



# MELVILLE ROAR

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

---

On behalf of the committee and all members of Melville Roar I extend a warm and inviting welcome to the 2015-16 season.

This book serves as a celebration of last season's individual and team achievements, as well as being a reference point for important centre information surrounding records, rules and requirements. It is also a mechanism for highlighting the many successes we have had as a centre, particularly with our athletes selected into State Representative Teams.

Without question, the success of our Centre and associated Clubs is built upon a foundation of high parental involvement and enthusiasm. This is your club and we are here to bring out the best in each other. In any club, it is not one person's job, rather a collective responsibility to work together to enable our children to compete, develop friendships and support each other.

As parents, we are the role models and Little Athletics is a unique opportunity for our children to watch and learn from our interactions as well as develop resiliency in a supportive environment.

My expectations for the coming season is that your child enjoys themselves, is challenged in their performances and is provided opportunity to improve through club and centre coaching opportunities. As in life, we should be modelling to our children that there is no need to compare yourself to others and when you think of other sports, Athletics provides a unique opportunity for children to develop skills in a number of key fundamental areas such as short and long running, jumping, throwing and walking.

We should all keep in mind that we are volunteers, doing the best we can, with what we know. If ever you feel you can contribute to the improvement of our centre, please seek me or any of the committee out for a conversation or better yet, let's harness your experience to become further involved.

I look forward to the coming summer.

John Watters  
Chairperson

# Table of Contents

## CHAIRPERSON'S REPORT

MELVILLE LITTLE ATHLETICS COMPETITION PROGRAM .....	3
MELVILLE ATHLETICS CENTRE EXECUTIVE – 2014/2015 .....	4
MELVILLE LITTLE ATHLETICS CENTRE LIFE MEMBERS .....	5
ATHLETE LIFE MEMBERSHIP .....	5
STRUCTURE OF LITTLE ATHLETICS .....	5
CLUB CONTACT INFORMATION .....	6
PROGRAM 1 .....	7
PROGRAM 2 .....	8
CLUB ROSTERS .....	9
GENERAL INFORMATION .....	10
RULES FOR MELVILLE COMPETITION .....	13
CENTRE POLICIES AND GUIDELINES .....	17
INTERCENTRE AND STATE COMPETITIONS .....	20
WINTER COMPETITION .....	24
AWARDS .....	25
SEASON RESULTS .....	29
2013-14 STATE TRACK AND FIELD RELAY CHAMPIONSHIPS .....	30
WALA MULTI-EVENTS CHAMPIONSHIPS MEDAL WINNERS .....	31
INTERSTATE TEAMS CHAMPIONSHIPS – U13 AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS (ALAC'S) .....	31
INTERNATIONAL STATE TEAM – FRIENDLY GAMES SINGAPORE/KUALA LUMPUR .....	31
ZONE CHAMPIONSHIPS 2013/2014 - U7, U8 AND U9 MEDAL WINNERS .....	31
WALA STATE CHAMPIONSHIPS 2013/2014 .....	33
MEDAL WINNERS .....	33
MLAC AGE GROUP CHAMPION / RUNNER UP ATHLETES 2013/2014 .....	35
GOLD ACHIEVEMENT AWARD RECIPIENTS 2013/2014 .....	36
MLAC SERVICE AWARDS .....	36
2013/2014 SEASON BEST PERFORMANCE .....	37
STATE CHAMPIONSHIPS WINTER MEDALS 2014 .....	42
MLAC WINTER AWARD WINNERS 2014 .....	42
CENTRE RECORDS .....	43
OPEN RECORDS .....	48
COMPETITION STANDARDS .....	53
ACHIEVEMENT RIBBON PERFORMANCE LEVELS - GIRLS .....	56
ACHIEVEMENT RIBBON PERFORMANCE LEVELS - BOYS .....	57
MELVILLE SENIORS .....	58

# Melville Little Athletics Competition Program

Day	Date	Time	Event	BBQ	Venue
<b>2015</b>					
Saturday	10 Oct	7:45 am	Program 2	MLAC	Len Shearer Reserve
	17 Oct		Program 1	MW	
	24 Oct		Program 2	OL	
	31 Oct		Program 1	BW	
	7 Nov		Program 2	LM	
	14 Nov		Program 1	MW	
Sunday	15 Nov	8:00 am	Braveheart's Team Challenge		WA Athletic Stadium
Saturday	21 Nov	7:45 am	Program 2	BB	Len Shearer Reserve
Wednesday	25 Nov	TBA	Allsopp Twilight Relays – Relay Teams Only		Southern Districts
Saturday	28 Nov	7:45 am	Program 1	PB	Len Shearer Reserve
	5 Dec		Program 2	BW	
Friday	11 Dec	4:45 pm	Program 1	OL	
Sunday	13 Dec	8:00 am	State Relay Championships (Note 2)		WA Athletic Stadium
<b>CHRISTMAS BREAK</b>					
<b>2016</b>					
Saturday	16 Jan	4:45 pm	Program 2	MLAC	Len Shearer Reserve
Wednesday	20 Jan	4:45 pm	Program 1	BB	
Saturday	30 Jan	7:45 am	Program 2	LM	
Friday	5 Jan	4:45 pm	Program 1	PB	
Saturday	6 Feb	8:00 am	WALA State Multi Event Championships (Note 3)		Coker Park
Sunday	7 Feb	8:00 am			
Saturday	13 Feb	7:45am	Programme 2 – Centre Championships	MLAC	Len Shearer Reserve
Saturday	20 Feb	7:45am	Programme 1 – Centre Championships	MLAC	
Sat/Sun	5 & 6 March		WALA Zone Championships (Note 5)		
Friday	28 Feb	TBA	Centre Wind-up		Len Shearer Reserve
Sat/Sun	19 & 20 March		WALA State Championships		WA Athletic Stadium

# Melville Athletics Centre Executive – 2015/2016

---

**CHAIRPERSON**

John Watters (PB)

**REGISTRAR**

Bill Fox (BW)

**TRACK RECORDER**

Julie Pearman-Johns (PB)

[trackrecorder@melvilleroar.com](mailto:trackrecorder@melvilleroar.com)

**OFFICIALS CO-ORDINATOR**

Julie Rees (BW)

**EQUIPMENT MANAGER**

Mark Blackman (OL)

**ARENA MANAGER**

Reg Bourne (BW)

**WINTER COMPETITION MANAGER**

Mark Shaw (BW)

**SECRETARY**

Julie Rees (OL)

[secretary@melvilleroar.com](mailto:secretary@melvilleroar.com)

**TREASURER**

Rebecca Snowball

**FIELD RECORDER**

Terri Neilson (BW)

[fieldrecorder@melvilleroar.com](mailto:fieldrecorder@melvilleroar.com)

**PUBLICITY & SPONSORSHIP**

Mark Shaw (BW)

**COACHING CO-ORDINATOR**

Ilsa Yates (OL)

**FIELD ARENA MANAGER**

Steven Ford (OL)

**CHAMPIONSHIPS & SPECIAL EVENTS**

Vacant

Any queries to committee members should be addressed to:

[committee@melvilleroar.com](mailto:committee@melvilleroar.com)

## ADDITIONAL

**Website Manager**

Steve Kempson (LM)

**Council Liaison**

Simon Kenworthy-Groen (BB)

**Uniform Officer**

Tania Copeland (PB)

[uniforms@melvilleroar.com](mailto:uniforms@melvilleroar.com)

**First Aid Officer**

Natasha Clutterbuck (BW)

**Seniors Representative**

Mark Blackman (OL)

**Canteen Manager**

Kylie Broughton

## 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 (dec)	Greg Clark
Chris Craggs	Lorraine Feddema	Doug Hancy (dec)
Kaye Hair (dec)	Jenny Hazell	Milan Klauz
Diane Lowe (dec)	Tracey Robinson	Leo Schaper
Merrill Straughan	Trevor Straughan	Jim Turnbull
Darren Wright		

## Eric Christian Athlete Life Membership

---

From the commencement of the 2014/15 Season, this award was named after life member, Mr. Eric Christian. 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.

2013 Alyx Robinson (PB)

2014 Nicole (Bobbi) Clark (LM) and Kate Holt (OL)

## 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 and Winter 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 during the Winter Season.

**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](http://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](http://www.littleathletics.com.au)

## Club Contact Information

<b>BATEMAN/BULLCREEK</b>		
Contact:	Registrar – Sue Cronin bateman-bullcreek@melvilleroar.com	0413 568786
Uniform:	Orange/black top with black shorts	
Training Nights:	Monday and Wednesday 5-6pm	
Training Ground:	Bill Ellison Reserve, Mandala Crescent, Bateman	
<b>BRENTWOOD</b>		
Contact:	Registrar – Jodie McManus brentwood@melvilleroar.com	0400 926 015
Uniform:	Yellow/lime singlet with black shorts	
Training Night:	Wednesday 4.00-6pm	
Training Ground:	Len Shearer Reserve	
<b>LEEMING</b>		
Contact:	Registrar – Emma Sharp leeming@melvilleroar.com	0412 473 487
Uniform:	Red top with black shorts	
Training Night:	Wednesday 4.30-6pm	
Training Ground:	Beasley Oval, Cnr Karel Ave and Beasley Road	
<b>MELWAY/WINTHROP</b>		
Contact:	Registrar – Rhonda Withey melway-winthrop@melvilleroar.com	0431 922 402
Uniform:	Green top with black shorts	
Training Night:	TBC	
Training Ground:	Winthrop Primary School, Jackson Ave, Winthrop	
<b>OLYMPIA</b>		
Contact:	Registrar – Janet Carey olympia@melvilleroar.com	0434 364832
Uniform:	Purple top with black shorts	
Training Nights:	Wednesday 4:45-6pm	
Training Ground:	Marmion Reserve, Melville	
<b>PALMYRA/BICTON</b>		
Contact:	Registrar – Melissa Reeves palmyra-bicton@melvilleroar.com	0423 761 915
Uniform:	White/red/blue top with 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	
----- SETUP OF ALL TRACK AND FIELD SITES -----																				
7:45	4:45					700MW		1100MW	TJ	1500M	1500MW	1500MW		JAV	HJ	Walk/Jav	D	Walk/Jav	D	
8:00	5:00	60MH	SP	60MH		60MH		60MH		60MH			1500M							
8:20	5:20	D			SP			60MH		60MH		60MH					1500M		1500M	
8:30	5:30										HJ									
8:40	5:40					TJAV		SP												
8:50	5:50			300M		D	LJ									90MH		100/110MH		
9:00	6:00											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																	
9:50	6:50				200M					800M	D					SP		SP		
10:00	7:00		50M											LJ		HJ		HJ		
10:10	7:10											SP								
10:20	7:20			D		HJ			400M											
10:30	7:30		100M																	
10:40	7:40		LJ @tj				200M		JAV		400M						400M		400M	
10:50	7:50							D					HJ							
11:00	8:00						400M					JAV				LJ		LJ		
11:10	8:10			100M	HJ															
11:20	8:20					200M	SP			LJ	100M							D	TJ	
11:30	8:30								100M											
11:40	8:40															200M		200M		
11:50	8:50														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			
SETUP OF ALL TRACK AND FIELD SITES																						
7:45	4:45						700MW	TJ	1100MW	1500MW	1100MW	1500MW	1500MW	HJ	JAV	1500MW	Walk/Jav					
7:45	4:45																					
8:00	5:00	SP	60MH			LJ														Walk/Jav		
8:10	5:10				60MH							1500M										
8:20	5:20	D	SP																			
8:30	5:30																					
8:40	5:40						TJAV	SP		HJ		TJ	60MH	1500M	80MH	1500M				1500M		
8:50	5:50					300M	D														90/100MH	
9:00	6:00																					
9:10	6:10																					
9:20	6:20																					
9:30	6:30																					
9:40	6:40	200M																				
9:50	6:50																					
10:00	7:00																					
10:10	7:10																					
10:20	7:20																					
10:30	7:30																					
10:40	7:40																					
10:50	7:50																					
11:00	8:00																					
11:10	8:10																					
11:20	8:20																					
11:30	8:30																					
11:40	8:40																					
11:50	8:50																					
12:00	9:00																					
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 permitted to throw.



# 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 7.30am for morning meets and 4.30pm for twilight meets. Please arrive by 7.15am/4.15pm, 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. Clubs will maintain responsibility for their allocated site for two years when the sites will then be rotated – due 2017/18. 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 twilight event 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 1<sup>st</sup> October to 30<sup>th</sup> September the following year. A child's age group is determined from the child's age on 1<sup>st</sup> 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.

## MELVILLE ROAR SENIORS

Melville Little Athletes that are turning 12 years of age or older in year of competing (i.e. born in 2003 or older) are allowed to be registered to compete at a Seniors meet. Melville Athletics Club Inc, otherwise known as Melville ROAR Seniors, is affiliated with Athletics WA, who conduct all athletics meets at the WA Athletics Stadium. Your Little Athletics Registration allows you to then register and compete at Seniors meets at a much reduced fee.

The majority of Seniors competitions are conducted on a [Friday night](#) under lights at the WA Athletic Stadium, Stephenson Avenue, Mt Claremont. The calendar of events along with timetables of events can be found on the Athletics WA website.

You can compete at Seniors in black shorts or bike style running pants and either the Melville ROAR competition singlet or a Melville ROAR crop-top. You will not be allowed to compete if you are not wearing the correct Melville ROAR uniform. This will be strictly enforced. To purchase a top, please email [seniors@melvilleroar.com](mailto:seniors@melvilleroar.com) or speak to the Melville uniform co-ordinator at the Little Athletics competition on Saturday mornings.

## **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 (preferably 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](http://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.

Whilst there is no cost to clubs to use the centre BBQ for their allocated BBQ, clubs will be responsible for supplying their own gas.

### **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 carrying the banner at 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](http://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 will be initially cautioned and on additional occasions suspended from competition 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).
- Centre singlets may be purchased from the Canteen.

## **High Jump**

U8, 9, and 10 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.

Note: High Jump start heights for state events differ from those used by Melville at Centre Competitions.

## **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 competitors.

## **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 or permission from the Arena Manager has been sought.

## **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 recorders.

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 and competition sites.

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<sup>0</sup>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.

If an event is cancelled prior to athletes being marshalled, this event will be deemed as not being conducted and will not count towards event attendance for purposes of eligibility to compete at Centre Championships.

## **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.

## Inter-centre and State Competitions

---

A number of Inter-centre 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 Braveheart's Team Challenge – Sunday 15<sup>th</sup> Nov 2015

**Venue:** WA Athletic Stadium  
**Official Start time:** 8am  
**Uniform:** Club uniform with age tag and registration number.  
**Nomination Closing:** Melville closing date for teams is Sat 24<sup>th</sup> Oct 2015

This team event was introduced in 2012 and was a popular and fun event catering for the younger age groups. A team of four 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 – Sunday 13<sup>th</sup> Dec 2015

**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 14<sup>th</sup> Nov 2015

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 – Saturday 6<sup>th</sup> or 7<sup>th</sup> Feb 2016

<b>Venue:</b>	Coker Park or WA Athletic Stadium
<b>Official Start time:</b>	8am
<b>Uniform:</b>	Melville Centre uniform with age tag and registration number.
<b>Nomination Closing:</b>	Melville closing date is Sat 16 <sup>th</sup> Jan 2015
<b>Nomination Fee:</b>	\$10.00 to be submitted with entry nomination.

This event is open to all athletes in the U11 – U17 age groups. Older age groups will compete on the 6<sup>th</sup> Feb and younger on the 7<sup>th</sup> Feb. 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) – 5<sup>th</sup>/6<sup>th</sup> March 2016

<b>Venue:</b>	Melville is in Zone 2
<b>Official Start time:</b>	8am
<b>Uniform:</b>	U7 – U9 Club (or Centre) uniform with age tag and registration number U10 – U15 Melville Centre uniform with age tag and registration number
<b>Nomination Closing:</b>	Melville closing date is Sat 13 <sup>th</sup> Feb 2015

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.

Athletes should not depart the venue until at least 30minutes following the completion of their event in case of a protest being raised.

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

## **State Track and Field Championships – 19<sup>th</sup> and 20<sup>th</sup> March 2016 (Semi Finals and Finals)**

<b>Venue:</b>	WA Athletic Stadium, AK Reserve
<b>Official Start time:</b>	8am
<b>Uniform:</b>	Melville Centre uniform with age tag and registration number.
<b>Nomination Closing:</b>	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.

Athletes should not depart the venue until at least 30minutes following the completion of their event in case of a protest being raised.

Official State Championships Program will be available closer to the date on the WALA website. Note that the program for States differs from the Zone program.

## **Interstate Teams Championships – The U13 “Australian Little Athletics Championships”**

In 2016, this event will be held in South Australia from the 31 March – 3 April 2016. Athletes are selected from the U13 age group and are generally chosen on their performances at the Zones and State Championships.

### **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. This team will compete at the Australian Little Athletics Championships.

### **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. In 2016 the competition will be held in Singapore.

## **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 placing's 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 1183 PB ribbons were awarded over these 2 programs alone and an amazing 7 records over the two weeks - a great result! Any Melville registered athlete may compete in any event. This is a separate competition to the weekly 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. If an event is cancelled twice during the season beyond the control of the athlete, then committee discretion for purposes of eligibility to compete at Centre Championships will be used.

## 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.

## 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.

**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.

**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](http://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
2013/14	Palmyra/Bicton	<b>2014/15</b>	<b>Leeming</b>

## OPEN CHAMPION CLUB

2007/08	Olympia	2008/09	Palmyra/Bicton
2009/10	Palmyra/Bicton	2010/11	Palmyra/Bicton
2011/12	Brentwood	2012/13	Olympia
2013/14	Palmyra/Bicton	<b>2014/15</b>	<b>Palmyra/Bicton</b>

## 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
2013/14	Andrew Gill	U15	PB	Shacks Holden
<b>2014/15</b>	<b>Mikayla Johns</b>	<b>U15</b>	<b>PB</b>	Shacks Holden
	<b>Joshua Mott</b>	<b>U15</b>	<b>LM</b>	

## MG BASSETT AWARD for most Personal Best Performances

2014/15	Ellie Glands	BB	40
---------	--------------	----	----

## INDEPENDENT LITTLE ATHLETE OF THE YEAR NOMINATION

2014/15	Lara Ilievski (OL) and Nathan George (LM)
---------	---

## 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
2013/14	Sara Becker	BB
<b>2014/15</b>	<b>Riley Innes</b>	<b>PB</b>

# 2014-15 State Track and Field Relay Championships

---

Overall Track Winners – Melville Boys Relay Teams – 1<sup>st</sup>  
 Melville Girls Relay Teams - 2<sup>nd</sup>  
 Melville Field Relay Teams – 3<sup>rd</sup>

## State Track Relay Championships Results

4 x 100 BOYS			4 x 100 GIRLS		
		Time			Time
U8	-	-	U8	-	-
U9	Bronze	1.03.07	U9	-	-
U10	Silver	59.85	U10	-	-
U11	Silver	56.93	U11	-	-
U12	-	-	U12	-	-
U13	Gold	49.30 (r)	U13	Gold	52.17
U14	-	-	U14	Gold	51.41
U15	Gold	48.68	U15	Gold	51.39
U16/17	-	-	U16/17	-	-
4 x 200m			4 x 200m		
U8	-	-	U8	-	-
U9	Silver	2.12.07	U9	Silver	2.19.48
U10	Gold	2.03.88	U10	-	-
4 x 400m			4 x 400m		
U11	Gold	4.40.36	U11	Gold	4.40.76
U12	Silver	4.25.93	U12	Gold	4.29.67
U13	Gold	3.57.30 (r)	U13	Silver	4.23.86
U14	-	-	U14	Silver	4.13.57
U15	Gold	3.42.15	U15	Bronze	4.11.67
U16/17	-	-	U16/17	-	-

## State Field Relay Championships Results

Boys			Girls		
U10	-	-	U10	-	-
U11	Bronze	1980	U11	-	-
U12	-	-	U12	Gold	1959
U13	-	-	U13	-	-
U14	-	-	U14	-	-
U15	-	-	U15	Silver	2172
U16/17	-	-	U16/17	-	-

# WALA Multi-Events Championships Medal Winners

---

## Girls

U11	Cleo Kenny	Silver
U14	Ella Eastaugh	Silver
U15	Imogen Taylor	Bronze

## Boys

U 13	Stefan Rajakovic	Gold
U 13	Sasha Zhoya	Bronze 80M/H MLAC Open Record – 12.26

## Interstate Teams Championships – U13 Australian Little Athletics Championships (ALAC's)

---

Congratulations to Stefan Rajakovic, Sasha Zhoya, Jenna Bain, Courtney Johns and Imogen Taylor who represented Melville in the WA State Team at the 2015 Australian Little Athletics Championships held in Perth.

Stefan Rajakovic	Triple Jump 1 <sup>st</sup> , Long Jump 1 <sup>st</sup> , 100m 3 <sup>rd</sup> , Relay 2 <sup>nd</sup>
Sasha Zhoya	Triple Jump 3 <sup>rd</sup> , Walk 9 <sup>th</sup> , Hurdles 1 <sup>st</sup>
Jenna Bain	Long jump 2 <sup>nd</sup> , 200m 3 <sup>rd</sup> , 100m 3 <sup>rd</sup> , Relay 1 <sup>st</sup>
Courtney Johns	Walk 4 <sup>th</sup> , Discus 13 <sup>th</sup>
Imogen Taylor	Multi Event - 8 <sup>th</sup>

## International State Team – Friendly Games Singapore/Kuala Lumpur

---

Congratulations to the following athletes who qualified for the 2014 International State Team to compete in Singapore:

Caitlin Blackman	Lara Ilievski	Sophie Reid
Lachlan Fox	Jizelle Kenworthy-Groen	Kiara Speechley
Liam Fox	Ilysha O'Meara	Imogen Taylor
Nathan George	Siddarth Reddy	Cheyenne Yates
Callam-Howe-Robinson	Isabella Reeves	Zoe Walker

## Zone Championships 2014/2015 - U7, U8 and U9 Medal Winners

---

Age	Athlete		Event
<b>GOLD - Boys</b>			
U7B	Heath	Mellody	Discus
U7B	William	Jennings	Javelin
U7B	William	Ivancich	Long Jump
U9B	Ky	Hehir	800m
U9B	Mario	Munguia Lucio	400m
U9B	Mario	Munguia Lucio	Discus
U9B	Logan	Burns	100m
U9B	Logan	Burns	Long Jump
U9B	Logan	Burns	200m
U9B	Noah	Mellody	70m
U9B	Noah	Mellody	60m H

<b>SILVER – Boys</b>			
U7B	William	Ivancich	100m
U7B	William	Ivancich	70m
U8B	Sonny	Marciano	200m
U8B	Jordan	Hassan	70m
U9B	Riley	Innes	700m Walk
U9B	Logan	Burns	Javelin
U9B	Noah	Mellody	Long Jump
U9B	Noah	Mellody	100m

<b>BRONZE – Boys</b>			
U7B	William	Jennings	Shot Put
U7B	William	Ivancich	200m
U7B	Sonny	Marciano	100m
U7B	Sonny	Marciano	70m
U8B	Jordan	Hassan	Long Jump
U8B	Jordan	Hassan	100m
U8B	Aidan	Hancy	Discus
U9B	Ky	Hehir	100m
U9B	Ky	Hehir	Long Jump
U9B	Gabriel	Goodrick	Shot put

Age	Athlete		Event
<b>GOLD - Girls</b>			
U7G	Lara	Bussell	Discus
U7G	Parker	Brindle	Javelin
U8G	Emma	Kempson	Shot Put
U8G	Amber	Mott	200m
U8G	Maya	Louvel-Finn	60m Hurdles
U9G	Maya	Kenny	800m
U9G	Maya	Kenny	200m
U9G	Maya	Kenny	400m

<b>SILVER - Girls</b>			
U7G	Lara	Bussell	Long Jump
U7G	Lara	Bussell	Shot Put
U7G	Lara	Bussell	Javelin
U7G	Jade	Bain	70m
U8G	Emma	Kempson	60m Hurdles
U8G	Emma	Kempson	Discus
U8G	Emma	Kempson	Javelin
U8G	Amber	Mott	100m
U9G	Maeve	Lehane	70m
U9G	Maya	Kenny	Long Jump

<b>BRONZE - Girls</b>			
U7G	Alexandra	Pike	70m
U7G	Bianca	Stanes	Long Jump
U7G	Jade	Bain	100m
U7G	Jesse	Cartwright	Javelin
U8G	Amber	Mott	70m
U8G	Amber	Mott	Long Jump
U9G	Maeve	Lehane	Long Jump
U9G	Maeve	Lehane	200m
U9G	Matilda	Willis	100m



# WALA State Championships 2014/2015

## Medal Winners

Age	Athlete		Event	Age	Athlete		Event
<b>GOLD - Boys</b>				<b>GOLD - Girls</b>			
U12B	Toby	Field	T - Jump	U11G	Cleo	Kenny	400m
U13B	Stefan	Rajakovic	100m	U11G	Cleo	Kenny	800m
U13B	Stefan	Rajakovic	200m	U11G	Cleo	Kenny	1500m
U13B	Stefan	Rajakovic	200mH	U12G	Kaycee	Yates	Discus
U13B	Stefan	Rajakovic	L-Jump	U13G	Jenna	Bain	100m
U13B	Stefan	Rajakovic	T - Jump	U13G	Jenna	Bain	200m
U13B	Luke	Shaw	400m	U13G	Courtney	Johns	1500m W
U13B	Luke	Shaw	800m	U14G	Isabella	Reeves	80mH
U13B	Luke	Shaw	1500m	U14G	Isabella	Reeves	100m
U13B	Sasha	Zhoya	80mH	U14G	Ilysha	O'Meara	200m
U15B	Lachlan	Fox	H - Jump	U14G	Isabella	Reeves	200mH
U15B	Nathan	George	200m	U14G	Caitlin	Blackman	L - Jump
U15B	Nathan	George	400m	U14G	Caitlin	Blackman	T - Jump
U16B	Liam	Moore	400m	U15G	Sophie	Reid	90mH
				U15G	Kiara	Speechley	200m
				U15G	Kiara	Speechley	400m
				U15G	Imogen	Taylor	Discus
				U15G	Imogen	Taylor	Shot
				U15G	Lara	Ilievski	Javelin
				U15G	Zoe	Walker	T - Jump
				U17G	Holly	Hughes	1500m W
				U17G	Annie	Gibbs	L - Jump
				U17G	Annie	Gibbs	T - Jump
<b>SILVER – Boys</b>				<b>SILVER – Girls</b>			
U10B	Jack	Clutterbuck	60mH	U10G	Mia	Ford	200m
U10B	Jack	Clutterbuck	T - Jump	U10G	Grace	Byrne	H - Jump
U10B	Zachary	Hilliard	Jav	U11G	Cleo	Kenny	200m
U10B	Jack	Watters	100m	U12G	Jessica	Ellul	Discus
U10B	Jack	Watters	200m	U12G	Jessica	Ellul	Shot
U11B	Edward	Astill	1500m	U13G	Anji	Ponnampalam	100m
U11B	Chase	Bourne	60mH	U13G	Anji	Ponnampalam	200m
U11B	Chase	Bourne	L-Jump	U13G	Jenna	Bain	L - Jump
U12B	Blake	Nielsen	800m	U13G	Jenna	Bain	T - Jump
U12B	Blake	Nielsen	1500m	U14G	Caitlin	Blackman	100m
U13B	Sasha	Zhoya	200mH	U14G	Ilysha	O'Meara	L - Jump

U14B	Liam	Fox	Shot
U14B	Siddarth	Reddy	T - Jump
U16B	Liam	Moore	800m
U17B	Mackenzie	Liddelov	200m
U17B	Mackenzie	Liddelov	L-Jump
U17B	Mackenzie	Liddelov	T - Jump

### **BRONZE - Boys**

U10B	Jack	Clutterbuck	100m
U10B	Jack	Clutterbuck	400m
U12B	Toby	Field	L-Jump
U13B	Daniel	Kempson	1500m
U13B	Stefan	Rajakovic	Shot
U14B	Liam	Fox	Discus
U15B	Nathan	George	100m
U15B	Callan	Howe-Robinson	200m
U17B	Mackenzie	Liddelov	100m

U15G	Imogen	Taylor	200mH
U15G	Lara	Ilievski	Discus
U16G	Ashlee	Glands	T - Jump
U17G	Ciara	Browne	Discus

### **BRONZE - Girls**

U10G	Tia	McArthur	800m
U11G	Ellie	Glands	1500m
U14G	Iysha	O'Meara	100m
U14G	Isabella	Reeves	T - Jump
U15G	Kiara	Speechley	100m
U15G	Cheyenne	Yates	Discus
U15G	Jizelle	Kenworthy-Groen	L - Jump
U15G	Lara	Ilievski	T - Jump
U16G	Lauren	Lowrey	H - Jump

## MLAC Age Group Champion / Runner Up Athletes 2014/2015

<b>U7</b>	<b>Boys</b>	Champion <i>Runner Up</i>	Heath Mellody <i>Alexander Dempsey</i>	OL <i>BW</i>
	<b>Girls</b>	Champion <i>Runner Up</i>	Parker Brindle <i>Lara Bussell</i>	OL <i>BW</i>
<b>U8</b>	<b>Boys</b>	Champion <i>Runner Up</i>	Jordan Hassan <i>Kieran Aziz</i>	BW <i>LM</i>
	<b>Girls</b>	Champion <i>Runner Up</i>	Emma Kempson <i>Amber Mott</i>	LM <i>LM</i>
<b>U9</b>	<b>Boys</b>	Champion <i>Runner Up</i>	Logan Burns <i>Noah Mellody</i>	BB <i>OL</i>
	<b>Girls</b>	Champion <i>Runner Up</i>	Maya Kenny <i>Maeve Lehane</i>	PB <i>OL</i>
<b>U10</b>	<b>Boys</b>	Champion <i>Runner Up</i>	Jack Clutterbuck <i>Jack Watters</i>	BW <i>PB</i>
	<b>Girls</b>	Champion <i>Runner Up</i>	Tia McArthur <i>Mia Ford</i>	LM <i>OL</i>
<b>U11</b>	<b>Boys</b>	Champion <i>Runner Up</i>	Chase Bourne <i>Mason Bradwell</i>	BW <i>LM</i>
	<b>Girls</b>	Champion <i>Runner Up</i>	Ellie Glands <i>Cleo Kenny</i>	BB <i>PB</i>
<b>U12</b>	<b>Boys</b>	Champion <i>Runner Up</i>	Toby Field <i>Blake Nielsen</i>	LM <i>LM</i>
	<b>Girls</b>	Champion <i>Runner Up</i>	Meg Hebiton <i>Sophie Eastaugh</i>	OL <i>OL</i>
<b>U13</b>	<b>Boys</b>	Champion <i>Runner Up</i>	Lyndon Kenworthy-Groen <i>Lachlan Bennett</i>	BB <i>BB</i>
	<b>Girls</b>	Champion <i>Runner Up</i>	Courtney Johns <i>Anji Ponnampalam</i>	PB <i>LM</i>
<b>U14</b>	<b>Boys</b>	Champion <i>Runner Up</i>	Cameron Broughton <i>Lochlann Downey</i>	LM <i>BW</i>
	<b>Girls</b>	Champion <i>Runner Up</i>	Caitlin Blackman <i>Ella Eastaugh</i>	OL <i>OL</i>
<b>U15</b>	<b>Boys</b>	Champion <i>Runner Up</i>	Joshua Mott <i>Reid Hinton</i>	LM <i>OL</i>
	<b>Girls</b>	Champion <i>Runner Up</i>	Mikayla Johns <i>Holly Ralston</i>	PB <i>PB</i>
<b>U16</b>	<b>Boys</b>	Champion <i>Runner Up</i>	Andrew Gill	PB
	<b>Girls</b>	Champion <i>Runner Up</i>	Lauren Lowrey <i>Claire James</i>	BW <i>BB</i>
<b>U17</b>	<b>Boys</b>	Champion <i>Runner Up</i>	Lachlan Doig	<i>BW</i>
	<b>Girls</b>	Champion <i>Runner Up</i>	Nicola Vester <i>Ciara Browne</i>	<i>PB</i> <i>PB</i>

## Gold Achievement Award Recipients 2014/2015

---

U7	Bianca Stanes	OL	U10	Jack Clutterbuck	BW
U8	Emma Kempson	LM		Mia Ford	OL
	Amber Mott	LM	U11	Ellie Glands	BB
	Lillian Sharp	LM		Sabrina McCay-Tuckerman	BB
	Maya Louvel-Finn	OL		Chase Bourne	BW
U9	Logan Burns	PB		Mason Bradwell	LM
	Aidan Harvey	PB			
	Maya Kenny	PB			

## MLAC SERVICE AWARDS

---

### 5 YEARS

Alyssa Caswell	BB	Daniel Kempson	LM
Caitlin Hodgkinson	BB	Jame Speechley	LM
Dominic Davies	BB	Joanna Rowbottom	LM
Quintelle Kenworthy-Groen	BB	Riley Spinks	LM
Teegan Burns	BB	Daniel White	LM
Claire James	BB	Beau Pashby	MW
Leah Crawley	BW	Kuda Joe	OL
Riley Adams	BW	Miriam Joe	OL
Matthew Flowers	BW	Natasha Uniewicz	OL
Charlotte George	BW	Annie Gibbs	OL
Monica Voncina	BW	Angus Grant	PB
Chase Bourne	BW	Grace Ivancich	PB
Ben Shaw	BW	Cleo Kenny	PB
Beatrice Field	LM	Tia Kenny	PB
Brandon George	LM		

### 9 YEARS

Jizelle Kenworthy-Groen	BB	Emily Cowden	LM
Lauren Hyde-Cooling	BB	Cheyenne Yates	OL
Sam Althorpe	BB	Mikayla Johns	PB
Tristan Peers	BB	Oliver Bodlovich	PB
Catherine Keane	BW		

### 11 YEARS

Nil

## 2014/2015 Season Best Performance

Season Best performances are taken from the MLAC season, excluding Centre Championships as this is considered a separate competition with it's own rewards for placegetters and PB's.

<b>BOYS</b>		<b>GIRLS</b>		
<b>50M</b>				
7	Alexander Dempsey	9.24	Jade Bain	9.69
<b>70M</b>				
7	Sonny Marciano	12.64	Jade Bain	13.13
8	Jordan Hassan	12.01	Amber Mott	12.14
9	Logan Burns	11.12	Maya Kenny	11.38
<b>100M</b>				
7	Alexander Dempsey	18.47	Jade Bain	19.21
8	Jordan Hassan	17.28	Amber Mott	17.08
9	Jeff Douce	15.44	Maya Kenny	15.93
10	Jack Watters	14.68	Mia Ford	15.56
11	Chase Bourne	14.04	Cleo Kenny	14.61
12	Toby Field	13.61	Sophie Eastaugh	14.48
13	Stefan Rajakovic	12.71	Jenna Bain	13.49
14	Siddarth Reddy	13.52	Isabella Reeves	13.26
15	Callan Howe-Robinson	12.17	Kiara Speechley	13.22
16	Andrew Gill	13.33	Ashley Glands	14.25
17	Mackenzie Liddelow	12.34	Annie Gibbs	13.95
<b>200M</b>				
7	William Ivancich	39.15	Jade Bain	39.80
8	Jordan Hassan	35.51	Amber Mott	36.01
9	Logan Burns	32.93	Maya Kenny	33.58
10	Jack Watters	30.50	Mia Ford	32.21
11	Chase Bourne	29.56	Cleo Kenny	29.41
12	Blake Nielsen	29.03	Sophie Eastaugh	29.56
13	Stefan Rajakovic	25.76	Jenna Bain	27.51
14	Cameron Broughton	28.07	Ilysha O'Meara	27.27
15	Nathan George	24.47	Kiara Speechley	26.90
16	Liam Moore	24.84	Zayne O'Meara	29.20
17	Lachlan Doig	26.01	Annie Gibbs	28.69
<b>300M</b>				
8	Jordan Hassan	0.57.84	Amber Mott	0.56.38

**400M**

9	Mario Munguia Lucio	1:12.53	Maya Kenny	1:17.78
10	Jack Watters	1:10.63	Quintelle Kenworthy-Groen	1:17.76
11	Chase Bourne	1:06.02	Cleo Kenny	1:06.42
12	Blake Nielsen	1:04.55	Sophie Eastaugh	1:07.85
13	Luke Shaw	0:57.64	Jenna Bain	1:02.22
14	Lochlann Downey	1:02.26	Ashlee Cronin	1:03.84
15	Nathan George	0:53.33	Kiara Speechley	0:59.87
16	Sam Althorpe	0:57.44	Zayne O'Meara	1:06.25
17	Mackenzie Liddelow	0:55.82	Annie Gibbs	1:04.94

**800M**

9	Ky Hehir	2:51.14	Maya Kenny	2:54.66
10	James Maher	2:46.95	Tia McArthur	2:59.44
11	Luke Chapman	2:38.54	Cleo Kenny	2:34.11
12	Blake Nielsen	2:29.18	Meg Hebiton	2:42.14
13	Luke Shaw	2:16.68	Tia Kenny	2:38.52
14	Cameron Broughton	2:25.47	Amelia Hayward	2:33.63
15	Nathan George	2:09.32	Jizelle Kenworthy-Groen	2:39.23
16	Sam Althorpe	2:12.48	Zayne O'Meara	2:43.50
17	Hamish Macpherson	2:25.57	Zoe Hinton	2:43.42

**1500M**

11	Edward Astill	5:22.07	Cleo Kenny	5:21.74
12	Blake Nielsen	5:04.94	Matilda Sayer	5:49.10
13	Luke Shaw	4:38.74	Tia Kenny	5:35.30
14	Cameron Broughton	5:05.51	Amelia Hayward	5:28.96
15	Joshua Mott	4:43.60	Mikayla Johns	5:46.94
16	Andrew Gill	5:01.24	Zayne O'Meara	6:14.92
17	Hamish Macpherson	5:04.37	Zoe Hinton	5:39.30

**700m Walk**

9	Noah Mellody	4.30.41	Florence Chapman	4.14.62
---	--------------	---------	------------------	---------

**1100m Walk**

10	Jack Clutterbuck	6:33.03	Tia McArthur	6:33.79
11	Patrick Danielson	6:06.12	Ellie Glands	6:04.90

**1500m Walk**

12	Matthew Flowers	10:03.46	Meg Hebiton	9:56.92
13	William Coutts	11:11.19	Courtney Johns	8:05.25

14	Cameron Broughton	7.46.76	Brianna Sinclair	10:31.85
15			Mikayla Johns	8:15.54
16			Sara Becker	10:18.14
17			Holly Hughes	7:51.05

### 60m HURDLES

7	Sonny Marciano	13.11	Parker Brindle	13.69
8	Jake Whitelaw	12.73	Emma Kempson	12.19
9	Noah Mellody	10.80	Maya Kenny	11.08
10	Jack Clutterbuck	11.23	Mia Ford	12.30
11	Chase Bourne	10.33	Cleo Kenny	10.75
12	Toby Field	10.29	Meg Hebiton	10.85

### 80m HURDLES

13	Sasha Zhoya	12.71	Anji Ponnampalam	14.58
14	Lochlann Downey	15.81	Isabella Reeves	13.08

### 90m HURDLES

14				
15			Holly Ralston	15.46
16			Zayne O'Meara	16.22

### 100m HURDLES

15	Lachlan Fox	15.21		
16	Andrew Gill	15.35		
17			Nicola Vester	17.99

### 110m HURDLES

17	Lachlan Doig	16.12		
----	--------------	-------	--	--

### 200m HURDLES

13	Stefan Rajakovic	27.53	Anji Ponnampalam	31.05
14	Lochlann Downey	30.73	Isabella Reeves	29.80
15	Lachlan Fox	28.31	Holly Ralston	31.35
16	Andrew Gill	29.15	Lauren Lowrey	30.50
17	Lachlan Doig	28.81	Emily Cowden	33.22

### DISCUS

7	Heath Mellody	15.09	Jesse Cartwright	12.92
8	Aidan Hancy	14.96	Emma Kempson	17.91

9	Aidan Harvey	22.98	Caitlyn Treleven	13.50
10	Jack Watters	24.17	Mia Ford	18.15
11	Cameron Mulvey	25.34	Sabrina McCay-Tuckerman	20.57
12	Toby Field	24.01	Kaycee Yates	28.24
13	Stefan Rajakovic	31.85	Courtney Johns	25.05
14	Liam Fox	38.73	Ashlee Cronin	22.76
15	John Craggs	40.51	Imogen Taylor	34.72
16	Andrew Gill	33.03	Ashlee Glands	24.35
17	Tristen Peers	23.72	Ciara Browne	30.80

### HIGH JUMP

9	Aidan Harvey	1.21	Maya Kenny	1.15
10	Jack Clutterbuck	1.20	Mia Ford	1.08
11	Mason Bradwell	1.30	Sabrina McCay-Tuckerman	1.29
12	Toby Field	1.44	Hannah Sullivan	1.39
13	Sasha Zhoya	1.46	Elizabeth Hart	1.44
14	Oliver Bodlovich	1.47	Caitlin Blackman	1.49
15	Lachlan Fox	1.85	Holly Ralston	1.58
16	Andrew Gill	1.55	Lauren Lowrey	1.57
17	Mackenzie Liddelow	1.75	Nicola Vester	1.40

### TURBO JAV

7	William Jennings	12.96	Parker Brindle	12.27
8	Joshua Pye	15.86	Emma Kempson	15.36
9	Logan Burns	23.20	Maya Kenny	14.21

### JAVELIN

10	Zachary Hilliard	22.42	Quintelle Kenworthy-Groen	19.19
11	Jackson McManus	29.68	Ellie Glands	22.13
12	Toby Field	28.52	Kaycee Yates	26.65
13	Lyndon Kenworthy-Groen	29.95	Courtney Johns	29.46
14	Tyler Glands	33.11	Ella Eastaugh	35.39
15	John Craggs	38.73	Lara Ilievski	40.77
16	Andrew Gill	31.70	Ashlee Glands	26.03
17	Hamish Macpherson	22.04	Jayde Newman	25.57

### LONG JUMP

7	Heath Mellody	2.99	Bianca Stanes	2.88
8	Jordan Hassan	3.46	Amber mott	3.41



9	Logan Burns	4.36	Maya Kenny	3.90
10	Jack Clutterbuck	4.45	Mia Ford	3.69
11	Chase Bourne	4.65	Ebonique Paciente	4.42
12	Toby Field	5.43	Hannah Sullivan	4.69
13	Stefan Rajakovic	6.02	Jenna Bain	5.00
14	Siddarth Reddy	4.97	Caitlin Blackman	5.52
15	Callan Howe-Robinson	5.52	Zoe Walker	5.14
16	Liam Moore	5.43	Ashlee Glands	5.02
17	Mackenzie Liddelow	6.32	Annie Gibbs	5.12

### SHOT PUT

7	Joshua Kelly	4.49	Jade Bain	4.78
8	Myles Marley	5.69	Emma Kempson	5.93
9	Aidan Harvey	7.37	Annabelle Cosmelli	5.20
10	Jack Watters	7.92	Quintelle Kenworthy-Groen	6.29
11	Jackson McManus	10.20	Sabrina McKay-Tuckerman	7.39
12	Rhys Harvey	7.99	Jessica Ellul	11.42
13	Stefan Rajakovic	12.68	Bridie Taylor-Wall	8.63
14	Liam Fox	15.11	Ella Eastaugh	9.04
15	Nathan George	11.45	Cheyenne Yates	11.74
16	Andrew Gill	9.29	Ashlee Glands	8.73
17	Tristen Peers	8.53	Ciara Browne	9.49

### TRIPLE JUMP

10	Jack Clutterbuck	8.72	Mia Ford	7.61
11	Chase Bourne	9.28	Sabrina McKay-Tuckerman	8.67
12	Toby Field	11.33	Meg Hebiton	9.23
13	Stefan Rajakovic	12.69	Jenna Bain	10.07
14	Siddarth Reddy	11.16	Caitlin Blackman	11.11
15	Aidan Correa	11.71	Lara Ilievski	10.55
16	Andrew Gill	11.37	Ashlee Glands	10.42
17	Mackenzie Liddelow	12.35	Annie Gibbs	10.56

Melville Little Athletics Centre sincerely thanks all athletes who participated during the season.

# State Championships Winter Medals 2015

---

## ROAD WALKING

	13G	Courtney Johns	GOLD
	17G	Holly Hughes	GOLD

## CROSS COUNTRY

7B	Joshua Kelly	BRONZE	7G		
8B			8G		
9B			9G	Maya Kenny	SILVER
10B			10G	Tia McArthur	GOLD
11B			11G	Cleo Kenny	GOLD
12B	Jay Lindorff	GOLD	12G		
	Blake Nielsen	SILVER			
13B	Luke Shaw	GOLD	13G		
	Daniel Kempson	BRONZE			
14B			14G		
15B	Luke Burrows	BRONZE	15G		
16B			16G	Zayne O'Meara	SILVER
				Ashlee Glands	BRONZE
17B			17G		

## MLAC Winter Award Winners 2015

---

Cross Country	Boys	Girls
<b>Junior</b>	Champion <i>Runner Up</i>	Joshua Kelly Archie Prall
		Maya Kenny Lillian Sharpe
<b>Intermediate</b>	Champion <i>Runner Up</i>	Edward Astill Jay Lindorff
		Ellie Glands Tia McArthur
<b>Senior</b>	Champion <i>Runner Up</i>	Luke Burrows Luke Shaw
		Ashlee Glands <i>Zayne O'Meara</i>
<b>Walk</b>		
<b>U7-U10</b>	Champion <i>Runner Up</i>	Declan Johns
		Tia McArthur
<b>U11-U17</b>	Champion <i>Runner Up</i>	Courtney Johns
		Holly Hughes
<b>Coach's Winter Award</b>		
		Jessica Millard
<b>Mitchell Allomes Memorial Award</b>		
		Malachy Davies

# 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
<b>50m</b>				<b>50m</b>				
U7	1996	B Abel	LM	8.7	2009	H Sullivan	LM	8.78 (e)
	2007	C Reeves	PB	8.94(e)				
<b>70m</b>				<b>70m</b>				
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
<b>100m</b>				<b>100m</b>				
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	2014	J Gallagher	OL	11.49(e)	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)
<b>200m</b>				<b>200m</b>				
U7	1988	N Hebbard	LM	35.6	1991	J Hofsink	AT	35.6
U8	1985	G Meadowcroft	OL	31.4	2014	M Kenny	PB	33.40(e)
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	2013	N George	LM	24.48(e)	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)
<b>300m</b>					<b>300m</b>			
U8	2011	C Bourne	BW	52.40	2014	M Kenny	PB	54.74
<b>400m</b>					<b>400m</b>			
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	2014	N George	LM	53.06(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	2013	N Clark	LM	1:02.05(e)
<b>800m</b>					<b>800m</b>			
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	2013	T Kenworthy-Groen	BB	2:03.43	2012	K Audsley	MW	2:27.26
<b>1500m</b>					<b>1500m</b>			
U11	1974	S Francis	MP	5:00.7	2014	C Kenny	PB	5:21:74
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	K Metzner	BB	4:25.06	2005	M Hollick	OL	5:06.5
U17	2013	T Kenworthy-Groen	BB	4:27.69	2013	K Audsley	MW	5:13.98
<b>60m Hurdles</b>					<b>60m Hurdles</b>			
U7								
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
						S Oksuz	BW	10.2
U12	2013	S Zhoya	PB	9.80 (e)	2009	R D'Cunha	MW	10.19(e)

<b>80m Hurdles</b>					<b>80m Hurdles</b>			
U13	1997	B Jewell	PB	12.3	2010	C Gibson	PB	13.20(e)
U14	---	---	---	---	<b>2014</b>	<b>I Reeves</b>	<b>PB</b>	<b>13.08</b>
<b>90m Hurdles</b>					<b>90m Hurdles</b>			
U14	1999	C Jovanovic	PB	12.8	---	---	---	---
U15	---	---	---	---	1999	J Hofsink	PB	13.6
U16	---	---	---	---	2012	A Reid	PB	14.10(e)
<b>100m Hurdles</b>								
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	2014	A Reid	PB	15.83
<b>110m Hurdles</b>								
U17	2011	M Craggs	BB	14.88(e)	---	---	---	---
<b>200m Hurdles</b>					<b>200m Hurdles</b>			
U13	<b>2015</b>	<b>S Rajakovic</b>	<b>BW</b>	<b>27.53</b>	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
<b>700m Walk</b>					<b>700m Walk</b>			
U9	1989	D Schmidberger	LM	3:46.8	1983	H Walsh	BB	3:48.8
<b>1100m Walk</b>					<b>1100 Walk</b>			
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
<b>1500m Walk</b>					<b>1500m Walk</b>			
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
<b>Long Jump</b>					<b>Long Jump</b>			
U7	1996	D Chan	OL	3.36	2014	A Mott	LM	3.17
U8	1985	G Meadowcroft	OL	3.90	2011	H Sullivan	LM	3.64
U9	<b>2014</b>	<b>L Burns</b>	<b>BB</b>	<b>4.36</b>	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	<b>2014</b>	<b>T Field</b>	<b>LM</b>	<b>5.43</b>	2014	S White	PB	5.09
U13	1980	F Martin	PB	6.26	1996	S Oksuz	BW	5.22
U14	1984	A Ritchie	PB	5.92	<b>2014</b>	<b>C Blackman</b>	<b>OL</b>	<b>5.52</b>
U15	2000	J Surjan	PB	6.28	1999	S Oksuz	BW	5.64
U16	2014	M Liddelow	PB	6.40	2014	A Gibbs	OL	5.21
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	<b>2015</b>	<b>T Field</b>	<b>LM</b>	<b>11.33</b>	2013	C Blackman	BW	10.27
U13	<b>2014</b>	<b>S Rajakovic</b>	<b>BW</b>	<b>12.69</b>	2014	C Blackman	BW	10.83
U14	1992	D Davey	BW	12.66	<b>2014</b>	<b>C Blackman</b>	<b>OL</b>	<b>11.11</b>
U15	1990	S Hair	KD	13.07	2013	A Glands	BB	11.06
U16	2014	M Liddelov	PB	13.25	2013	C Chay	MW	10.63
U17	2000	G Artemis	OL	13.01	<b>2015</b>	<b>A Gibbs</b>	<b>OL</b>	<b>10.56</b>
High Jump				High Jump				
U8	1980	J Edlich	OL	1.11	1991	L Smith	OL	1.06
U9	<b>2014</b>	<b>A Harvey</b>	<b>PB</b>	<b>1.21</b>	<b>2014</b>	<b>M Kenny</b>	<b>PB</b>	<b>1.15</b>
U10	2011	C Fitzgerald	BW	1.23	1983	K Woodward	KD	1.25
U11	1977	D Anderson		1.47	1979	G Legge		1.37
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	2014	L Fox	BB	1.76	2010	N Robinson	PB	1.62
U15	<b>2014</b>	<b>L Fox</b>	<b>BB</b>	<b>1.85</b>	2011	N Robinson	PB	1.62
U16	2012	J Konle	OL	1.87	1999	S Blackney	BB	1.60
U17	2013	L Peers	BB	1.82	2005	S McCann	OL	1.50
Turbo Javelin				Turbo Javelin				
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	---	---	---	---	2014	L Ilievski	BW	38.94
Javelin 500g				Javelin 500g				
U15	---	---	---	---	<b>2014</b>	<b>L Ilievski</b>	<b>OL</b>	<b>40.77</b>
U16	---	---	---	---	<b>2014</b>	<b>A Glands</b>	<b>BB</b>	<b>26.03</b>
U17	---	---	---	---	2013	A Robinson	PB	36.04
Javelin 600g				Javelin 600g				
U13	1981	R Giroud	MW	45.06	---	---	---	---
U14	2000	D Prigmore	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

<b>Shot Put 2kg</b>				<b>Shot Put 2kg</b>				
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
<b>Shot Put 3kg</b>				<b>Shot Put 3kg</b>				
U12	1979	F Martin	PB	11.65	---	---	---	---
U13	1982	R Giroud	MW	14.64	2000	L Smith	LM	11.47
U14	<b>2015</b>	<b>L Fox</b>	<b>BB</b>	<b>15.11</b>	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
<b>Shot Put 4kg</b>				<b>Shot Put 4kg</b>				
U15	2002	T Grabe	OL	15.99	---	---	---	---
U16	1998	J Hofstee	OL	15.86	---	---	---	---
<b>Shot Put 5kg</b>				<b>Shot Put 5kg</b>				
U17	2000	S Leighton	CW	13.23	---	---	---	---
<b>Discus 350g</b>				<b>Discus 350g</b>				
U7	2001	M O'Brien	BTM	19.79	1993	S Dunnet	PB	15.09
<b>Discus 500g</b>				<b>Discus 500g</b>				
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
<b>Discus 750g</b>				<b>Discus 750g</b>				
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
<b>Discus 1kg</b>				<b>Discus 1kg</b>				
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
<b>Discus 1.5kg</b>				<b>Discus 1.5kg</b>				
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
--	---	--

## TO CLAIM A RECORD:

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

Boys					Girls			
Age	Year	Name	Clu	Result	Year	Name	Club	Result
<b>50m</b>					<b>50m</b>			
U7	1996	B Abel	LM	8.7	1990	A Harding	BB	8.6
<b>70m</b>					<b>70m</b>			
U7	2011	J Cleaver	BW	11.64	2014	A Mott	LM	11.99
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
<b>100m</b>					<b>100m</b>			
U7	1988	N Hebbard	LM	16.6	2014	A Mott	LM	17.09
					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	<b>2015</b>	<b>S Rajakovic</b>	<b>BW</b>	<b>11.22</b>	<b>2012</b>	G Boxley	PB	12.49
U14	2014	J Gallagher	OL	11.09	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	<b>2015</b>	<b>M Liddelov</b>	<b>PB</b>	<b>11.18</b>	2010	R O'Kane	BB	12.53
<b>200m</b>					<b>200m</b>			
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	<b>2015</b>	<b>J Bain</b>	<b>PB</b>	<b>25.47</b>



U14	2014	J Gallagher	OL	22.6	1990	L Miller	MW	25.2
U15	2013	L McDermott	PB	22.52	<b>2015</b>	<b>K Speechley</b>	<b>LM</b>	<b>24.86</b>
U16	1998	C Troode	BB	23.1	2006	E Longo	OL	25.4
U17	2002	M Simon	OL	23.2	2014	N Clark	PB	26.3
<b>400m</b>				<b>400m</b>				
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	<b>2015</b>	<b>C Kenny</b>	<b>PB</b>	<b>1:02:75</b>
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	2014	N George	LM	50.83	2002	M Wheatley	PB	57.8
U15	<b>2015</b>	<b>N George</b>	<b>LM</b>	<b>51.0</b>	<b>2015</b>	<b>K Speechley</b>	<b>OL</b>	<b>57.48</b>
U16	<b>2015</b>	<b>L Moore</b>	<b>BB</b>	<b>49.52</b>	2006	E Longo	OL	1:00.1
U17	2002	M D Simon	OL	51.3	2014	N Clark	LM	59.52
<b>800m</b>				<b>800m</b>				
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	N George	LM	2:14.55	1998	A Anderson	LM	2:25.4
U13	<b>2015</b>	<b>L Shaw</b>	<b>BW</b>	<b>2:06:25</b>	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	2014	T Kenworthy-Groen	BB	1:59.29	2013	K Audsley	MW	2:22.01
<b>1500m</b>				<b>1500m</b>				
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	<b>2015</b>	<b>L Shaw</b>	<b>BW</b>	<b>4:18:17</b>	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	2014	K Metzner	BB	4:15.93	2012	K Audsley	MW	5:04.55
U17	2014	T Kenworthy-Groen	BB	4:22.13	2013	K Audsley	MW	5:01.37
<b>60m Hurdles</b>				<b>60m Hurdles</b>				
U7								
U8	2012	C Bourne	BW	10.56	2014	M Kenny	PB	11.13
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	2014	S Zhoya	PB	9.10	2014	S White	PB	9.6

<b>80m Hurdles</b>					<b>80m Hurdles</b>			
U13	<b>2015</b>	<b>S Zhoya</b>	<b>PB</b>	<b>11.61</b>	1997	A Chequer	BW	12.60
U14	---	---	---	---	<b>2015</b>	<b>I Reeves</b>	<b>PB</b>	<b>12.20</b>
					2000	T Pollard	PB	12.70
<b>90m Hurdles</b>					<b>90m Hurdles</b>			
U14	2012	L McDermott	PB	12.74	---	---	---	---
U15	---	---	---	---	2014	S Williams	BB	12.99
U16	---	---	---	---	2005	K Robinson	MW	13.40
<b>100m Hurdles</b>					<b>100m Hurdles</b>			
U15	2000	J Surian	PB	13.2	---	---	---	---
	2000	C Jovanovic	PB	13.2				
U16	2003	C Artemis	CW	13.4	---	---	---	---
U17	---	---	---	---	2014	A Reid	PB	15.24
<b>110m Hurdles</b>								
U17	2011	M Craggs	BB	14.00	---	---	---	---
<b>200m Hurdles</b>					<b>200m Hurdles</b>			
U13	<b>2015</b>	<b>S Rajkovic</b>	<b>BW</b>	<b>25.39</b>	2014	I Reeves	PB	29.12
U14	2008	M Craggs	BB	26.2	<b>2015</b>	<b>I Reeves</b>	<b>PB</b>	<b>28.26</b>
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	2014	L Peers	BB	25.38	2006	S McCann	OL	28.7
<b>700m Walk</b>					<b>700m Walk</b>			
U9	1983	A Fitzgerald	MW	3:36.3	1992	A Thevenau	BB	3:41.3
<b>1100m Walk</b>					<b>1100m Walk</b>			
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
<b>1500m Walk</b>					<b>1500m Walk</b>			
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
<b>Long Jump</b>					<b>Long Jump</b>			
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	2014	S Zhoya	PB	5.48	2014	S White	PB	5.09
U13	<b>2015</b>	<b>S Rajkovic</b>	<b>BW</b>	<b>6.56</b>	2002	J McKinnon	BB	5.34
U14	2014	J Gallagher	OL	6.38	1998	S Oksuz	BW	5.59
U15	1998	W Surjan	PB	6.32	1999	S Oksuz	BW	6.19
U16	1999	G Artemis	OL	6.40	2014	A Gibbs	OL	5.21
U16	2014	M Liddelow	PB	6.40				
U17	2011	M Craggs	BB	6.69	<b>2015</b>	<b>A Gibbs</b>	<b>OL</b>	<b>5.31</b>

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	<b>2014</b>	<b>S Rajakovic</b>	<b>BW</b>	<b>13.09</b>	2014	C Blackman	BW	10.83
U14	1992	D Davey	BW	12.66	1994	B Payze	PB	11.11
					<b>2015</b>	<b>C Blackmann</b>	<b>OL</b>	<b>11.73</b>
U15	1991	S Hair	KD	13.19	2014	A Glands	BB	11.56
U16	2013	J Konle	OL	13.90	2014	A Gibbs	OL	11.00
U17	2000	G Artemis	OL	13.01	<b>2015</b>	<b>A Gibbs</b>	<b>OL</b>	<b>11.06</b>
High Jump				High Jump				
U8	1980	J Edlich	OL	1.11	1991	L Smith	OL	1.06
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
	2014	L Fox	BB	1.76				
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	2013	L Peers	LM	1.82	2006	S McCann	OL	1.50
Turbo Javelin				Turbo Javelin				
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	---	---	---	---	2014	L Ilievski	BW	38.94
Javelin 500g				Javelin 500g				
U15	---	---	---	---	<b>2015</b>	<b>L Ilievski</b>	<b>BW</b>	<b>45.96</b>
U16	---	---	---	---	<b>2014</b>	<b>A Glands</b>	<b>BB</b>	<b>26.03</b>
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	---	---	---	---
U15	1991	C Roebuck	MW	59.84	---	---	---	---
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
<b>Shot Put 3kg</b>				<b>Shot Put 3kg</b>				
U12	1979	F Martin	PB	11.65	---	---	---	---
U13	1982	R Giroud	MW	14.64	2000	L Smith	LM	11.47
U14	<b>2015</b>	<b>L Fox</b>	<b>BB</b>	<b>15.11</b>	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
<b>Shot Put 4kg</b>				<b>Shot Put 4kg</b>				
U15	2003	T Grabe	OL	16.2	---	---	---	---
U16	1998	J Hoftsee	OL	15.86	---	---	---	---
<b>Shot Put 5kg</b>				<b>Shot Put 5kg</b>				
U17	2000	J Hoftsee	OL	13.41	---	---	---	---
<b>Discus 350g</b>				<b>Discus 350g</b>				
U7	2001	M O'Brien	BTM	19.79	2010	K Yates	BW	16.81
<b>Discus 500g</b>				<b>Discus 500g</b>				
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
<b>Discus 750g</b>				<b>Discus 750g</b>				
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
<b>Discus 1 kg</b>				<b>Discus 1 kg</b>				
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
<b>Discus 1.5kg</b>				<b>Discus 1.5kg</b>				
U17	2000	J Hoftsee	OL	40.75				

# 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) athletes<sup>1</sup> 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.** U8, U9 and U10 athletes to use 'scissors' style only.

	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
<b>BOYS</b>	70cm	80cm	90cm	95cm	1.05m	1.10m	1.20m	1.25m	1.30m	1.35m
<b>GIRLS</b>	65cm	75cm	85cm	90cm	1.00m	1.05m	1.10m	1.15m	1.20m	1.25m

**Note:** The starting height for state events differs from MLAC competition. Please refer to the WALA website for State starting heights prior to nominating to conduct this even at state events.

## 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
<b>BOYS</b>											
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							
<b>GIRLS</b>											
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.

<sup>1</sup> 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
<b>BOYS</b>	1.5kg*	1.5kg	2kg	2kg	2kg	3kg	3kg	3kg	4kg	4kg	5kg
<b>GIRLS</b>	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
<b>BOYS</b>	350g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1kg	1.5kg
<b>GIRLS</b>	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
<b>BOYS</b>	Vortex	Tjav	Tjav	400g	400g	400g	600g	600g	600g	700g	700g
<b>GIRLS</b>	Vortex	Tjav	Tjav	400g	400g	400g	400g	400g	500g	500g	500g

**Note:** Tjav = Turbo Javelin for U8 – 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	U8/9	U10	U11	U12	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	60	80	90	100	100	110
Height (cm)	30	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	U8/9	U10	U11	U12	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	60	80	80	90	90	100
Height (cm)	n/a	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 90M	200M HURDLES	SHOT 3.0kg	DISCUS 1.0kg	JAVELIN 500g	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	9.00	24.10	28.00	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	19.00	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	14.50	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	32.0	7.59	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	36.8	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	40.2	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	32.0	6.47	14.93	14.79	1.12	3.67	7.63	7:20.5	9	12
11 Red			17.18	36.9		1:25.4	3:20.6	6:51.8	13.40	36.0	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	40.2	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	6:20.4	13.32	32.0	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	7:04.5	14.17	36.0	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	7:30.0	15.22	40.2	4.09	9.77	7.49	0.90	2.73	5.52	8:51.4	7	
9 Blue			12.37	17.80		1:26.8	3:23.5	6:20.4	12.88	32.0	4.73	12.49	11.29	0.99	3.10		4:49.4	8	11
9 Red			13.14	19.01		1:35.6	3:39.9	7:04.5	13.80	36.0	4.03	10.32	9.13	0.89	2.80		5:11.9	7	
9 Green			13.91	20.50		1:47.7	4:00.4	7:30.0	14.70	40.2	3.55	8.76	7.53	0.82	2.56		5:41.4	6	
8 Blue			12.92	18.48		1:05.3	2:49.1	5:30.5	13.50	32.0	4.44	10.29	8.98		2.82			7	9
8 Red			13.69	19.82		1:10.2	2:58.8	6:04.1	14.41	36.0	3.83	8.47	7.60		2.53			6	
8 Green			14.63	21.35		1:17.0	3:02.9	6:26.6	15.56	40.2	3.12	6.47	5.84		2.24			5	
7 Blue			10.12	13.97		1:01.2	2:30.6	5:04.1	14.59	32.0	3.53	8.78	7.39		2.45			6	9
7 Red			10.76	14.81		1:06.3	2:47.3	5:48.5	16.38	36.0	3.00	6.84	5.77		2.21			5	
7 Green			11.38	15.77		1:11.9	2:58.8	6:02.9	18.00	40.2	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 100M	200M HURDLES	SHOT 4.0kg	DISCUS 1kg	JAVELIN 700g	HIGH JUMP	LONG JUMP	TRIPLE JUMP	WALKS 1500M	Ribbons	Gold
16	Blue	12.51	25.0	25.0	0:56.0	2:18.6	4:48.5	15.55	28.49	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	25.3	1:00.4	2:23.7	5:10.5	16.19	29.94	29.94	9.56	27.87	29.43	1.55	4.86	9.87	10:23.8	8	
16	Green	14.28	28.3	28.3	1:06.7	2:44.3	5:54.7	18.60	32.97	32.97	8.05	22.05	23.69	1.45	4.50	8.68	11:44.5	7	
15	Blue	13.08	26.3	26.3	0:57.5	2:24.9	4:54.1	16.20	29.63	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	27.9	1:02.5	2:35.6	5:13.8	18.76	32.44	32.44	8.36	26.50	27.49	1.43	4.70	10.21	10:23.8	8	
15	Green	14.28	30.1	30.1	1:11.8	3:04.3	5:57.3	20.01	35.13	35.13	7.23	20.68	23.17	1.35	4.22	9.28	11:44.5	7	
14	Blue	13.40	27.1	27.1	1:00.8	2:28.7	5:10.7	15.29	30.45	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	29.5	1:06.9	2:44.5	5:44.2	17.22	32.42	32.42	8.00	21.09	22.31	1.35	4.22	9.32	10:23.8	8	
14	Green	15.17	31.7	31.7	1:13.7	2:59.7	6:16.1	19.04	35.66	35.66	7.00	16.53	17.30	1.25	3.76	8.49	11:44.5	7	
13	Blue	14.31	29.3	29.3	1:07.5	2:40.2	5:31.2	15.25	32.57	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	31.6	1:14.2	2:55.7	5:58.1	17.18	34.89	34.89	6.95	16.56	17.74	1.25	3.85	8.41	10:32.1	8	
13	Green	16.36	34.3	34.3	1:21.2	3:11.2	6:35.7	18.96	38.38	38.38	6.03	13.78	14.47	1.15	3.47	7.61	11:52.7	7	
12	Blue	14.88	31.0	31.0	1:11.6	2:49.4	5:48.6	11.56	60M	60M	7.04	20.83	23.18	1.26	4.03	8.67	9:46.8	9	12
12	Red	16.05	33.5	33.5	1:18.1	3:00.9	6:15.3	12.75	6.00	6.00	17.12	18.61	1.15	3.71	7.79	10:46.5	8		
12	Green	17.05	35.6	35.6	1:25.8	3:18.8	6:43.8	13.76	5.13	5.13	14.08	14.65	1.10	3.32	7.08	12:03.3	7		
11	Blue	15.53	32.5	32.5	1:15.2	2:54.5	5:55.2	11.78	2.0kg	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	34.9	1:21.6	3:08.8	6:24.6	12.74	6.57	6.57	14.56	15.64	1.07	3.50	7.29	7:44.8	8		
11	Green	17.60	37.7	37.7	1:27.9	3:25.4	6:59.4	13.71	5.40	5.40	11.82	11.81	1.00	3.14	6.59	8:34.0	7		
10	Blue	16.24	34.1	34.1	1:19.7	3:01.5	6.57	12.48	6.57	6.57	18.62	17.03	1.09	3.55	7.39	7:22.2	9	11	
10	Red	17.15	36.8	36.8	1:24.3	3:15.5	7.15	13.40	5.76	5.76	14.99	13.13	1.00	3.24	6.67	7:53.8	8		
10	Green	18.46	40.2	40.2	1:33.5	3:37.4	8.15	14.29	4.83	4.83	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	5.77	15.76	16.22	1.00	3.32	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	4.82	12.62	12.83	0.90	3.00	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	4.07	10.18	9.80	0.85	2.73	2.73	2.73	5:41.3	6	
8	Blue	12.71	18.03	38.3	1:02.5			12.95	1.5kg	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	4.62	4.62	10.71	10.51	10.51	2.75	2.75	2.75		6	
8	Green	14.20	20.41	44.4	1:14.7			14.86	3.94	3.94	8.15	8.40	8.40	2.47	2.47	2.47		5	
7	Blue	9.86	13.72	19.62	41.7			14.29	4.34	4.34	11.55	9.91	9.91	2.62	2.62	2.62		6	9
7	Red	10.54	14.63	21.14	45.8			15.63	3.63	3.63	9.59	8.17	8.17	2.33	2.33	2.33		5	
7	Green	11.22	15.53	22.51	48.8			17.01	2.93	2.93	7.08	6.17	6.17	2.09	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](http://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](http://melvilleroar.com) website or email: [seniors@melvilleroar.com](mailto:seniors@melvilleroar.com).