



MELVILLE ROAR

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

Dear Members

It is with a strong sense of community that we spread the message that “we are Melville”. We openly share our Centre, our successes and our challenges as a collective and it is through this that we continue to improve.

It is our athletes, parents and supporters that make our Centre what it is, the time commitment, the relationships and most importantly the sense of belonging that we create. As parents we are all well aware of the behind the scene efforts it takes to make our Centre and competition work, but for as long as the children remain oblivious to this and simply participate and enjoy themselves, then we are all doing our job.

The reality of running a Centre is that we need this balance and our committee has once again has been outstanding. We are an eclectic group with complementary skills which has been able to manage the running of our Centre with our own personal circumstances. It is reasonable to state that a number of current serving members of the executive committee are nearing the next phase in their athletics journey and we encourage all members to consider nominating for the vacant positions as a way to involve themselves and learn more. It is by far more beneficial to become part of the solution and with most positions there is ample care and support for those willing to have a go.

Our attendance at events like the State Relays, Combined Events, Zones and State Championships continue to provide opportunities to showcase our Centre and through this we continue to promote ourselves and our spirit. It is always a pleasure to witness firsthand the conduct of our athletes at these events particularly the sportsmanship, levels of encouragement and the resulting friendships that form.

We are in a privileged position to watch our athletes develop in the domains of physical, emotional, social and individual performance which should not be lost in the notion of whole child development. Often we see children within our clubs over the season more than relatives and over a greater number of years.

In the context of the world there is a lot to be thankful for. We sincerely thank everyone for the season and for those continuing into to the winter, my very best wishes.

MAC Executive Committee

Table of Contents

MELVILLE LITTLE ATHLETICS COMPETITION PROGRAM	3
MELVILLE LITTLE ATHLETICS CENTRE LIFE MEMBERS.....	5
ERIC CHRISTIAN ATHLETE LIFE MEMBERSHIP	5
STRUCTURE OF LITTLE ATHLETICS	5
CLUB CONTACT INFORMATION	6
PROGRAM 1.....	7
CLUB ROSTERS	9
GENERAL INFORMATION	10
RULES FOR MELVILLE COMPETITION	13
CENTRE POLICIES AND GUIDELINES.....	17
INTER-CENTRE AND STATE COMPETITIONS.....	20
WINTER COMPETITION	24
AWARDS	25
2017 / 2018 MAC SPONSORS	28
SEASON RESULTS	29
2016-17 STATE RELAY CHAMPIONSHIPS.....	30
STATE COMBINED EVENTS CHAMPIONSHIPS	31
MEDAL WINNERS	31
INTERSTATE TEAMS CHAMPIONSHIPS – U13 AUSTRALIAN LITTLE ATHLETICS CHAMPIONSHIPS (ALAC’S)	31
INTERNATIONAL STATE TEAM – FRIENDLY GAMES SINGAPORE/KUALA LUMPUR	31
ZONE CHAMPIONSHIPS 2016/2017	32
U7, U8 MEDAL WINNERS	32
STATE TRACK & FIELD CHAMPIONSHIPS 2016/2017	33
MEDAL WINNERS	33
MAC AGE GROUP CHAMPION / RUNNER UP ATHLETES 2015/2016	35
GOLD ACHIEVEMENT AWARD RECIPIENTS 2016/2017	36
MAC SERVICE AWARDS	36
2016/2017 SEASON BEST PERFORMANCE	37
STATE CHAMPIONSHIPS WINTER MEDALS 2017	42
MAC WINTER AWARD WINNERS 2017	42
CENTRE RECORDS	43
OPEN RECORDS.....	48
COMPETITION STANDARDS.....	54
ACHIEVEMENT RIBBON PERFORMANCE LEVELS - GIRLS	57
ACHIEVEMENT RIBBON PERFORMANCE LEVELS - BOYS.....	58
MELVILLE SENIORS	59

Melville Little Athletics Competition Program

Day	Date	Time	Event	BBQ	Venue
2017					
Saturday	7 Oct	7:45 AM	Program 1	PB	Len Shearer Reserve
	14 Oct		Program 2	BW	
	21 Oct		Program 1	LM	
	28 Oct		Program 2	OL	
	4 Nov		Program 1	BB	
Sunday	5 November		LAWA Brave heart's Team Challenge		WA Athletic Stadium
Saturday	11 Nov	7:45 AM	Program 2	BW	Len Shearer Reserve
	18 Nov		Program 1	LM	
	25 Nov	4:45 PM	Program 2	PB	
Saturday	2 December		LAWA State Relay Championships		WA Athletic Stadium
	9 Dec	7:45 AM	Program 1	OL	Len Shearer Reserve
	16 Dec	4:45 PM	Program 2	BB	
			CHRISTMAS BREAK		
2018					
Saturday	13 Jan	7:45 am	Program 1	MAC	Len Shearer Reserve
Saturday	20 Jan		Program 2		
	27 Jan		Programme 1 – Centre Championships		
Sat/Sun	3 & 4 February		LAWA State Multi Event Championships		WA Athletic Stadium
Saturday	10 Feb	7:45 am	Programme 2 – Centre Championships	MAC	Len Shearer Reserve
Sat/Sun	17 & 18 February		LAWA Zone Championships		TBA
Saturday	24 February		MAC Windup (MAC AGM)		Len Shearer Reserve
Fri/Sat/Sun	2, 3 & 4 March		LAWA State Championships		WA Athletic Stadium

Melville Athletics Centre Executive – 2017/2018

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Any queries to non-executive committee members should be addressed to:
subcommittee@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)
2017	Mikayla Johns (PB) & Jizelle Kenworthy-Groen (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 preferably in April.

Zone – A Zone is a group of Centres in an area responsible for conducting the local heats/quarter finals of the LAWA State Track and Field Championships. 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

Little Athletics Australia (LAA) – LAA is the national body for Australian Little Athletics organisation. 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 5:15 – 6:30pm	
Training Ground:	Bill Ellison Reserve, Mandala Crescent, Bateman	
BRENTWOOD		
Contact:	Registrar –Tara Pike brentwood@melvilleroar.com	0405 750 608
Uniform:	Brentwood club singlet with black shorts	
Training Night:	Wednesday 4–5:30pm	
Training Ground:	Brentwood Primary School	
LEEMING		
Contact:	Registrar – Kat Jones leeming@melvilleroar.com	0439 955 258
Uniform:	Red/black top with black shorts	
Training Night:	Wednesday 4:45-6:15pm	
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	
Training Ground:	Palmyra Primary School, but due to renovations will be accessing Shearer Reserve in 2017/18 season	

Program 1

	TWILIGHT	6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15/16/17B	15/16/17G
7:25	4:25	SETUP OF ALL TRACK AND FIELD SITES																			
7:45	4:45													1500MW		1500MW		Walk/Jav	D	Walk/Jav	D
		60MH		60MH	SP			700MW	LJ				1500M			1500M	JAV	HJ			
						60MH				1100MW					1500M						
								60MH													
			D				SP			60MH		1100MW									
																			1500M		1500M
												60MH		60MH							
				D				TURBO			SP		HJ		TJ	80MH	1500M				
						500M				LJ								90MH		100/110MH	
					70M			D						800M							
		Vortex		Vortex			70M					SP				800M					
											70M		TJ					800M	200MH	800M	300MH
									70M	800M				LJ	D		200MH				
			70M		200M	TURBO		800M			HJ										
							200M					800M	100M								
				300M					100M	TURBO						LJ		SP	HJ	SP	HJ
		100M				D									400M		TJ				
								HJ			400M			SP							
			LJ@tj	100M						200M		JAV	D								
						100M										SP			400M		400M
					LJ@tj										HJ		400M				
									400M		D	200M		JAV				LJ		LJ	
									SP				400M			200M				TJ	TJ
								200M			100M						D				
												LJ			100M			200M		200M	
														200M			100M				
																			100M		100M
12:10	9:10	FINISH																			

Program will commence on time at 7:45am / 4:45pm. First marshal call is at 7:30am / 4:30pm. It is the responsibility of all athletes to listen for the marshalling calls.

U14-17 commences Discus, Walks and Javelin at 7:45am / 4:45pm. U14-17 walkers proceed to Javelin immediately on completion of the walk and will be entitled to throw. Athletes late to Javelin that did not conduct the walk will not be entitled to throw.

Program 2

	TWILIGHT	6B	6G	7B	7G	8B	8G	9B	9G	10B	10G	11B	11G	12B	12G	13B	13G	14B	14G	15/16/17B	15/16/17G
7:25	4:25	SETUP OF ALL TRACK AND FIELD SITES																			
7:45	4:45														1500MW		1500MW	D	Walk/Jav	D	Walk/Jav
			60MH	SP	60MH			LJ	700MW			1500M				HJ		JAV			
							60MH				1100MW			1500M							
									60MH												
		D				SP					60MH		1100MW								
																		1500M		1500M	
													60MH		60MH						
					D				TURBO	SP		HJ		TJ		1500M	80MH				
							500M				LJ							80MH			90/100MH
			70M					D							800M						
			Vortex		Vortex	70M							SP				800M				
										70M		TJ						200MH	800M	300MH	800M
		70M		200M			70M		800M	HJ				D	LJ	200MH					
						200M						100M	800M								
					300M			100M			TURBO						LJ	HJ	SP	HJ	SP
			100M				D							400M		TJ					
								HJ	400M						SP						
		LJ@tj			100M	LJ					200M	D	JAV								
							100M										SP	400M		400M	
				LJ@tj										HJ		400M					
								400M		D			200M		JAV				LJ		LJ
																	200M				
								SP				400M						TJ		TJ	
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												LJ	100M					200M			200M
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12:10	9:10	FINISH																			

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Club Rosters

Equipment and Club Rosters

Club parents on roster are responsible for setting up and putting away the equipment for each site on competition days. All parents should receive a roster of duties from their respective club. The equipment is to be set up by 7.35am for morning meets and 4.35pm 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 7:45am (4:45pm for Twilights) so those assisting with walks need to arrive by 7:15am/4:15pm sharp 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 recorders desk and taken to each site for recording. These files are to be returned to the recorders desk on the completion of the day's competition.

Sites must set up and ready in all respects for competition at the allocated time. We have an Arena Manager, an Assistant 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 Sheds on completion of the day's competition and any deficiencies reported to the Technical Manager.

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 three (3) years when the sites will then be rotated – due 2020/21. 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 Championships/Officials Manager and will be aligned to registration numbers.

The Technical Manager can help with all requests and information in relation to the Melville 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 Chief Official in attendance.

Age Grouping and Registration

Little Athletics cater for boys and girls aged between 5 and 17 for enrolment in the U6-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).

Note: Commencing 2018/19 the age group alignment will be based on calendar year.

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.

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 Little Athletics WA Association. The winter competition is alternated between cross country runs and roadwalks each Saturday afternoon from 1pm, at various metropolitan locations. The winter program is available towards the end of the summer season and can be downloaded from the LAWA website.

MELVILLE ROAR SENIORS

Melville Little Athletes that are turning 12 years of age or older in year of competing (i.e. minimum age must be turning 12 on, or before 31 Dec 2017) are allowed to be registered to compete at a 'Seniors' meet. Melville Athletics Centre Inc, otherwise known as Melville ROAR Seniors, is affiliated with Athletics WA, who conducts all

athletic 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 as twilights 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 compression 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.

Program Management at Melville Athletics Centre

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 rotating. Competitors and parents need to listen out for the announcer throughout the day, as there may be slight changes to event marshalling. 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 Assistant 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. 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 who will maintain a register.

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 day, clubs will be responsible for supplying their own gas. If the Centre gas is used clubs are to pay \$30 for a gas refill.

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 seek nominations from all interested U16/17 athletes and shall appoint two Centre Captains each year. The appointment of Centre Captains shall be made as soon as possible after the first competition of the season. The Centre Captains will be the Centre representatives as required.

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. LAWA rules are available on the website www.walittleathletics.com.au MAC specific rules are listed in this book.

Shoes and Spikes

Footwear rules align with LAWA Rules of Competition (Rule 143):

- Athletes in U7-U10 may not wear spike shoes.
- Athletes in U11-U12 may wear spike shoes in events run entirely in lanes, long jump, triple jump, high jump and javelin.
- Athletes in U13-U17 may wear spike shoes in all track events except walks. Spike shoes may also be worn for long jump, triple jump, high jump and javelin.
- All spike shoes must be worn with all holes filled with a complete set of spikes, with no more than two blanks installed.
- Spike shoes may only be worn during an event and are not to be worn to and from an event.
- Any number of spikes up to 11 may be accommodated on each shoe, but the number of spike positions shall not exceed 11.
- Spike length is subject to ground policies. LAWA Rules of Competition specify spike requirements for the WA Athletics Stadium.
- Melville Centre permits running and jumping shoe spikes up to 7mm of the 'Christmas Tree' or 'Pyramid' shape.

Code of Safety for the Wearing of Spiked Shoes

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

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

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

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

Club Uniform

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

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

An athlete will be initially cautioned and on additional occasions suspended from competition if they are out of uniform.

Centre Uniforms

Centre uniforms are to be worn at all meets conducted by LAWA except for U7 and U8 athletes competing at Zones Championships where club uniform may be worn.

The Melville Centre uniform consists of:

- Orange & black top with Tiger Motif. Plain black shorts, briefs, or lycra 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.
- Compression 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 Uniform Officer.

High Jump

U9 and U10 athletes 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 starting 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 Sector Judge is to make the judgement on the landing validity of the throw.

Starting Blocks

Starting blocks may be used by age groups U11 and older for laned events. Competitor's personal starting blocks will have to be approved by the Technical Manager prior to the event. Spikes for blocks must not exceed 15mm, with a maximum of 11 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 U6 and U10 are to report to their respective marshalling area where they will be escorted to their events. U 11 age groups 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 any program times are indicative only. Athletes may join events late but may not make up missed trials except at the discretion of the Site Chief Official.

Grading for Track/Field 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 allowing competitors to proceed to their next event prior to recording the finishing times.

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 a round has been conducted, the athlete shall forfeit the right to have that trial, unless the athlete's name has not yet been called out. In general, events are not to be held up for athletes arriving late. In a case where an athlete is late due to circumstances beyond their control, the Chief Official may exercise flexibility in allowing missed trials but must be cognisant of program timing constraints.

Arena Access

The middle 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 middle 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 MAC 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 LAWA 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 LAWA 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 MAC

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/Assistant 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 / Assistant 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/Assistant 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.

Sun Smart 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 i.e. 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 both the LAWA and MAC website and through Club distribution.

The Championships/Officials Manager is responsible for enquiries in relation to all Association Events.

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.

Nominations for all LAWA events will be found in your family portal **new notifications** in Resultshq. It is your responsibility to ensure your nomination is activated prior to the closing date.

U6 - U10 Braveheart's Team Challenge – Sunday 5th Nov 2017

Venue: WA Athletic Stadium
Uniform: Club uniform, or Purple and White' theme with age tag, and registration number and sponsor badge as applicable
Information: www.walittleathletics.com.au

This team event was introduced in 2012 and was a popular and fun event catering for the younger age groups. The aim of the day is to introduce our younger athletes to competition at the WA Athletics Stadium through a fun event. Athletes will participate in four individual events plus a novelty shuttle relay throughout the day.

State Relay Championships – Saturday 2nd Dec 2017

Venue: WA Athletic Stadium
Uniform: Melville Centre uniform with age tag and registration number, and sponsor badge as applicable.
Information: www.walittleathletics.com.au

Entry to the State Relays is through Centre selection and criteria can be found in the centre bylaws.

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 LAWA 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.

Melville Centre has established comprehensive selection criteria for relays which are detailed within the By-Laws.

State Combined Event Championships – Saturday 3rd or 4th Feb 2018

Venue:	WA Athletics Stadium
Uniform:	Melville Centre uniform with age tag and registration number, and sponsor badge as applicable
Nomination Fee:	Approximately \$10 to be submitted with entry nomination
Information:	www.walittleathletics.com.au

This event is open to all athletes in the U11 – U17 age groups. U11 – U13 athletes will compete in five events over one day, whilst U14-U17 athletes will compete in seven events over two days. Event specifications can be found on the LAWA website under 'Rules of Competition'.

Nominations for all LAWA events will be found in your family portal **new notifications** in Resultshq. It is your responsibility to ensure your nomination is activated prior to the closing date.

Nominations will not be accepted if parents are not willing to conduct a rostered duty.

Combined Events is a competition where the athlete competes in all 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.

Competitors in the U15 age group may nominate to be selected to represent WA in the Interstate Teams Championship held in April. The highest place nominating athletes will be selected.

Athletes in the U14 and U15 age groups who win a medal will be eligible to be a State representative for the International trip held in July.

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

State Heats/Quarter Finals Competition (ZONES) – 17th & 18th February 2018

Venue: To Be Confirmed

Uniform: U7 – U8 Club (or Centre) uniform with age tag, registration number, and sponsor badge as applicable.

U9 – U15 Melville Centre uniform with age tag, registration number and sponsor badge as applicable

Information: www.walittleathletics.com.au

The State Track and Field Championships is the culmination of the summer season for Little Athletes. It is a LAWA-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 through the Resultshq **new notification** 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.

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 is detailed in the LAWA Rules of Competition.

U16-U17 athletes nominate directly to States as per LAWA Rules of Competition.

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.

State Track and Field Championships – 2nd, 3rd & 4th March 2018

(Semi Finals and Finals)

Venue: WA Athletic Stadium, AK Reserve
Uniform: Melville Centre uniform with age tag and registration number, and sponsor badge as applicable.
Information: www.walittleathletics.com.au

Little Athletes compete in events over two and a half consecutive days. Semi Finals and Finals are run for some 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 LAWA website. Note that the program for States differs from the Zone program.

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

In 2018, this event will be held in Runaway Bay, Gold Coast on the 28 & 29th April 2018. Athletes are selected from the U13 age group Athletes must nominate for selection prior to State Championships and will be selected based on their performances at State Championships. Results from other State and Centre competitions may be used to determine final team selection.

Multi–Event U15 Interstate Team

In conjunction with the Interstate Teams Championships, a Combined 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 Combined 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, and the State Combined Events are automatically selected for inclusion in the State team to compete in Singapore or Kuala Lumpur in July. In 2018 the competition will be held in Singapore.

Winter Competition

Background

All athletes may compete at these Inter-Centre meets in the same age group as the preceding summer. No further registration fee is required. Age tags and registration numbers must be transferred to the Melville Roar singlet. New registrations are welcome. Athlete must purchase a timing chip to be worn at each competition. The timing chip may be retained for use in subsequent seasons. Training timetable will be promulgated prior to season commencement. Details for winter competition can be found on the LAWA website.

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

Cross Country Runs

Competition is held every second Saturday afternoon. Athletes are required to compete in a minimum of 5 events to be eligible to compete in State Championships. U7 to U8 athletes race over 1000m, U9 to U10 athletes race over 1500m, U11 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 LAWA.

Further information and Venues can be obtained from the LAWA website.

Road Walks

Competition is held on alternate Saturday afternoons to cross country runs. Races are held over 1000m for U9, 1500m for U10-U11 and 2000m for U12 to U17. Races are held in car parks of Universities, shopping centres etc., around the metropolitan area.

Further information and Venues can be obtained from the LAWA 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 once a year at the completion 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

U6, U7, U8 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 1126 PB ribbons were awarded over these 2 programs alone and an amazing 5 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, U6 – 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 MAC 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 LAWA. 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 LAWA 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, 8 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 LAWA and awarded at the State Championships for the completion of 8 years of service.

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, LAWA 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.

2017 / 2018 MAC Sponsors

We would like to thank the following businesses who have generously supported our centre this season. Please try and support the businesses that have supported us this season.

Gold Sponsor

- The Foot Clinic
www.thefootclinic.net

Website Sponsor

- Trophy Choice
www.trophychoice.com.au

Platinum Sponsor- \$100 Raffle

- Winner - Mont Property
www.montproperty.com.au

Armada Accountants & Advisors
www.armada.com.au

Blackman Fabrications
www.blackmanfabrications.com.au

Brealey Quill Kenny
www.bqk.com.au

DVG Goldy Holden
www.dvg.com.au

Melville Property Maintenance
www.melvillepm.com.au

Round 1 Fitness
www.round1fitness.com.au

Solutions 100

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/Bullecreek
2012/13	Brentwood	2013/14	Palmyra/Bicton
2014/15	Leeming	2015/16	Olympia
2016/17	Brentwood		

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	2016/17	Olympia

CENTRE SPORTSMANSHIP AWARD

Year	Name	Age	Club	Sponsor
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
2016/17	Courtney Johns	U15	PB	Steve & John Watters

INDEPENDENT LITTLE ATHLETE OF THE YEAR NOMINATION

Nil

MG BASSETT AWARD for most Personal Best Performances

2016/17	Mason Bradwell	LM	37
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TOM WILSON AWARD

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
2016/17	Camryn Tidy	OL

2016-17 State Relay Championships

Overall Track Winners – Melville Girls Relay Teams – 1st

State Track Relay Championships Results

4 x 100	BOYS	Time	4 x 100	GIRLS	Time
U8	-	-	U8	-	-
U9	-	-	U9	Silver	1:03.90
U10	-	-	U10	Gold	59.70
U11	-	-	U11	Bronze	58.00
U12	Bronze	54.30	U12	-	-
U13	-	-	U13	-	-
U14	-	-	U14	Silver	52.20
U15	-	-	U15	Silver	51.80
U16/17	-	-	U16/17	Gold	49.30 (rec)
4 x 200m			4 x 200m		
U8	-	-	U8	Bronze	2:29.70
U9	-	-	U9	-	-
U10	-	-	U10	-	-
4 x 400m			4 x 400m		
U11	-	-	U11	Bronze	4:47.42
U12	-	-	U12	Bronze	4:24.43
U13	Bronze	4:03.33	U13	Gold	4:12.47
U14	-	-	U14	-	-
U15	-	-	U15	Silver	4:13.74
U16/17	Silver	3:35.00	U16/17	Silver	4:02.48

State Field Relay Championships Results

Boys			Girls		
U10	-	-	U10	Silver	1478
U11	-	-	U11	-	-
U12	-	-	U12	-	-
U13	Silver	1735	U13	-	-
U14	-	-	U14	Bronze	2262
U15	-	-	U15	-	-
U16/17	-	-	U16/17	-	-

State Combined Events Championships Medal Winners

Girls - nil

Boys - nil

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

Congratulations to Ella Cruickshank who represented Melville in the WA State Team at the 2016 Australian Little Athletics Championships held in Sydney.

Ella Cruickshank 400m 7th, 800m, 11th

International State Team – Friendly Games Singapore/Kuala Lumpur

Congratulations to the following athletes who qualified for the 2017 International State Team to compete in Singapore:

Meg Hebiton
Toby Field

Kaycee Yates
Lochlan Bennett

Courtney Johns
Amy Watson

Zone Championships 2016/2017

U7, U8 Medal Winners

Age	Athlete		Event
GOLD - Boys			
U7B	Balfour	Paterson	Long Jump
U8B	Zack	Ainsworth	500m
U8B	Daniel	Dawson	Long Jump

Age	Athlete	Event
GOLD - Girls		

SILVER – Boys			
U7B	Balfour	Paterson	300m
U7B	Balfour	Paterson	70m
U8B	Daniel	Dawson	500m

SILVER - Girls			
U7G	Tilly	Duncan	Long Jump
U8G	Jasmine	Rummer	60m Hurdles
U8G	Siyana	Bernard	70m
U8G	Matilda	Musto	Discus

BRONZE – Boys			
U8B	Daniel	Dawson	100m
U8B	Daniel	Dawson	200m
U8B	Blake	Hancy	Discus

BRONZE - Girls			
U7G	Tilly	Duncan	100m
U7G	Tilly	Duncan	70m
U8G	Siyana	Bernard	500m
U8G	Siyana	Bernard	Long Jump
U8G	Matilda	Musto	Shot put

State Track & Field Championships 2016/2017

Medal Winners

Age	Athlete		Event
GOLD -Boys			
U10	Xavier	Bernard	1100m Walk
U11	Logan	Burns	Long Jump
U13	Jayden	Ormerod	200mH
U17	Nathan	George	400m

Age	Athlete	Event	
GOLD - Girls			
U9	Mia	Tidy	60m Hurdles
U9	Parker	Brindle	Javelin
U10	Ava	Watters	Shot put
U11	Maeve	Lehane	400m
U13	Kayla	van der Linden	1500m
U13	Kayla	van der Linden	400m
U13	Kayla	van der Linden	800m
U14	Meg	Hebiton	200mH
U14	Meg	Hebiton	80mH
U14	Kaycee	Yates	Discus
U16	Iysha	O'Meera	100m
U16	Iysha	O'Meera	200m
U16	Ashlee	Cronin	300mH
U16	Isabella	Reeves	90mH
U16	Caitlin	Blackman	Long Jump
U17	Jizelle	Kenworthy-Groe	300mH

SILVER – Boys

U11	Matthew	Biancuzzo	1100mW
U11	Ky	Heir	1500m
U12	Jack	Watters	60m Hurdles
U13	Jayden	Ormerod	100m
U13	Dylan	Bailey	1500m
U14	Toby	Field	High Jump
U16	Jason	George	1500m
U16	Jason	George	800m
U17	Nathan	George	800m

SILVER – Girls

U10	Mia	Burych	200m
U10	Mia	Burych	70m
U10	Florence	Champman	1100mW
U12	Quintelle	Kenworthy-Groen	Javelin
U13	Ella	Cruickshank	400m
U13	Ellie	Glands	800m
U15	Courtney	Johns	Shotput
U16	Isabella	Reeves	100m
U16	Ashlee	Cronin	90mH

BRONZE - Boys

U9	Archie Jack	Prall	400m
U13	Jayden	Ormerod	200m
U13	Dylan	Bailey	800m
U15	Lachlan	Bennett	800m
U17	Nathan	George	200m

BRONZE - Girls

U10	Emma	Kempson	Javelin
U10	Emma	Kempson	Shotput
U14	Jessica	Ellul	Discus
U14	Meg	Hebiton	Triple Jump
U15	Courtney	Johns	Discus
U15	Amy	Watson	Triple Jump
U17	Mikayla	Johns	Shotput
U13	Ellie	Glands	1500m

MAC Age Group Champion / Runner Up Athletes 2015/2016

U7	Boys	Champion <i>Runner Up</i>	Balfour Paterson <i>Jake Lobik</i>	OL OL
	Girls	Champion <i>Runner Up</i>	Emily Johnstone <i>Tilly Duncan</i>	OL LM
U8	Boys	Champion <i>Runner Up</i>	Daniel Dawson <i>Zack Ainsworth</i>	BB OL
	Girls	Champion <i>Runner Up</i>	Jasmine Rummer <i>Siyana Bernard</i>	PB PB
U9	Boys	Champion <i>Runner Up</i>	Heath Mellody <i>William Ivancich</i>	OL PB
	Girls	Champion <i>Runner Up</i>	Parker Brindle <i>Mia Tidy</i>	OL OL
U10	Boys	Champion <i>Runner Up</i>	Jake Whitelaw <i>Kieran Aziz</i>	PB LM
	Girls	Champion <i>Runner Up</i>	Amy Silvester <i>Kaelan Adams</i>	BW BW
U11	Boys	Champion <i>Runner Up</i>	Noah Mellody <i>Ky Heir</i>	OL OL
	Girls	Champion <i>Runner Up</i>	Maeve Lehane <i>Matilda Willis</i>	OL PB
U12	Boys	Champion <i>Runner Up</i>	Jack Clutterbuck <i>Jack Watters</i>	BW PB
	Girls	Champion <i>Runner Up</i>	Phoebe Lewis <i>Tia McArthur</i>	BB LM
U13	Boys	Champion <i>Runner Up</i>	Mason Bradwell <i>Jayden Ormerod</i>	LM LM
	Girls	Champion <i>Runner Up</i>	Ellie Glands <i>Kayla van der Linden</i>	BW PB
U14	Boys	Champion <i>Runner Up</i>	Jakob Vergoossen <i>Toby Field</i>	LM LM
	Girls	Champion <i>Runner Up</i>	Legacy Needham <i>Meg Hebiton</i>	LM OL
U15	Boys	Champion <i>Runner Up</i>	Lachlan Bennett <i>Dayne Metzner</i>	BB BB
	Girls	Champion <i>Runner Up</i>	Courtney Johns <i>Tayla Nielsen</i>	PB OL
U16	Boys	Champion <i>Runner Up</i>	Jason George <i>Cameron Broughton</i>	LM LM
	Girls	Champion <i>Runner Up</i>	Ashlee Cronin <i>Caitlin Blackman</i>	BB OL
U17	Boys	Champion <i>Runner Up</i>	Joshua Mott <i>Nathan George</i>	LM LM
	Girls	Champion <i>Runner Up</i>	Jizelle Kenworthy-Groen <i>Mikayla Johns</i>	BB PB

Gold Achievement Award Recipients 2016/2017

NIL

MAC SERVICE AWARDS

5 YEARS

Duarte Menzes	BB	Nic Davidson	OL
Mason Bradwell	LM	Noah Mellody	OL
Jamie Donaldson	LM	Maeve Lehane	OL
Tia McArthur	LM	Ebony Rees	OL
Isabel Taylor	LM	Jenna Bain	PB
John Berry	BW	Crystal-Jane Cowin	PB
Matthew Biancuzzo	BW	Maya Kenny	PB
Ky Hehir	OL	Sophia Trolie	PB
Tane Hasler	OL	Isabella Trolie	PB
Ky Brindle	OL		
Hannah Carmody	OL		

8 YEARS

Nathan Fenn	BB	Joshua Mott	LM
Lachlan Bennett	BB	Ruby Shimmon	LM
Jessica Rolfe	BB	Kiara Speechley	LM
Layton Bourne	BW	Kaycee Yates	OL
Grace Hegedus	LM	Rosie Lehane	OL
Toby Field	LM	Meg Hebiton	OL
Jason George	LM	Thomas Camporeale	PB
Nathan George	LM		

9 YEARS

Ashlee Cronin	BB	Arianna Tolardo	OL
Lyndon Kenworthy-Groen	BB	Jessica Ellul	OL
Lara Hegedus	LM	Jasmin Park	OL
Courtney Johns	PB		

11 YEARS

Jizelle Kenworthy-Groen	BB
Mikayla Johns	PB

2016/2017 Season Best Performance

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

BOYS			GIRLS	
70M				
7	Balfour Paterson	12.75	Tilly Duncan	12.78
8	Daniel Dawson	11.73	Chelsea Smith	12.20
9	Archie Jack Prall	11.20	Jade Bain	11.38
10	Jake Whitelaw	10.91	Mia Burych	11.03
100M				
7	Balfour Paterson	17.86	Tilly Duncan	18.86
8	Daniel Dawson	16.58	Siyana Bernard	17.34
9	Archie Jack Prall	15.60	Mia Tidy	16.49
10	Jake Whitelaw	15.14	Mia Burych	15.33
11	Logan Burns	14.44	Grace Ainsworth	14.76
12	Jack Clutterbuck	13.84	Mia Ford	14.50
13	Jayden Ormerod	13.14	Kayla van der Linden	13.70
14	Cody Banks	12.94	Sophie Eastaugh	13.30
15	Joseph Hart	12.51	Jenna Bain	13.40
16	Cameron Broughton	12.95	Isabella Reeves	12.86
17	Joshua Mott	13.00	Jizelle Kenworthy-Groen	13.65
200M				
7	Balfour Paterson	37.70	Tilly Duncan	40.05
8	Daniel Dawson	34.88	Mia Wuthenow	37.32
9	Heath Mellody	33.03	Mia Tidy	33.66
10	Jordan Hassan	31.33	Mia Burych	31.62
11	Logan Burns	29.58	Grace Ainsworth	30.37
12	Jack Watters	28.18	Mia Ford	30.13
13	Jayden Ormerod	26.93	Kayla van der Linden	27.66
14	Jakob Vergoossen	28.14	Sophie Eastaugh	27.58
15	Joseph Hart	25.29	Jenna Bain	27.16
16	Cameron Broughton	26.15	Ilysha O'Meara	27.06
17	Nathan George	24.42	Kiara Speechley	26.13
300M				
7	Jed Fitzgerald	1:00.89	Tilly Duncan	1:05.86
400M				
9	Noah Bailey	1:15.90	Mia Tidy	1:18.96
10	Jordan Hassan	1:11.66	Mia Burych	1:15.76

11	Ky Hehir	1:08.16	Maeve Lehane	1:09.34
12	Prince Pommet	1:03.77	Phoebe Lewis	1:10.34
13	Brandon George	1:01.28	Kayla van der Linden	1:00.63
14	Benedict Bolum	59.17	Meg Hebiton	1:07.53
15	Joseph Hart	54.55	Jenna Bain	1:03.75
16	Jason George	58.89	Ashlee Cronin	1:02.54
17	Nathan George	52.63	Jizelle Kenworthy-Groen	1:05.68

500M

8	Daniel Dawson	1:43.23	Siyana Bernard	1:52.55
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800M

9	Noah Bailey	2:46.96	Jessica Millard	3:00.66
10	Kieran Aziz	2:44.66	Kaelan Adams	2:56.96
11	Ky Hehir	2:37.39	Emily Bailey	2:48.17
12	Thomas Millard	2:31.98	Tia McArthur	2:45.06
13	Dylan Bailey	2:20.19	Kayla van der Linden	2:17.41
14	Kaelan Riley	3:07.24	Andrea Fernandez	2:46.96
15	Lachlan Bennett	2:10.59	Jenna Bain	2:43.77
16	Jason George	2:17.86	Ashlee Cronin	2:41.22
17	Nathan George	2:05.72	Jizelle Kenworthy-Groen	2:49.38

1500M

11	Ky Hehir	5:18.22	Maya Kenny	5:50.02
12	Thomas Millard	5:07.54	Tia McArthur	5:35.25
13	Luke Chapman	5:00.27	Kayla van der Linden	4:54.34
14	Benedict Bolum	5:11.67	Andrea Fernandez	5:56.06
15	Daniel Kempson	4:44.73	Courtney Johns	5:54.38
16	Jason George	4:43.45	Ilysha O'Meara	6:07.70
17	Layton Bourne	5:47.85	Mikayla Johns	6:27.14

700m Walk

9	William Ivancich	4:12.41	Parker Brindle	4:36.66
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1100m Walk

10	Xavier Bernard	7:08.01	Mia Burych	6:59.89
11	Oliver Kelly	6:36.58	Florence Chapman	6:36.72

1500m Walk

12	Jack Clutterbuck	9:26.95	Tia McArthur	8:33.54
13	Mason Bradwell	9:00.31	Ellie Glands	8:48.53

1500m Walk				
15			Courtney Johns	8:33.04
16				
17			Mikayla Johns	8:46.62
60m MINI HURDLES				
7	Balfour Paterson	11.87	Tilly Duncan	12.08
60m HURDLES				
8	Daniel Dawson	12.01	Jasmine Rummer	12.90
9	Heath Mellody	11.14	Mia Tidy	11.21
10	Jake Whitelaw	11.61	Maya Louvel-Finn	11.97
11	Noah Mellody	11.17	Maeve Lehane	11.03
12	Jack Clutterbuck	10.49	Annikka Postlethwaite	11.64
80m HURDLES				
13	Jayden Ormerod	13.76	Genevieve Brink	14.38
14			Meg Hebiton	13.64
90m HURDLES				
15	Benedict Bolum	17.34	Kara Turley	17.18
16			Isabella Reeves	13.88
100m HURDLES				
15	Dayne Metzner	15.48		
16	Cameron Broughton	16.48		
17			Jizelle Kenworthy-Groen	18.29
110m HURDLES				
17	Layton Bourne	18.05		
200m HURDLES				
13	Jaydon Ormerod	29.50	Genevieve Brink	31.83
14	Benedict Bolum	30.20	Meg Hebiton	30.39
300m HURDLES				
15	Lachlan Bennett	44.46	Elizabeth Hart	55.51
16	Jason George	44.96	Ashlee Cronin	47.77
17	Layton Bourne	49.18	Jizelle Kenworthy-Groen	52.53

DISCUS

7	Jake McDonnell	16.26	Emily Johnstone	11.06
8	Marcus Silva	17.03	Matilda Musto	14.92
9	Heath Mellody	19.70	Lara Bussell	17.08
10	Jordan Hassan	22.19	Tahlia Kitson	20.19
11	Logan Burns	22.70	Annabelle Cosmelli	15.83
12	Jack Eastaugh	27.54	Catherine Adams	21.49
13	Jame Speechley	25.88	Charlotte George	22.73
14	Toby Field	27.78	Kaycee Yates	30.56
15	Nathan Fenn	34.69	Courtney Johns	24.08
16	Thomas Camporeale	29.77	Ashlee Cronin	27.99
17	Joshua Mott	32.97	Imogen Taylor	34.50

HIGH JUMP – SCISSOR

9	William Ivancich	1.12	Lara Bussell	1.10
10	Jake Whitelaw	1.23	Kaitlin Power	1.12

HIGH JUMP – FOSBURY

11	Camden Dargie	1.39	Maeve Lehane	1.20
12	Jack Clutterbuck	1.42	Jemah Kelly	1.29
13	Mason Bradwell	1.56	Josie Wilson	1.41
14	Toby Field	1.61	Tiana Bussell	1.40
15	Dayne Metzner	1.60	Elizabeth Hart	1.49
16	Tyler Glands	1.50	Caitlin Blackman	1.40
17			Jizelle Kenworthy-Groen	1.40

VORTEX

7	Balfour Paterson	21.52	Poppy Beekhuizen	14.17
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TURBO JAV

8	Angus McArthur	19.89	Matilda Musto	10.85
9	Joshua Kelly	19.89	Parker Brindle	18.31

JAVELIN

10	Ewan McArthur	18.84	Emma Kempson	22.01
11	Logan Burns	30.80	Kayli Bussell	17.12
12	Jack Eastaugh	31.98	Quintelle Kenworthy-Groen	26.67
13	John Berry	31.15	Ellie Glands	27.68
14	Jakob Vergoossen	26.79	Kaycee Yates	31.33
15	Nathan Fenn	36.80	Courtney Johns	28.90
16	Tyler Glands	47.83	Ashlee Cronin	20.63
17	Gabriel Newman	28.70	Mikayla Johns	33.50

LONG JUMP

7	Balfour Paterson	3.20	Tilly Duncan	2.70
8	Daniel Dawson	3.81	Siyana Bernard	3.27
9	William Ivancich	3.78	Mia Tidy	3.60
10	Jake Whitelaw	4.02	Lisa Adese	3.91
11	Logan Burns	4.57	Maeve Lehane	4.35
12	Riley Joyce	4.55	Hayley Tidy	4.14
13	Mason Bradwell	4.95	Ebonique Paciente	4.70
14	Toby Field	5.58	Legacy Needham	4.83
15	Dayne Metzner	5.69	Jenna Bain	4.70
16	Cameron Broughton	5.06	Caitlin Blackman	5.56
17	Joshua Mott	5.52	Jizelle Kenworthy-Groen	4.76

SHOT PUT

7	Jake Lobik	5.25	Kyla Begovic	4.34
8	Daniel Dawson	5.27	Matilda Musto	6.01
9	William Ivancich	6.67	Jade Bain	5.62
10	Owen Coulson	6.75	Ava Watters	7.38
11	Noah Mellody	9.69	Scarlett Huston	7.55
12	Jack Watters	9.45	Crystal-Jane Cowin	8.59
13	Jame Speechley	10.36	Genevieve Brink	8.20
14	Toby Field	10.93	Jessica Ellul	10.08
15	Nathan Fenn	11.90	Courtney Johns	9.79
16	Thomas Camporeale	9.68	Joely Patterson	9.33
17	Joshua Mott	11.09	Imogen Taylor	12.37

TRIPLE JUMP

10	Jordan Hassan	8.78	Maya Louvel-Finn	8.05
11	Logan Burns	8.95	Maeve Lehane	8.78
12	Riley Joyce	10.02	Hayley Tidy	8.75
13	Mason Bradwell	10.41	Sabrina McCay-Tuckerman	9.80
14	Syed Akid Shahabuddin	10.47	Meg Hebiton	10.49
15	Dayne Metzner	11.57	Amy Watson	10.34
16	Jason George	10.59	Caitlin Blackman	11.58
17	Gabriel Newman	11.34	Mikayla Johns	8.80

State Championships Winter Medals 2017

ROAD WALKING

U10 Xavier Bernard GOLD

CROSS COUNTRY

8B Angus McArthur BRONZE

9B Joshua Kelly SILVER

11B Ky Hehir SILVER

12B Thomas Millard GOLD

12G Megan Bell GOLD

12G Tia McArthur BRONZE

13G Kayla van der Linden GOLD

15B Lachlan Bennett BRONZE

MAC Winter Award Winners 2017

Cross Country

Junior

Champion
Runner Up

Boys

Zack Ainsworth
Angus McArthur

Girls

Jessica Millard
Penny Sharp

Intermediate

Champion
Runner Up

Thomas Millard
Ky Hehir

Megan Bell
Tia McArthur

Senior

Champion
Runner Up

Dylan Bailey
Zachariah Coleman

Kayla van der Linden
Ellie Glands

Walk

Champion
Runner Up

Florence Chapman
Xavier Bernard

Coach's Winter Award

Max Campbell-Clause
Chelsea Wu

Mitchell Allomes Memorial Award

Joshua Robinson

Centre Records

(Records achieved in a MAC 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
U10	1987	G Meadowcroft	OL	9.90	1992	A Harding	BB	10.10
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	2016	I Reeves	PB	12.86(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

200m					200m			
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	2017	K Speechley	LM	26.13(e)
300m					300m			
U7	2017	J Fitzgerald	OL	1:00.89	2017	T Duncan	LM	1:05.86
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 Watters	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	2016	N George	LM	52.63(e)	2015	Z O'Meara	BB	1:01.36(e)
500m					500m			
U8	2016	D Dawson	BB	1:43.23	2017	S Bernard	PB	1:52.55
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	2016	K van der Linden	PB	2:17.41
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	2016	K van der Linden	PB	4:54.34
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	B Paterson	OL	11.87	2017	T Duncan	LM	12.32
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

60m Hurdles					60m Hurdles			
U10	2008	L McDermott	PB	10.99(e)	1999	M Hollick	OL	11.2
U11	2012	S Zhoya	LM	9.60 (e)	2000	M Hollick	OL	10.2
						S Oksuz	BW	10.2
U12	2013	S Zhoya	PB	9.80 (e)	2009	R D'Cunha	MW	10.19(e)
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	---	---	---	---	2016	I Reeves	PB	13.88 (e)
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								
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
300m Hurdles					300m Hurdles			
U15	2017	L Bennett	BB	46.38	2016	E Hart	BB	55.51
U16	2017	J George	LM	44.96	2016	A Cronin	BB	47.77
U17	2016	L Bourne	BW	49.18	2017	J Kenworthy-Groen	BB	52.53
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

Long Jump					Long Jump			
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	2017	C Blackman	OL	5.56
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	2017	C Blackman	OL	11.58
U17	2000	G Artemis	OL	13.01	2016	A Glands	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
	2016	J Whitelaw	PB	1.23				
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 600g					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	---	---	---	---
U16	2010	M Craggs	BB	51.24	---	---	---	--

Javelin 600g					Javelin 600g			
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	2012	<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	---	---	---	---	2016	I Taylor	PB	12.37
Shot Put 4kg					Shot Put 4kg			
U15	2002	T Grabe	OL	15.99	---	---	---	---
U16	1998	J Hofstee	OL	15.86	---	---	---	---
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								
U16	2004	M Malone	OL	46.66	---	---	---	---
U17	2010	M Craggs	BB	38.00	---	---	---	---

Open Records

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

TO CLAIM A RECORD:

Any Melville Little Athletics Centre athlete who can provide proof of a better performance in any event at any authorized LAWA 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 Elliss	PB	11
U9	2007	L McDermott	PB	9.7	1977	M Eldrid	MW	10.1
U10	1987	G Meadowcroft	OL	9.90	1992	A Harding	BB	10.10
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	2017	I O'Meara	BB	12.24 (e)
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	2017	I O'Meara	BB	25.38(e)
U17	2002	M Simon	OL	23.2	2017	K Speechley	LM	26.13
300m					300m			
U7	2017	J Fitzgerald	OL	1:00.89	2017	T Duncan	LM	1:05.86
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 van der Linden	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
500m					500m			
U8	2017	Z Ainsworth	OL	1:41.46	2017	S Bernard	PB	1:52.55
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 van der Linden	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
				2:02.58				
U16	2013	T Kenworthy-Groen	BB		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	2016	K van der Linden	PB	4:54.34
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	B Paterson	OL	12.32	2017	T Duncan	LM	12.32
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	---	---	---	---	2017	I Reeves	PB	13.38(e)
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
300m Hurdles					300m Hurdles			
U15	2017	L Bennett	BB	46.38	2016	E Hart	BB	55.51
U16	2017	J George	LM	44.96	2017	A Cronin	BB	45.85(e)
U17	2016	L Bourne	BW	49.18	2017	J Kenworthy-Groen	BB	47.69(e)

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
Long Jump					Long Jump			
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	2017	C Blackman	OL	5.76
	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
U15	1991	S Hair	KD	13.19	2016	C Blackman	OL	11.80
U16	2013	J Konle	OL	13.90	2017	C Blackman	OL	11.58
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	1.90				
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	---	---	---	---	2016	I Taylor	PB	12.37
Shot Put 4kg					Shot Put 4kg			
U15	2003	T Grabe	OL	16.2	---	---	---	---
U16	1998	J Hoftsee	OL	15.86	---	---	---	---
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								
U17	2000	J Hoftsee	OL	40.75				

Competition Standards

High Jump

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

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

U9 and U10 athletes to use 'scissors' style only.

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

Note: the starting height of state events differs from MAC competition. Please refer to the LAWA website for State starting heights prior to nominating to conduct this event at state events.

Long Jump

U6 – U8 athletes will have no practice jump, 2 individual measured jumps (total 2 trials in 2 rounds)

U9 – U17 athletes can have a practice jump (if athlete desires) then each athlete is allowed three (3) individual measured jumps (total 4 trials in 4 rounds).

The front of mat for U6 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 U6 to U8, a 0.5m mat for U9 to U10, and a 0.2m mat/board/strip for U11 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:

BOYS & GIRLS	U11	U12	U13	U14	U15	U16	U17
Board (m)	Strip	Strip	Strip	Strip	Strip	Strip	Strip
Mat (m)	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 refer 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

U6 athletes do not do shot put.

U7 – U8 athletes will have no practice throw, only 2 measured throws (total 2 trials in 1 round)

U9 – U12 athletes have 1 practice and 1 measured throw in round 1 then 2 measured throws in round 2 (total 4 trials in 2 rounds)

U13+ athletes are allowed 1 practice (if athlete desires) then three (3) individual measured throws (total 4 trials in 4 rounds).

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 LAWA events

Discus

U6 – U8 athletes will have no practice throw, only 2 measured throws (total 2 trials in 1 round)

U9 – U12 athletes have 1 practice and 1 measured throw in round 1 then 2 measured throws in round 2 (total 4 trials in 2 rounds)

U13+ athletes are allowed 1 practice (if athlete desires) then three (3) individual measured throws (total 4 trials in 4 rounds).

Listed below are the weights of implements for each age group:

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17
BOYS	350g	350g	500g	500g	500g	750g	750g	1kg	1kg	1kg	1kg	1.5kg
GIRLS	350g	350g	500g	500g	500g	750g	750g	750g	1kg	1kg	1kg	1kg

Javelin

U6 – U8 athletes will have no practice throw, only 2 measured throws (total 2 trials in 1 round)

U9 – U12 athletes have 1 practice and 1 measured throw in round 1 then 2 measured throws in round 2 (total 4 trials in 2 rounds)

U13+ athletes are allowed 1 practice (if athlete desires) then three (3) individual measured throws (total 4 trials in 4 rounds).

Listed below are the weights of implements for each age group:

	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16/U17
BOYS	Vortex	Vortex	Tjav	Tjav	Tjav	400g	400g	600g	600g	600g	700g
GIRLS	Vortex	Vortex	Tjav	Tjav	Tjav	400g	400g	400g	400g	500g	500g

Note: Tjav = Turbo Javelin for U8 – U10.

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 U6-U12	Girls U6-U12

BOYS	U6	U7	U8/9	U10	U11	U12	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	60	60	80	90	100	100	110
Height (cm)	30	30	45	60	60	68	76	76	76	76	76
Run in (m)	12	12	12	12	12	12	12	13	13	13	13.72
Dist between (m)	7	7	7	7	7	7	7	8	8.5	8.5	9.14
Run Out (m)	13	13	13	13	13	13	12	13	10.5	10.5	14.02
Number of flights	6	6	6	6	6	6	9	9	10	10	10
GIRLS	U6	U7	U8/9	U10	U11	U12	U13	U14	U15	U16	U17
Distance (m)	60	60	60	60	60	60	80	80	90	90	100
Height (cm)	n/a	n/a	45	60	60	68	76	76	76	76	76
Run in (m)	12	12	12	12	12	12	12	12	13	13	13
Dist between (m)	7	7	7	7	7	7	7	7	8	8	8.5
Run Out (m)	13	13	13	13	13	13	12	12	13	13	10.5
Number of flights	6	6	6	6	6	6	9	9	9	9	10

U13	U14	U15	U16	U17
200	200	300	300	300
68	76	76	76	76
20	20	50	50	50
35	35	35	35	35
40	40	40	40	40
5	5	7	7	7
U13	U14	U15	U16	U17
200	200	300	300	300
68	76	76	76	76
20	20	50	50	50
35	35	35	35	35
40	40	40	40	40
5	5	7	7	7

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
								90m	300m	3.0kg	1.0kg	500g				1500m		
16	Blue		13.82	29.1	1:06.1	2:46.0	5:48.5	17.22	53.00	9.69	25.84	29.44	1.47	4.67	9.52	9:38.1	9	13
16	Red		14.54	30.2	1:10.1	3:03.7	6:36.7	18.54	56.50	8.16	19.14	19.96	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	
									300m									
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	1:18.2	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	
								80m	200m			400g						
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	
												750g						
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	37.1	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	
								60m		2.0kg								
12	Blue		14.73	30.4	1:09.7	2:42.8	5:27.1	11.66		8.26	20.94	21.62	1.26	4.20	8.62	9:51.9	9	12
12	Red		16.32	34.7	1:22.5	3:13.9	6:47.5	13.68		6.24	14.62	13.62	1.15	3.50	7.50	11:11.5	8	
12	Green		17.79	37.2	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	
																1100m		
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	
		70m										500g						
10	Blue	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	
												T. Jav				700m		
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		4:42.7	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		5:18.4	7	
9	Green	14.21	20.67	45.8	1:47.7	4:07.8		15.02		3.56	8.77	7.94	0.80	2.50		5:57.1	6	
						500m				1.5kg								
8	Blue	12.43	17.88	37.5		1:33.8		12.51		5.26	12.27	12.19		3.28			7	9
8	Red	13.79	19.91	41.9		1:44.8		14.35		4.01	8.68	8.66		2.61			6	
8	Green	14.51	20.93	45.7		1:54.2		15.60		3.21	6.20	6.57		2.39			5	
					300m			Mini H			350g	Vortex						
7	Blue	13.74	19.94	43.5	66.70			13.89		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	
6	Blue	15.80	22.93					15.97			8.21	5.87		2.06			4	6
6	Red	16.87	24.79					17.80			6.17	4.21		1.82			3	
6	Green	17.94	26.21					19.57			4.49	3.28		1.61			2	

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
								100m	300m	4.0kg	1kg	700g				1500m		
16	Blue		12.51	24.9	0:55.8	2:18.6	4:48.5	15.55	47.00	11.42	33.11	35.88	1.68	5.45	11.03	9:57.3	9	13
16	Red		13.03	25.8	0:59.7	2:23.7	5:10.5	16.19	49.40	9.40	27.87	29.43	1.55	4.86	9.87	10:26.9	8	
16	Green		14.28	28.3	1:06.7	2:44.3	5:54.7	18.80	54.40	8.15	22.05	23.69	1.45	4.50	8.68	11:48.7	7	
									300m									
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	10.72	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	9.99	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	9.33	11:48.7	7	
								90m	200m	3.0kg		600g						
14	Blue		13.32	27.3	1:00.1	2:27.3	5:08.7	15.44	30.30	10.90	29.94	30.47	1.49	4.84	10.41	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	9.19	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	8.41	11:44.5	7	
								80m										
13	Blue		13.96	28.6	1:05.0	2:32.9	5:23.8	15.06	32.16	8.85	22.52	25.28	1.40	4.62	10.00	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	8.50	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	7.76	11:52.7	7	
								60m				750g	400g					
12	Blue		14.42	29.5	1:06.2	2:38.4	5:26.3	10.99		7.68	22.32	28.48	1.31	4.53	9.26	9:50.7	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	8.24	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	7.21	11:55.0	7	
										2.0kg						1100m		
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	6:54.9	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	7.59	7:44.1	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	6.85	8:43.6	7	
		70m										500g						
10	Blue	11.00	15.39	32.3	1:13.3	2:51.1		12.23		7.04	21.44	18.19	1.12	3.88	7.92	7:20.3	9	11
10	Red	11.60	16.81	35.7	1:23.2	3:12.6		13.36		5.68	15.58	13.56	1.01	3.29	6.73	8:28.1	8	
10	Green	12.70	18.40	39.2	1:29.2	3:21.4		14.43		4.91	12.76	11.09	0.94	3.04	6.06	8:59.9	7	
												T. Jav				700m		
9	Blue	11.47	16.04	33.8	1:17.7	2:59.5		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		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		13.83		3.89	9.93	10.50	0.85	2.68		5:54.2	6	
						500m				1.5kg								
8	Blue	12.41	17.57	37.9		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		14.18		4.25	10.17	10.07		2.67			6	
8	Green	14.55	21.19	45.8		1:54.4		15.13		3.75	7.73	8.46		2.43			5	
					300m			Mini H			350g	Vortex						
7	Blue	13.44	19.12	41.7	1:04.4			13.56		4.35	12.22	13.38		2.76			6	9
7	Red	14.47	20.63	45.8	1:10.8			14.84		3.66	9.76	9.19		2.41			5	
7	Green	15.43	22.31	48.8	1:18.9			16.51		2.92	7.30	6.93		2.10			4	
6	Blue	15.46	21.99					47.96			9.78	8.03		2.21			4	6
6	Red	16.64	23.72					52.67			7.81	5.51		1.93			3	
6	Green	17.74	25.66					56.12			5.84	4.16		1.68			2	

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 (17/18) and winter (2018). 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 LAWA 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

