information is forwarded to the Centre Recorder by mid-January each year.

Volunteer Service Awards

In recognition of volunteer support over many years, WALA presents the following awards:

Service Awards-Officials: 3, 6, 10 and 20 year awards.

Centre Official, Administrator and Coach of the year award

Honour, Merit and Distinguished Merit Awards

Life Membership

Clubs must provide nominations to the Executive Committee by last competition prior to Christmas mid-season break to ensure our volunteers are recognised.

Winter Awards

Awards are derived from a placing based points system and calculated over the season performance.

Cross Country: Awards are presented to the Champion and Runner-up in the Junior (U7-U9), Intermediate (U10 – U12) and Senior Divisions (U13 – U17) for both boys and girls.

Road Walking: Awards are presented to the Champion and Runner-up in the U7-U10 age group and the U11-17 age group.

Coach's Winter Award: A coach's award is presented to a winter athlete who shows dedication to the sport.

Mitchell Allomes Memorial Award: This perpetual award is presented to a winter athlete who displays enthusiasm over the season and is a regular participant.

Season Results

History of Season Results can be found on the Melville Roar website:
www.melvilleroar.com

CHAMPION CLUB

2007/08	Olympia	2008/09	Palmyra/Bicton
2009/10	Palmyra/Bicton	2010/11	Leeming
2011/12	Bateman/Bullcreek	2012/13	Brentwood

OPEN CHAMPION CLUB

2007/08	Olympia	2008/09	Palmyra/Bicton
2009/10	Palmyra/Bicton	2010/11	Palmyra/Bicton
2011/12	Brentwood	2012/13	Olympia

CENTRE SPORTSMANSHIP AWARD

Year	Name	Age	Club	Sponsor
2008/09	Michael Craggs	U15	BB	Steve & John Watters
2009/10	Gina Natale	U15	PB	Steve & John Watters
2010/11	Alex Robinson	U15	PB	Steve & John Watters
2011/12	Nicole Clark	U15	LM	
2012/13	Nicola Vester	U15	PB	Shacks Holden

MG BASSETT AWARD 2011/2012 for most Personal Best Performances

Sienna Edgar PB

INDEPENDENT LITTLE ATHLETE OF THE YEAR NOMINATION

Zoe Hinton OL
Lachlan McDermott PB

TOM WILSON AWARD

2008/09 Emma Watson BW
2009/10 Abbey Vladich BW
2010/11 Raynor Keane BW
2011/12 Ben Shaw BW
2012/13 Denzel Bourne BW

2012-13 State Track and Field Relay Championships

Overall Track Winners – Melville Boys Relay Teams 1st
Melville Girls Relay Teams 1st

State Track Relay Championships Results

4 x 100 BOYS			4 x 100 GIRLS		
		Time			Time
U8	-	-	U8	-	-
U9	-	-	U9	-	-
U10	-	-	U10	Gold	59.65
U11	Gold	53.73	U11	Gold	56.55
U12	Bronze	54.20	U12	Silver	55.13
U13	Gold	51.69	U13	Gold	52.61
U14	Gold	48.78	U14	Gold	51.02
U15	Bronze	47.41	U15	-	-
U16/17	-	-	U16/17	Bronze	51.15
4 x 200m			4 x 200m		
U8	-	-	U8	-	-
U9	Silver	2.13.85	U9	Gold	2.14.71
U10	-	-	U10	Gold	2.07.35
4 x 400m			4 x 400m		
U11	Gold	4.16.62	U11	-	-
U12	-	-	U12	Silver	4.28.16
U13	Gold	3.57.64	U13	Gold	4.16.25
U14	Gold	3.48.65	U14	-	-
U15	-	-	U15	Bronze	4.15.09
U16/17	Bronze	3.44.62	U16/17	Bronze	4.05.71

State Field Relay Championships Results

Boys			Girls		
U10	-	-	U10	Silver	1004pt
U11	-	-	U11	-	-
U12	-	-	U12	-	-
U13	Silver	2332pt	U13	Silver	1952pt
U14	-	-	U14	-	-
U15	-	-	U15	-	-
U16/17	-	-	U16/17	-	-

WALA Multi-Events Championships Medal Winners

U12G	Caitlin Blackman	2562 pts	Gold
U13B	Nathan George	3693 pts	Gold
U11B	Sasha Zhoya	2144 pts	Silver
U14G	Ashlee Glands	3287 pts	Silver
U16B	Liam Peers	3647 pts	Bronze

Interstate Teams Championships – The U13 “Nationals”

Congratulations to Nathan George, Lachlan Fox, Mikayla Johns and Joshua Mott who represented Melville in the WA State team at the 2013 Australian Little Athletics Championships ‘Nationals’ held in Canberra.

Nathan George: 400m (Gold), 200m (Silver), LJ (Silver), 4x100m Relay (Bronze)
Lachlan Fox: 400m (4th), HJ – (4th)
Mikayla Johns: Javelin (4th), 1500m Walk (6th)
Joshua Mott: 800m (8th), 1500m (8th)

International State Team – Friendly Games Singapore/Kuala Lumpur

Congratulations to the following athletes who qualified for the 2013 International State Team to compete in Kuala Lumpur:

Georgia Boxley	Ashlee Glands
Reyhana Malekloo	Annie Gibbs
Holly Hughes	Liam Moore
Alex Phua	Mackenzie Liddelow
Kai Metzner	

Melville Little Athletics would like to sincerely thank
Beyond Bank (formally United Community)
Gateway Centre, Marmion St, BOORAGOON
www.beyondbank.com.au
For their generous contribution during the season particularly
during our Centre Championships.

Zone Championships 2012/2013 - U7, U8 and U9 Medal Winners

Age	Athlete		Event	Age	Athlete		Event
GOLD - Boys				GOLD - Girls			
U7B	Dalton	Eddy	T-Jav	U7G	Isabella	Trolio	T-Jav
U9B	Chase	Bourne	60mH	U8G	Quintelle	Kenworthy-Groen	Shot
U9B	Chase	Bourne	100m	U8G	Quintelle	Kenworthy-Groen	T-Jav
U9B	Chase	Bourne	200m	U8G	Beatrice	Field	L-Jump
U9B	Mason	Bradwell	700mW	U8G	Mia	Ford	70m
				U8G	Mia	Ford	100m
				U8G	Mia	Ford	200m
				U8G	Mia	Ford	60mH
				U9G	Amy	Ellul	Discus
				U9G	Genevieve	Brink	T-Jav
SILVER - Boys				SILVER - Girls			
U7B	Dalton	Eddy	Shot	U8G	Beatrice	Field	T-Jav
U7B	Ky	Hehir	L-Jump	U9G	Ellie	Glands	700mW
U7B	Ky	Hehir	70m	U9G	Ellie	Glands	60mH
U7B	Ky	Hehir	100m	U9G	Ellie	Glands	H-Jump
U8B	Jack	Eastaugh	Shot	U9G	Charlotte	George	100m
U9B	Chase	Bourne	400m	U9G	Charlotte	George	200m
U9B	Brandon	George	70m	U9G	Genevieve	Brink	70m
U9B	Brandon	George	200m	U9G	Genevieve	Brink	L-Jump
U9B	Cooper	Searle	800m	U9G	Genevieve	Brink	Discus
BRONZE - Boys				BRONZE - Girls			
U7B	Noah	Mellody	70m	U7G	Isabella	Trolio	100m
U7B	Noah	Mellody	L-Jump	U7G	Isabella	Trolio	L-Jump
U8B	Jack	Clutterbuck	200m	U8G	Tanisha	Eddy	60mH
U8B	Ethan	Wright	T-Jav	U8G	Tanisha	Eddy	L-Jump
U8B	Declan	Johns	Shot	U9G	Ellie	Glands	800m
U9B	Brandon	George	100m	U9G	Charlotte	George	L-Jump
U9B	Jackson	McManus	T-Jav	U9G	Amy	Ellul	200m
U9B	Cooper	Searle	200m				
U9B	Cooper	Searle	400m				
U9B	Mason	Bradwell	Discus				

WALA State Championships 2012/2013

Medal Winners

Age	Athlete		Event	Age	Athlete		Event
GOLD -Boys				GOLD - Girls			
U11B	Sasha	Zhoya	60mH	U10G	Kaycee	Yates	Javelin
U11B	Luke	Shaw	400m	U11G	Sophie	White	60mH
U11B	Efrem	Vietti	H-Jump	U11G	Nicole	Darwin	100m
U13B	Nathan	George	400m	U11G	Nicole	Darwin	200m
U13B	Nathan	George	800m	U11G	Courtney	Johns	1100mW
U13B	Joshua	Mott	1500m	U11G	Sophie	White	T-Jump
U13B	Lachlan	Fox	H-Jump	U12G	Isabella	Reeves	100m
U14B	Nathan	Scott	800m	U12G	Caitlin	Blackman	L-Jump
U15B	Lachlan	McDermott	100m	U12G	Caitlin	Blackman	T-Jump
U15B	Lachlan	McDermott	200m	U13G	Mikayla	Johns	1500mW
U16B	Theodore	Kenworthy-Groen	800m	U14G	Ashlee	Glands	L-Jump
U16B	Theodore	Kenworthy-Groen	1500m	U15G	Holly	Hughes	1500mW
				U15G	Annie	Gibbs	L-Jump
				U16G	Kate	Holt	1500mW
				U17G	Katherine	Audsley	800m
				U17G	Alyx	Robinson	Javelin
SILVER – Boys				SILVER – Girls			
U10B	Toby	Field	T-Jump	U12G	Sophie	White	L-Jump
U11B	Sasha	Zhoya	100m	U12G	Isabella	Reeves	60mH
U11B	Sasha	Zhoya	200m	U13G	Cassia	Boglio	1500mW
U11B	Sasha	Zhoya	L-Jump	U14G	Georgia	Boxley	100m
U11B	Sasha	Zhoya	T-Jump	U14G	Georgia	Boxley	200m
U13B	Nathan	George	200m	U14G	Ashlee	Glands	T-Jump
U13B	Nathan	George	L-Jump	U15G	Zoe	Hinton	1500m
U14B	Liam	Moore	400m	U16G	Nicole	Clark	200m
U16B	Liam	Peers	200mH	U16G	Nicole	Clark	400m
U16B	Julian	Konle	H-Jump	U16G	Isabella	Tolardo	1500mW
U16B	Julian	Konle	L-Jump	U16G	Amy	Reid	200mH
U16B	Julian	Konle	T-Jump	U16G	Celine	Chay	T-Jump
SILVER – Girls				U17G	Caitlin	Jarvis	400m
U11G	Sophie	White	100m	U17G	Katherine	Audsley	1500m
U11G	Sophie	White	200m	U17G	Alyx	Robinson	Discus

BRONZE - Boys

U11B	Luke	Shaw	100m
U11B	Luke	Shaw	200m
U11B	Efrem	Vietti	L-Jump
U11B	Efrem	Vietti	T-Jump
U12B	Mitch	Thomas	1500m
U12B	Liam	Fox	Shot
U13B	Nathan	George	100m
U13B	Lachlan	Fox	400m
U14B	Alexander	Phua	200m
U14B	Alexander	Phua	L-Jump
U15B	Kai	Metzner	1500m
U15B	Mackenzie	Liddelow	T-Jump
U16B	Julian	Konle	100mH
U16B	Kurt	Wesley	1500m

BRONZE - Girls

U10G	Sophie	Eastough	200m
U10G	Holly	Lieschke	1100mW
U10G	Kaycee	Yates	Discus

BRONZE - Girls

U11G	Hannah	Sullivan	Shot
U11G	Meg	Hebiton	L-Jump
U11G	Rachel	Rowbottom	1100mW
U11G	Elizabeth	Hart	H-Jump
U13G	Zoe	Walker	100m
U13G	Jizelle	Kenworthy-Groen	800m
U13G	Cheyenne	Yates	1500mW
U13G	Cheyenne	Yates	Discus
U13G	Mikayla	Johns	Javelin
U13G	Teegan	Burns	L-Jump
U14G	Reyhana	Malekloo	100m
U14G	Lauren	Wright	400m
U14G	Ashlee	Glands	200mH
U15G	Charla	Gungor	200m
U15G	Charla	Gungor	H-Jump
U15G	Nicola	Vester	H-Jump
U16G	Nicole	Clark	800m
U16G	Nicole	Clark	1500m

MLAC Age Group Champion / Runner Up Athletes 2012/2013

U7	Boys	Champion <i>Runner Up</i>	Joshua Triggs <i>Noah Mellody</i>	BB OL
	Girls	Champion <i>Runner Up</i>	Maya Kenny <i>Jessica Price</i>	PB OL
U8	Boys	Champion <i>Runner Up</i>	Jack Clutterbuck Brayden Lee	BW OL
	Girls	Champion <i>Runner Up</i>	Mia Ford Quintelle Kenworthy-Groen	OL BB
U9	Boys	Champion <i>Runner Up</i>	Chase Bourne <i>Brandon George</i>	BW LM
	Girls	Champion <i>Runner Up</i>	Ellie Glands <i>Cleo Kenny</i>	BB PB
U10	Boys	Champion <i>Runner Up</i>	Connor Fitzgerald <i>Toby Field</i>	BW LM
	Girls	Champion <i>Runner Up</i>	Meg Hebiton <i>Sophie Eastaugh</i>	BW PB
U11	Boys	Champion <i>Runner Up</i>	Daniel Kempson <i>Sasha Zhoya</i>	LM LM
	Girls	Champion <i>Runner Up</i>	Sophie White <i>Courtney Johns</i>	PB PB
U12	Boys	Champion <i>Runner Up</i>	Oliver Bodlovich <i>Angus Grant</i>	PB PB
	Girls	Champion <i>Runner Up</i>	Caitlin Blackman <i>Piper Irwin</i>	BW BW
U13	Boys	Champion <i>Runner Up</i>	Nathan George <i>Lachlan Fox</i>	LM BB
	Girls	Champion <i>Runner Up</i>	Mikayla Johns <i>Jizelle Kenworthy-Groen</i>	PB BB
U14	Boys	Champion <i>Runner Up</i>	Liam Moore <i>Andrew Gill</i>	BB PB
	Girls	Champion <i>Runner Up</i>	Lauren Lowrey <i>Kaleigh Spithoven</i>	BW OL
U15	Boys	Champion <i>Runner Up</i>	Paul Grayson <i>Mackenzie Liddelow</i>	PB PB
	Girls	Champion <i>Runner Up</i>	Emily Cowden <i>Annie Gibbs</i>	LM OL
U16	Boys	Champion <i>Runner Up</i>	Theodore Kenworthy-Groen <i>Liam Peers</i>	BB BB
	Girls	Champion <i>Runner Up</i>	Alice Wardle <i>Amy Reid</i>	PB PB
U17	Boys	Champion	<i>Lachlan McIsaac</i>	BW
	Girls	Champion <i>Runner Up</i>	<i>Caitlin Jarvis</i> <i>Rebecca Vester</i>	LM PB

Gold Achievement Award Recipients 2012/2013

U7G	Maya Kenny	PB	U10G	Meg Hebiton	BW
U8G	Beatrice Field	LM	U11B	Sasha Zhoya	LM
U8G	Mia Ford	OL	U11B	Daniel Kempson	LM
U8 B	Jack Clutterbuck	BW	U12G	Caitlin Blackman	BW
U9G	Ellie Glands	BB	U13G	Jizelle Kenworthy-Groen	BB
U9B	Chase Bourne	BW	U13B	Nathan George	LM
U9B	Cooper Searle	BW			

SERVICE AWARDS

5 YEARS

Sara Becker	BB	Declan Thompson	BW
Aidan Correa	BB	Gavin Thompson	BW
Ashlee Cronin	BB	Jack Webb	BW
Lola Davies	BB	Ashleigh Webb	BW
Nathan Fenn	BB	Amy Riordan	LM
Joshua Fenn	BB	Ethan White	LM
Tolga Gungor	BB	Laura Hegedus	MW
Charla Gungor	BB	Grace Hegedus	MW
Sarah Hasselerharm	BB	Alyssa Spence	MW
Sophie Jones	BB	Caleb Spence	MW
Lyndon Kenworthy-Groen	BB	Jasmine Karafil	OL
Anna Underwood	BB	Joely Patterson	OL
Callum Whalley	BB	Phoebe McWhae	OL
Paudie Whalley	BB	Jasmin Park	OL
Jessica Ellul	BW	Georgia Boxley	PB
Keely Hebiton	BW	Paul Grayson	PB
Courtney Hill	BW	Courtney Johns	PB
Ethan Hill	BW	Mackenzie Liddelow	PB
Piper Irwin	BW	Ruby Rankin	PB
Kai Katnich	BW	Phoebe Rankin	PB
Trey Katnich	BW	Henri Scaffidi	PB
Mathew Murray	BW	Zoe Walker	PB

9 YEARS

Karina Frazer	BB	Katherine Audsley	MW
Lauren Wright	LM	Tyler Gill	PB

11 YEARS

Alyx Robinson	PB	
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2012/2013 Season Best Performance

BOYS

GIRLS

50M

7	Ky Hehir	9.32	Maya Kenny	9.13
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70M

7	Joshua Triggs	12.88	Maya Kenny	12.52
8	Jack Clutterbuck	11.93	Mia Ford	12.01
9	Chase Bourne	10.98	Cleo Kenny	11.37

100M

7	Ky Hehir	18.22	Maya Kenny	17.47
8	Sam Molenaar	16.73	Mia Ford	16.98
9	Chase Bourne	15.34	Cleo Kenny	15.98
10	Toby Field	15.16	Hannah Sullivan	15.50
11	Luke Shaw	13.84	Nicole Darwin	13.96
12	Oliver Bodlovich	14.09	Isabella Reeves	13.98
13	James Gallagher	12.03	Teegan Burns	13.94
14	Alexander Phua	12.45	Georgia Boxley	13.26
15	Lachlan McDermott	11.60	Charla Gungor	13.37
16	Steve Heane	12.17	Kathryn Althorpe	13.65
17	-		Rebecca Vester	12.93

200M

7	Joshua Triggs	39.03	Maya Kenny	37.44
8	Jack Clutterbuck	34.62	Mia Ford	36.74
9	Chase Bourne	32.88	Cleo Kenny	33.32
10	Toby Field	32.02	Sophie Eastaugh	32.54
11	Luke Shaw	28.35	Nicole Darwin	29.74
12	Richard Tashinga	29.08	Caitlin Blackman	30.16
13	James Gallagher	24.34	Zoe Walker	28.98
14	Alexander Phua	25.61	Ashlee Glands	28.63
15	Lachlan McDermott	23.80	Charla Gungor	27.52
16	Liam Peers	24.95	Amy Reid	27.82
17	-		Rebecca Vester	27.32

300M

8	Aidan Lindsay	56.63	Mia Ford	1:00.36
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400M

9	Chase Bourne	1:13.85	Cleo Kenny	1:17.15
10	Toby Field	1:14.14	Claire Madlener	1.16.29
11	Luke Shaw	1.03.50	Sophie White	1.10.22
12	Jake Eysers	1.07.76	Caitlin Blackman	1.08.10
13	Nathan George	54.56	Jizelle Kenworthy-Groen	1.04.83
14	Liam Moore	56.27	Lauren Wright	1.04.66
15	Scott Russell	56.10	Brittany Scott	1.02.98
16	Theodore Kenworthy-Groen	55.05	Nicole Clark	1.01.19
17	-		Rebecca Vester	1.02.33

800M

9	Chase Bourne	2.55.75	Cleo Kenny	2.55.43
10	Toby Field	2.47.69	Claire Madlener	2.57.07
11	Luke Shaw	2.35.11	Melissa Heane	2.52.41
12	Mitch Thomas	2.39.65	Piper Irwin	2.44.42
13	Nathan George	2.13.41	Jizelle Kenworthy-Groen	2.35.68
14	Nathan Scott	2.13.59	Lauren Wright	2.44.23
15	Kai Metzner	2.15.16	Brittany Scott	2.31.16
16	Theodore Kenworthy-Groen	2.07.69	Nicole Clark	2.36.33
17	-		Katherine Audsley	2.27.26

1500M

11	Daniel Kempson	5.20.14	Tia Kenny	6.04.50
12	Mitch Thomas	5.13.22	Piper Irwin	5.42.46
13	Nathan George	4.56.83	Lauren Hyde-Cooling	5.30.61
14	Sam Althorpe	5.04.13	Amy Buckingham	5.44.86
15	Kai Metzner	4.49.87	Zoe Hinton	5.21.66
16	Theodore Kenworthy-Groen	4.26.62	Kate Holt	5.57.90
17	-		Katherine Audsley	5.16.57

700m Walk

9	Chase Bourne	4.27.65	Ellie Glands	4.14.52
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1100m Walk

10	Mathew Flowers	7.15.17	Holly Lieschke	6.45.19
11	Riley Bourne	6.33.14	Courtney Johns	5.51.31

1500m Walk

12	Cameron Broughton	9.31.15	Rosie Lehane	9.41.57
13	Jack Redman	9.49.35	Mikayla Johns	7.37.80
14	Callum Whalley	9.01.38	Lauren Lowrey	9.16.98
15	-		Holly Hughes	7.39.28
16	-		Kate Holt	7.58.40
17	-		-	

60m HURDLES

7	Joshua Triggs	13.06	Maya Kenny	13.05
8	Brayden Lee	12.11	Mia Ford	12.23
9	Chase Bourne	11.16	Cleo Kenny	11.54
10	Toby Field	11.13	Meg Hebiton	11.51
11	Sasha Zhoya	9.60	Sophie White	10.63
12	Angus Grant	10.83	Isabella Reeves	10.56

80m HURDLES

13	Nathan George	13.59	Ruby Rankin	14.63
14	-----	-----	Ashlee Glands	13.79

90m HURDLES

14	Rhys Davies	15.01	-----	-----
15	-----	-----	Emily Cowden	16.21
16	-----	-----	Amy Reid	14.10

100m HURDLES

15	Paul Grayson	15.29	-----	-----
16	Liam Peers	14.50	-----	-----
17	-----	-----	Rebecca Vester	17.51

110m HURDLES

17	Lachlan Mclsaac	17.70	-----	
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200m HURDLES

13	Nathan George	28.94	Ruby Rankin	32.55
14	Liam Moore	29.82	Ashlee Glands	31.00
15	Mackenzie Liddelow	27.87	Emily Cowden	30.79
16	Liam Peers	26.95	Amy Reid	30.95
17	Lachlan Mclsaac	29.44	Rebecca Vester	32.01

DISCUS

7	Angus Dodd	12.94	Jessica Price	11.17
8	Jack Clutterbuck	15.23	Quintelle Kenworthy-Groen	14.66
9	Mason Bradwell	19.02	Ellie Glands	14.32
10	Max Fell	21.13	Kaycee Yates	23.90
11	Sasha Zhoya	22.16	Courtney Johns	18.81
12	Oliver Bodlovich	23.87	Joely Patterson	28.94
13	John Craggs	29.14	Cheyenne Yates	33.77
14	Nathan Scott	27.21	Lauren Lowrey	21.97
15	Paul Grayson	39.59	Ciara Browne	28.66
16	Liam Peers	39.39	Kate Holt	23.43
17	-		Alyx Robinson	30.56

HIGH JUMP

9	Chase Bourne	1.10	Ellie Glands	1.12
10	Connor Fitzgerald	1.22	Sophie Eastaugh	1.19
11	Efrem Vietti	1.36	Alyssa Caswell	1.27
12	Angus Grant	1.36	Caitlin Blackman	1.35
13	James Gallagher	1.61	Holly Ralston	1.33
	Nathan George	1.61	Mikayla Johns	1.33
14	Nicholas Patat	1.50	Lauren Lowrey	1.49
15	Paul Grayson	1.65	Nicola Vester	1.48
	Mackenzie Liddelow	1.65	Amy Reid	1.45
16	Julian Konle	1.86	Karina Frazer	1.25
17	-		Caitlin Jarvis	1.25

TURBO JAV

7	Joshua Triggs	11.83	Maya Kenny	8.59
8	Kye Brindle	17.80	Quintelle Kenworthy-Groen	12.01
9	Chase Bourne	21.25	Ellie Glands	16.65

JAVELIN

10	Mitchell English	20.56	Kaycee Yates	19.55
11	Lyndon Kenworthy-Groen	24.47	Courtney Johns	20.29
12	Tyler Glands	30.29	Piper Irwin	20.62
13	John Craggs	33.70	Mikayla Johns	32.50
14	Disura Gunadewa	31.55	Ashlee Glands	27.21
15	Paul Grayson	35.35	Emma Cader	24.95
16	Tyler Gill	39.50	Nicole Clark	20.56
17	-		Alyx Robinson	36.04

LONG JUMP

7	Kynan Atkin	3.14	Charlotte Wild	2.84
8	Brayden Lee	3.56	Tanasha Eddy	3.30
9	Chase Bourne	3.89	Cleo Kenny	3.53
10	Toby Field	4.28	Meg Hebiton	4.05
11	Sasha Zhoya	4.76	Nicole Darwin	4.67
12	Richard Tashinga	4.61	Caitlin Blackman	4.65
13	James Gallaughar	5.59	Teegan Burns	4.82
14	Liam Moore	5.29	Ashlee Glands	5.21
15	Mackenzie Liddelow	5.99	Annie Gibbs	4.81
16	Julian Konle	6.14	Amy Reid	4.75
17	-		Rebecca Vester	5.19

SHOT PUT

7	Noah Mellody	4.29	Maya Kenny	4.26
8	Jack Eastaugh	5.87	Quintelle Kenworthy-Groen	5.02
9	Nicholas Vriezen	6.72	Ellie Glands	5.31
10	Max Fell	8.02	Hannah Sullivan	7.71
11	Nathan Fenn	10.19	Nicole Darwin	7.99
12	Liam Fox	8.65	Joely Patterson	9.50
13	Nathan George	11.70	Teegan Burns	8.81
14	Brodee Knight	9.86	Kaleigh Spithoven	8.73
15	Paul Grayson	12.88	Emily Cowden	8.60
16	Julian Konle	11.79	Isabella Tolardo	9.57
17	-	-	Alyx Robinson	10.28

TRIPLE JUMP

10	Toby Field	8.69	Meg Hebiton	8.49
11	Sasha Zhoya	9.98	Nicole Darwin	9.29
12	Angus Grant	9.54	Caitlin Blackman	10.08
13	Nathan George	11.26	Holly Ralston	9.65
14	Liam Moore	10.64	Ashlee Glands	10.33
15	Mackenzie Liddelow	12.04	Munashe Zhoya	10.20
16	Julian Konle	13.00	Celine Chay	10.63
17	-		Caitlin Jarvis	9.62

State Championships Winter Medals 2013

ROAD WALKING

Girls

11	Courtney Johns	Gold	13	Mikayla Johns	Silver
14	Sara Becker	Gold	13	Cassia Boglio	Bronze
15	Holly Hughes	Gold			

CROSS COUNTRY

Boys

10	Jay Lindorff	Gold
13	Joshua Mott	Gold
16	Kurt Wesley	Gold
13	Tyler Lindorff	Silver
16	Theodore Kenworthy-Groen	Silver
9	Cameron Mulvey	Bronze
11	Daniel Kempson	Bronze
12	Mitch Thomas	Bronze

Girls

9	Ellie Glands	Gold
7	Maya Kenny	Silver
8	Tia McArthur	Bronze
9	Cleo Kenny	Bronze
17	Katherine Audsley	Bronze

MLAC Winter Award Winners 2013

Cross Country

Junior

Champion
Runner Up

Boys

Cameron Mulver
Brayden Lee

Girls

Ellie Glands
Maya Kenny

Intermediate

Champion
Runner Up

Daniel Kempson
Jay Lindorff

Ashlee Cronin
Alana Rees

Senior

Champion
Runner Up

Luke Burrows
Kurt Wesley

Katherine Audsley
Nicole Clark

Walk

U7-U10

Champion
Runner Up

Declan Johns
Caitlin Hodgkinson

U11-U17

Champion
Runner Up

Courtney Johns
Mikayla Johns

Coach's Winter Award

Kiara Speechley

Mitchell Allomes Memorial Award

Beau Pashby

Centre Records

(Records achieved in a MLAC competition by a Melville athlete)

Abbreviations:

AT Attadale	MT Mount Pleasant	BB Bateman/Bullcreek
OL Olympia	BW Brentwood	RM Rossmoyne
LM Leeming	CW Carawatha/Willagee	MW Melway/Winthrop
ARD Ardross	COO Coolbellup	HL Hilton
LYN Lynwood	SP Spearwood	KIT Kitchener (split into Melway & Olympia)
KD Kardinya	PB Palmyra/Bicton	
BTM Bateman		

Note: 1. Timing gates were purchased and introduced in 2006/07 season. Centre records that have been broken using electronic timing since are indicated with an (e).

Note: 2. Only records for current events are shown. Manual records are maintained for all events and are held by Centre Recorder.

Note 3. Records achieved in the previous season are in **Bold**

Boys				Girls				
Age	Year	Name	Club	Result	Year	Name	Club	Result
50m				50m				
U7	1996	B Abel	LM	8.7	2009	H Sullivan	LM	8.78 (e)
	2007	C Reeves	PB	8.94(e)				
70m				70m				
U7	2007	C Reeves	PB	12.12(e)	2009	H Sullivan	LM	12.25(e)
U8	1981	N Mansfield	MW	10.6	1992	J Hofsink	AT	11.2
U9	2007	L McDermott	PB	10.32(e)	1982	D Evans	OL	10.7
100m				100m				
U7	2007	C Reeves	PB	17.26(e)	2012	M Kenny	PB	17.47(e)
U8	1972	M Bradley	RM	14.8	1971	J Richmond	AT	15.9
					1974	C Smith	PB	15.9
U9	1972	K Atkinson	CW	14.1	1975	C Smith	PB	14.6
U10	1971	S Kinniment	BW	13.0	1992	A Harding	BB	14.3
U11	1975	R McKinnon	MW	13.1	2013	N Darwin	BB	13.96(e)
U12	1978	F Martin	PB	12.5	1975	M Fowler	MW	12.9
U13	2013	J Gallagher	OL	12.03(e)	1976	M Sands	ARD	12.6
U14	1999	J Pang	KD	11.8	1998	S Oksuz	BW	12.6
U15	2013	L McDermott	PB	11.47(e)	1999	S Oksuz	BW	12.5
U16	2001	M Dawson	BB	11.3	2011	R Vester	PB	13.03(e)
U17	2011	M.Craggs	BB	11.65(e)	2012	R Vester	PB	12.93(e)
200m				200m				
U7	1988	N Hebbard	LM	35.6	1991	J Hofsink	AT	35.6
U8	1985	G Meadowcroft	OL	31.4	1992	J Hofsink	AT	33.6
U9	1996	A Minchin	LM	30.8	1977	M Eldrid	MW	31.5
U10	1977	F Martin	PB	28.6	1977	M Ashley	LYN	29.7
U11	1977	F Martin	PB	26.5	1974	M Fowler	MW	28.4

U12	1979	F Martin	PB	25.3	1975	M Fowler	MW	27.3
U13	2013	J Gallagher	OL	24.34(e)	1975	M Fowler	MW	26.5
U14	1998	J Pang	KD	24.4	2008	B Pires-	PB	26.09(e)
U15	2013	L McDermott	PB	23.74(e)	1999	B Wood	OL	25.3
U16	1999	C Troode	BB	23.5	2005	E Longo	OL	26.3
U17	2001	M Simon	OL	23.5	2013	R Vester	PB	27.32(e)
300m					300m			
U8	2011	C Bourne	BW	52.40	1992	J Hofsink	AT	55.1
400m					400m			
U9	1972	K Atkinson	CW	1:09.3	1971	L Quail	LYN	1:13.0
U10	1975	D Wright	MP	1:05.7	1982	M Miragliotta	PB	1:08.7
U11	1977	F Martin	PB	1:02.3	1974	M Fowler	MW	1:04.9
U12	2011	N George	LM	59.16(e)	1975	M Fowler	MW	1:00.4
U13	2013	N George	LM	54.56(e)	1975	M Fowler	MW	1:00.4
U14	2013	L Moore	BB	55.11(e)	2002	R Francisco	OL	0:59.1
U15	1991	J Watters	PB	52.8	2012	M Hollick	OL	0:58.6
U16	1999	C Troode	BB	50.9	2012	N Clark	LM	1:01.19(e)
U17	2001	M Simon	OL	52.8	2012	R Vester	PB	1:02.33(e)
800m					800m			
U9	1994	K Taylor	OL	2:40.6	2013	C Kenny	PB	2:53.63
U10	1991	M Colegate	OL	2:35.3	2007	N Clark	LM	2:44.0
U11	1974	S Francis	MP	2:25.7	1974	M Fowler	MW	2:33.7
U12	1975	K Davies	RM	2:19.6	1980	D Barnett	MW	2:29.8
	1975	S Francis	MP	2:19.6				
U13	2012	N George	LM	2:13.41	2002	M Hollick	OL	2:22.0
U14	2011	E Williams	PB	2:12.95	2003	M Hollick	OL	2:18.8
U15	1990	S Hair	KD	2:06.8	2004	M Hollick	OL	2:21.6
U16	2011	A Tharle	OL	2:04.15	2006	M Hollick	OL	2:25.8
U17	2012	A Tharle	OL	2:05.25	2012	K Audsley	MW	2:27.26
1500m					1500m			
U11	1974	S Francis	MP	5:00.7	1979	M Lang	MW	5:24.2
U12	1975	K Davies	RM	4:43.3	1981	M Lang	MW	5:16.7
	1975	S Francis	MP	4:43.3				
U13	1976	K Davies	RM	4:38.5	2002	M Hollick	OL	5:07.0
U14	2012	E Williams	PB	4:35.59	1999	A Anderson	LM	5:00.8
U15	1997	B Johnson	OL	4:30.9	2004	M Hollick	OL	4:54.5
U16	2013	T Kenworthy-Groen	BB	4:26.62	2005	M Hollick	OL	5:06.5
U17	2000	B Johnson	OL	4:36.5	2013	K Audsley	MW	5:13.98
60m Hurdles					60m Hurdles			
U7	1989	L Rush	MW	11.9	1990	L Cubitt	BB	12.3
U8	2011	C Bourne	BW	11.38(e)	2009	I Reeves	PB	11.74(e)
U9	2012	T Field	LM	10.69(e)	1991	A Harding	BB	10.7
U10	2008	L McDermott	PB	10.99(e)	1999	M Hollick	OL	11.2
U11	2012	S Zhoya	LM	9.60 (e)	2000	M Hollick	OL	10.2
U12	1996	J Surjan	PB	9.8	2009	R D'Cunha	MW	10.19(e)

80m Hurdles				80m Hurdles				
U13	1997	B Jewell	PB	12.3	2010	C Gibson	PB	13.20(e)
U14	---	---	---	---	1999	T Pollard	PB	13.3
90m Hurdles				90m Hurdles				
U14	1999	C Jovanovic	PB	12.8	---	---	---	---
U15	---	---	---	---	1999	J Hofsink	PB	13.6
U16	---	---	---	---	2012	A Reid	PB	14.10(e)
100m Hurdles				100m Hurdles				
U15	2000	J Surjan	PB	13.6	---	---	---	---
	2000	C Jovanovic	PB	13.6	---	---	---	---
U16	2010	M Craggs	BB	13.84	---	---	---	---
U17	2000	G Artemis	OL	13.6	2006	S McCann	OL	16.1
110m Hurdles				110m Hurdles				
U17	2011	M Craggs	BB	14.88(e)	---	---	---	---
200m Hurdles				200m Hurdles				
U13	2007	J Mapstone	LM	28.44	2002	M Hollick	OL	29.3
U14	2000	D Prigmore	PB	27.7	2003	M Hollick	OL	29.1
U15	2000	C Jovanovic	PB	25.6	2004	M Hollick	OL	29.0
U16	2004	Z Farrow	OL	25.9	2005	S McCann	OL	29.4
U17	2011	M Craggs	BB	26.01(e)	2006	S McCann	OL	29.0
700m Walk				700m Walk				
U9	1989	D Schmidberger	LM	3:46.8	1983	H Walsh	BB	3:48.8
1100m Walk				1100 Walk				
U10	1996	T Hellings	OL	5:34.4	2009	M Johns	PB	5:41.84
U11	1995	J Klauz	OL	5:44.4	2010	M Johns	PB	5:41.90
1500m Walk				1500m Walk				
U12	1997	N Avery	BB	7:08.4	2012	M Johns	PB	7:36.07
U13	1997	N Avery	BB	6:51.1	2008	H Watson	BW	7:12.8
U14	1999	N Avery	BB	6:47.1	2008	H Watson	BW	6:57:70
U15	1995	J Gawley	BB	6:28.6	2009	H Watson	BW	7:05.75
U16	2000	J Klauz	OL	6:22.3	2010	H Watson	BW	7.05.00
U17	2000	J Klauz	OL	6:42.7	2012	H Watson	BW	7.08.00
Long Jump				Long Jump				
U7	1996	D Chan	OL	3.36	2008	C Blackman	BW	3.14
U8	1985	G Meadowcroft	OL	3.90	2011	H Sullivan	LM	3.64
U9	1986	G Meadowcroft	OL	4.29	2009	Z Walker	PB	3.99
U10	1987	G Meadowcroft	OL	4.51	1993	B Wood	OL	4.41
U11	1981	M Hamilton	CW	5.16	1972	L Richmond	AT	4.84
U12	1987	A Wong	MW	5.27	2013	C Blackman	BW	4.84
U13	1980	F Martin	PB	6.26	1996	S Oksuz	BW	5.22
U14	1984	A Ritchie	PB	5.92	2013	A Glands	BB	5.36
U15	2000	J Surjan	PB	6.28	1999	S Oksuz	BW	5.64
U16	1999	G Artemis	OL	6.29	2004	J McKinnon	BB	5.13
U17	2011	M Craggs	BB	6.60	2012	R Vester	PB	5.19

Triple Jump				Triple Jump				
U10	1984	M Cattalini	OL	9.34	1993	B Wood	OL	8.98
U11	2013	S Zhoya	LM	9.98	1995	S Oksuz	BW	9.52
U12	1979	G Harvey	MW	10.74	2013	C Blackman	BW	10.27
U13	1981	G Harvey	MW	11.60	2001	J McKinnon	BB	10.78
U14	1992	D Davey	BW	12.66	2013	A Glands	BB	11.03
U15	1990	S Hair	KD	13.07	1996	Z Elari	LM	10.61
U16	2012	J Konle	OL	13.00	2013	C Chay	MW	10.63
U17	2000	G Artemis	OL	13.01	2005	S McCann	OL	10.19
High Jump Scissor				High Jump Scissor				
U9	2011	T Field	LM	1.12	2012	E Glands	BB	1.12
U10	2011	C Fitzgerald	BW	1.23	1983	K Woodward	KD	1.25
U11	2012	E Vietti	PB	1.36	2005	K Sexton	OL	1.28
FLOP				FLOP				
U12	1977	D Anderson	MW	1.60	1983	L Shenstone	BW	1.57
U13	1978	D Anderson	MW	1.73	2010	N Robinson	PB	1.60
U14	2009	J Phoebe	OL	1.71	2010	N Robinson	PB	1.62
U15	2002	J Munns	KD	1.82	2011	N Robinson	PB	1.62
U16	2012	J Konle	OL	1.87	1999	S Blackney	BB	1.60
U17	1997	A Pooley	MW	1.80	2005	S McCann	OL	1.50
Turbo Javelin				Turbo Javelin				
U7	2005	H Robinson	LM	17.23	2004	N Clark	LM	11.07
U8	2001	D Duplock	CW	21.11	2004	A Robinson	LM	18.24
U9	2002	M Craggs	BB	25.76	2005	A Robinson	LM	21.63
Javelin 400g				Javelin 400g				
U10	1978	A Foley	BB	34.12	2005	A Robinson	LM	26.68
U11	1980	A Foley	BB	42.78	2007	A Robinson	LM	29.29
U12	1980	A Foley	BB	44.96	2008	A Robinson	PB	34.79
U13	---	---	---	---	2009	A Robinson	PB	39.42
U14	---	---	---	---	2013	A Glands	BB	27.21
Javelin 500g				Javelin 500g (inaugural)				
U15	---	---	---	---	2012	E Calder	OL	24.95
U16	---	---	---	---	2012	N Clark	LM	20.56
U17	---	---	---	---	2013	A Robinson	PB	36.04
Javelin 600g				Javelin 600g				
U13	1981	R Giroud	MW	45.06	---	---	---	---
U14	2000	D Primore	PB	51.18	---	---	---	---
U15	1999	C Jovanovic	PB	56.7	---	---	---	---
Javelin 700g				Javelin 700g				
U16	2010	M Craggs	BB	51.24	---	---	---	--
U17	2002	A Hofstee	CW	52.0	---	---	---	---
Shot Put 1.5kg				Shot Put 1.5kg				
U7	2008	O Bodlovich	BW	5.96	1987	A Christian	PB	5.57
U8	1989	N Hebbard	LM	8.29	2004	A Robinson	LM	6.69

Shot Put 2kg				Shot Put 2kg				
U9	1989	N Hebbard	LM	8.81	2004	A Robinson	LM	7.26
U10	1973	S Fazey	OL	10.18	1989	A Christian	PB	8.84
U11	1998	H O'Brien	PB	11.16	2012	J Patterson	OL	9.55
U12	---	---	---	---	1981	P Moore	BB	12.02
Shot Put 3kg				Shot Put 3kg				
U12	1979	F Martin	PB	11.65	---	---	---	---
U13	1982	R Giroud	MW	14.64	2000	L Smith	LM	11.47
U14	1984	A Dunnet	ATT	13.20	1992	B Payze	PB	12.81
U15	---	---	---	---	1993	B Payze	PB	13.57
U16	---	---	---	---	1999	H Lawson	MW	10.84
U17	---	---	---	---	1999	J Hazell	MW	11.38
Shot Put 4kg				Shot Put 4kg				
U15	2002	T Grabe	OL	15.99	---	---	---	---
U16	1998	J Hofstee	OL	15.86	---	---	---	---
Shot Put 5kg				Shot Put 5kg				
U17	2000	S Leighton	CW	13.23	---	---	---	---
Discus 350g				Discus 350g				
U7	2001	M O'Brien	BTM	19.79	1993	S Dunnet	PB	15.09
Discus 500g				Discus 500g				
U8	1992	A Prince	PB	24.7	1994	S Dunnet	PB	19.72
U9	1989	N Hebbard	LM	29.73	1988	A Christian	PB	22.86
U10	1979	N Hancy	OL	32.96	1989	A Christian	PB	27.24
Discus 750g				Discus 750g				
U11	1980	R Giroud	MW	31.64	1991	A Christian	PB	30
U12	1981	A Foley	BB	40.04	1995	L Smith	OL	32.74
U13	---	---	---	---	1991	B Payze	PB	37.42
Discus 1kg				Discus 1kg				
U13	2006	M O'Brien	PB	38.53	---	---	---	---
U14	2000	D Prigmore	PB	51.18	1992	B Payze	PB	37.8
U15	1991	A Casey	PB	47.1	1992	B Payze	PB	38.89
U16	---	---	---	---	2003	L Smith	LM	40.55
U17	---	---	---	---	2009	S Fenwick	OL	38.03
Discus 1.5kg				Discus 1.5kg				
U16	2004	M Malone	OL	46.66	---	---	---	---
U17	2010	M Craggs	BB	38.00	---	---	---	---

Open Records

AT Attadale BB Bateman/Bull Creek BW Brentwood KD Kardinya CW Carawatha/Willagee SP Spearwood	LM Leeming MW Melway/Winthrop COO Coolbellup LYN Lynwood ARD Ardross KIT Kitchener	MP Mount Pleasant OL Olympia PB Palmyra/Bicton RM Rossmoyne HIL Hilton
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TO CLAIM A RECORD:

Any Melville Little Athletics Centre athlete who can provide proof of a better performance in any event at any authorized WALAA or National Competition, excluding country meetings, should contact the Centre Recorder.

Boys					Girls			
Age	Year	Name	Clu	Result	Year	Name	Club	Result
50m					50m			
U7	1996	B Abel	LM	8.7	1990	A Harding	BB	8.6
70m					70m			
U7	2011	J Cleaver	BW	11.64	2010	H Sullivan	LM	12.08
U8	1986	G Meadowcroft	OL	10.4	1981	D Evans	OL	11
					1997	K Elliss	PB	11
U9	2007	L McDermott	PB	9.7	1977	M Eldrid	MW	10.1
100m					100m			
U7	1988	N Hebbard	LM	16.6	1990	T Burley	MW	17.3
					2010	H Sullivan	LM	17.3
U8	1986	G Meadowcroft	OL	14.5	1991	A Harding	BB	15.7
U9	1987	G Meadowcroft	OL	13.9	1975	C Smith	PB	14.6
U10	1971	S Kinniment	BW	13	2010	Z Walker	PB	13.98
U11	1978	F Martin	PB	12.9	2013	N Darwin	BB	13.16
U12	1979	F Martin	PB	12.4	2011	G Boxley	PB	12.5
U13	1980	F Martin	PB	11.4	2012	G Boxley	PB	12.49
U14	1997	K Hammal	PB	11.5	2013	G Boxley	PB	11.99
U15	2013	L McDermott	PB	10.89	1999	S Oksuz	BW	12.3
U16	2002	M Dawson	PB	10.9	2006	E Longo	OL	12.2
U17	2003	M Dawson	PB	11.2	2010	R O'Kane	BB	12.53
200m					200m			
U7	1987	N Hebbard	LM	35.6	1991	J Hofsink	AT	35.6
U8	1986	G Meadowcroft	OL	31	1992	A Chequer	BW	32.9
U9	1987	G Meadowcroft	OL	29.4	1992	A Harding	BB	30.4
U10	1973	K Atkinson	CW	28	2000	M Hollick	OL	29.2
U11	1978	F Martin	PB	26.3	2001	M Hollick	OL	27.2
		2013 S Zhoya	LM	26.3				
U12	1979	F Martin	PB	24.7	2002	M Hollick	OL	26.6
U13	1980	F Martin	PB	23.6	2010	J Cianfrini	MW	25.77

U14	2013	A Phua	BB	23.79	1990	L Miller	MW	25.2
U15	2013	L McDermott	PB	22.52	1999	B Wood	OL	25.3
U16	1998	C Troode	BB	23.1	2006	E Longo	OL	25.4
U17	2002	M Simon	OL	23.2	2006	S McCann	OL	26.9
300m				300m				
U8	2011	<i>C Bourne</i>	<i>BW</i>	<i>53.54</i>	1992	J Hofsink	AT	55.1
400m				400m				
U9	1972	K Atkinson	CW	1:09.3	1984	L Chadwick	BB	1:12.70
U10	1986	J Watters	PB	1:04.4	1982	M Miragliotta	PB	1:05.70
U11	1978	F Martin	PB	1:00.6	2001	M Hollick	OL	1:03.0
U12	1979	F Martin	PB	55.0	1975	M Fowler	MW	1:00.4
U13	1980	F Martin	PB	51.9	1995	C Cochrane	MW	59.4
					2003	M Hollick	OL	59.4
U14	2013	L Moore	BB	52.68	2002	M Wheatley	PB	57.8
U15	2000	C Jovanovic	PB	51.1	1999	B Wood	OL	57.6
U16	1998	C Troode	BB	50.6	2006	E Longo	OL	1:00.1
U17	2002	M D Simon	OL	51.3	2010	R O'Kane	BB	59.72
800m				800m				
U9	1994	K Taylor	OL	2:38.9	2006	N Clark	LM	2:50.1
U10	2004	J Mapstone	LM	2:31.1	2007	N Clark	LM	2:37.9
U11	1986	O Dartnall	MP	2:21.9	2008	N Clark	LM	2:29.4
U12	2012	<i>N George</i>	<i>LM</i>	<i>2:14.55</i>	1998	A Anderson	LM	2:25.4
U13	2007	J Mapstone	LM	2:09.8	2003	M Hollick	OL	2:15.6
U14	2008	J Mapstone	LM	2:08.3	2003	M Hollick	OL	2:18.8
U15	1998	M McNally	BB	2:03.5	2005	M Hollick	OL	2:15.9
U16	2013	T Kenworthy-Groen	BB	2:02.58	2012	K Audsley	MW	2:21.22
U17	2004	P Klauz	OL	2:02.9	2013	K Audsley	MW	2:22.01
1500m				1500m				
U11	1986	O Dartnall	MP	4:47.2	2008	N Clark	LM	5:10.8
U12	1987	O Dartnall	MP	4:41.1	2004	C O'Donnell	MW	5:11.4
U13	2007	J Mapstone	LM	4:27.6	2009	K Audsley	MW	4:58.4
U14	1996	B Pattinson	PB	4:31.5	2000	A Anderson	LM	4:51.1
U15	1992	B Prosser	MP	4:17.8	2001	A Anderson	LM	4:48.8
U16	2013	T Kenworthy-Groen	BB	4:21.44	2012	K Audsley	MW	5:04.55
U17	2004	P Klauz	OL	4:24.9	2013	K Audsley	MW	5:01.37
60m Hurdles				60m Hurdles				
U7	1989	L Rush	MW	11.9	1990	L Cubitt	BB	12.3
					1990	A Harding	MW	12.3
U8	2012	C Bourne	BW	10.56	2009	I Reeves	PB	11.38
U9	2012	T Field	LM	9.97	1995	T Brown	MW	10.6
U10	1997	M Schrader	LM	10.1	1997	C Douglas	OL	10.3
	2012	S Zhoya	LM	10.1				
U11	2013	S Zhoya	LM	9.13	2001	M Hollick	OL	9.5
U12	1997	G O'Brien	BB	9.7	1996	A Chequer	BW	9.7

80m Hurdles					80m Hurdles			
U13	1998	B Jewell	PB	12.3	1997	A Chequer	BW	12.6
U14	---	---	---	---	1997	A Harding	LM	12.7
					2000	T Pollard	PB	12.7
90m Hurdles					90m Hurdles			
U14	2012	L McDermott	PB	12.74	---	---	---	---
U15	---	---	---	---	1998	S Oksuz	BW	13.3
					2001	J Hofsink	PB	13.3
U16	---	---	---	---	2005	K Robinson	MW	13.4
100m Hurdles					100m Hurdles			
U15	2000	J Surian	PB	13.2	---	---	---	---
	2000	C Jovanovic	PB	13.2				
U16	2003	C Artemis	CW	13.4	---	---	---	---
U17	---	---	---	---	2006	S McCann	OL	15.7
110m Hurdles					110m Hurdles			
U17	2011	M Craggs	BB	14.00	---	---	---	---
200m Hurdles					200m Hurdles			
U13	2010	A Lawson	MW	27.03	2002	M Hollick	OL	29.3
U14	2008	M Craggs	BB	26.2	2000	A Oksuz	BW	28.5
U15	2000	C Jovanovic	PB	25.1	2004	K Crierie	PB	27.4
U16	2010	M Craggs	BB	24.23	2013	A Reid	PB	28.6
U17	2000	G Artemis	OL	25.9	2006	S McCann	OL	28.7
	2005	Z Farrow	OL	25.9				
700m Walk					700m Walk			
U9	1983	A Fitzgerald	MW	3:36.3	1992	A Thevenau	BB	3:41.3
1100m Walk					1100m Walk			
U10	1996	T Hellings	OL	5:34.4	2009	M Johns	PB	5:41.84
U11	1995	J Klauz	OL	5:37.3	2008	K Holt	OL	5:34.1
1500m Walk					1500m Walk			
U12	1997	N Avery	BB	7:08.4	1999	S Avery	BB	7:13.8
U13	1997	N Avery	BB	6:51.1	2008	H Watson	BW	7:00.5
U14	1999	N Avery	BB	6:47.1	2009	H Watson	BW	6:48.2
U15	1995	J Gawley	BB	6:28.4	2009	H Watson	BW	6:54.30
U16	2000	J Klauz	OL	6:21.9	2011	H Watson	BW	7:05.00
U17	2001	J Klauz	OL	6:42.7	2012	H Watson	BW	6:59.85
Long Jump					Long Jump			
U7	1996	D Chan	OL	3.36	1990	L Smith	OL	3.2
U8	1986	G Meadowcroft	OL	4.09	1983	L Miller	CW	3.7
U9	1987	G Meadowcroft	OL	4.37	2009	Z Walker	PB	3.99
U10	1987	M Chequer	BW	4.67	1993	B Wood	OL	4.41
U11	1981	M Hamilton	CW	5.16	1972	L Richmond	AT	4.84
U12	1987	A Wong	MW	5.45	2013	C Blackman	BW	5.05
U13	1980	F Martin	PB	6.41	2002	J McKinnon	BB	5.34
U14	2008	M Craggs	BB	6.2	1998	S Oksuz	BW	5.59
U15	1998	W Surjan	PB	6.32	1999	S Oksuz	BW	6.19

U16	1999	G Artemis	OL	6.4	2004	J McKinnon	BB	5.13
U17	2011	M Craggs	BB	6.69	2013	R Vester	PB	5.19
Triple Jump				Triple Jump				
U10	1988	G Meadowcroft	OL	9.82	2011	C Blackman	BW	9.53
U11	2013	S Zhoya	LM	10.89	1998	C Douglas	OL	10.12
U12	1988	S Hair	KD	11.46	2001	J McKinnon	BB	11.04
U13	1979	F Martin	PB	12.25	2002	J McKinnon	BB	10.78
U14	1992	D Davey	BW	12.66	1994	B Payze	PB	11.11
U15	1991	S Hair	KD	13.19	1991	Z Elari	LM	11.25
U16	2012	J Konle	OL	13.90	2011	K Sexton	OL	10.83
U17	2000	G Artemis	OL	12.54	2005	S McCann	OL	10.19
High Jump				High Jump				
U9	1975	D Anderson	MW	1.28	1982	J Mullings	KD	1.18
U10	1980	J Cook	MW	1.42	1983	K Woodward	KD	1.25
U11	1977	D Anderson	MW	1.58	1982	K. Bailey	MW	1.43
U12	1978	D Anderson	MW	1.6	1983	L Shenstone	BW	1.57
U13	1979	D Anderson	MW	1.82	2008	K Sexton	OL	1.65
U14	1997	D Singe	BB	1.76	2011	N Robinson	PB	1.68
U15	1990	J Pozzi	MP	1.93	2012	N Robinson	PB	1.65
U16	2013	J Konle	OL	1.90	1999	S Blackney	BB	1.6
U17	1999	A Pooley	MW	1.8	2006	S McCann	OL	1.50
Turbo Javelin				Turbo Javelin				
U7	2005	H Robinson	LM	17.23	2004	N Clark	LM	11.07
U8	2002	D Duplock	CW	24.04	2004	A Robinson	LM	18.3
U9	2001	G Derrington	BW	28.07	2005	A Robinson	LM	22.26
Javelin 400g				Javelin 400g				
U10	1979	A Foley	BB	38.9	2006	A Robinson	LM	27.28
U11	1980	A Foley	BB	42.78	2001	J O'Donovan	BW	30.74
U12	1980	A Foley	BB	47.7	2008	A Robinson	PB	34.79
U13	---	---	---	---	1996	L Smith	OL	40.96
U14	---	---	---	---	2013	A Glands	BB	27.21
Javelin 500g				Javelin 500g (inaugural)				
U15	---	---	---	---	2012	E Calder	OL	24.95
U16	---	---	---	---	2012	N Clark	LM	20.56
U17	---	---	---	---	2013	A Robinson	PB	37.45
Javelin 600g				Javelin 600g				
U13	1998	C Jovanovic	PB	46.46	---	---	---	---
U14	1990	C Roebuck	MW	54.56	2010	A Robinson	PB	38.85
U15	1991	C Roebuck	MW	59.84	2000	K Mickle	PB	44.87
Javelin 700g				Javelin 700g				
U16	2010	M Craggs	BB	51.24	---	---	---	---
U17	2002	A Hoftsee	CW	52.0	---	---	---	---
Shot Put 1.5kg				Shot Put 1.5kg				
U7	1988	N Hebbard	LM	6.4	1987	A Christian	PB	5.57
U8	1989	N Hebbard	LM	9.41	1988	A Christian	PB	7.46

Shot Put 2kg					Shot Put 2kg			
U9	1975	A Reeves	AT	9.31	1989	A Christian	PB	7.59
U10	1973	S Fazey	OL	10.45	1989	A Christian	PB	8.84
U11	1998	H O'Brien	PB	11.16	1995	H Lawson	MW	10.09
	2005	M Craggs	BB	11.16				
U12	---	---	---	---	1986	C Finucane	PB	12.42
Shot Put 3kg					Shot Put 3kg			
U12	1979	F Martin	PB	11.65	---	---	---	---
U13	1982	R Giroud	MW	14.64	2000	L Smith	LM	11.47
U14	1984	A Dunnet	ATT	13.20	1992	B Payze	PB	12.88
U15	---	---	---	---	1995	L Wai	PB	13.96
U16	---	---	---	---	1999	H Lawson	MW	10.84
U17	---	---	---	---	1999	J Hazell	MW	11.38
Shot Put 4kg					Shot Put 4kg			
U15	2003	T Grabe	OL	16.2	---	---	---	---
U16	1998	J Hoftsee	OL	15.86	---	---	---	---
Shot Put 5kg					Shot Put 5kg			
U17	2000	J Hoftsee	OL	13.41	---	---	---	---
Discus 350g					Discus 350g			
U7	2001	M O'Brien	BTM	19.79	2010	K Yates	BW	16.81
Discus 500g					Discus 500g			
U8	1992	A Prince	PB	24.7	1987	A Christian	PB	20.2
U9	1983	J Foley	BB	30.8	1989	A Christian	PB	25.14
U10	1978	A Foley	BB	34.28	1990	A Christian	PB	30.68
Discus 750g					Discus 750g			
U11	2003	G Derrington	BW	32.13	1991	A Christian	PB	30
U12	1980	A Foley	BB	42.5	1992	A Christian	PB	34.34
U13	---	---	---	---	1991	B Payze	PB	37.8
Discus 1 kg					Discus 1 kg			
U13	1998	G O'Brien	PB	38.96	---	---	---	---
U14	1985	R Vogel	MP	49.08	1992	B Payze	PB	38.1
U15	1991	C Roebuck	MW	47.28	1993	B Payze	PB	39.68
U16	1999	J Hoftsee	OL	49.22	2004	L Smith	LM	42.34
U17	---	---	---	---	2009	S Fenwick	OL	38.03
Discus 1.5kg					Discus 1.5kg			
U17	2000	J Hoftsee	OL	40.75				

Melville Little Athletics Centre would like to sincerely thank
Harold Shrigley
for the generous time he contributes to auditing our financial documents.

Competition Standards

High Jump

Competition at MLAC commences with the bar at the heights listed below:

The bar is then raised in 5cm increments until all but the final six (6) athletes¹ have been eliminated. The bar is then raised a minimum of 2cm intervals. Each athlete is allowed two (2) attempts at any one height until only 6 are left in each age group up to and including U13. Then 3 attempts at each height will be allowed. **All U14 and up athletes will be allowed three attempts at any height before being eliminated; this rule may be modified at the discretion of the key official.** U9, U10 and U11 athletes to use 'scissors' style only.

	U9	U10	U11	U12	U13	U14	U15	U16	U17
BOYS	80cm	90cm	95cm	1.05m	1.10m	1.20m	1.25m	1.30m	1.35m
GIRLS	75cm	85cm	90cm	1.00m	1.05m	1.10m	1.15m	1.20m	1.25m

Long Jump

Each athlete is allowed three (3) jumps. The front of mat for U7 to U9 will be 20 cm from the pit. For U10 to U12 the front of the mat will be 1m from the pit and for U13-17 front of the strip will be 1m from the pit. A 1m mat is used for U7 to U9, a 0.5m mat for U10 to U12, and a 0.2m mat/board/strip for U13 to U17.

Triple Jump

Each athlete is allowed three (3) jumps. Take-off board/mat same size as for long jump. The board settings are listed below:

	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
BOYS											
Board (m)	n/a	n/a	n/a	0.5m	0.5m	0.5m	Strip	Strip	Strip	Strip	Strip
Mat (m)	n/a	n/a	n/a	In full metre increments commencing from 5m							
GIRLS											
Board (m)	n/a	n/a	n/a	0.5m	0.5m	0.5m	Strip	Strip	Strip	Strip	Strip
Mat (m)	n/a	n/a	n/a	In full metre increments commencing from 5m							

Competitors can request to move the mat/board in metre increments up or down from the recommended distance. Distance measured from edge of mat closest to pit.

¹ Final 6 athletes refers to the highest jumping athletes in an age group, regardless of the number of sites operating. The exception is the first two weeks when PB's are still being determined.

Shot Put

Each athlete is allowed three (3) throws. Listed below are the weights of implements for each age group:

	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
BOYS	1.5kg*	1.5kg	2kg	2kg	2kg	3kg	3kg	3kg	4kg	4kg	5kg
GIRLS	1.5kg*	1.5kg	2kg	2kg	2kg	2kg	3kg	3kg	3kg	3kg	3kg

*1.0kg for WALA events

Discus

Each athlete is allowed three (3) throws. Listed below are the weights of implements for each age group:

	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
BOYS	350g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1kg	1.5kg
GIRLS	350g	500g	500g	500g	750g	750g	750g	1kg	1kg	1kg	1kg

Javelin

Each athlete is allowed three throws. Below are the weights of implements for each age group:

	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
BOYS	Tjav	Tjav	Tjav	400g	400g	400g	600g	600g	600g	700g	700g
GIRLS	Tjav	Tjav	Tjav	400g	400g	400g	400g	400g	500g	500g	500g

Note: Tjav = Turbo Javelin for U7 – U9.

Hurdles

Colour coding for Hurdles Spacing:

110m	Blue	Boys U17	
100m	Yellow	Boys U15-U16	Girls U17
90m	White	Boys U14	Girls U15-U16
80m	Red	Boys U13	Girls U13-U14
60m	Black	Boys U7-U12	Girls U7-U12

BOYS	U7/8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	60	80	90	100	100	110
Height (cm)	45	45	60	60	68	76	76	76	76	76
Run in (m)	12	12	12	12	12	12	13	13	13	13.72
Dist between (m)	7	7	7	7	7	7	8	8.5	8.5	9.14
Run Out (m)	13	13	13	13	13	12	13	10.5	10.5	14.02
Number of flights	6	6	6	6	6	9	9	10	10	10
GIRLS	U7/8	U9	U10	U11	U12	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	60	80	80	90	90	100
Height (cm)	45	45	60	60	68	76	76	76	76	76
Run in (m)	12	12	12	12	12	12	12	13	13	13
Dist between (m)	7	7	7	7	7	7	7	8	8	8.5
Run Out (m)	13	13	13	13	13	12	12	13	13	10.5
Number of flights	6	6	6	6	6	9	9	9	9	10

U13	U14	U15	U16	U17
200	200	200	200	200
68	76	76	76	76
20	20	20	20	20
35	35	35	35	35
40	40	40	40	40
5	5	5	5	5
U13	U14	U15	U16	U17
200	200	200	200	200
68	76	76	76	76
20	20	20	20	20
35	35	35	35	35
40	40	40	40	40
5	5	5	5	5

Achievement Ribbon Performance Levels - Girls

GIRLS		50M	70M	100M	200M	300M	400M	800M	1500M	HURDLES	200M HURDLES	SHOT	DISCUS	JAVELIN	HIGH JUMP	LONG JUMP	TRIPLE JUMP	WALKS	Ribbons	Gold
16	Blue			13.88	29.0		1:06.3	2:47.3	5:48.5	17.22	32.1	3.0kg	24.10	500g	1.47	4.56	9.52	9:38.1	9	13
16	Red			14.41	29.8		1:08.8	3:03.8	6:36.7	18.54	34.2	8.00	18.32	28.00	1.30	4.20	8.60	11:36.9	8	
16	Green			15.37	31.6		1:12.1	3:35.0	7:30.0	19.74	38.5	6.60	16.50	19.00	1.25	3.75	8.14	12:51.7	7	
15	Blue			14.04	29.1		1:06.0	2:49.1	5:30.5	16.01	32.3	8.42	22.28	24.00	1.40	4.46	9.26	9:38.1	9	13
15	Red			14.79	30.7		1:10.2	3:02.9	6:26.6	17.61	34.1	7.42	17.48	18.00	1.30	4.19	8.53	11:36.9	8	
15	Green			15.41	33.0		1:19.1	3:28.0	7:04.5	19.90	37.2	6.14	14.30	14.00	1.20	3.82	8.05	12:51.7	7	
14	Blue			14.20	29.5		1:07.8	2:49.0	5:49.7	14.75	33.3	7.83	20.07	21.00	1.36	4.30	9.12	8:42.9	9	13
14	Red			15.13	31.7		1:13.9	3:02.5	6:28.9	17.00	35.9	6.82	15.81	17.00	1.25	3.86	8.19	9:58.1	8	
14	Green			16.17	34.5		1:23.0	3:21.7	6:57.7	18.91	38.8	5.77	13.33	13.50	1.15	3.53	7.56	11:02.8	7	
13	Blue			14.67	30.7		1:10.0	2:52.6	6:02.9	15.83	33.8	7.12	19.95	19.71	1.30	4.13	8.76	9:16.3	9	13
13	Red			15.68	33.0		1:17.7	3:11.9	6:40.2	18.17	36.6	6.12	16.08	15.60	1.20	3.65	7.93	10:59.7	8	
13	Green			16.77	35.7		1:24.0	3:30.6	7:24.3	20.36	40.2	5.20	13.54	12.32	1.10	3.24	7.07	12:21.8	7	
12	Blue			15.29	32.5		1:14.0	2:58.8	6:04.1	12.11		2.0kg	17.30	16.70	1.21	3.89	8.32	9:45.9	9	12
12	Red			16.25	34.5		1:20.7	3:15.7	6:40.7	13.37		6.38	13.77	13.25	1.10	3.50	7.43	10:59.0	8	
12	Green			17.35	37.1		1:27.8	3:31.8	7:12.2	14.39		5.42	11.32	10.39	1.05	3.13	6.71	12:01.9	7	
11	Blue			16.16	34.0		1:19.2	3:05.9	6:20.4	12.46		6.47	14.93	14.79	1.12	3.67	7.63	1100M	9	12
11	Red			17.18	36.9		1:25.4	3:20.6	6:51.8	13.40		5.47	12.25	11.46	1.05	3.21	6.72	7:57.8	8	
11	Green			18.16	39.5		1:32.1	3:37.5	7:27.0	14.58		4.76	10.01	8.84	0.95	2.91	6.06	8:46.7	7	
10	Blue			16.91	35.5		1:22.9	3:13.4		13.32		5.46	15.13	12.34	1.04	3.32	6.88	7:28.3	9	11
10	Red			17.96	38.4		1:29.6	3:27.8		14.17		4.72	11.92	9.53	0.95	3.02	6.17	8:12.9	8	
10	Green			19.20	41.9		1:37.6	3:49.0		15.22		4.09	9.77	7.49	0.90	2.73	5.52	8:51.4	7	
9	Blue		12.37	17.80	38.0		1:26.8	3:23.5		12.88		4.73	12.49	11.29	0.99	3.10		4:49.4	8	11
9	Red		13.14	19.01	40.6		1:35.6	3:39.9		13.80		4.03	10.32	9.13	0.89	2.80		5:11.9	7	
9	Green		13.91	20.50	44.1		1:47.7	4:00.4		14.70		3.55	8.76	7.53	0.82	2.56		5:41.4	6	
8	Blue		12.92	18.48	39.8	1:05.3				13.50		1.5kg	10.29	8.98		2.82			7	9
8	Red		13.69	19.82	42.6	1:10.2				14.41		3.83	8.47	7.60		2.53			6	
8	Green		14.63	21.35	45.8	1:17.0				15.56		3.12	6.47	5.84		2.24			5	
7	Blue	10.12	13.97	20.39	43.5					14.59		3.53	8.78	7.39		2.45			6	9
7	Red	10.76	14.81	21.56	46.5					16.38		3.00	6.84	5.77		2.21			5	
7	Green	11.38	15.77	23.00	50.5					18.00		2.56	5.18	4.66		1.97			4	

Note: There is insufficient data for U17 ribbon achievements. U16 data can be used noting some differences in distances and weights.

Achievement Ribbon Performance Levels - Boys

Boys		50M	70M	100M	200M	300M	400M	800M	1500M	HURDLES	200M HURDLES	SHOT	DISCUS	JAVELIN	HIGH JUMP	LONG JUMP	TRIPLE JUMP	WALKS	Ribbons	Gold
16	Blue			12.51	25.0		0:56.0	2:18.6	4:48.5	15.55	28.49	11.20	33.11	35.88	1.68	5.45	11.03	9:04.6	9	13
16	Red			13.03	25.3		1:00.4	2:23.7	5:10.5	16.19	29.94	9.56	27.87	29.43	1.55	4.86	9.87	10:28.8	8	
16	Green			14.28	28.3		1:06.7	2:44.3	5:54.7	18.80	32.97	8.05	22.05	23.69	1.45	4.50	8.68	11:44.5	7	
15	Blue			13.08	26.3		0:57.5	2:24.9	4:54.1	16.20	29.63	9.82	32.37	35.64	1.55	5.31	10.96	9:04.6	9	13
15	Red			13.43	27.9		1:02.5	2:35.6	5:13.8	18.76	32.44	8.36	26.50	27.49	1.43	4.70	10.21	10:28.8	8	
15	Green			14.28	30.1		1:11.8	3:04.3	5:57.3	20.01	35.13	7.23	20.68	23.17	1.35	4.22	9.28	11:44.5	7	
14	Blue			13.40	27.1		1:00.8	2:28.7	5:10.7	15.29	30.45	9.00	28.44	28.29	1.50	4.74	10.07	9:04.6	9	13
14	Red			14.17	29.5		1:06.9	2:44.5	5:44.2	17.22	32.42	8.00	21.09	22.31	1.35	4.22	9.32	10:28.8	8	
14	Green			15.17	31.7		1:13.7	2:59.7	6:16.1	19.04	35.66	7.00	16.53	17.30	1.25	3.76	8.49	11:44.5	7	
13	Blue			14.31	29.3		1:07.5	2:40.2	5:31.2	15.25	32.57	8.37	20.90	22.91	1.35	4.29	9.32	9:31.3	9	13
13	Red			15.32	31.6		1:14.2	2:55.7	5:58.1	17.18	34.89	6.95	16.56	17.74	1.25	3.85	8.41	10:32.1	8	
13	Green			16.36	34.3		1:21.2	3:11.2	6:35.7	18.96	38.38	6.03	13.78	14.47	1.15	3.47	7.61	11:52.7	7	
12	Blue			14.88	31.0		1:11.6	2:49.4	5:48.6	11.56	7.04	20.83	23.18	400g	1.26	4.03	8.67	9:46.8	9	12
12	Red			16.05	33.5		1:18.1	3:00.9	6:15.3	12.75	6.00	17.12	18.61	750g	1.15	3.71	7.79	10:46.5	8	
12	Green			17.05	35.6		1:25.8	3:18.8	6:43.8	13.76	5.13	14.08	14.65	400g	1.10	3.32	7.08	12:03.3	7	
11	Blue			15.53	32.5		1:15.2	2:54.5	5:55.2	11.78	2.0kg	7.56	17.94	19.88	1.16	3.86	8.09	7:00.6	9	12
11	Red			16.55	34.9		1:21.6	3:08.8	6:24.6	12.74	6.57	14.56	15.64	1100M	1.07	3.50	7.29	7:44.8	8	
11	Green			17.60	37.7		1:27.9	3:25.4	6:59.4	13.71	5.40	11.82	11.89	1100M	1.00	3.14	6.59	8:34.0	7	
10	Blue			16.24	34.1		1:19.7	3:01.5		12.48	5.00	6.57	18.62	17.03	1.09	3.55	7.39	7:22.2	9	11
10	Red			17.15	36.8		1:24.3	3:15.5		13.40	5.76	14.99	13.13	10.14	1.00	3.24	6.67	7:53.8	8	
10	Green			18.46	40.2		1:33.5	3:37.4		14.29	4.83	12.28	12.28	10.14	0.95	2.96	5.89	8:39.1	7	
9	Blue		12.11	17.25	36.7		1:22.9	3:09.3		12.35	5.77	15.76	16.22	T.JAV	1.00	3.32	3.32	4:40.0	8	11
9	Red		12.77	18.22	38.8		1:29.3	3:26.4		13.06	4.82	12.62	12.83	700M	0.90	3.00	3.00	5:07.9	7	
9	Green		13.46	19.59	41.9		1:36.6	3:48.0		13.93	4.07	10.18	9.80	700M	0.85	2.73	2.73	5:41.3	6	
8	Blue		12.71	18.03	38.3	1:02.5				12.95	1.5kg	5.36	12.66	13.20		3.02	3.02		7	9
8	Red		13.38	19.16	41.4	1:07.4				13.76	1.5kg	4.62	10.71	10.51		2.75	2.75		6	
8	Green		14.20	20.41	44.4	1:14.7				14.86	1.5kg	3.94	8.15	8.40		2.47	2.47		5	
7	Blue	9.86	13.72	19.62	41.7					14.29	350g	4.34	11.55	9.91		2.62	2.62		6	9
7	Red	10.54	14.63	21.14	45.8					15.53	350g	3.63	9.59	8.17		2.33	2.33		5	
7	Green	11.22	15.53	22.51	48.8					17.01	350g	2.93	7.08	6.17		2.09	2.09		4	

Note: There is insufficient data for U17 ribbon achievements. U16 data can be used noting some differences in distances and weights.

Melville Seniors

Melville ROAR Athletic Club competes under the affiliation of Athletics WA (AWA) who conducts all Senior athletic meets at the WA Athletics Stadium, Stephenson Ave, Mt Claremont for any athlete turning 12 and older. The program is usually on Friday evenings.

The program of events follow a 4 week cycle (A to D) and covers all the events from sprints, middle distance, throws, jumps and walks. Essentially any event you will see at the Olympics is conducted except for the Marathon.

Melville Little Athletics Centre registered athletes turning 12 and over in the current year will be able to register with AWA and be eligible to compete at all AWA and AA National competitions for summer (13/14) and winter (2014). There is a Competing fee for each meet which allows you to compete in as many events as is on the program.

Note: hurdle heights and distances, throwing implement weights may vary from Little Athletics specifications.

You can wear your Melville Little Athletics Centre uniform, the same uniform worn by the Melville Seniors or your Little Athletics Club uniform. You are required to wear the AWA assigned competition number as opposed to the WALA assigned competition number.

Please note that the Melville Seniors are required to provide Volunteers at designated times during the season to assist at meets. All athletes and parents will be notified by email when this is the case asking for assistance. If you feel you would like to do more please see the Seniors Representative and you will be guided accordingly.

For further information about AWA and the competition they co-ordinate, please visit AWA's website – waathletics.org.au, where information regarding competition rules, results, news etc. is located.

A sub-committee for administering and fostering athlete, coach and official participation is being formed, members of which are more than willing to assist you. The members are current or former Melville Little Athletics Centre parents or athletes.

If you would like more information about Melville Seniors or have any queries please go to the melvilleroar.com website or email: seniors@melvilleroar.com.

Hear the ROAR

See the ROAR

Be the ROAR

