



MELVILLE ROAR

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

I take this opportunity on behalf of the committee to welcome new and returning members to the 2016/17 season.

Melville is a proud centre that has an enviable reputation for our competition, spirit, programs and inclusiveness. This does not happen by accident and is built upon the former and current committee who have successfully managed this legacy. I extend my sincere thanks to them for ensuring that we find the balance between progression and tradition. Likewise our parents who, without their support, training and competition would simply not be possible for both the Summer and Winter seasons.

Without question our reason for being here, and our greatest asset, are our athletes. They are the ones who make our Saturdays enjoyable and keep us grounded. I accept that there are sometimes challenges in understanding that officials are human, we are not in Rio or that things may not always go to plan, but we are otherwise delighted by our athletes' progress and development. We have also been complimented by our growing profile at the Seniors Competition where a number of U/14's and up attended in number last season as well as some outstanding individual performances at a State and National level.

Our Association has commenced a process of renewal and the coming season will see this continue. The consultation and decision making in this process is moving to a model of overall accountability and transparency which will only enhance the opportunities for all stakeholders. It is also an inevitable by-product of this that we too will need to manage this and the coming season will also see the review, adaption and implementation of these decisions. The process of change is a positive thing and is essentially how we evolve.

I wish you the very best of success for the coming season and encourage you to be the best you can be, in all that you do.

John Watters
Chairperson

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Melville Little Athletics Competition Program

Day	Date	Time	Event	BBQ	Venue
2016					
Saturday	15 Oct	7:45 am	Program 1	BW	Len Shearer Reserve
	22 Oct		Program 2	Seniors	
	29 Oct		Program 1	LM	
	5 Nov		Program 2	OL	
	12 Nov		Program 1	BB	
Sunday	13 Nov	8:00 am	Braveheart's Team Challenge		WA Athletic Stadium
Saturday	19 Nov	7:45 am	Program 2	BW	Len Shearer Reserve
	26 Nov		Program 1	LM	
Wednesday	TBA	TBA	Allsopp Twilight Relays – Relay Teams Only		Southern Districts
Saturday	3 Dec	7:45 am	Program 2	PB	Len Shearer Reserve
	10 Dec		Program 1	OL	
Sunday	11 Dec	8:00 am	State Relay Championships		WA Athletic Stadium
CHRISTMAS BREAK					
2017					
Saturday	14 Jan	4:45 pm	Program 2	MLAC	Len Shearer Reserve
Saturday	21 Jan	7:45 am	Program 1	Seniors	
	28 Jan		Program 2	BB	
Saturday	4 Feb	4:45 pm	Program 1	OL	
Saturday	4 Feb	8:00 am	WALA State Multi Event Championships		TBA
Sunday	5 Feb	8:00 am			TBA
Saturday	11 Feb	7:45 am	Program 2	PB	Len Shearer Reserve
Saturday	18 Feb	7:45am	Programme 1 – Centre Championships	MLAC	Len Shearer Reserve
	25 Feb	7:45am	Programme 2 – Centre Championships	MLAC	
TBA		TBA	Centre Wind-up		Len Shearer Reserve
Sat/Sun	4 TH & 5 TH March		WALA Zone Championships		TBA
Fri/Sat/Sun	17, 18 & 19 March		WALA State Championships		WA Athletic Stadium

Melville Athletics Centre Executive – 2016/2017

CHAIRPERSON

John Watters
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SECRETARY

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CHAMPIONSHIPS/OFFICIALS MANAGER

Vacant at time of printing

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Brett Johns

EQUIPMENT MANAGER

Mark Blackman

SENIORS MANAGER

Mark Blackman
getintoseniors@melvilleroar.com

Any queries to committee members should be addressed to:

committee@melvilleroar.com

ADDITIONAL

Publicity & Sponsorship

Vacant at time of printing

Assistant Records & Results

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Winter Competition Manager

Vacant at time of printing

Canteen Manager

Vacant at time of printing

Assistant Arena Manager

Graham Cowin

First Aid Officer

Natasha Clutterbuck

Coaching & Development Manager

Ilsa Yates
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Uniform Officer

Vacant at time of printing

Council Liaison

Simon Kenworthy-Groen

Website Manager

Steve Kempson
website@melvilleroar.com

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	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) & Kate Holt (OL)
2016	Andrew Gill (PB), Reid Hinton (OL) & John Craggs (BB)

Structure of Little Athletics

Clubs – Each Club is managed by a Committee of volunteers and is associated with a particular Centre. Melville has five 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-U8's this is the final competition of the season and medals are awarded for the first three in each event.

Little Athletics Western Australia Inc (LAWA) – LAWA is the State body for Little Athletics. LAWA has quarterly meetings and an AGM, which is attended by two delegates from each affiliated Centre. For more information see: www.walittleathletics.com.au

Australian Little Athletics (ALA) – ALA is the national organisation for Australian Little Athletics. For more information see: www.littleathletics.com.au

Club Contact Information

BATEMAN/BULLCREEK		
Contact:	Registrar – Sue Cronin bateman-bullcreek@melvilleroar.com	0413 568786
Uniform:	Orange/black top with black shorts	
Training Nights:	Tuesdays 5 - 6pm	
Training Ground:	Bill Ellison Reserve, Mandala Crescent, Bateman	
BRENTWOOD		
Contact:	Registrar –Jodie McManus brentwood@melvilleroar.com	0400 926 015
Uniform:	Brentwood club singlet with black shorts	
Training Night:	Wednesday 4–5:30pm	
Training Ground:	Brentwood Primary School	
LEEMING		
Contact:	Registrar –Emma Sharp leeming@melvilleroar.com	0412 473 487
Uniform:	Red top with black shorts	
Training Night:	Wednesday 5-6:30pm	
Training Ground:	Beasley Oval, Cnr Karel Ave and Beasley Road	
OLYMPIA		
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	
PALMYRA/BICTON		
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	

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 1st October to 30th September the following year. A child's age group is determined from the child's age on 1st October. A birth certificate must be sighted by the registrar to demonstrate proof of age for all new registrations.

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

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

Winter Season and Registration

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

MELVILLE ROAR SENIORS

Melville Little Athletes that are turning 12 years of age or older in year of competing (i.e. born in 2004 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 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. 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 two Centre Captains 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. 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 & U12 age group in relays
- Walk – all age groups

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 5cmx3cm. 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

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 U11 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 40⁰C 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 13th Nov 2016

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

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 11th Dec 2016

Venue: WA Athletic Stadium
Official Start time: 8am
Uniform: Melville Centre uniform with age tag and registration number.

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 4th or 5th Feb 2017

Venue:	TBA
Official Start time:	8am
Uniform:	Melville Centre uniform with age tag and registration number.
Nomination Fee:	\$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 6th Feb and younger on the 7th 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) – 4th / 5th March 2017

Venue:	Melville is in Zone 2
Official Start time:	8am
Uniform:	U7 – U9 Club (or Centre) uniform with age tag and registration number U10 – U15 Melville Centre uniform with age tag and registration number

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-U8 athletes Zones will be their final competition for the summer and the first 3 placegetters in each event will be awarded medals.

For U9 – 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 – 17th – 19th March 2017 **(Semi Finals and Finals)**

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

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

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 2017, this event will be held in Sydney on the 23rd April 2017. 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 three boys and three 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 2017 the competition will be held in Kuala Lumpur.

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 941PB ribbons were awarded over these 2 programs alone and an amazing 8 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, U7 – U16 athletes must have competed at the event a minimum of three times and U17 must have competed at the event a minimum of two 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 11years of service at the Centre. This award is presented in the season it is achieved.

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

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

Volunteer Service Awards

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

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

Centre Official, Administrator and Coach of the year award

Honour, Merit and Distinguished Merit Awards

Life Membership

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

Winter Awards

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

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

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

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

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

Season Results

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

CHAMPION CLUB

2008/09	Palmyra/Bicton	2009/10	Palmyra/Bicton
2010/11	Leeming	2011/12	Bateman/Bullcreek
2012/13	Brentwood	2013/14	Palmyra/Bicton
2014/15	Leeming	2015/16	Olympia

OPEN CHAMPION CLUB

2008/09	Palmyra/Bicton	2009/10	Palmyra/Bicton
2010/11	Palmyra/Bicton	2011/12	Brentwood
2012/13	Olympia	2013/14	Palmyra/Bicton
2014/15	Palmyra/Bicton	2015/2016	Olympia

CENTRE SPORTSMANSHIP AWARD

Year	Name	Age	Club	Sponsor
2008/09	Michael Craggs	U15	BB	Steve & John Watters
2009/10	Gina Natale	U15	PB	Steve & John Watters
2010/11	Alex Robinson	U15	PB	Steve & John Watters
2011/12	Nicole Clark	U15	LM	
2012/13	Nicola Vester	U15	PB	Shacks Holden
2013/14	Andrew Gill	U15	PB	Shacks Holden
2014/15	Mikayla Johns	U15	PB	Shacks Holden
	Joshua Mott	U15	LM	
2015/16	Caitlin Blackman	U15	OL	Steve & John Watters

INDEPENDENT LITTLE ATHLETE OF THE YEAR NOMINATION

2015/16	Isabella Reeves	U15	PB
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MG BASSETT AWARD for most Personal Best Performances

2015/16	Courtney Johns	U14	PB	39
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TOM WILSON AWARD

2010/11	Raynor Keane	BW
2011/12	Ben Shaw	BW
2011/13	Denzel Bourne	BW
2013/14	Sara Becker	BB
2014/15	Riley Innes	PB
2015/16	Taylor James	OL

2015-16 State Track and Field Relay Championships

Overall Track Winners – Melville Girls Relay Teams – 1st
Melville Boys Relay Teams – 2nd

Melville Field Relay Teams – 2nd

State Track Relay Championships Results

4 x 100 BOYS			4 x 100 GIRLS		
		Time			Time
U8	-	-	U8	-	-
U9	-	-	U9	Bronze	1:05.00
U10	Bronze	58.33	U10	Gold	59.93
U11	Silver	56.20	U11	-	-
U12	Gold	53.72	U12	Gold	53.01 (r)
U13	-	-	U13	Gold	52.32
U14	-	-	U14	-	-
U15	-	-	U15	Gold	49.53 (r)
U16/17	-	-	U16/17	-	-
4 x 200m			4 x 200m		
U8	Gold	2:22.07	U8	Gold	2:27.13
U9	Bronze	2:15.36	U9	Bronze	2:15.65
U10	Bronze	2:02.75	U10	Gold	2:09.12
4 x 400m			4 x 400m		
U11	Bronze	4:34.45	U11	Bronze	4:48.51
U12	Gold	4:24.15	U12	Gold	4:22.55
U13	Silver	4:04.98	U13	Bronze	4:19.65
U14	-	-	U14	Silver	4:15.42
U15	-	-	U15	Bronze	4:19.99
U16/17	-	-	U16/17	Gold	4:01.65

State Field Relay Championships Results

Boys			Girls		
U10	Bronze	1263	U10	-	-
U11	-	-	U11	-	-
U12	Bronze	1995	U12	-	-
U13	-	-	U13	-	-
U14	Gold	2552	U14	-	-
U15	Bronze	2200	U15	-	-
U16/17	-	-	U16/17	Bronze	2289

WALA Multi-Events Championships Medal Winners

Girls

U13	Meg Hebiton	Silver
U16	Imogen Taylor	Gold

Boys

U12	Chase Bourne	Gold
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Interstate Teams Championships – U13 Australian Little Athletics Championships (ALAC's)

Congratulations to Bendedit Bolum, Toby Field, Meg Hebiton, Kaycee Yates who represented Melville in the WA State Team at the 2016 Australian Little Athletics Championships held in Adelaide.

Benedict Bolum	400m 4 th , 800m, 11 th
Toby Field	High Jump 5 th
Meg Hebiton	80mH 2 nd , Long Jump 11 th
Kaycee Yates	Javelin 8 th , Discus 11 th

International State Team – Friendly Games Singapore/Kuala Lumpur

Congratulations to the following athletes who qualified for the 2016 International State Team to compete in Singapore:

Jenna Bain	Courtney Johns	Stefan Rajakovic
Luke Shaw	Ashlee Cronin	Isabella Reeves
Ella Eastaugh	Ilysha O'Meara	Caitlin Blackman
Liam Fox		

Zone Championships 2015/2016 - U7, U8 and U9 Medal Winners

Age	Athlete		Event
GOLD - Boys			
U7B	Delani	Machukera	70m
U7B	Delani	Machukera	100m
U8B	William	Ivancich	Shot Put
U9B	Jordan	Hassan	70m
U9B	Jordan	Hassan	100m
U9B	Jordan	Hassan	200m
U9B	Jordan	Hassan	Long Jump
U9B	Shamiso	Machukera	High Jump
U9B	Brent	Smith	Turbo Jav

Age	Athlete		Event
GOLD - Girls			
U7G	Lucy	Carmody	Discus
U8G	Mia	Tidy	60m Hurdles
U8G	Bianca	Stanes	Long Jump
U8G	Parker	Brindle	Turbo Javelin

SILVER – Boys			
U7B	Angus	McArthur	Discus
U8B	William	Ivancich	200m
U8B	Heath	Melody	60m Hurdles
U8B	Heath	Melody	Long Jump
U8B	William	Jennings	Turbo Jav
U9B	Aidan	Hancy	700mW
U9B	Brent	Smith	Discus

SILVER - Girls			
U7G	Jasmine	Rummer	Vortex
U7G	Jasmine	Rummer	Long Jump
U8G	Mia	Tidy	100m
U8G	Mia	Tidy	200m
U8G	Bianca	Stanes	70m
U8G	Lara	Bussell	Discus
U9G	Amber	Mott	200m
U9G	Amber	Mott	400m
U9G	Lana	Fitzgerald	700mW
U9G	Emma	Kempson	Discus
U9G	Emma	Kempson	Turbo Jav
U9G	Ava	Watters	Shot put
U9G	Ava	Watters	High Jump

BRONZE – Boys			
U7B	Angus	McArthur	200m
U7B	Blake	Hancy	Vortex
U8B	Heath	Melody	100m
U8B	Joshua	Kelly	200m
U8B	Kye	Ormerod	60m Hurdles
U8B	William	Ivancich	Long Jump
U9B	Kieran	Aziz	400m
U9B	Kieran	Aziz	800m
U9B	Aidan	Hancy	Discus
U9B	Oakley	Bourne	Shot Put

BRONZE - Girls			
U8G	Parker	Brindle	Shot Put
U9G	Amber	Mott	100m
U9G	Maya	Louvel-Finn	60m Hurdles
U9G	Kaelan	Adams	800m
U9G	Tahlia	Kitson	Discus
U9G	Charlie	Hasler	High Jump
U9G	Emma	Kempson	Shot Put
U9G	Gemma	Nielsen	Turbo Jav

WALA State Championships 2015/2016

Medal Winners

Age	Athlete		Event	Age	Athlete		Event
GOLD -Boys				GOLD - Girls			
U11B	Aidan	Balfour	Discus	U10G	Maya	Kenny	400m
U11B	Aidan	Balfour	Javelin	U10G	Maya	Kenny	800m
U13B	Toby	Field	H Jump	U10G	Maya	Kenny Kenworthy-	TJump
U14B	Stefan	Rajakovic	200mH	U11G	Quintelle	Groen	Javelin
U14B	Stefan	Rajakovic	100m			Van	
U14B	Stefan	Rajakovic	200m	U12G	Kayla	der Linden	400m
U14B	Stefan	Rajakovic	L Jump	U12G	Kayla	der Linden	800m
U14B	Stefan	Rajakovic	T Jump	U12G	Cleo	Kenny	1500m
U14B	Luke	Shaw	800m	U13G	Jessica	Ellul	Discus
U14B	Luke	Shaw	1500m	U14G	Jenna	Bain	100m
U15B	Liam	Fox	Shotput	U14G	Courtney	Johns	1500mW
				U15G	Ashlee	Cronin	200mH
				U15G	Isabella	Reeves	90mh
				U15G	Isabella	Reeves	100m
				U15G	lysha	O'Meara	200m
				U15G	Caitlin	Blackman	L Jump
				U15G	Caitlin	Blackman	T Jump
				U16G	Imogen	Taylor	Shotput
				U16G	Imogen	Taylor	90mH
				U16G	Imogen	Taylor	Discus
				U17G	Zayne	O'Meara	200mH
				U17G	Ashlee	Glands	T Jump

SILVER – Boys

U10B	Oliver	Kelly	1100mW
U12B	Chase	Bourne	200mH
U12B	Chase	Bourne	LJump
U12B	Edward	Astill	1500m
U14B	Stefan	Rajakovic	Shotput
U15B	Liam	Fox	Discus
U16B	Lachlan	Fox	H Jump

SILVER – Girls

U10G	Maya	Kenny	200m
U12G	Cleo	Kenny	400m
U12G	Cleo	Kenny	800m
U13G	Meg	Hebiton	200mH
U13G	Kaycee	Yates	Discus
U14G	Jenna	Bain	200m
U15G	Ella	Eastaugh	90mH
U15G	Iysha	O'Meara	100m
U15G	Caitlin	Blackman	200m
U15G	Ashlee	Cronin	T Jump
U16G	Imogen	Taylor	Javelin
U17G	Zayne	O'Meara	400m
U17G	Zayne	O'Meara	800m
U17G	Ashlee	Glands	L Jump

BRONZE - Boys

U10B	Ky	Hehir	400m
U10B	Ky	Hehir	800m
U10B	Logan	Burns	T Jump
U11B	Tane	Hasler	1500m
U12B	Jame	Speechley	Discus
U13B	Bernard	Bolum	400m
U13B	Benedict	Bolum	800m
U16B	Reid	Hinton	200mH

BRONZE - Girls

U10G	Maya	Kenny	100m
U10G	Maeve	Lehane	400m
U11G	Tia	McArthur	1100mW
U12G	Ebonique	Paciente	L Jump
U13G	Jessica	Ellul	Shotput
U13G	Meg	Hebiton	80mH
U13G	Kaycee	Yates	Javelin
U13G	Sophie	Eastaugh	200m
U15G	Ashlee	Cronin	90mH
U15G	Caitlin	Blackman	100m
U16G	Imogen	Taylor	200mH
U17	Sara	Becker	1500mW

MLAC Age Group Champion / Runner Up Athletes 2015/2016

U7	Boys	Champion <i>Runner Up</i>	Zak Biancuzzo <i>Angus McArthur</i>	BW <i>LM</i>
	Girls	Champion <i>Runner Up</i>	Jasmine Rummer <i>Siyana Bernard</i>	PB <i>PB</i>
U8	Boys	Champion <i>Runner Up</i>	William Ivancich <i>William Jennings</i>	PB <i>PB</i>
	Girls	Champion <i>Runner Up</i>	Parker Brindle <i>Mia Tidy</i>	OL <i>OL</i>
U9	Boys	Champion <i>Runner Up</i>	Jordan Hassan <i>Jake Whitelaw</i>	BW <i>PB</i>
	Girls	Champion <i>Runner Up</i>	Amber Mott <i>MayaLouvel-Finn</i>	LM <i>OL</i>
U10	Boys	Champion <i>Runner Up</i>	Ky Hehir <i>Noah Mellody</i>	OL <i>OL</i>
	Girls	Champion <i>Runner Up</i>	Maya Kenny <i>Maeve Lehane</i>	PB <i>OL</i>
U11	Boys	Champion <i>Runner Up</i>	Joseph Fonti <i>Jack Clutterbuck</i>	PB <i>BW</i>
	Girls	Champion <i>Runner Up</i>	Mia Ford <i>Tia McArthur</i>	OL <i>LM</i>
U12	Boys	Champion <i>Runner Up</i>	Chase Bourne <i>Mason Bradwell</i>	BW <i>LM</i>
	Girls	Champion <i>Runner Up</i>	Ellie Glands <i>Genevieve Brink</i>	BW <i>PB</i>
U13	Boys	Champion <i>Runner Up</i>	Blake Nielsen <i>Benedict Bolum</i>	OL <i>BW</i>
	Girls	Champion <i>Runner Up</i>	Meg Hebiton <i>Ava Dadmehr</i>	OL <i>BB</i>
U14	Boys	Champion <i>Runner Up</i>	Lyndon Kenworthy-Groen <i>Stefan Rajakovic</i>	BB <i>BW</i>
	Girls	Champion <i>Runner Up</i>	Courtney Johns <i>Jenna Bain</i>	PB <i>PB</i>
U15	Boys	Champion <i>Runner Up</i>	Jason George <i>Cameron Broughton</i>	LM <i>LM</i>
	Girls	Champion <i>Runner Up</i>	Caitlin Blackman <i>Ashlee Cronin</i>	OL <i>BB</i>
U16	Boys	Champion <i>Runner Up</i>	Lachlan Fox <i>Joshua Mott</i>	LM <i>LM</i>
	Girls	Champion <i>Runner Up</i>	Mikayla Johns <i>Imogen Taylor</i>	PB <i>PB</i>
U17	Boys	Champion <i>Runner Up</i>	<i>Joshua Fenn</i>	<i>BB</i>
	Girls	Champion <i>Runner Up</i>	Zayne O'Meara <i>Sara Becker</i>	<i>BB</i> <i>BB</i>

Gold Achievement Award Recipients 2015/2016

U7	Jasmine Rummer	PB	U12	Chase Bourne	BW
U8	Jade Bain	PB		Ellie Glands	BW
	Parker Brindle	OL		Mason Bradwell	LM
U10	Logan Burns	BB	U13	Meg Hebiton	OL
U11	Jack Clutterbuck	BW			
	Joseph Fonti	PB			

MLAC SERVICE AWARDS

5 YEARS

Declan Bennett	BB	Hollie Smith	MW
Elizabeth Hart	BB	Ashton Smith	MW
Ameline Spears	BW	Maeve Grant	PB
Jack Clutterbuck	BW	Declan Johns	PB
Cameron Broughton	LM	Alex Poad	PB
Damien Broughton	LM	Aiden Street	PB
Riley Marshall	LM	Gerard Street	PB
Emily Mischke	LM	Miller Street	PB
Lachlan Fox	LM		
Liam Fox	LM		
Patrick Fox	LM		
Cameron Fox	LM		

9 YEARS

Raynor Keane	BW	Caitlin Blackman	OL
Lauren Lowrey	BW	Isabella Reeves	PB
Damien Gregory	LM	Milan Murdock	PB

11 YEARS

John Craggs	BB
Reid Hinton	OL
Andrew Gill	PB

2015/2016 Season Best Performance

Season Best performances are taken from the MLAC season, including Centre Championships.

BOYS		GIRLS	
50M			
7	Delani Machukera	9.69	Jasmine Rummer 9.61
70M			
7	Delani Machukera	13.03	Siyana Bernard 13.35
8	William Ivancich	11.91	Mia Tidy 13.03
9	Jordan Hassan	11.19	Amber Mott 11.49
100M			
7	Delani Machukera	18.92	Jasmine Rummer 19.47
8	Heath Mellody	16.74	Bianca Stanes 17.24
9	Jordan Hassan	15.96	Amber Mott 16.31
10	Noah Mellody	14.92	Maya Kenny 15.13
11	Jack Watters	14.17	Mia Ford 14.87
12	Chase Bourne	13.99	Ebonique Paciente 14.13
13	Toby Field	13.57	Sophie Eastaugh 13.53
14	Stefan Rajakovic	12.18	Jenna Bain 13.10
15	Conor Murphy	13.25	Isabella Reeves 13.17
16	Callan Howe-Robinson	11.91	Kiara Speechley 13.35
17	Joshua Fenn	13.24	Zayne O'Meara 13.73
200M			
7	William Mc Grath	39.14	Jasmine Rummer 37.12
8	Liam Davey	35.98	Mia Tidy 35.55
9	Jordan Hassan	33.50	Amber Mott 34.96
10	Logan Burns	31.13	Maya Kenny 31.82
11	Jack Watters	28.81	Mia Ford 31.55
12	Jayden Ormerod	28.35	Kayla Van der Linden 29.07
13	Benedict Bolum	27.74	Sophie Eastaugh 28.25
14	Stefan Rajakovic	24.70	Jenna Bain 26.90
15	Conor Murphy	26.62	Isabella Reeves 27.34
16	Callan Howe-Robinson	24.17	Kiara Speechley 27.14
17	Joshua Fenn	26.51	Zayne O'Meara 28.08
300M			
8	William Ivancich	0.56.65	Parker Brindle 0.58.38

400M

9	Jordan Hassan	1:17.52	Amber Mott	1:18.85
10	Ky Hehir	1:09.90	Maya Kenny	1:11.18
11	Jack Clutterbuck	1:06.83	Megan Bell	1:12.20
12	Chase Bourne	1:04.51	Cleo Kenny	1:03.13
13	Benedict Bolum	1:02.21	Meg Hebiton	1:06.20
14	Luke Shaw	0:55.03	Jenna Bain	1:03.28
15	Cameron Broughton	1:01.91	Ashlee Cronin	1:04.07
16	Lachlan Fox	0:55.04	Kiara Speechley	1:01.10
17	Andrew Gill	1:00.48	Zayne O'Meara	1:01.36

800M

9	Kieran Aziz	2:58.13	Kinley Paterson	3:06.07
10	Ky Hehir	2:38.14	Maya Kenny	2:41.11
11	Jack Clutterbuck	2:35.32	Megan Bell	2:42.46
12	Edward Astill	2:32.05	Cleo Kenny	2:27.83
13	Blake Nielsen	2:20.54	Andrea Fernandez	2:43.12
14	Luke Shaw	2:09.80	Tia Kenny	2:39.55
15	Cameron Broughton	2:18.70	Amelia Hayward	2:44.51
16	Joshua Mott	2:11.01	Jizelle Kenworthy-Groen	2:38.33
17	Callum Whalley	2:25.98	Zayne O'Meara	2:38.00

1500M

11	Tane Hasler	5:21.97	Megan Bell	5:31.83
12	Edward Astill	5:11.96	Cleo Kenny	5:11.27
13	Blake Nielsen	4:53.38	Matilda Sayer	5:51.43
14	Luke Shaw	4:25.29	Tia Kenny	5:22.86
15	Cameron Broughton	4:59.23	Amelia Hayward	5:21.35
16	Joshua Mott	4:36.37	Mikayla Johns	6:03.02
17	Callum Whalley	5:13.51	Zayne O'Meara	5:53.21

700m Walk

9	Jake Whitelaw	4:31.04	Lana Fitzgerald	4:31.04
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1100m Walk

10	Gabriel (Gabe) Goodrick	7:12.65	Florence Chapman	6:51.43
11	Jack Eastaugh	6:20.29	Tia McArthur	6:00.31

1500m Walk

12	Mason Bradwell	8:52.74	Ellie Glands	8:57.39
13	Alex Guzman	9:41.24	Amelia Cosmelli	9:38.75

1500m Walk

14			Courtney Johns	7:48.94
16			Mikayla Johns	8:24.00
17			Sara Becker	9:12.29

60m MINI HURDLES

7	William McGrath	12.59	Jasmine Rummer	12.48
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60m HURDLES

8	Heath Mellody	12.18	Mia Tidy	12.21
9	Jake Whitelaw	11.64	Tahlia Kitson	11.96
10	Jaden Miilo	11.87	Maya Kenny	12.06
11	Jack Watters	10.65	Annikka Postlethwaite	11.85
12	Chase Bourne	10.15	Cleo Kenny	11.18

80m HURDLES

13	Toby Field	14.29	Meg Hebiton	14.11
14	Dayne Metzner	14.82	Lexington Mitchell	14.11

90m HURDLES

15			Isabella Reeves	13.79
16			Imogen Taylor	16.23

100m HURDLES

15	Cameron Broughton	17.15		
16	Lachlan Fox	14.77		
17			Zayne O'Meara	18.32

110m HURDLES**200m HURDLES**

13	Toby Field	31.84	Meg Hebiton	30.83
14	Stefan Rajakovic	28.98	Lexington Mitchell	30.58
15	Cameron Broughton	31.08	Isabella Reeves	29.45
16	Lachlan Fox	26.84	Imogen Taylor	30.71
17	Andrew Gill	29.52	Zayne O'Meara	31.40

DISCUS

7	Angus McArthur	14.91	Matilda Musto	13.53
8	Heath Mellody	16.40	Lara Bussell	13.29
9	Aidan Hancy	19.92	Emma Kempson	16.21
10	Gabriel (Gabe) Goodrick	24.03	Caitlyn Treleven	17.13
11	Aidan Balfour	32.98	Mia Ford	20.69
12	Jame Speechley	28.95	Sabrina McCay-Tuckerman	24.20
13	Toby Field	25.17	Kaycee Yates	32.19
14	Nathan Fenn	32.18	Courtney Johns	24.83
15	Liam Fox	36.43	Ashlee Cronin	24.79
16	Joshua Mott	40.21	Imogen Taylor	39.58
17	Joshua Fenn	22.21	Ashlee Glands	26.01

HIGH JUMP

8	William Ivancich	1.01	Bianca Stanes	1.07
9	Jake Whitelaw	1.14	Ava Watters	1.01
10	Logan Burns	1.15	Maya Kenny	1.17
11	Joseph Fonti	1.32	Phoebe Lewis	1.22
12	Mitchell Stedman	1.46	Ellie Glands	1.34
13	Toby Field	1.57	Hannah Sullivan	1.37
14	Jack Lightfoot	1.68	Elizabeth Hart	1.45
15	Cameron Broughton	1.48	Kathleen Woolford	1.49
16	Lachlan Fox	1.88	Lauren Hyde-Cooling	1.40
17	Joshua Fenn	1.55	Lauren Lowrey	1.55

VORTEX

7	Angus McArthur	23.26	Jasmine Rummer	15.30
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TURBO JAV

8	Heath Mellody	17.48	Parker Brindle	18.15
9	Brent Smith	19.53	Emma Kempson	17.54

JAVELIN

10	Logan Burns	24.97	Kayli Bussell	13.92
11	Aidan Balfour	31.85	Quintelle Kenworthy-Groen	24.03
12	John Berry	33.52	Taelari (Tae) White	26.73
13	Toby Field	28.95	Kaycee Yates	33.72
14	Nathan Fenn	37.32	Courtney Johns	31.03
15	Tyler Glands	38.75	Ella Eastaugh	29.02
16	John Craggs	36.57	Imogen Taylor	39.07
17	Callum Whalley	28.37	Ashlee Glands	29.38

LONG JUMP

7	William McGrath	2.81	Jasmine Rummer	3.03
8	William Ivancich	3.37	Bianca Stanes	3.38
9	Jordan Hassan	3.91	Maya Louvel-Finn	3.63
10	Logan Burns	4.35	Maya Kenny	3.88
11	Joseph Fonti	4.33	Hayley Tidy	4.04
12	Chase Bourne	4.72	Ebonique Paciente	4.66
13	Toby Field	5.02	Hannah Sullivan	4.75
14	Stefan Rajakovic	5.94	Jenna Bain	4.86
15	Jason George	4.80	Caitlin Blackman	5.47
16	Joshua Mott	5.43	Jizelle Kenworthy-Groen	4.91
17	Joshua Fenn	5.27	Ashlee Glands	4.97

SHOT PUT

7	Blake Hancy	4.36	Matilda Musto	4.53
8	Ryan Hewitt	5.99	Mia Tidy	5.99
9	Declan Mould	5.92	Ava Watters	7.43
10	Nicholas Davidson	8.26	Caitlyn Treleven	5.90
11	Aidan Balfour	10.95	Crystal Jane-Cowin	8.00
12	Jackson McManus	9.91	Genevieve Brink	9.00
13	Toby Field	10.19	Jessica Ellul	9.36
14	Stefan Rajakovic	14.30	Arianna Tolardo	8.78
15	Liam Fox	13.28	Ella Eastaugh	9.60
16	Callan Howe-Robinson	11.97	Imogen Taylor	12.84
17	Joshua Fenn	9.10	Ashlee Glands	9.28

TRIPLE JUMP

10	Logan Burns	8.89	Maya Kenny	8.73
11	Joseph Fonti	8.88	Hayley Tidy	8.39
12	Mason Bradwell	9.88	Sabrina McCay-Tuckerman	9.87
13	Malachy Davies	10.69	Meg Hebiton	10.37
14	Stefan Rajakovic	13.25	Amy Watson	10.10
15	Jason George	9.97	Caitlin Blackman	11.56
16	Damian Gregory	10.27	Zoe Walker	10.18
17	Joshua Fenn	11.44	Ashlee Glands	11.44

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

State Championships Winter Medals 2016

ROAD WALKING

	7G	Jasmine Rummer	BRONZE
	11G	Tia McArthur	BRONZE
	13G	Courtney Johns	GOLD

CROSS COUNTRY

7B	Angus McArthur	SILVER		
8B	Joshua Kelly	BRONZE		
			9G	Billie Mincham
			10G	Maya Kenny
11B	Thomas Millard	GOLD	11G	Tia McArthur
				Megan Bell
12B	Dylan Bailey	SILVER	12G	Cleo Kenny
				Kayla van der Linden
13B	Jay Lindorff	BRONZE		
14B	Luke Shaw	SILVER		
			15G	Amelia Hayward
16B	Max Campbell-Clause	BRONZE		
			17G	Zayne O'Meara

MLAC Winter Award Winners 2016

Cross Country

Junior

Champion
Runner Up

Boys

Angus McArthur
Joshua Kelly

Girls

Jessica Millard
Jasmine Rummer
Parker Brindle

Intermediate

Champion
Runner Up

Dylan Bailey
Thomas Millard

Tia McArthur
Ellie Glands
Kayla van der linden

Senior

Champion
Runner Up

Luke Shaw
Jay Lindorff

Zayne O'Meara
Amelia Hayward

Walk

Champion
Runner Up

Courtney Johns
Jasmine Rummer

Coach's Winter Award

Max Campbell-Clause

Mitchell Allomes Memorial Award

Lachlan Bennett

Centre Records

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

Abbreviations:

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

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

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

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

Boys					Girls			
Age	Year	Name	Club	Result	Year	Name	Club	Result
50m					50m			
U7	1996	B Abel	LM	8.7	2009	H Sullivan	LM	8.78 (e)
	2007	C Reeves	PB	8.94(e)				
70m					70m			
U7	2007	C Reeves	PB	12.12(e)	2009	H Sullivan	LM	12.25(e)
U8	1981	N Mansfield	MW	10.6	1992	J Hofsink	AT	11.2
U9	2007	L McDermott	PB	10.32(e)	1982	D Evans	OL	10.7
100m					100m			
U7	2007	C Reeves	PB	17.26(e)	2012	M Kenny	PB	17.47(e)
U8	1972	M Bradley	RM	14.8	1971	J Richmond	AT	15.9
					1974	C Smith	PB	15.9
U9	1972	K Atkinson	CW	14.1	1975	C Smith	PB	14.6
U10	1971	S Kinniment	BW	13.0	1992	A Harding	BB	14.3
U11	1972	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)
200m					200m			
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)
300m					300m			
U8	2011	C Bourne	BW	52.40	2014	M Kenny	PB	54.74
400m					400m			
U9	1972	K Atkinson	CW	1:09.3	1971	L Quail	LYN	1:13.0
U10	1975	D Wright	MP	1:05.7	1982	M Miragliotta	PB	1:08.7
U11	1977	F Martin	PB	1:02.3	1974	M Fowler	MW	1:04.9
U12	2011	N George	LM	59.16(e)	1975	M Fowler	MW	1:00.4
U13	2013	N George	LM	54.56(e)	1975	M Fowler	MW	1:00.4
U14	2014	N George	LM	53.06(e)	2002	R Francisco	OL	0:59.1
U15	1991	J Waters	PB	52.8	2012	M Hollick	OL	0:58.6
U16	1999	C Troode	BB	50.9	2015	K Speechley	LM	1:01.10(e)
U17	2001	M Simon	OL	52.8	2015	Z O'Meara	BB	1:01.36(e)
800m					800m			
U9	1994	K Taylor	OL	2:40.6	2013	C Kenny	PB	2:53.63
U10	1991	M Colegate	OL	2:35.3	2016	M Kenny	PB	2:41.11
U11	1974	S Francis	MP	2:25.7	1974	M Fowler	MW	2:33.7
U12	1975	K Davies	RM	2:19.6	2016	C Kenny	PB	2:27.83
	1975	S Francis	MP	2:19.6				
U13	2012	N George	LM	2:13.41	2002	M Hollick	OL	2:22.0
U14	2016	L Shaw	BW	2:09.80	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
1500m					1500m			
U11	1974	S Francis	MP	5:00.7	2014	C Kenny	PB	5:21.74
U12	1975	K Davies	RM	4:43.3	2016	C Kenny	PB	5:11.27
	1975	S Francis	MP	4:43.3				
U13	1976	K Davies	RM	4:38.5	2002	M Hollick	OL	5:07.0
U14	2015	L Shaw	BW	4:25.29	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
60m Mini Hurdles					60m Mini Hurdles			
U7	2016	W McGrath	PB	12.59	2016	J Rummer	PB	12.48
60m Hurdles					60m Hurdles			
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 S Oksuz	OL BW	10.2 10.2	
U12	2013	S Zhoya	PB	9.80 (e)	2009	R D'Cunha	MW	10.19(e)	
80m Hurdles					80m Hurdles				
U13	1997	B Jewell	PB	12.3	2010	C Gibson	PB	13.20(e)	
U14	---	---	---	---	2014	I Reeves	PB	13.08	
90m Hurdles					90m Hurdles				
U14	1999	C Jovanovic	PB	12.8	---	---	---	---	
U15	---	---	---	---	2015	I Reeves	PB	13.79 (e)	
U16	---	---	---	---	2012	A Reid	PB	14.10(e)	
100m Hurdles					100m Hurdles				
U15	2000	J Surjan	PB	13.6	---	---	---	---	
	2000	C Jovanovic	PB	13.6	---	---	---	---	
U16	2010	M Craggs	BB	13.84	---	---	---	---	
U17	2000	G Artemis	OL	13.6	2014	A Reid	PB	15.83	
110m Hurdles					110m Hurdles				
U17	2011	M Craggs	BB	14.88(e)	---	---	---	---	
200m Hurdles					200m Hurdles				
U13	2015	S Rajakovic	BW	27.53	2002	M Hollick	OL	29.3	
U14	2000	D Prigmore	PB	27.7	2003	M Hollick	OL	29.1	
U15	2000	C Jovanovic	PB	25.6	2004	M Hollick	OL	29.0	
U16	2004	Z Farrow	OL	25.9	2005	S McCann	OL	29.4	
U17	2011	M Craggs	BB	26.01(e)	2006	S McCann	OL	29.0	
700m Walk					700m Walk				
U9	1989	D Schmidberger	LM	3:46.8	1983	H Walsh	BB	3:48.8	
1100m Walk					1100 Walk				
U10	1996	T Hellings	OL	5:34.4	2009	M Johns	PB	5:41.84	
U11	1995	J Klauz	OL	5:44.4	2010	M Johns	PB	5:41.90	
1500m Walk					1500m Walk				
U12	1997	N Avery	BB	7:08.4	2012	M Johns	PB	7:36.07	
U13	1997	N Avery	BB	6:51.1	2008	H Watson	BW	7:12.8	
U14	1999	N Avery	BB	6:47.1	2008	H Watson	BW	6:57.70	
U15	1995	J Gawley	BB	6:28.6	2009	H Watson	BW	7:05.75	
U16	2000	J Klauz	OL	6:22.3	2010	H Watson	BW	7:05.00	
U17	2000	J Klauz	OL	6:42.7	2012	H Watson	BW	7:08.00	
Long Jump					Long Jump				
U7	1996	D Chan	OL	3.36	2014	A Mott	LM	3.17	
U8	1985	G Meadowcroft	OL	3.90	2011	H Sullivan	LM	3.64	
U9	2014	L Burns	BB	4.36	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	2014	T Field	LM	5.43	2014	S White	PB	5.09	
U13	1980	F Martin	PB	6.26	1996	S Oksuz	BW	5.22	
U14	2016	S Rajakovic	BW	5.94	2014	C Blackman	OL	5.52	
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	2015	T Field	LM	11.33	2013	C Blackman	BW	10.27
U13	2014	S Rajakovic	BW	12.69	2014	C Blackman	BW	10.83
U14	2016	S Rajakovic	BW	13.25	2014	C Blackman	OL	11.11
U15	1990	S Hair	KD	13.07	2016	C Blackman	OL	11.56
U16	2014	M Liddelow	PB	13.25	2013	C Chay	MW	10.63
U17	2000	G Artemis	OL	13.01	2016	A Glads	BW	10.70
High Jump				High Jump				
U8	1980	J Edlich	OL	1.11	2016	B Stanes	OL	1.07
U9	2014	A Harvey	PB	1.21	2014	M Kenny	PB	1.15
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	2014	L Fox	BB	1.85	2011	N Robinson	PB	1.62
U16	2015	L Fox	LM	1.88	1999	S Blackney	BB	1.60
U17	2013	L Peers	BB	1.82	2015	L Lowrey	BW	1.51
Vortex				Vortex				
U7	2016	A McArthur	LM	23.26	2016	J Rummer	PB	15.30
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	---	---	---	---	2014	L Ilievski	OL	40.77
U16	---	---	---	---	2016	I Taylor	PB	39.07
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
Shot Put 2kg				Shot Put 2kg				
U9	1989	N Hebbard	LM	8.81	2016	A Watters	PB	7.43
U10	1973	S Fazey	OL	10.18	1989	A Christian	PB	8.84
U11	1998	H O'Brien	PB	11.16	<i>2012</i>	<i>J Patterson</i>	OL	9.55
U12	---	---	---	---	1981	P Moore	BB	12.02
Shot Put 3kg				Shot Put 3kg				
U12	1979	F Martin	PB	11.65	---	---	---	---
U13	1982	R Giroud	MW	14.64	2000	L Smith	LM	11.47
U14	2015	L Fox	BB	15.11	1992	B Payze	PB	12.81
U15	---	---	---	---	1993	B Payze	PB	13.57
U16	---	---	---	---	2015	I Taylor	PB	12.84
U17	---	---	---	---	1999	J Hazell	MW	11.38
Shot Put 4kg				Shot Put 4kg				
U15	2002	T Grabe	OL	15.99	---	---	---	---
U16	1998	J Hofstee	OL	15.86	---	---	---	---
Shot Put 5kg				Shot Put 5kg				
U17	2000	S Leighton	CW	13.23	---	---	---	---
Discus 350g				Discus 350g				
U7	2001	M O'Brien	BTM	19.79	1993	S Dunnet	PB	15.09
Discus 500g				Discus 500g				
U8	1992	A Prince	PB	24.7	1994	S Dunnet	PB	19.72
U9	1989	N Hebbard	LM	29.73	1988	A Christian	PB	22.86
U10	1979	N Hancy	OL	32.96	1989	A Christian	PB	27.24
Discus 750g				Discus 750g				
U11	2016	A Balfour	OL	32.98	1991	A Christian	PB	30
U12	1981	A Foley	BB	40.04	1995	L Smith	OL	32.74
U13	---	---	---	---	1991	B Payze	PB	37.42
Discus 1kg				Discus 1kg				
U13	2006	M O'Brien	PB	38.53	---	---	---	---
U14	2000	D Prigmore	PB	51.18	1992	B Payze	PB	37.8
U15	1991	A Casey	PB	47.1	1992	B Payze	PB	38.89
U16	---	---	---	---	2003	L Smith	LM	40.55
U17	---	---	---	---	2009	S Fenwick	OL	38.03
Discus 1.5kg				Discus 1.5kg				
U16	2004	M Malone	OL	46.66	---	---	---	---
U17	2010	M Craggs	BB	38.00	---	---	---	---

Open Records

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

Any Melville Little Athletics Centre athlete who can provide proof of a better performance in any event at any authorized WALA or Little Athletics National Competition, excluding country meets. The onus of responsibility rests with the athlete or parent contacting the centre recorder by June of each year to be included in the subsequent season's handbook.

Boys				Girls				
Age	Year	Name	Clu	Result	Year	Name	Club	Result
50m				50m				
U7	1996	B Abel	LM	8.7	1990	A Harding	BB	8.6
70m				70m				
U7	2011	J Cleaver	BW	11.64	2014	A Mott	LM	11.99
U8	1986	G Meadowcroft	OL	10.4	1981	D Evans	OL	11
					1997	K Ellis	PB	11
U9	2007	L McDermott	PB	9.7	1977	M Eldrid	MW	10.1
100m				100m				
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	2015	S Rajakovic	BW	11.22	2012	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	2016	I Reeves	PB	12.25
U16	2002	M Dawson	PB	10.9	2006	E Longo	OL	12.2
U17	2015	M Liddelow	PB	11.18	2010	R O'Kane	BB	12.53
200m				200m				
U7	1987	N Hebbard	LM	35.6	1991	J Hofsink	AT	35.6
U8	1986	G Meadowcroft	OL	31	1992	A Chequer	BW	32.9
U9	1987	G Meadowcroft	OL	29.4	1992	A Harding	BB	30.4
U10	1973	K Atkinson	CW	28	2000	M Hollick	OL	29.2
U11	1978	F Martin	PB	26.3	2001	M Hollick	OL	27.2
		2013	S Zhoya	LM	26.3			
U12	1979	F Martin	PB	24.7	2002	M Hollick	OL	26.6

U13	1980	F Martin	PB	23.6	2015	J Bain	PB	25.47
U14	2014	J Gallagher	OL	22.6	1990	L Miller	MW	25.2
U15	2013	L McDermott	PB	22.52	2015	K Speechley	LM	24.86
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
400m				400m				
U9	1972	K Atkinson	CW	1:09.3	1984	L Chadwick	BB	1:12.70
U10	1986	J Watters	PB	1:04.4	1982	M Miragliotta	PB	1:05.70
U11	1978	F Martin	PB	1:00.6	2015	C Kenny	PB	1:02:75
U12	1979	F Martin	PB	55.0	2016	K VanderLinden	PB	59.06
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	2015	N George	LM	51.0	2015	K Speechley	OL	57.48
U16	2015	L Moore	BB	49.52	2006	E Longo	OL	1:00.1
U17	2002	M D Simon	OL	51.3	2014	N Clark	LM	59.52
800m				800m				
U9	1994	K Taylor	OL	2:38.9	2006	N Clark	LM	2:50.10
U10	2004	J Mapstone	LM	2:31.1	2016	M Kenny	PB	2:37.19
U11	1986	O Dartnall	MP	2:21.9	2008	N Clark	LM	2:29.40
U12	2012	N George	LM	2:14.55	2016	K VanderLinden	PB	2:23.19
U13	2015	L Shaw	BW	2:06:25	2003	M Hollick	OL	2:15.60
U14	2016	L Shaw	BW	1:59.01	2003	M Hollick	OL	2:18.80
U15	1998	M McNally	BB	2:03.5	2005	M Hollick	OL	2:15.90
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
1500m				1500m				
U11	1986	O Dartnall	MP	4:47.20	2008	N Clark	LM	5:10.80
U12	1987	O Dartnall	MP	4:41.10	2016	C Kenny	PB	4:54.92
U13	2015	L Shaw	BW	4:18:17	2009	K Audsley	MW	4:58.40
U14	2016	L Shaw	BW	4:08.83	2000	A Anderson	LM	4:51.10
U15	1992	B Prosser	MP	4:17.80	2001	A Anderson	LM	4:48.80
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
60m Mini Hurdles				60m Mini Hurdles				
U7	2016	William McGrath	PB	12.59	2016	J Rummer	PB	12.48
60m Hurdles				60m Hurdles				
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

80m Hurdles					80m Hurdles			
U13	2015	S Zhoya	PB	11.61	1997	A Chequer	BW	12.60
U14	---	---	---	---	2015	I Reeves	PB	12.20
					2000	T Pollard	PB	12.70
90m Hurdles					90m Hurdles			
U14	2012	L McDermott	PB	12.74	---	---	---	---
U15	---	---	---	---	2014	S Williams	BB	12.99
U16	---	---	---	---	2005	K Robinson	MW	13.40
100m Hurdles					100m Hurdles			
U15	2000	J Surian	PB	13.2	---	---	---	---
	2000	C Jovanovic	PB	13.2				
U16	2003	C Artemis	CW	13.4	---	---	---	---
U17	---	---	---	---	2014	A Reid	PB	15.24
110m Hurdles								
U17	2011	M Craggs	BB	14.00	---	---	---	---
200m Hurdles					200m Hurdles			
U13	2015	S Rajakovic	BW	25.39	2016	M Hebiton	OL	28.61
U14	2016	S Rajakovic	BW	25.22	2015	I Reeves	PB	28.26
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
700m Walk					700m Walk			
U9	1983	A Fitzgerald	MW	3:36.3	1992	A Thevenau	BB	3:41.3
1100m Walk					1100m Walk			
U10	1996	T Hellings	OL	5:34.4	2009	M Johns	PB	5:41.84
U11	1995	J Klauz	OL	5:37.3	2008	K Holt	OL	5:34.1
1500m Walk					1500m Walk			
U12	1997	N Avery	BB	7:08.4	1999	S Avery	BB	7:13.8
U13	1997	N Avery	BB	6:51.1	2008	H Watson	BW	7:00.5
U14	1999	N Avery	BB	6:47.1	2009	H Watson	BW	6:48.2
U15	1995	J Gawley	BB	6:28.4	2009	H Watson	BW	6:54.30
U16	2000	J Klauz	OL	6:21.9	2011	H Watson	BW	7:05.00
U17	2001	J Klauz	OL	6:42.7	2012	H Watson	BW	6:59.85
Long Jump					Long Jump			
U7	1996	D Chan	OL	3.36	1990	L Smith	OL	3.2
U8	1986	G Meadowcroft	OL	4.09	1983	L Miller	CW	3.7
U9	1987	G Meadowcroft	OL	4.37	2009	Z Walker	PB	3.99
U10	1987	M Chequer	BW	4.67	1993	B Wood	OL	4.41
U11	1981	M Hamilton	CW	5.16	1972	L Richmond	AT	4.84
U12	2014	S Zhoya	PB	5.48	2014	S White	PB	5.09
U13	2015	S Rajakovic	BW	6.56	2002	J McKinnon	BB	5.34
U14	216	S Rajakovic	BW	6.43	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	2015	A Gibbs	OL	5.31
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	2014	S Rajakovic	BW	13.09	2014	C Blackman	BW	10.83
U14	2016	S Rajakovic	BW	13.25	1994	B Payze	PB	11.11
					2015	C Blackmann	OL	11.73
U15	1991	S Hair	KD	13.19	2016	C Blackman	OL	11.80
U16	2013	J Konle	OL	13.90	2014	A Gibbs	OL	11.00
U17	2000	G Artemis	OL	13.01	2015	A Gibbs	OL	11.06
High Jump					High Jump			
U8	1980	J Edlich	OL	1.11	2015	B Stanes	OL	1.07
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
	2016	L Fox	LM	1.9				
U17	2013	L Peers	LM	1.82	2015	L Lowrey	BW	1.51
U17	2000	G Artemis	OL	13.01	2015	A Gibbs	OL	11.06
Vortex					Vortex			
U7	2016	A McArthur	LM	23.26	2016	J Rummer	PB	15.30
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	---	---	---	---	2015	L Ilievski	BW	45.96
U16	---	---	---	---	2016	I Taylor	PB	39.07
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
Shot Put 3kg					Shot Put 3kg			
U12	1979	F Martin	PB	11.65	---	---	---	---
U13	1982	R Giroud	MW	14.64	2000	L Smith	LM	11.47
U14	2015	L Fox	BB	15.11	1992	B Payze	PB	12.88
U15	---	---	---	---	1995	L Wai	PB	13.96
U16	---	---	---	---	2016	I Taylor	PB	13.36
U17	---	---	---	---	1999	J Hazell	MW	11.38
Shot Put 4kg					Shot Put 4kg			
U15	2003	T Grabe	OL	16.2	---	---	---	---
U16	1998	J Hoftsee	OL	15.86	---	---	---	---
Shot Put 5kg					Shot Put 5kg			
U17	2000	J Hoftsee	OL	13.41	---	---	---	---
Discus 350g					Discus 350g			
U7	2001	M O'Brien	BTM	19.79	2010	K Yates	BW	16.81
Discus 500g					Discus 500g			
U8	1992	A Prince	PB	24.7	1987	A Christian	PB	20.2
U9	1983	J Foley	BB	30.8	1989	A Christian	PB	25.14
U10	1978	A Foley	BB	34.28	1990	A Christian	PB	30.68
Discus 750g					Discus 750g			
U11	2016	A Balfour	OL	32.98	1991	A Christian	PB	30
U12	1980	A Foley	BB	42.5	1992	A Christian	PB	34.34
U13	---	---	---	---	1991	B Payze	PB	37.8
Discus 1 kg					Discus 1 kg			
U13	1998	G O'Brien	PB	38.96	---	---	---	---
U14	1985	R Vogel	MP	49.08	1992	B Payze	PB	38.1
U15	1991	C Roebuck	MW	47.28	1993	B Payze	PB	39.68
U16	1999	J Hoftsee	OL	49.22	2004	L Smith	LM	42.34
U17	---	---	---	---	2009	S Fenwick	OL	38.03
Discus 1.5kg					Discus 1.5kg			
U17	2000	J Hoftsee	OL	40.75				

Competition Standards

High Jump

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

The bar is then raised in 5cm increments until all but the final six (6) athletes¹ have been eliminated. The bar is then raised a minimum of 2cm intervals. Each athlete is allowed two (2) attempts at any one height until only 6 are left in each age group up to and including U13. Then 3 attempts at each height will be allowed. **All U14 and up athletes will be allowed three attempts at any height before being eliminated; this rule may be modified at the discretion of the key official.** U8, U9 and U10 athletes to use 'scissors' style only.

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

Note: the starting height of state events differs from MLAC competition. Please refer to theLAWA website for State starting heights prior to nominating to conduct this event 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
BOYS											
Board (m)	n/a	n/a	n/a	0.5m	0.5m	0.5m	Strip	Strip	Strip	Strip	Strip
Mat (m)	n/a	n/a	n/a	In full metre increments commencing from 5m							
GIRLS											
Board (m)	n/a	n/a	n/a	0.5m	0.5m	0.5m	Strip	Strip	Strip	Strip	Strip
Mat (m)	n/a	n/a	n/a	In full metre increments commencing from 5m							

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

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

Shot Put

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

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

*1.0kg for WALA events

Discus

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

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

Javelin

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

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

	U13	U14	U15	U16	U17
Distance (m)	200	200	300	300	300
Height (cm)	68	76	76	76	76
Run in (m)	20	20	50	50	50
Dist between (m)	35	35	35	35	35
Run Out (m)	40	40	40	40	40
Number of flights	5	5	7	7	7

	U13	U14	U15	U16	U17
Distance (m)	200	200	300	300	300
Height (cm)	68	76	76	76	76
Run in (m)	20	20	50	50	50
Dist between (m)	35	35	35	35	35
Run Out (m)	40	40	40	40	40
Number of flights	5	5	7	7	7

	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	60
Height (cm)	30	45	60	60	60
Run in (m)	12	12	12	12	12
Dist between (m)	7	7	7	7	7
Run Out (m)	13	13	13	13	13
Number of flights	6	6	6	6	6

	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	60
Height (cm)	n/a	45	60	60	60
Run in (m)	12	12	12	12	12
Dist between (m)	7	7	7	7	7
Run Out (m)	13	13	13	13	13
Number of flights	6	6	6	6	6

Achievement Ribbon Performance Levels - Girls

	Girls	70m	100m	200m	400m	800m	1500m	Short Hurdles	Long Hurdles	Shot	Discus	Javelin	High Jump	Long Jump	Triple Jump	Walks	Ribbons	Gold
16	Blue		13.82	29.1	1:06.1	2:46.0	5:48.5	90m	300m	3.0kg	1.0kg	500g	1.47	4.67	9.52	1500m	9	13
16	Red		14.54	30.2	1:10.1	3:03.7	6:36.7	18.54	56.50	9.69	25.84	29.44	1.30	4.30	8.60	11:36.9	8	
16	Green		15.61	32.3	1:16.3	3:30.0	7:30.0	19.74	1:03.5	6.98	15.87	14.54	1.25	3.70	8.14	12:51.7	7	
15	Blue		13.69	28.4	1:05.0	2:46.9	5:30.5	15.42	52.00	9.16	27.88	27.08	1.42	4.74	9.82	9:38.1	9	13
15	Red		14.50	30.1	1:09.8	3:01.8	6:26.6	17.66	55.50	7.57	18.70	18.78	1.29	4.36	8.87	11:36.9	8	
15	Green		15.08	32.3	1:16.2	3:31.9	7:04.5	19.77	1:01.4	6.32	14.01	14.95	1.21	3.79	8.24	12:51.7	7	
14	Blue		13.58	28.0	1:06.7	2:44.7	5:46.7	14.45	32.20	8.03	20.52	25.72	1.40	4.71	9.46	8:42.9	9	13
14	Red		15.02	32.1	1:13.9	3:01.3	6:24.1	17.40	36.26	6.81	15.48	16.82	1.27	3.73	8.32	9:58.1	8	
14	Green		16.31	34.5	1:21.9	3:18.1	6:53.5	19.34	39.72	5.62	12.85	13.52	1.18	3.45	7.61	11:02.8	7	
13	Blue		14.08	29.4	1:07.8	2:46.9	5:57.2	15.77	32.94	7.92	22.83	25.40	1.34	4.41	9.22	8:51.1	9	13
13	Red		16.03	33.9	1:21.7	3:08.3	6:33.7	18.54	37.43	6.13	15.94	15.72	1.21	3.70	7.71	10:55.2	8	
13	Green		17.21	30.4	1:27.1	3:27.5	7:15.4	19.88	40.03	5.15	12.91	12.38	1.12	3.24	7.25	12:08.4	7	
12	Blue		14.73	34.7	1:09.7	2:42.8	5:27.1	11.66		2.0kg	20.94	21.62	1.26	4.20	8.62	9:51.9	9	12
12	Red		16.32	37.2	1:22.5	3:13.9	6:47.5	13.68		8.26	14.62	13.62	1.15	3.50	7.50	11:11.5	8	
12	Green		17.79	31.9	1:30.0	3:36.4	7:12.1	14.64		5.30	11.96	10.32	1.05	3.15	6.72	12:06.1	7	
11	Blue		15.58	31.9	1:14.7	2:58.3	6:02.4	11.95		6.65	15.75	16.07	1.15	4.03	8.14	7:10.2	9	12
11	Red		17.22	36.7	1:25.2	3:24.3	6:58.4	13.64		5.16	11.54	11.40	1.00	3.31	6.80	8:10.8	8	
11	Green		18.35	39.5	1:33.0	3:40.9	7:46.7	14.62		4.49	8.80	8.29	0.90	2.93	6.04	9:01.7	7	
10	Blue	70m	11.40	16.26	34.2	1:17.8	3:00.8	12.76		5.81	16.52	13.67	1.07	3.47	7.48	7:24.1	9	11
10	Red		12.80	18.01	39.3	1:30.6	3:26.4	14.19		4.96	12.19	9.66	0.95	3.06	6.32	8:33.9	8	
10	Green		13.60	19.70	43.1	1:39.9	3:50.8	15.98		3.90	9.47	7.15	0.90	2.61	5.55	9:31.2	7	
9	Blue		12.02	17.11	36.7	1:24.7	3:12.4	12.23		5.27	13.38	14.07	0.99	3.41		700m	8	11
9	Red		13.24	18.64	40.7	1:36.6	3:39.7	13.46		4.28	10.33	9.84	0.88	2.86		4:42.7	7	
9	Green		14.21	20.67	45.8	1:47.7	4:07.8	15.02		3.56	8.77	7.84	0.80	2.50		5:16.4	6	
8	Blue		12.43	17.88	37.5	1:33.8	3:00.0	12.51		1.5kg	12.27	12.19		3.28		5:57.1	7	9
8	Red		13.79	19.91	41.9	1:44.8	3:26.4	14.35		5.26	8.68	8.66		2.61			6	
8	Green		14.51	20.93	45.7	1:54.2	3:50.8	15.60		4.01	6.20	6.57		2.39			5	
7	Blue		13.74	19.94	43.5	66.70		MiniH		3.87	10.26	9.78		2.57			6	9
7	Red		14.67	21.56	46.5	74.00		15.48		3.18	7.71	7.02		2.28			5	
7	Green		15.60	22.79	50.5	84.20		17.02		2.69	5.61	5.46		2.01			4	

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

Achievement Ribbon Performance Levels - Boys

	Boys	70m	100m	200m	400m	800m	1500m	Short Hurdles	Long Hurdles	Shot	Discus	Javelin	High Jump	Long Jump	Triple Jump	Walks	Ribbons	Gold
16	Blue		12.51	24.9	0:55.8	2:18.6	4:48.5	100m	300m	4.0kg	1kg	700g	1.68	5.45	11.03	1500m	9	13
16	Red		13.03	25.8	0:59.7	2:23.7	5:10.5	15.55	47.00	11.42	33.11	35.88	1.55	4.86	9:57.3		8	
16	Green		14.28	28.3	1:06.7	2:44.3	5:54.7	16.19	49.40	9.40	27.87	29.43	1.45	4.50	10:26.9		7	
15	Blue		12.68	25.6	0:56.9	2:21.2	4:53.1	16.24	48.60	10.62	35.36	36.48	1.53	5.24	9:57.3		9	13
15	Red		13.60	28.0	1:03.2	2:38.3	5:11.7	18.25	52.90	8.34	26.73	28.60	1.44	4.70	10:26.9		8	
15	Green		14.31	30.4	1:11.4	3:01.1	5:59.7	19.57	57.00	7.31	22.07	23.17	1.36	4.25	11:48.7		7	
14	Blue		13.32	27.3	1:00.1	2:27.3	5:08.7	90m	200m	10.90	29.94	30.47	1.49	4.84	9:04.6		9	13
14	Red		14.28	29.4	1:07.8	2:41.9	5:41.8	16.89	32.31	8.15	21.51	22.81	1.36	4.31	10:28.8		8	
14	Green		15.43	32.1	1:16.8	2:59.0	6:18.3	19.30	36.38	7.28	17.29	19.16	1.28	3.83	11:44.5		7	
13	Blue		13.96	28.6	1:05.0	2:32.9	5:23.8	80m	32.16	8.85	22.52	25.28	1.40	4.62	9:31.3		9	13
13	Red		15.26	31.8	1:14.1	2:57.6	6:01.9	17.00	34.77	6.96	17.23	18.37	1.28	3.98	10:32.1		8	
13	Green		16.26	34.1	1:20.4	3:08.7	6:33.6	18.72	38.08	6.08	13.76	15.16	1.20	3.59	11:52.7		7	
12	Blue		14.42	29.5	1:06.2	2:38.4	5:26.3	60m		7.68	22.32	28.48	1.31	4.53	9:26		9	12
12	Red		15.67	32.8	1:16.3	2:54.0	6:04.9	12.53		6.14	17.20	18.87	1.18	3.91	10:50.8		8	
12	Green		17.07	36.2	1:24.7	3:13.3	6:28.9	13.78		4.92	14.75	14.81	1.10	3.46	11:55.0		7	
11	Blue		15.02	31.2	1:10.6	2:42.0	5:29.6	11.37		8.29	21.83	23.94	1.26	4.26	8:56		9	12
11	Red		16.16	33.6	1:17.9	3:00.4	6:06.8	12.55		6.60	15.26	17.29	1.10	3.77	9:44.1		8	
11	Green		17.15	36.3	1:28.5	3:23.2	6:57.8	13.82		5.59	12.12	12.53	1.00	3.32	11:00m		7	
10	Blue	70m	11.00	24.9	1:13.3	2:51.1	5:29.5	12.23		7.04	21.44	18.19	1.12	3.88	7:20.3		9	11
10	Red		11.60	26.81	1:23.2	3:12.6	6:18.1	13.36		5.68	15.58	13.56	1.01	3.29	8:28.1		8	
10	Green		12.70	28.40	1:29.2	3:21.4	7:02.4	14.43		4.91	12.76	11.09	0.94	3.04	9:59.9		7	
9	Blue	11.47	16.04	33.8	1:17.7	2:59.5	5:00m	11.90		6.21	19.29	19.04	1.06	3.60	4:38.3		8	11
9	Red	12.65	18.18	38.8	1:28.8	3:19.9	7:34.8	13.27		4.61	13.07	12.82	0.93	3.07	5:19.6		7	
9	Green	13.47	19.47	42.0	1:39.3	3:42.4	1:47.1	13.83		3.89	9.93	10.50	0.85	2.68	5:54.2		6	
8	Blue	12.41	17.57	37.9		500m	1:34.8	12.84		5.47	13.17	14.00		3.09			7	9
8	Red	13.72	19.94	42.9		1:47.1	1:47.1	14.18		4.25	10.17	10.07		2.67			6	
8	Green	14.55	21.19	45.8		1:54.4	1:54.4	15.13		3.75	7.73	8.46		2.43			5	
7	Blue	13.44	19.12	41.7	300m			13.56		4.35	12.22	13.38		2.76			6	9
7	Red	14.47	20.63	45.8	7:04.4			13.56		3.66	9.76	9.19		2.41			5	
7	Green	15.43	22.31	48.8	1:16.9			16.51		2.92	7.30	6.93		2.10			4	

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

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 (16/17) and winter (2017). There is a Competing fee for each meet which allows you to compete in as many events as is on the program.

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

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

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

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

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

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

Hear the ROAR

See the ROAR

Be the ROAR

