



Winter Guide

2014



\$3.00

Compiled by: Lukas Martens
(WALA Competitions and Special
Events)

Date: 10 March 2014
Review date: November 2014
Association meeting

Approved: 14 November 2013

Codes of Conduct

Visiting Athletes, coaches, Officials and Administrators are also asked to respect our Codes of Conduct and Non Smoking Policy.

Little Athletes

1. Participate in Little Athletics for the "fun of it" and not just to please parents and coaches.
2. Compete according to the rules.
3. Any approach to an official should be in a courteous manner. Never argue with an Official.
4. Control your temper. Verbal abuse of officials or other athletes, deliberately distracting or provoking another athlete is neither acceptable nor permitted in our sport.
5. Be a good sport. Acknowledge all good results, whether they are by your Centre/Club, or the other Centre/Club.
6. Any form of cheating is unacceptable.
7. Work equally hard for yourself and/or your Centre/Club as both will benefit.
8. Treat all athletes, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another athlete.
9. Co-operate with your coach, club mates and other athletes. Without them there would be no competition
10. Bad language is not to be used at any time. Substance abuse of any kind is un-acceptable.

Parents

1. Encourage children to participate if they are interested. However, if a child is not willing do not force him or her.
2. Remember children are involved in Little Athletics for their enjoyment, not yours.
3. Focus upon the child's efforts rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
4. Teach children an honest effort is as important as victory, so the result of each event is accepted without undue disappointment.
5. Encourage athletes always to participate according to the rules.
6. Never ridicule or yell at a child for making a mistake or losing an event
7. Turn defeat to victory by encouraging your child to work towards skill improvement, good sportsmanship and attaining personal best performances.
8. Recognise the value and importance of coaches and officials of whom the vast majority are volunteers.
9. If you disagree with an official, raise the issue through the appropriate channels rather than questioning the official's judgment and honesty in public. Remember, officials give their time and effort for your child's involvement.
10. Demonstrate appropriate social behaviour, by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.

Officials

1. Officiate according to the rules and where subjective judgment is necessary decide on the basis of what is fair to all athletes.
2. Be consistent, objective and courteous in calling all infractions.
3. Commend honest effort not just performance excellence
4. Condemn unsporting behaviour and promote respect for all opponents
5. Use common sense to ensure that the Spirit of the Sport is not lost by over officiating.
6. Ensure equipment and facilities meet safety standards and are appropriate to the age and ability of the athletes
7. Encourage the principles of participation for fun and enjoyment.
8. Co-operate with other officials to discourage improper conduct by spectators.
9. Make a personal commitment to keep yourself informed of sound officiating principles and rule changes.
10. Ensure that your behaviour is consistent with the principles of good sporting behaviour. Actions speak louder than words
11. Bad language is not to be used at any time. Substance abuse of any kind is unacceptable.

Spectators

1. Keep to designated spectator areas and do not encroach on the arena or other competition sites.
2. Remember children participate in Little Athletic activities for fun. They are not participating for the entertainment of spectators. They are not small adults
3. Applaud good performances and efforts from each athlete. Congratulate all participants upon their performances regardless of the event outcome.
4. Respect the officials' decisions. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach the athletes to do likewise.
5. Never ridicule or scold an athlete for making a mistake during a competition. Positive comments are motivational.
6. Condemn the use of violence and verbal abuse in any form, be it by spectators, coaches, officials or athletes.
7. Show respect for each athlete. Without them there would be no events.
8. Encourage athletes to follow the rules and the officials' decisions.
9. Demonstrate appropriate social behaviour by not harassing athletes, coaches or officials, smoking on the arena or being intoxicated.
10. Bad language is not to be used at any time. Substance abuse of any kind is un-acceptable.

NON-SMOKING POLICY

Little Athletics understands the harmful effects of smoking on health, fitness and performance in sport, and as a result has adopted the following Policy:

ATHLETES / PARTICIPANTS are reminded that smoking adversely affects performances and are prohibited from smoking at all whilst engaged in Little Athletics activities.

COACHES AND OFFICIALS are reminded of their responsibilities as role models, particularly with juniors, and are asked to refrain from smoking whilst associated with our sport.

PREMISES AND COMPETITION AREAS should be declared smoke free zones - smoking permitted only where a special smoking area is designated.

SPECTATORS are reminded smoking is inappropriate behaviour in a sporting environment and are asked to respect our Smoking policy.

**IN CONSIDERATION OF THE ATHLETES WE
REQUEST THAT ALL VENUES USED FOR
CROSS COUNTRY AND ROAD WALKING
COMPETITION BE CONSIDERED
SMOKE FREE VENUES**

5.6 SPECIFIC EVENT RULES FOR WINTER COMPETITION

5.6.1 General

- (i) The Cross Country season is from April/May to August.
- (ii) Competition is alternated between Cross Country Runs & Road Walks each Saturday afternoon at various locations.
- (iii) The Program for each meeting will commence at 1.00pm for Cross Country and 1:00pm for Road walk. State Championships events to start at 12:00 noon.
- (iv) Competitors must adhere to instructions given by a course official. An appropriate coloured vest will identify course officials.
- (v) Misbehaviour by a competitor may lead to disqualification.
- (vi) Parents may only walk the courses when walking with athletes. If you are on the course without an athlete you **may** have your athlete disqualified.
- (vii) The Association Winter Manager has the authority to disqualify any competitor for undesirable behaviour and the competitor will not be able to take part in that event.
- (viii) Competitors must compete only in their own age group. As a rule each age group will run separately. However, under special circumstances, two or more age groups may be combined at the discretion of the Association Winter Manager.
- (ix) All events listed in the program count towards Championship eligibility.
- (x) Competitors who are registered with Country Centres do not have to qualify for State Championships.
- (xi) Competitors will be allowed to run/walk out of age group **once** in a season if they have missed the scheduled time their event is run. If an athlete competes out of age then the result will be recorded as a DNF, they will receive no time.
- (xii) In handicap events competitors will be handicapped according to the WALA handicap system.
- (xiii) Competitors competing for the first time that season in the run or walk will automatically go off scratch.

- (xiv) Competitors must marshal before competing.
- (xv) On arrival at the venue competitors must report to the registration officer, except at State Championship events, where they will be marshalled on the start line.
- (xvi) With the exception of State Championships, a dispute committee will handle any dispute or protest on the day of competition. This committee will comprise the authorised Association Winter Manager and four (4) other neutral Officers for Winter competition.
- (xvii) At the Winter State Run and Walks Championships the Centre Winter Officer will be the Protest Officer. Protests must be lodged by the Protest Officer (within 30 minutes of completion of the event) on the Official Protest Form to the Association Winter Manager and should be accompanied by \$55.00, which shall be forfeited if the complaint is dismissed. The Association Winter Manager, the Board member for Competition and Special Events and one (1) other neutral Winter Officer will make the decision.
- (xviii) At State Championships within 10 minutes after the Association Winter Manager has relayed his decision to the Centre Winter Protest Officer, there shall be a right to appeal to the Jury of Appeal. An application to the Jury of Appeal must be presented within 10 minutes of the Association Winter Manager's decision with a further \$55.00. The Jury of Appeal will consist of three (3) Board Members. (The Officer for Competition & Special Events is excluded from this Jury). The decision made by the Jury of Appeal is final and NO discussion will be entered into. All queries by Parents and Coaches must be made through their respective Centre Protest Officer to the Association Winter Manager.

Note: Refer to 3.1.1 (ix) in the Rules of Competition for the conduct of the Jury of Appeal.

- (xix) The only people to discuss matters with the Association Winter Manager are the nominated Centre Winter Officers. Walks and Runs may have different people but this person(s) must be nominated in writing to the WALA office prior to commencement of the winter season. Parents are only to communicate with the Centre Winter Officer.
- (xx) Winter Officers and All Officials must sign on when they arrive, with the Association Winter Manager or the appointed Official. WALA will provide the Association Winter Manager with a book / sign on sheet for Officials to sign.

- (xxi) At the State Championships competitors who have qualified will not be required to marshal but must be in the Marshalling Area not later than 10 minutes before the scheduled time of their event.
- (xxii) At State Championships events the course will be closed until the completion of the day's competition, with the exception when presentations are in progress this is to enable competitors to walk the course. **Failure to observe this rule may result in the disqualification of a competitor.**
- (xxiii) Competitors must wear their registered competition number affixed to the front of their uniform top, with age and year tags and secured as shown in the Rules of Competition.
- (xxiv) Please see your Centre Winter Officer if any competitor has lost or forgotten their registration number and/or age tag; they must purchase a blank number onto which their original number is written. There will be a fee charged for the blank number.
- (xxv) State Championships are held on the date of the last Run and Walk respectively and placegetters are awarded Gold, Silver and Bronze medals.

5.6.2 CROSS COUNTRY RUNS

- (i) Distances

U7, 8, 9	-	1500 metres	White Flags
U10, 11, 12	-	2000 metres	Fluoro green Flags
U13 – U17	-	3000 metres	Orange Flags

(with a variance of 100 metres either way)
- (ii) Competitors must record a **minimum of five (5) times** in Cross Country runs to be eligible for State Championships.
- (iii) Competitors must run within 3 metres to the side of the flag designated by the officials. Normally flags must be on the competitors left.
- (iv) Pacing is not allowed at any time, on or off the course, during a race.

5.6.3 WINTER ROAD WALKS

- (i) Distances

U7 - 9	-	1000 metres
U10 - 12	-	1500 metres
U13 – 17	-	2000 metres

- (ii) Competitors will be given a bib to wear during their event, which will have a number, which will be used by the judges when issuing an infringement.
- (iii) Each Centre that has competitors competing must endeavour to supply one **qualified** Walk Judge.
- (iv) The verbal system must be used at all times.
- (v) Six (6) Judges and the Chief Judge will be stationed for all events and the Chief Judge will Judge. Judging will be in accordance with the Walk Rules in the WALA Rules of Competition Book.
- (vi) Competitors must compete in a **minimum of four (4)** Road walks to be eligible for State Championships.
- (vii) Pacing is not allowed at any time, on or off the course, during a race.

CODE OF DRESS FOR MEDAL AND TROPHY PRESENTATIONS

1. Correct Centre competition uniform must be worn.
2. Registration number and age tag and any other material as directed by WALA must be affixed to competition top.
3. Competition tops must be tucked into top of briefs/shorts where appropriate.

OFFICIALS

WALA

COMPETITION AND SPECIAL EVENTS OFFICER

LUKAS MARTENS

OFFICER FOR WINTER COMPETITION

9388 2339

ASSOCIATION WINTER MANAGER FOR CROSS COUNTRY AND ROADWALKING

Jay Lewis

**ASSISTANT ASSOCIATION WINTER
MANAGER FOR CROSS COUNTRY
AND ROADWALKING**

Carol Hale

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CROSS COUNTRY RUNS 2014

19th April and 14th June are scratch races. All others are handicap events.

CROSS COUNTRY RUNS

Distances

U7, 8, 9	-	1500 metres	White Flags
U10, 11, 12	-	2000 metres	Fluoro-green Flags
U13 – U17	-	3000 metres	Orange Flags
(with a variance of 100 metres either way)			

First race for each program (excluding championships on 9th August) will **begin at 1:00pm** with the order of running as below.

First race of next block will start 30 minutes after the start of the last race in previous block.

ORDER OF RUNNING - MAY CHANGE ON DAY - DEPENDS ON NUMBERS

April	19	9	8	7	10	11	12	13	14	15	16	17	GIRLS FIRST
May	3	13	14	15	16	17	9	8	7	10	11	12	BOYS FIRST
	17	10	11	12	13	14	15	16	17	7	8	9	GIRLS FIRST
	31	9	8	7	10	11	12	13	14	15	16	17	BOYS FIRST
June	14	13	14	15	16	17	9	8	7	10	11	12	GIRLS FIRST
	28	10	11	12	13	14	15	16	17	7	8	9	BOYS FIRST
July	12	9	8	7	10	11	12	13	14	15	16	17	GIRLS FIRST
	26	13	14	15	16	17	9	8	7	10	11	12	BOYS FIRST
August	9	CHAMPIONSHIPS											

For times of Cross Country Championships on 9 August please refer to page 15.



CROSS COUNTRY RUNS 2014

DATE	EVENT TYPE	HOST CENTRE	VENUE
19 April 2014	Scratch race	Dale	Bungendore Park Admiral Road, Bedfordale UBD Map 393 H16
3 May 2014	Handicap	Rockingham	Lark Hill Sporting Complex Warnbro Sound Ave, Port Kennedy UBD 486 G10
17 May 2014	Handicap	Melville	Troy Park Burke Drive, Attadale UBD 307 H12
31 May 2014	Handicap	Hamersley	Millington Reserve Jeans Road, Karrinyup UBD 226 E12
14 June 2014	Scratch race	Belmont	Jorgenson Park Kalamunda UBD Map 293 N4
28 June 2014	Handicap	Kingsway	Chinkabee Oval (Opposite IGA) Great Northern Highway, Bindoon
12 July 2014	Handicap	UWALAC	Perry Lakes Reserve Perry Lakes Drive, Floreat UBD Map 266 M8
26 July 2014	Handicap	Ridgewood	Edgar Griffiths Reserve Garden Park Drive, Wanneroo UBD Map 147 H13
9 August 2014	Championships	Cockburn	Manning Park Davilak Ave Hamilton Hill

ROADWALKING 2014

DATE	EVENT TYPE	HOST CENTRE	VENUE
26 April 2014	Scratch race	Dale	John Wollaston Anglican School Centre Road, Camillo UBD Map 332 F15
10 May 2014	Handicap	Rockingham	Rugby Car Park Dowling Street, Rockingham UBD Map 445 Q13
24 May 2014	Handicap	WALA Independent	Adventure World Car park Progress Drive, Bibra Lake UBD Map 347 K11
7 June 2014	Scratch race	Belmont	Ascot Race course Please check website for confirmed address
21 June 2014	Handicap	Belmont	Brownes Stadium Roberts Rd, Carlisle UBD Map 289 P5
5 July 2014	Handicap	Cockburn	Adventure World Car park Progress Drive, Bibra Lake UBD Map 347 K11
19 July 2014	Handicap	WALA Independent	Adventure World Car park Progress Drive, Bibra Lake UBD Map 347 K11
2 August 2014	Championships	Rockingham	Rugby Car Park Dowling Street, Rockingham UBD Map 445 Q13

ROADWALKING 2014

26th April and 7th June are scratch races. All others are handicap events.

ROAD WALKS

Distances

U7 - 9	-	1000 metres
U10 - 12	-	1500 metres
U13 - 17	-	2000 metres

First race for each program (excluding championships on 2nd August) will begin at **1:00pm**

ORDER OF WALKING - MAY CHANGE ON DAY - DEPENDS ON NUMBERS

		1:00PM					
April	26	U7/8/9G	U7/8/9B	U10/11/12G	U10/11/12B	U13 - U17G	U13 - U17B
May	10	U10/11/12B	U10/11/12G	U13 - U17B	U13 - U17G	U7/8/9B	U7/8/9G
	24	U13 - U17G	U13 - U17B	U7/8/9G	U7/8/9B	U10/11/12G	U10/11/12B
June	7	U7/8/9B	U7/8/9G	U10/11/12B	U10/11/12G	U13 - U17B	U13 - U17G
	21	U10/11/12G	U10/11/12B	U13 - U17G	U13 - U17B	U7/8/9G	U7/8/9B
July	5	U13 - U17B	U13 - U17G	U7/8/9B	U7/8/9G	U10/11/12B	U10/11/12G
	19	U7/8/9G	U7/8/9B	U10/11/12G	U10/11/12B	U13 - U17G	U13 - U17B
August	2	12:00noon		CHAMPIONSHIPS			

For times of Road walking Championships on 2 August please refer to page 16.



CROSS COUNTRY CHAMPIONSHIPS

ORDER OF RUNNING ON 9 AUGUST 2014

There is no cost for entrance to the State Cross Country Championships.

Athletes are marshalled on the start line; so do not need to register.

Presentation of medals and awards as listed below.

U9 BOYS	12.00 noon	U16/17 BOYS	2.35
U8 GIRLS	12.10	U13 BOYS	2.50
U7 BOYS	12.20	U16/17 GIRLS	3.05
U9 GIRLS	12.30	PRESENTATION	3.20
U8 BOYS	12.40	U10 BOYS	3.35
U7 GIRLS	12.50	U10 GIRLS	3.50
PRESENTATION	1.00	U12 GIRLS	4.05
U13 GIRLS	1.20	U11 BOYS	4.20
U14 BOYS	1.35	U12 BOYS	4.35
U15 GIRLS	1.50	U11 GIRLS	4.50
U 14 GIRLS	2.05	PRESENTATION	5.00
U15 BOYS	2.20		

Athletes are able to walk the course during presentations & can start to walk between
12:50 and 1:10pm or between 3:05 and 3:25pm.

No one is allowed to start walking the course after 1:10 or 3:25pm.

ROADWALKING CHAMPIONSHIPS
ORDER OF WALKING ON 2 AUGUST 2014

There is no cost for entrance to the State Road Walk Championships.

Athletes are marshalled on the start line; so do not need to register

Presentation of medals and awards as listed below.

U9 BOYS	12.00 noon	U10 GIRLS	2.10
U9 GIRLS	12.10	U11 BOYS	2.25
U8 BOYS	12.20	U 11 GIRLS	2.40
U8 GIRLS	12.30	U12 GIRLS	2.55
U7 BOYS	12.40	U12 BOYS	3.10
U7 GIRLS	12.50	U 10 BOYS	3.25
PRESENTATION	1.00	PRESENTATION	3.40
U13 - 17 GIRLS	1.15		
U13 – 17 BOYS	1.30		
PRESENTATION	1.45		

2014 YES COACHING CLINIC

CURRENT U9, U10, U11, U12, U13 & U14 2013/2014 ATHLETES & PARENTS



Youth . **E**ducation . **S**PECIALised . **S**essions .

Venue: Rehoboth Christian College

(corner of Brixton Street & Kenwick Road, Kenwick)



Time: Saturday 20 – Sunday 21 September 2014

Workshops on **Tucker & Stuff**, **Pilates**, **Mind Calming** and **Zoo Animals**, PLUS your four events of your choice, 2 Saturday and 2 Sunday.

THE COST OF YESS IS \$120.00 PER ATHLETE.

If you would like to be part of these workshops please complete the attached forms.



Please complete these forms and return to:
WALA Office -15 Harrogate Street Leederville 6007
Or email: samya@walittleathletics.com.au
For more information please call the office (08) 93882339

First Name: _____ Surname: _____

Centre: _____ D.O.B _____ T-Shirt Size: _____

Parent/ Guardian name: _____

Postal Address: _____

Postcode: _____

Telephone: _____ Mobile (Parents/Guardians): _____

Emergency Contact Name: _____

Emergency Contact number: _____

Payments accepted by CHEQUE: made payable to WA Little Athletics.

(Please put Athlete name & YESS on the back of the cheque)

OR

EFT: BSB-016 355

A/C no- 180020331

(Please us Athlete name & YESS as reference) Sorry **no** credit card facilities available.

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Event Selection

Please tick only 2 per day!

Athlete Name: _____

Saturday	Tick event	Sunday	Tick event
High Jump		High Jump	
Long Jump		Long Jump	
Triple Jump		Triple Jump	
Discus		Discus	
Javelin		Javelin	
Shot Put		Shot put	
Race Walking		Race walking	
Endurance (800m & 1500m)		Endurance (800m & 1500m)	
Sprints (100m-400m)		Sprints (100m-400m)	
Hurdles		Hurdles	

2013 WEST AUSTRALIAN LITTLE ATHLETICS STATE CROSS COUNTRY CHAMPIONSHIPS

GIRLS					BOYS				
			CEN	TIME			CEN	TIME	
U7	1 st	S RYALL	ROC	6.22	U7	1 st	E PURSER	CBN	6.16
	2 nd	M KENNY	MEL	6.45		2 nd	J LEITHHEAD	UWA	6.18
	3 rd	J BARNETT	DL	6.50		3 rd	W CAMPBELL	JND	6.20
U8	1 st	S MCCORKINDALE	RW	6.14	U8	1 st	T SAUNDERS	HAM	5.42
	2 nd	M TOKELY	SD	6.22		2 nd	O HURLEY	HAM	5.47
	3 rd	T MCARTHUR	MEL	6.23		3 rd	D SAUNDERS	HAM	5.50
U9	1 st	E GLANDS	MEL	5.42	U9	1 st	H APSEY	HAM	5.39
	2 nd	N CHITTY	HAM	5.48		2 nd	L OAKES	RW	5.45
	3 rd	C KENNY	MEL	5.49		3 rd	C MULVEY	MEL	5.59
U10	1 st	M GOOD	BDS	8.54	U10	1 st	J LINDORFF	MEL	8.01
	2 nd	E DODDS	DL	8.54		2 nd	K DICKSON	UWA	8.08
	3 rd	E FORAN	UWA	8.55		3 rd	J RIGOLI	CBN1	8.12
U11	1 st	J PUGH	HAM	7.56	U11	1 st	L HEATHCOTE	HAM	7.23
	2 nd	T CHITTY	HAM	8.10		2 nd	J JANSEN VAN RENSBURD	SD	7.31
	3 rd	M LOCKWOOD	HAM1	8.28		3 rd	D KEMPSON	MEL	7.39
U12	1 st	M SMART	UWA	7.44	U12	1 st	M MULLER	UWA	7.25
	2 nd	A FLOWER	UWA	8.04		2 nd	Z NEWTON	CBN	7.29
	3 rd	M MAYNARD	KSY	8.13		3 rd	M THOMAS	MEL	7.33
U13	1 st	E FERGUSON	UWA	11.52	U13	1 st	J MOTT	MEL	11.01
	2 nd	C PECK	SD	11.53		2 nd	T LINDORFF	MEL	11.03
	3 rd	K NAZAROFF	KSY	11.58		3 rd	T HOUGH	JND	11.16
U14	1 st	J CLAXTON	JND	11.49	U14	1 st	L GRAVES	HAM	10.14
	2 nd	A D'SYLVA	UWA	12.03		2 nd	Z JURILJ	UWA	10.48
	3 rd	A O'MEARA	ROC	12.30		3 rd	L MACNEENEY	RW	11.00
U15	1 st	S WALTERS	CBN	12.25	U15	1 st	J HUNT	HAM	10.24
	2 nd	J DELPUP	SD	12.34		2 nd	M ALCO	HAM	10.50
	3 rd	G DEVITT	HAM	12.54		3 rd	Z JONES	BUN	11.11
U16	1 st	T NAZAROFF	KSY	11.26	U16	1 st	K WESLEY	MEL	10.10
	2 nd	J LONG	BEL	11.57		2 nd	T KENWORTHY- GROEN	MEL	10.40
	3 rd	R CONNELL	UWA	12.23		3 rd	C ANDREWS	BEL	11.18
U17	1 st	M CONNELL	UWA	11.06	U17	1 st	J HOGAN	KSY	11.05
	2 nd	J CUMMINS	ROC	11.49		2 nd	Z BORN	KSY	11.39
	3 rd	K AUDSLEY	MEL	12.17		3 rd	R HOGAN	KSY	11.50

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2013 WEST AUSTRALIAN LITTLE ATHLETICS STATE ROADWALKING CHAMPIONSHIPS

GIRLS					BOYS				
U7	1st								
	2nd								
	3rd								
U8	1st	J CURRY	GOS	6.04	U8	1st	E ROGOLI	CBN	6.46
	2nd	E BOGAERS	ROC	6.46		2nd	S WALTERS	CBN	7.10
	3rd	S BOWRON	BDS	6.50		3rd	B PEARSON	DL	7.10
U9	1st	S MILLINGTON	ROC	5.03	U9	1st	J ANDREWS	DL	6.10
	2nd	A HOLLAND	GOS	5.15		2nd	B BURGESS	CBN	6.14
	3rd	S ANDRITSOS	GOS	5.57		3rd	L STEELE	ROC	6.15
U10	1st	H RUANE	GOS	9.02	U10	1st	J HALL	BEL	8.28
	2nd	H IRELAND	ROC	9.07		2nd	Z ELLIS	ROC	9.30
	3rd	R MORALES	GOS	9.48		3rd	X BAIN	GOS	9.46
U11	1st	C JOHNS	MEL	8.09	U11	1st	C WALTERS	BEL	8.41
	2nd	G CURULLI	GOS	8.15		2nd	D LEWIS	DL	8.42
	3rd	C GALLAGHER	RW	8.42		3rd	T HILDITCH	BEL	11.28
U12	1st	C BODINI	CBN	9.04	U12	1st	Z NEWTON	CBN	7.42
	2nd	A BORDAJE	BEL	9.21		2nd	C CULLEN	GOS	7.56
	3rd	S WALLACE- GIBB	BEL	11.15		3rd	B REID	GOS	7.57
U13	1st	J BURGESS	CBN	11.08	U13	1st	T MCDONALD	GOS	11.32
	2nd	M JOHNS	MEL	11.09		2nd	C GERKEN	ING	12.22
	3rd	C BOGLIO	MEL	12.05		3rd			
U14	1st	S BECKER	MEL	12.13	U14	1st	S LEATHERLAND	ING	9.35
	2nd	J EMERY	ING	12.41		2nd	D TINGAY	SD	10.00
	3rd	A WALLACE- GIBB	BEL	13.26		3rd	M LEES	KSY	10.41
U15	1st	H HUGHES	MEL	10.33	U15	1st	G DAVIN	GOS	11.33
	2nd	J DELPUP	SD	11.13		2nd			
	3rd	A REID	GOS	12.04		3rd			
U16	1st	J BROWN	RW	11.55	U16	1st	L MCDONALD	GOS	12.07
	2nd	C GERKEN	ING	12.08		2nd			
	3rd								
U17	1st	B BROWN	RW	11.15	U17	1st			
	2nd	L CULLEN	GOS	11.43		2nd			

HOME OR CLUB HELP FOR YOUR CHILD'S DEVELOPMENT IN ATHLETICS

All videos and publications listed below are available for purchase and can be posted for an additional cost.

Items marked ** must be pre-ordered

Right from the Start Videos (produced by Australian Little Athletics)
Stretching & Warm-up \$16.50

Posters showing stretching exercises for pre event warm-up \$5.50

Great Ideas for Group Games Manual \$30.00

West Australian Little Athletics - Rule Book \$10.00**

Coaching Little Athletics Booklets (at present there are 10 in the set,
Each booklet can be purchased separately)

Long Jump	\$1.00**
High Jump	\$1.00**
Triple Jump	\$1.00**
Race Walk	\$1.00**
Hurdles	\$1.00**
Shot	\$1.00**
Javelin	\$1.00**
Discus	\$1.00**
Sprints	\$1.00**
Middle Distance	\$1.00**





Compiled by: Lukas Martens (WALA Competitions and Special Events)	Date: 10 March 2014 Review date: November 2014 Association meeting	Approved: 14 November 2013 23
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BEYOURBEST

West Australian Little Athletics
15 Harrogate Street
Leederville 6007
Tel: 9388 2339
Fax: 9388 2340
Email: admin@walittleathletics.com.au

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(WALA Competitions and Special
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